

Sheikh Farid – Sabad 96
fareedhaa gor nimaanee sadd kare nighariaa ghar aau ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

fareedhaa gor nimaanee sadd kare nighariaa ghar aau ||
sarapar maithai aavanaa maranahu na ddariaahu ||93||

Summary: Our essence lies in humility, and inevitably, life guides us back to the core principles from which we all originate. The identities, achievements, and assertions we construct around ourselves will eventually fade, revealing a profound understanding of our role within a greater tapestry. This awareness softens the ego and restores a vital perspective on who we are. In the end, we return to the humility that has always been our foundation, an invaluable anchor in a world that often distracts us from our true selves.

fareedhaa gor nimaanee sadd kare nighariaa ghar aau ||
Farid says the humble grave calls out, O homeless wanderer, come back to your home. This suggests that our essence is rooted in humility, and we eventually merge with this truth.

sarapar maithai aavanaa maranahu na ddariaahu ||93||
You will inevitably arrive at this destination, so do not fear death. This reflects that accepting reality softens resistance, revealing that fear is just a mental construct that can't change our path. (93)

Essence: Sheikh Farid reminds us that accepting reality softens the resistance we carry within, and fear begins to lose the authority we often give it. What once felt overwhelming is seen more clearly as a construct of the mind, not a force that can reshape the life path. By embracing acceptance, we empower ourselves to engage more effectively with reality and stay grounded, free from imagined fears.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com