

Sheikh Farid – Sabad 32
fareedaa roTee meree kaaTh kee laavan meree bhukh ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

fareedaa roTee meree kaaTh kee laavan meree bhukh ||
jinaa khaadhee choparee ghane sahanige dukh ||28||

Summary: Indulgence is an endless chase for external pleasures, while simplicity offers a path of introspection. Indulgence thrives on sensory stimulation and ego, fostering the false belief that true fulfilment comes from acquiring more. In contrast, simplicity is not about deprivation; rather, it is a conscious choice to prioritize what is essential. This clarity enables humility to find contentment not in the pursuit of excess, but in the ordinary things and moments available right here and now. This is the real essence of being humble.

fareedaa roTee meree kaaTh kee laavan meree bhukh ||
Farid says my meal consists of coarse bread and salt, which satisfies my hunger, representing a life grounded in simplicity and contentment.

jinaa khaadhee choparee ghane sahanige dukh ||28||
Those who eat richly buttered meals will endure much suffering; this reflects that indulgence in excess leads to the pain of dissatisfaction. (28)

Essence: Sheikh Farid contrasts a simple life with one of indulgence. By embracing a humble meal of bread and salt, he reveals the spiritual clarity that arises when unburdened by the need for excess. His message is not about glorifying deprivation but about choosing substance over abundance. A life lived with humility and gratitude keeps one light and free. Yet, when we let excess define us, even minor challenges can bring deep suffering.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com