

Sheikh Farid – Sabad 111
fareedhaa dhukh sukh ik kar dhil te laeh vikaar ||
Salok, Guru Arjan, Guru Granth Sahib, 1383

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aleh bhaavai so bhalaa taa(n) labhee dharabaar ||109||

Summary: Inner steadiness develops when we stop viewing pleasure and pain as opposites that require different responses. Clinging to pleasure and resisting pain clouds our clarity. Embracing both within the same awareness cultivates a grounded existence, allowing us to experience life without hasty judgments. In this balanced state, our hearts are liberated from the weight of reactivity, enabling our thoughts to return to their natural simplicity. What diminishes is not our capacity to feel, but the inner conflict fueled by persistent preferences, fears, and resistance.

fareedhaa dhukh sukh ik kar dhil te laeh vikaar ||
O Farid says that when pain and ease are perceived as one, distorted thoughts fade away from the heart. This reflects a state of inner balance in which emotional turmoil fades by avoiding labelling experiences as either positive or negative.

aleh bhaavai so bhalaa taa(n) labhee dharabaar ||109||
When alignment with the all-pervading law of nature is considered best, then the inner court of conscience is attained. This reflects acceptance of the reality within.

Essence: Guru Arjan mentions what Sheikh Farid suggests, that aligning with the all-encompassing law of nature brings us into harmony with our conscience. Living in accordance with this larger order allows the mind to accept what is true rather than what it merely desires. This inner court represents an awakened state of sincere self-reflection.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com