

Sheikh Farid – Sabad 103
saadde trai man dhehuree chalai paanee a(n)n ||
Salok, Seikh Farid, Guru Granth Sahib, 1383

saadde trai man dhehuree chalai paanee a(n)n ||
aaio ba(n)dhaa dhunee vich vat aasoonnee ba(n)ni(h) ||
malakal maut jaa(n) aavasee sabh dharavaaje bha(n)n ||
tin(h)aa piaariaa bhaieeaa(n) agai dhita ba(n)ni(h) ||
vekhahu ba(n)dhaa chaliaa chahu janiaa dhai ka(n)ni(h) ||
fareedhaa amal j keete dhunee vich dharageh aae ka(n)m ||100||

Summary: The body is not a permanent possession, but a fragile arrangement sustained by countless visible and invisible supports to uphold what we call life. What may seem like a self-sufficient entity is actually a temporary framework reliant on its surroundings. To navigate the uncertainties of existence, we cling to expectations, plans, and attachments, treating them as essential baggage for a journey we cannot control. This creates a paradox: a perishable body attempting to hold on to a future that remains uncertain as every step is borrowed. Wisdom begins when one travels lightly through life, as it was never meant to be held forever.

saadde trai man dhehuree chalai paanee a(n)n ||
The body, composed of a finite amount of flesh, operates on the sustenance of water and food. This highlights that the body is not a permanent entity, but a fragile system dependent on external resources for survival.

aaio ba(n)dhaa dhunee vich vat aasoonnee ba(n)ni(h) ||
A person comes into the world and immediately bundles up hope to be provided for. This captures how our minds cling to expectations as essential baggage on life's journey.

malakal maut jaa(n) aavasee sabh dharavaaje bha(n)n ||
When destruction arrives, it will break down every door. This signifies the collapse of all external defences and the internal ego when the ultimate reality of mortality descends upon us.

tin(h)aa piaariaa bhaieeaa(n) agai dhita ba(n)ni(h) ||
In the presence of the beloved companions and relatives, it is bound. This illustrates that even the strongest bonds must ultimately submit to the laws of nature.

vekhahu ba(n)dhaa chaliaa chahu janiaa dhai ka(n)ni(h) ||

Witness how the person departs, carried upon the shoulders of four pallbearers. The scene reveals the fragility of identity and the certainty of mortality; the body that once basked in its own ego is laid to rest by others.

fareedhaa amal j keete dhunee vich dharageh aae ka(n)m ||100||

Farid says that the deeds we take in this world are what matter in the judgment of our conscience. This means that what endures is the legacy of our deeds and the sincerity of our intentions. (100)

Essence: Sheikh Farid powerfully illustrates the fragility of identity and the inevitability of death: the proud body is ultimately laid to rest by others, revealing its vulnerability. Beyond physical existence, what truly endures is not status or self-image, but the impact of our actions and the sincerity of our intentions. Death doesn't merely end a life; it examines what truly mattered. The body may fall silent, but the essence of how we lived continues to resonate.

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

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