

**Sheikh Farid – Sabad 112**  
**fareedhaa dhunee vajaiee vajadhee too(n) bhee vajeh naal ||**  
**Salok, Guru Arjan, Guru Granth Sahib, 1383**

fareedhaa dhunee vajaiee vajadhee too(n) bhee vajeh naal ||  
soiee jeeau na vajadhaa jis alahu karadhaa saar ||110||

**Summary:** Sympathetic vibration serves as a fitting metaphor for an ungrounded mind that reacts to its surroundings. External events echo within our inner selves, influencing our thoughts, clouding our perceptions. This disturbance prevents us from maintaining stability. When we can navigate life without being easily disrupted, we can respond thoughtfully rather than react impulsively.

fareedhaa dhunee vajaiee vajadhee too(n) bhee vajeh naal ||

O Farid the world resonates with sensory stimulation, and you, too, vibrate with this noise. This symbolizes an unanchored mind that mechanically reacts to its surroundings, losing its grasp on truth.

soiee jeeau na vajadhaa jis alahu karadhaa saar ||110||

Only that being remains unreactive, which is protected by the awareness of universal reality. This highlights the importance of a mindful presence that stays anchored and grounded in all circumstances.

**Essence:** Guru Arjan reinforces Sheikh Farid's emphasis that only those who understand universal reality can remain unaffected by life's changing circumstances. Their stability shields them from being disheartened by the world's transience, allowing them to maintain calm and mindfulness. True strength comes from inner clarity, which enables individuals to navigate through life gracefully without losing their balance.

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

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