

Sheikh Farid – Sabad 98
aap savaareh mai mileh mai miliaa sukh hoi ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

aap savaareh mai mileh mai miliaa sukh hoi ||
fareedhaa je too meraa hoi raheh sabh jag teraa hoi ||95||

Summary: Gradually refining ourselves brings us closer to our true nature. As this inner alignment deepens, we begin to live in harmony with the qualities already present within us. Such a connection requires inner effort because distortions created by ego, fear, and attachments often cloud our perception. As these misconceptions are cleared, the conscience regains its natural clarity. In this state of mind, peace is no longer something to chase; it becomes the natural state of a self-aligned with truth. Peace arises from this congruence between awareness and conscience.

aap savaareh mai mileh mai miliaa sukh hoi ||
Refining ourselves, we align with our true selves; in this alignment with our innate attributes, true peace is found. This shows that connecting with truth requires inner effort, as peace thrives when our conscience is free from distortions.

fareedhaa je too meraa hoi raheh sabh jag teraa hoi ||95||
Farid says that if you align with me, the whole world becomes yours. This change dissolves the divide and differences between you and me, transforming otherness into our shared oneness.

Essence: Sheikh Farid asserts that exploring inner alignment reveals the connection between self-correction and universal harmony. Peace arises not from changing the outside but from transforming within. Conflicts stem from a feeling of separation, and when this feeling softens, our awareness expands and aligns with a greater reality. Consequently, our perceptions evolve, and we see the world as an extension of ourselves, moving from a source of opposition to a nurturing ally.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com