

Sheikh Farid – Sabad 83
fareedhaa raat kathooree va(n)ddeeaai sutiaa milai na bhaau ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

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ji(n)n(h)aa nain na(n)eedhraavale ti(n)n(h)aa milan kuaau ||80||

Summary: Inner qualities often remain hidden beneath the noise of everyday life. They emerge in quiet introspection, free from the pressures of staying or escaping. Many people go through life unaware of the deeper patterns shaping their thoughts and behaviors. However, in stillness, essential truths, such as strength, restlessness, and clarity, come to light. This shows that insights are revealed not through constant activity, but through purposeful moments of mental silence.

fareedhaa raat kathooree va(n)ddeeaai sutiaa milai na bhaau ||
Farid says in the night, musk deer releases its fragrance; one who sleeps does not receive its essence. This suggests that inner attributes are recognised during silent introspection, not in the slumber of ignorance.

ji(n)n(h)aa nain na(n)eedhraavale ti(n)n(h)aa milan kuaau ||80||
Those whose eyes are sleepy, how can they receive it? This reflects how slumber of negligence and dulled perception reduces the chances of alignment with the all-pervading source

Essence: Sheikh Farid asserts that when the mind is in a state of negligence, it strays from true alignment with the all-pervading awareness that is the essence of our existence. Like a dust-covered window blocking sunlight, our inattentiveness casts a veil over our experience. One may seem outwardly busy and capable, yet feel dimmed and disconnected internally, touching only the surface of life without understanding its depth. True alignment requires an awakened inner clarity that recognizes the unity present everywhere.

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

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