

Sheikh Farid – Sabad 63
fareedhaa saahib dheer kar chaakaree dhil dheer laeh bharaa(n)dh ||
Salok, Sheikh Farid, Guru Granth Sahib, 1381

fareedhaa saahib dheer kar chaakaree dhil dheer laeh bharaa(n)dh ||
dharavesaa(n) no loReeaaai rukhaa(n) dheer jeeraa(n)dh ||60||

Summary: To truly grasp the essence of service, we must observe nature for insight. As autumn approaches, trees shed their leaves, which fall to the ground, decompose, and enrich the soil. This process occurs without seeking admiration or recognition; it selflessly nourishes the forest, fostering life. In the same way, genuine service requires us to let go of ego and illusion, allowing our minds to grow and evolve in the spirit of universal benevolence.

fareedhaa saahib dheer kar chaakaree dhil dheer laeh bharaa(n)dh ||
Farid says, perform the service of the all-pervading inner sovereign to dispel confusion and doubt from the conscience. This redefines service not as pleasing an external authority, but as liberating the mind of its insecurities.

dharavesaa(n) no loReeaaai rukhaa(n) dheer jeeraa(n)dh ||60||
The pious seekers require the patience and endurance of trees. This points to the quality of profound steadfastness essential for navigating life's challenges with grace and strength. (60)

Essence: Sheikh Farid uses the image of a tree to illustrate the patience needed for spiritual growth. A tree bends and absorbs the wind, remaining rooted instead of fighting against it. Its strength lies in adaptability while staying grounded. Similarly, the spiritual journey requires us to cultivate inner stability and balance. True resilience is not about controlling external circumstances but being anchored and aware even amidst change.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com