

Sheikh Farid – Sabad 132
sabhanaa man maanik Thaahan mool machaa(n)gavaa ||
Salok, Seikh Farid, Guru Granth Sahib, 1384

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je tau pireeaa dheer sik hiaau na Thaahe kahee dhaa ||130||

Summary: The intrinsic value of all beings is essential, and harming it runs counter to the very foundation of life. Such harm is not an isolated act; it disrupts the delicate connections that bind all existence together. For instance, environmental destruction, such as deforestation, has widespread consequences. When trees are cut down, entire ecosystems are affected: wildlife loses its habitat, air quality worsens, and local communities that rely on these resources face significant challenges. This violation of the universal order disrupts the balance necessary for all beings to thrive. Therefore, the impact is not only relational but also existential.

sabhanaa man maanik Thaahan mool machaa(n)gavaa ||

The essence of all beings is valuable; harming it is fundamentally detrimental. This makes inflicting pain a violation of universal law, disrupting the core of our existence.

je tau pireeaa dheer sik hiaau na Thaahe kahee dhaa ||130||

If you yearn for the all-encompassing source of existence, be mindful not to break anyone's heart. This implies that it is contradictory to profess your love for the universal truth while inflicting pain on its many expressions. (130)

Essence: Sheikh Farid reminds us that if one longs for the all-encompassing source of existence, one must become careful not to wound the hearts through which that same presence expresses itself, overlooking the very presence one claims to revere. It is like claiming devotion to the river while polluting it, seeking unity while acting in ways that deepen separation. We can achieve genuine alignment with our universal source by respecting its expressions with kindness and compassion as part of the whole.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com