

Sheikh Farid – Sabad 33
rukhee sukhee khai kai Tha(n)ddaa paanee peeau ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

rukhee sukhee khai kai Tha(n)ddaa paanee peeau ||
fareedaa dekh paraiee choparee naa tarasaae jeeau ||29||

Summary: In a world that pushes us to chase success, accumulate possessions, and seek validation, craving often becomes our default mindset. Disguised as ambition, it keeps us trapped in a cycle of longing and unfulfillment. Contentment, however, offers clarity and strength. It does not mean giving up or settling for less; instead, it is about recognizing what is sufficient and embracing it. Contentment represents quiet strength; it allows gratitude to flourish, fostering lasting inner peace and appreciating the beauty in simplicity.

rukhee sukhee khai kai Tha(n)ddaa paanee peeau ||
Eat simple foods and drink cool water. Simple foods reflect a contented, modest lifestyle, and cool water symbolizes tranquillity, free from greed.

fareedaa dekh paraiee choparee naa tarasaae jeeau ||29||
Farid says that when you see others' lavish meals, you should not allow yourself to be tempted by them. This advice serves as a reminder to prevent inner turmoil and restlessness from desiring what others possess. (29)

Essence: Sheikh Farid offers a transformative life lesson through a simple example. Often, we suffer not because we lack things, but because we envy what others possess, whether it be their wealth, comfort, fame, or apparent ease. His words encourage us to recognize this subtle trap, and by letting go of it, we can reconnect with our sense of wholeness. He reminds us that contentment is not a sign of weakness; it is a virtue that nourishes us with feelings of gratitude, peace, joy, and abundance.

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

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