

Sheikh Farid – Sabad 109
fareedhaa pichhal raat na jaagioh jeevadhaRo muioh ||
Salok, Seikh Farid, Guru Granth Sahib, 1383

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je tai rab visaariaa ta rab na visarioh ||107||

Summary: A mind that neglects self-reflection risks falling into spiritual necrosis, moving through life without true awareness. It may engage with thoughts and activities, but remains disconnected from its authentic self. Without reflection, experiences pass by without a deep understanding, leading to a lack of meaning in existence. Self-reflection is crucial for maintaining a clear conscience and balance; without it, the mind becomes spiritually stagnant, active yet lacking insight. Embracing self-reflection allows us to experience the richness of life.

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Farid says if you do not awaken during the late hours of the night, you are dead even while alive. This spiritual necrosis means the body is active while the spirit is dormant, lacking the essence of existence.

je tai rab visaariaa ta rab na visarioh ||107||
Even if you have forgotten the all-pervading presence, the universal reality has not forgotten you. This reflects the enduring law of nature, which remains constant even when the mind drifts into duality. (107)

Essence: Sheikh Farid uses the metaphor of the last watch of the night to symbolize rare openings when life awakens to deeper insights. Forgetfulness lies within the mind, not in the essence of reality itself. This means the fundamental order of existence remains present, even when it fades from our memory. He highlights the unwavering laws of nature, which remain constant and unyielding, even when our awareness gets caught in duality and feels disconnected from the greater whole.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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