

Sheikh Farid – Sabad 81
fareedhaa bure dhaa bhalaa kar gusaa man na haddai ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

fareedhaa bure dhaa bhalaa kar gusaa man na haddai ||
dhehee rog na lagiee palai sabh kichh pai ||78||

Summary: Inner alchemy begins when we refuse to let adversity control us. Instead of reacting to emotions, we can acknowledge them without becoming overwhelmed. In this moment, what could lead to anger or fear is transformed into awareness, like metal in a furnace. While external circumstances may not change, our mindset can shift from self-defence to self-discovery. Thoughtful responses showcase our strength and empower us, showing that it is our conscious choices, not just our surroundings, that define our behaviour.

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Farid says to respond to negativity with positivity and not to allow anger to wear down the mind. This suggests an inner alchemy in which there is a response to adversity rather than a reaction to it.

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The body is not afflicted with illness and can achieve everything. This illustrates that, by recognising this interplay, we unlock our potential and understand the harmony between our thoughts and our physical existence. (78)

Essence: Sheikh Farid points to a type of strength that doesn't rely on retaliation to maintain its integrity. Responding with kindness amid harshness is not merely a display of virtue; it is about choosing not to let someone else's negativity affect one's mindset. When we don't hold on to anger, our inner state remains calmer and less susceptible to the hidden effects of tension, overthinking, and self-doubt. This approach not only enhances our well-being but also empowers us to rise above adversity with grace.

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

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