

Sheikh Farid – Sabad 8
fareedaa je jaanaa til thoRaRe sa(n)mal buk bharee ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa je jaanaa til thoRaRe sa(n)mal buk bharee ||
je jaanaa sahu na(n)ddaRaa taa(n) thoRaa maan karee ||4||

Summary: Life is an exhilarating paradox: it may seem fleeting, yet it is rich with moments that shape our existence. By nurturing gratitude, embracing positive emotions, creating lasting memories, and managing our time wisely, we can infuse each moment with meaning and live life to its fullest.

fareedaa je jaanaa til thoRaRe sa(n)mal buk bharee ||
Farid says that if I had known of the limited sesame seeds in my hand, I would have cherished them more; this embodies the essence of recognizing life's fleeting nature and awakening to the reality that time is finite.

je jaanaa sahu na(n)ddaRaa taa(n) thoRaa maan karee ||4||
If I had known my mentor was young and innocent, I would have been less arrogant. This statement reflects the nascent stage of spirituality, which can often lead to arrogance. (4)

Essence: Sheikh Farid celebrates the pure, unconditioned innocence of childhood, which is often lost in adulthood's conditioning that breeds arrogance. He believes that the untainted awareness of a young child can embody wisdom and humility that may surpass that of an elderly person. One must respect all ages and preserve the childlike vitality to express and learn without biases.

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

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