

Sheikh Farid – Sabad 15
fareedaa akhee dekh pateeneeaa(n) sun sun reene ka(n)n ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa akhee dekh pateeneeaa(n) sun sun reene ka(n)n ||
saakh paka(n)dhee aaieeaa hor kare(n)dee va(n)n ||11||

Summary: By shifting our focus from hoarding possessions to enjoying and sharing them, we cultivate deeper connections with what truly matters for universal well-being. Overcoming superficial attachments that do not resonate with our inner selves allows us to make space for meaningful experiences and authentic relationships. Letting go empowers us, encouraging growth and leading us to seek fulfillment.

fareedaa akhee dekh pateeneeaa(n) sun sun reene ka(n)n ||
Farid mentions that due to excessive external stimuli, his vision has faded, and his ears have grown deaf. He suggests that he no longer focuses on worldly possessions and does not respond to what does not resonate with his true self.

saakh paka(n)dhee aaieeaa hor kare(n)dee va(n)n ||11||
When vegetation ripens, its colour and appearance change. This example illustrates that one's thought process transforms when one attains wisdom. (11)

Essence: Sheikh Farid uses the analogy of the changing colors of ripened vegetation to signal their readiness for transformation. Similarly, when someone attains wisdom, their thought process undergoes a transformation, allowing them to uncover deeper truths and significance in their experiences.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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