

Sheikh Farid – Sabad 114
pahilai paharai fulaRaa fal bhee pachhaa raat ||
Salok, Seikh Farid, Guru Granth Sahib, 1384

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jo jaaga(n)ni(h) laha(n)n se saiee ka(n)no dhaat ||112||

Summary: Knowledge starts like a budding flower, full of potential but not yet ready to nurture the inner self. This initial understanding evolves through reflection, patience, and experience, eventually maturing into wisdom. Only then can we harvest the fruits of our insights, enabling us to see beyond conditioning and superficiality. Therefore, spiritual enrichment is not merely about acquiring knowledge; it's about allowing wisdom to develop into a way of being that sustains uplifts both ourselves and others.

pahilai paharai fulaRaa fal bhee pachhaa raat ||
In the first watch, flowers bloom; by the night's later hours, fruit begins to appear. This illustrates that wisdom must first blossom to yield spiritually enriching insights.

jo jaaga(n)ni(h) laha(n)n se saiee ka(n)no dhaat ||112||
Those who remain awake and alert receive insights from their conscience. This suggests that spiritual nourishment is received by the mindful, receptive, and humble. (112)

Essence: Sheikh Farid uses the journey from flower to fruit as a metaphor for inner growth, suggesting that transformation unfolds in stages. The flower symbolises potential, as the first opening of awareness, while the fruit represents spiritual maturity that nourishes the conscience. This highlights an important truth: beginnings do not equal completion; rather, they are defined by what we ultimately become. This transformative process represents the fruitful state of fulfilment.

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

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