

**Sheikh Farid – Sabad 86**  
**fareedhaa umar suhaavaRee sa(n)g suva(n)naRee dheh ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1382**

fareedhaa umar suhaavaRee sa(n)g suva(n)naRee dheh ||  
virale keiee paieean ji(n)n(h)aa piaare neh ||83||

**Summary:** Existence is precious; it provides intangible awareness with the opportunity to experience itself through a tangible form. Through our senses, the mind encounters countless expressions of life in nature, ideas, and emotions. Each interaction serves as a mirror through which consciousness learns about itself. Like a traveller who gets an opportunity to view vibrant landscapes, every moment offers a chance to deepen our perception and consciously participate in the vast interplay of forms that compose existence.

fareedhaa umar suhaavaRee sa(n)g suva(n)naRee dheh ||  
O Farid, that life’s span is enjoyable, accompanied by a valuable, pleasing body. This emphasizes the preciousness of existence as an opportunity to gain awareness and interact with various forms.

virale keiee paieean ji(n)n(h)aa piaare neh ||83||  
Only a rare few attain this state, those who hold love for the beloved universal reality. This highlights the rarity of inner connection, as many go through life without ever experiencing it. (83)

**Essence:** Guru Arjan highlights what Sheikh Farid mentions, that inner connection is rare; many engage with the outer world but remain distant from their own depths. They think, speak, and work, yet rarely pause to explore the essence of their experiences. It is like spending one’s whole life in the courtyard of a house without ever entering its innermost room. While the potential for inner closeness exists in everyone, few actually experience it. This rarity makes such connections invaluable: they are available to all but realized by only a fortunate few.

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