

Sheikh Farid – Sabad 92
fareedhaa rab khajooree pakeeaa(n) maakhia niee vaha(n)ni(h) ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

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jo jo va(n)n(j)ai(n) ddeehaRaa so umar hath pava(n)n ||89||

Summary: When a date fruit ripens, its sweetness emerges effortlessly, demonstrating a natural process. Similarly, as awareness of the omnipresent source deepens through reflection and clarity, profound insights begin to flow with ease. These insights are like streams of honey, nourishing and plentiful. This metaphor captures a transformative stage where understanding transcends fragmentation and forcefulness, becoming a generous force that illuminates wisdom and clarity for ourselves and others. Such ripeness signifies the pinnacle of spiritual realization, unveiling the profound essence of existence.

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Farid says that when understanding of the all-pervading source reaches its peak, much like ripe dates, insights flow abundantly like streams of honey. This illustrates the pinnacle of spiritual realisation that generously provides the essence of existence.

jo jo va(n)n(j)ai(n) ddeehaRaa so umar hath pava(n)n ||89||
With each day that passes, only that much of your lifespan is in our hands. This highlights the preciousness of time and opportunities; it's our responsibility to embrace and cherish life's essence.

Essence: Sheikh Farid draws our attention to the fact that with each passing day, a part of our lives and opportunities slowly slips away. While spiritual insights flow endlessly, human existence gradually fades, diminishing our ability to receive them. Each sunrise not only brings a new day but also takes away chances that will never return. Hence, it becomes our responsibility to cherish life's essence every moment for our well-being.

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

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