

**Sheikh Farid – Sabad 46**  
**fareedhaa baar paraiaai baisanaa saa(n)iee mujhai na dheh ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1380**

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je too evai rakhasee jeeau sareerahu leh ||42||

**Summary:** A journey of self-discovery begins when we stop borrowing external meaning and start listening to what is unfolding within. Instead of relying on approval, trends, roles, or inherited beliefs, we begin to observe our intentions honestly. Our choices transform from mere reactions to social acceptance into genuine expressions of inner clarity. While external influences may remain, they no longer dictate our path. This inner awareness fosters a strength that doesn't rely on constant validation. As we deepen our self-awareness, our journey shifts from seeking approval to aligning with our authentic selves.

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Farid says he seeks from his conscience not to let him sit at another's doorway. This highlights the value of inner exploration and personal growth, encouraging a journey of self-discovery rather than relying on external influences.

je too evai rakhasee jeeau sareerahu leh ||42||

If this is how the conscience holds life, let the breath be released from the body. This highlights the conviction that life without wholeness, fulfilment and sovereignty is not a worthwhile life. (42)

**Essence:** Sheikh Farid emphasises a standard that goes beyond mere survival. Without a sense of wholeness, life feels lacking. The absence of fulfilment leads to a restless mind. When sovereignty is compromised, decisions turn into reactions. What remains is a way of living that persists but lacks vibrancy. His insight urges us to seek inner alignment, so that life can be genuinely experienced rather than endured.

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