

Sheikh Farid – Sabad 25
fareedaa raatee vaddeaaa(n) dukh dukh uThan paas ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa raatee vaddeaaa(n) dukh dukh uThan paas ||
dhig tin(h)aa daa jeeviaa jinaa viddaanee aas ||21||

Summary: Real life begins when we let go of the need for what isn't and embrace what is. It is not in chasing illusions, imagined ideals, or the weight of unmet expectations, but in embracing the present with honesty. Attachment to our desires can lead to discontent, disconnecting us from the richness of life. Fullfillment can come from a place of wholeness in needing less, rather than having everything.

fareedaa raatee vaddeaaa(n) dukh dukh uThan paas ||
Farid says the nights are long, filled with anguish and pain; one rises again and again. Reflecting on endless desires when they remain unmet entails the pain of dissatisfaction.

dhig tin(h)aa daa jeeviaa jinaa viddaanee aas ||21||
Cursed is the life of those who hope for what others possess. (21)

Essence: Sheikh Farid shines a light on the inner restlessness that arises from misplaced expectations. He portrays nights filled with unrest, which symbolise periods of confusion or unmet desires that never lead to true fulfilment. The anguish of waking up in pain reflects dissatisfaction, creating a cycle of yearning for what others have, ultimately resulting in suffering. He critiques a life spent clinging to illusions, emphasising that such a life is not truly lived.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com