

Sheikh Farid – Sabad 89
la(n)mee la(n)mee nadhee vahai ka(n)dhee kerai het ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

la(n)mee la(n)mee nadhee vahai ka(n)dhee kerai het ||
beRe no kapar kiaa kare je paatan rahai suchet ||86||

Summary: The river flows steadily, powerfully reshaping its banks. What seems like destruction is actually transformation, as the water carves into the surrounding land. Similarly, life's movement softens the rigid boundaries of our beliefs and identities, helping us loosen what once felt immovable. By embracing change, we can redefine who we are, just as the river reshapes the earth. Surrendering to the current of life allows us to discover new depths within ourselves and find the courage to become our true selves.

la(n)mee la(n)mee nadhee vahai ka(n)dhee kerai het ||
The river flows long distances relentlessly, for the love of eroding its own banks. This is a reminder that transformation unfolds with consistent evolution of our outlook, allowing us to shed our conditioning and ego.

beRe no kapar kiaa kare je paatan rahai suchet ||86||
What harm can the whirlpool inflict upon the boat if the ferryman remains vigilant? This points to the protective power of mindfulness; if the inner observer is attentive, external chaos cannot disrupt our conscience. (86)

Essence: Sheikh Farid powerfully states that a whirlpool poses no threat to a boat if the ferryman remains alert and steadily advances, skillfully manoeuvring through the turmoil. Likewise, while life's temptations may swirl around us, maintaining our awareness like a vigilant ferryman renders these distractions powerless to lead us astray. This mindset empowers us to navigate through challenges with purpose and clarity.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com