

**Sheikh Farid – Sabad 119**  
**sabar eh suaau je too(n) ba(n)dhaa dhiR kareh ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1384**

sabar eh suaau je too(n) ba(n)dhaa dhiR kareh ||  
vadh theeveh dhareeaau TuT na theeveh vaahaRaa ||117||

**Summary:** Patience is an invaluable trait that empowers individuals to remain steadfast in the face of challenges. Its significance extends far beyond mere endurance; it is essential for shaping a strong character and unwavering integrity. A patient person stands firm against impulsive reactions, external pressures, or adverse circumstances, embodying a sense of control and composure. Patience cultivates inner stability, allowing for a balanced response even in times of stress. Thus, embracing patience with mindfulness not only leads to personal growth but also lays a solid foundation for lasting peace and contentment.

sabar eh suaau je too(n) ba(n)dhaa dhiR kareh ||  
Such patience is beneficial, which makes an individual steadfast. This reflects that being patient is worthwhile if it entails unshakeable integrity in one's character.

vadh theeveh dhareeaau TuT na theeveh vaahaRaa ||117||  
It expands into a vast river, rather than fragmenting into a shrinking stream. This reflects a conscience that expands and deepens, gathering momentum and flowing toward the essence of existence. (117)

**Essence:** Sheikh Farid powerfully expresses that practising patience, which helps us become steadfast, is a fundamental virtue that strengthens our character. This quality can flow like a mighty river, promoting unity rather than fragmenting into separate streams of disunity. In this way, embracing patience becomes a pathway to collective strength and harmony, enriching our relationships and communities.

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

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