

Sheikh Farid – Sabad 106
fareedhaa paaR paTolaa dhaj karee ka(n)balaRee pahireau ||
Salok, Seikh Farid, Guru Granth Sahib, 1383

fareedhaa paaR paTolaa dhaj karee ka(n)balaRee pahireau ||
jin(h)ee vesee sahu milai seiee ves kareau ||103||

Summary: An authentic and straightforward existence avoids the trap of embellishing life with borrowed perceptions or superficial appearances. It finds strength in a genuine connection to reality rather than in what may seem impressive. Shedding the unnecessary roles and symbols we adorn ourselves with, we discover a natural honesty within ourselves. This way of living doesn't require constant validation, as its worth is rooted internally rather than dependent on external recognition. Thus, simplicity emerges as a powerful lens through which we can discern what truly matters. In this uncluttered state, life regains its richness and depth, liberated from the need for justification.

fareedhaa paaR paTolaa dhaj karee ka(n)balaRee pahireau ||
Farid says to tear the silk robes into rags and wear the rough blanket instead. This act advises rejecting the ego's false allure in favour of an authentic existence.

jin(h)ee vesee sahu milai seiee ves kareau ||103||
The attire that will bring me closer to inner sovereignty, I will wear that garb. This choice embodies a mindset that liberates the conscience from the confines of any particular identity. (103)

Essence: Sheikh Farid emphasizes the importance of letting go of pride in material possessions and embracing the humility that comes with simplicity. He encourages us to shed the garments of discrimination and to adorn ourselves with the garb of unity. By adopting and nurturing these attributes, we can unlock a meaningful and fulfilling life.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com