

Sheikh Farid – Sabad 65
tatee toi na palavai je jal Tubeer dhee ||
Salok, Sheikh Farid, Guru Granth Sahib, 1381

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fareedhaa jo ddohaagan rab dhee jhooredhee jhoorei ||62||

Summary: Anger, often described as an inner fire, limits our awareness; it's not just an emotion, but a constriction of our perception. When rage takes over, we shift from seeking understanding to being defensive. Valuable insights can be misinterpreted as threats, leading to reactive behavior. To assimilate, we must embrace openness; evolution arises from thoughtful reflection. A calm mind does not imply agreement; instead, it reflects our capacity to listen, reflect, and evolve.

tatee toi na palavai je jal Tubeer dhee ||
A burning crop does not bloom, even if it is submerged in water. This symbolizes that in a state of anger, we lose the ability to assimilate and evolve, even when presented with valuable insights.
fareedhaa jo ddohaagan rab dhee jhooredhee jhoorei ||62||
Farid says the unfortunate, disconnected from the universal reality, regret and grieve. This illustrates the internal turmoil that one endures when estranged from one's authentic self. (62)

Essence: Sheikh Farid notes that those who feel disconnected from the larger reality that unites all of life are truly unfortunate. In this isolation, we tend to perceive events as personal injustices rather than part of a broader context. Regret tends to spiral when thoughts fixate on missed opportunities, and grief deepens as the mind attempts to regain what cannot be changed. However, reconnection can expand one's sense of self, transforming how we experience our emotions and our lives.

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

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