

Sheikh Farid – Sabad 123
hau ddooddedhee sajanaa sajan maidde naal ||
Salok, Guru Ramdas, Guru Granth Sahib, 1384

hau ddooddedhee sajanaa sajan maidde naal ||
naanak alakh na lakheeaai gurmukh dheh dhikhaal ||121||

Summary: The Universal Reality serves as the foundation of all existence, inherently interconnected with it. As our beloved essence, it is always present, deeply embedded in the nature of being. However, ignorance can create a sense of separation, fostering a deep longing for something that feels lost but is simply obscured. This yearning reveals a hidden closeness. Often, what the self seeks is already within reach, lying in the silent ground of its own awareness. Embrace this truth to uncover the profound connection that has always been there.

hau ddooddedhee sajanaa sajan maidde naal ||

I was searching for the beloved, but the beloved is within me. This shows that awareness is always present; in ignorance, it can feel distant, leaving us yearning for it.

naanak alakh na lakheeaai gurmukh dheh dhikhaal ||121||

Nanak says the senses cannot grasp the unperceivable; it is perceived by the conscience aligned with wisdom. (121)

Essence: Guru Ramdas endorses Sheikh Farid that the all-encompassing unseen source is not a destination but a presence to be recognized through inner clarity. This source isn't something to be grasped; rather, it's understood when our conscience aligns with wisdom. In this alignment, the unseen becomes present, and the illusion of separation fades, allowing us to connect more deeply with ourselves and the world around us.

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

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