

Sheikh Farid – Sabad 129
nivanu su akhar khavan gun jhabaa maneeaa ma(n)t ||
Salok, Seikh Farid, Guru Granth Sahib, 1384

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e trai bhaine ves kar taa(n) vas aavee ka(n)t ||127||

Summary: Humility dissolves the rigid barriers of the self, allowing compassion and understanding to thrive. Forgiveness lifts the burdens that tie us to pain and reactive behaviours. When we communicate with kindness, it reflects inner maturity, as the ego no longer needs to assert itself through harshness. These qualities are more than virtues; they signify a shift from isolation to connection, paving the way for harmony as our essence aligns with our underlying unity.

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Humility is that word, forgiveness is that virtue, and the sweet tongue is the precious instruction. This represents a shift in perspective that diminishes the ego, ensuring harmonious outcomes.

e trai bhaine ves kar taa(n) vas aavee ka(n)t ||127||
Wearing these three articles as attire, O fellow beings, enables the inner sovereignty to take control. This encapsulates a unity of our core qualities, turning our weaknesses into strengths. (127)

Essence: Sheikh Farid reminds us that when we consciously connect with our inner sovereignty, we embark on a remarkable journey of self-discovery and growth. This powerful connection enables us to integrate our core qualities, turning perceived weaknesses into strengths that enhance our abilities and enrich our pursuit of fulfilment.

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

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