

**Sheikh Farid – Sabad 128**  
**kavanu su akhar kavan gun kavanu su maneeaa ma(n)t ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1384**

kavanu su akhar kavan gun kavanu su maneeaa ma(n)t ||  
kavanu su veso hau karee jit vas aavai ka(n)t ||126||

**Summary:** A restless inward inquiry resembles someone digging numerous shallow wells, constantly shifting from one spot to another in search of clearer water. Each attempt begins with hope, yet none goes deep enough to reach what truly nurtures. The effort is continuous, but the depth remains lacking. In this way, movement takes the place of understanding, and the search replaces genuine discovery. What is needed is not another location to dig, but the patience to go deeper right where one stands.

kavanu su akhar kavan gun kavanu su maneeaa ma(n)t ||

What is that word, which is that virtue, and what is that precious instruction? This indicates a quest for the method that ensures access to higher consciousness.

kavanu su veso hau karee jit vas aavai ka(n)t ||126||

What attire should I adopt so that my inner sovereignty is in my control? This reflects the longing to shift one's inner state so that the mindset aligns with oneness.

**Essence:** Sheikh Farid expresses a deep desire to understand what transforms our inner selves. He seeks to transcend feelings of separation and awaken to a state where thoughts, emotions, and conscience align in harmony. This journey involves mastering our thoughts to achieve oneness, a place of profound completeness.

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

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