

Sheikh Farid – Sabad 104
fareedhaa hau balihaaree tin(h) pa(n)kheea ja(n)gal ji(n)n(h)aa vaas ||
Salok, Seikh Farid, Guru Granth Sahib, 1383

fareedhaa hau balihaaree tin(h) pa(n)kheea ja(n)gal ji(n)n(h)aa vaas ||
kakar chugan thal vasan rab na chhodan paas ||101||

Summary: There is something profoundly compelling about a life that flourishes naturally, akin to a bird soaring freely without the confines of captivity. This mindset, unburdened by the need to find security in social status or superficial religious expressions, gains contentment. Understanding that ownership does not equate to meaning, it seeks no fulfilment in possessions. Its sense of security stems from closeness to what is essential, rather than an endless pursuit of accumulation. In this simplicity, strength becomes quiet, inward, and authentic. What shines through is a way of being that remains light on the earth while being inwardly fulfilled.

fareedhaa hau balihaaree tin(h) pa(n)kheea ja(n)gal ji(n)n(h)aa vaas ||
Farid says, I offer my reverence to those birds that make their dwelling in the wilderness. This shows admiration for a mindset that lives organically, free from social and religious constraints, and does not seek identity through material possessions.

kakar chugan thal vasan rab na chhodan paas ||101||

They peck at pebbles, dwell on dry land, and do not leave the nearness to the ever-present essence of life. This reflects a consistent simplicity of lifestyle that fosters contentment, rooted in an awareness of what sustains existence. (101)

Essence: Sheikh Farid celebrates those who tread lightly upon the earth. He uses the example of the birds who embody a lifestyle that takes little from the world while staying grounded in what truly matters. Similarly, those beings are admirable who are humble and are aware of their spiritual essence. He asserts that genuine fulfilment is not rooted in comfort, but in simplicity, trust, and liberation from unnecessary desires. Embracing these values can lead us to a deeper sense of purpose and connection.

An initiative by
Oneness In Diversity Research Foundation
Website: OnenessInDiversity.com
Email: onenessindiversityfoundation@gmail.com

