

**Sheikh Farid – Sabad 131**  
**eik fikaa na gaalai sabhanaa mai sachaa dhanee ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1384**

eik fikaa na gaalai sabhanaa mai sachaa dhanee ||  
hiaau na kaihee Thaeh maanak sabh amolave ||129||

**Summary:** The ever-present essence exists in all things, and this truth transforms every social interaction into a subtle encounter with ourselves. Each interaction acts as a mirror in which our self-perception becomes visible, much like light passing through various stained-glass windows, appearing in different colors yet unchanged in its source. How we treat others reflects the condition of our own glass, whether it allows light to pass through clearly or distorts it, revealing our inner state. Our expressions of respect, harshness, tenderness, or disregard all reveal our relationship with our own being.

eik fikaa na gaalai sabhanaa mai sachaa dhanee ||

Do not utter a single harsh word, for the truth is that the omnipresent presence prevails in all. This redefines social interaction as an encounter with oneself; how we treat others reveals our self-perception.

hiaau na kaihee Thaeh maanak sabh amolave ||129||

Never break someone's heart, for every being is a rare gem. This emphasizes the intrinsic value of all existence; every part contributes a unique perspective to our shared reality.

**Essence:** Sheikh Farid highlights that all existence has inherent value, not through comparison but because of its role within the whole. Each part offers a unique perspective, enriching our shared reality. Nothing is irrelevant when viewed in the context of the larger picture. Even the seemingly insignificant plays a crucial role in the greater coherence. Meaning, therefore, emerges not from hierarchy, but from the distinctive contributions each element makes to the oneness of creation.

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