

Sheikh Farid – Sabad 130
mat hodhee hoi iaanaa ||
Salok, Seikh Farid, Guru Granth Sahib, 1384

mat hodhee hoi iaanaa ||
taan hodhe hoi nitaanaa ||
anahodhe aap va(n)ddaae ||
ko aaisaa bhagat sadhaae ||128||

Summary: Childlike simplicity combined with the maturity of a sage reflects a rare harmony of existence. It embodies the innocence of wonder while maintaining a deep understanding. This state is free from pretence, yet enriched by lived experience, and can be described as intellectual humility paired with radical generosity. In this context, clarity does not lead to superiority; rather, it naturally evolves into sharing one's time, energy, and spirit. Wisdom in this sense does not create distance; rather, it softens one's presence, allowing for a generous giving without the need for recognition.

mat hodhee hoi iaanaa ||

Possessing wisdom, yet remaining innocent in demeanour. This symbolises the childlike simplicity amidst the maturity of a sage.

taan hodhe hoi nitaanaa ||

Possessing immense strength, yet behaving as if powerless. This demonstrates the power of humility over aggression, capturing the true essence of strength.

anahodhe aap va(n)ddaae ||

Even when possessing nothing, sharing oneself with others. This shows that generosity comes not from excess but from an abundance mindset.

ko aaisaa bhagat sadhaae ||128||

Only such an individual can be called a devoted seeker. This states that a devotee's state is earned through virtues rather than rituals. (128)

Essence: Faried Sheikh underscores the essence of authenticity in spiritual growth. He argues that true realization is marked not by ostentatious displays of power or intellect, but by their meaningful application. A genuine seeker transcends the ego's craving for validation, embracing humility over dominance and choosing generosity instead of mere accumulation. These attributes enrich the self and elevate our surroundings.

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

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