

**Sheikh Farid – Sabad 90**  
**fareedhaa gala(n)ee su sajan veeh ik ddoo(n)ddedhee na lahaa(n) ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1382**

fareedhaa gala(n)ee su sajan veeh ik ddoo(n)ddedhee na lahaa(n) ||  
dhukhaa(n) jiau maa(n)leeh kaaran ti(n)n(h)aa maa piree ||87||

**Summary:** Easy familiarity can create the illusion of closeness, but true alignment shows itself in moments of depth, challenge, and silence. We may have many companions in daily life, yet when we seek a reliable presence, only a few remain. Not everyone beside us can guide us inwardly; similarly, many thoughts compete for attention, but only a few offers clarity and truth. The key insight is clear that having numerous connections does not guarantee profound relationships. What truly resonates with us is often more elusive than what's easily accessible.

fareedhaa gala(n)ee su sajan veeh ik ddoo(n)ddedhee na lahaa(n) ||  
Farid says in mere conversation, there are twenty friends, yet when searching for one true companion, I find none. This indicates that familiarity does not guarantee the relatability or the reliability of finding a genuinely aligned guide or state of mind.

dhukhaa(n) jiau maa(n)leeh kaaran ti(n)n(h)aa maa piree ||87||  
I smoulder continuously like slow-burning fuel, longing for that union with my all-pervading beloved source. This reflects the enduring inner state that seeks to reconnect with universal reality.

**Essence:** Sheikh Farid portrays himself as smouldering like slow-burning fuel; this image reflects a longing that neither arises nor disappears abruptly, but simmers deep within. The yearning is for reunion with the essence of the all-pervading source, and restlessly recalling a connection that transcends time. In that sense, the burning is not only pain but also a sign of inner seeking. It shows a human state that continues its inner seeking toward a deeper reality it feels separated from.

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