

**Sheikh Farid – Sabad 84**  
**fareedhaa mai jaaniaa dhukh mujh koo dhukh sabaiaai jag ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1382**

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uooche chaR kai dhekhiaa taa(n) ghar ghar ehaa ag ||81||

**Summary:** Overcoming self-pity starts with changing our perspective on suffering. Instead of seeing it as a personal injustice, we can recognize it as part of the shared human experience. Self-pity narrows our focus, leading us to dwell on our own pain and to believe suffering is singular and isolating. However, when we broaden our awareness, we see that many others face similar struggles. This realization doesn't erase our pain, but it changes its meaning. Acknowledging that suffering is universal allows us to cultivate compassion for others and kindness toward ourselves.

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Farid says I believed suffering was mine alone, but I discovered pain pervades the entire world. This insight reveals that self-pity is rooted in a misunderstanding of our collective human emotions and experiences.

uooche chaR kai dhekhiaa taa(n) ghar ghar ehaa ag ||81||  
When I climbed higher and looked down, I saw this same fire in every home. This reflects the clarity that comes from gaining a broader perspective and a deeper understanding. (81)

**Essence:** Sheikh Farid describes a vivid image of the inner fire that burnt in every home, symbolizing shared emotional experiences. This view enriches our understanding by revealing that pain is a collective experience rather than an individual struggle. As we shift our perspective, resentment gives way to compassion. Our hearts begin to radiate their own light, liberating us from feelings of isolation and enabling us to find comfort in the bonds of our shared humanity.

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