

Sheikh Farid – Sabad 117
sabar ma(n)jh kamaan e sabar kaa neehano ||
Salok, Seikh Farid, Guru Granth Sahib, 1384

sabar ma(n)jh kamaan e sabar kaa neehano ||
sabar sa(n)dhaa baan khaalak khataa na karee ||115||

Summary: Metaphorically, the bow embodies patience, showcasing the strength found in steadfastness. The bowstring symbolises resilience, underscoring the power that arises from unwavering determination. Meanwhile, the arrow signifies fulfilment, illustrating the clarity that comes with genuine contentment. Together, they deliver a profound message: when we attain inner balance, we unlock a deeper sense of peace and purpose in our lives.

sabar ma(n)jh kamaan e sabar kaa neehano || Practice patience as your internal bow; it serves as a bowstring of contentment. This implies that maintaining stability is crucial to achieving the fulfilment we seek.

sabar sa(n)dhaa baan khaalak khataa na karee ||115||

The arrow of contentment aims to attain the all-pervading essence, recognizing that it does not err. This reflects the inherent coherence of existence; what seems disordered operates within a greater accuracy. (115)

Essence: Sheikh Farid highlights the importance of patience, stating that it is the tool for contentment. In contrast, acting out of impatience often leads us to miss our goals. The essential insight is that patience is an invaluable asset; it harmonizes our actions with the universe's natural laws, significantly increasing our chances of fulfilment while reducing the likelihood of disappointment.

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

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