

Sheikh Farid – Sabad 133
eih tan sabho rat hai rat bin ta(n)n na hoi ||
Salok, Guru Amardas, Guru Granth Sahib, 1380

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jo seh rate aapane tit tan lobh rat na hoi ||
bhai piaai tan kheen hoi lobh rat vichahu jai ||
au baisa(n)tar dhaat sudh hoi tiau har kaa bhau dhuramat mail gavai ||
naanak te jan sohane j rate har ra(n)g lai ||52||

Summary: When the fear of drifting away from what is right emerges, the conscience seeks refuge in humility and integrity. Desires that once seemed compelling start to weaken their hold. As awareness expands, the craving for accumulation lessens, creating space for meaningful reflection and clarity. In this state of mind, we find serenity, free from the chains of obsession. This shift weakens the ego's grasp, steering us toward a more fulfilling and purposeful life.

eih tan sabho rat hai rat bin ta(n)n na hoi ||
This body is all blood; without blood, the body cannot exist. This metaphorically represents life force; blood symbolizes both our physical vitality and the flow of thoughts that embody our desires, attachments, longings, fears, and awareness.

jo seh rate aapane tit tan lobh rat na hoi ||
Those imbued with inner awareness don't embody greed. This reflects a state of conscious living in which the conscience is unaffected by material possessions.

bhai piaai tan kheen hoi lobh rat vichahu jai ||
When one is fearful of being unrighteous, the body is humbled, and greed leaves from within. This marks a transformation in which the ego begins to diminish, leading to the fading of unchecked desires that thrive on insatiable wanting.

jiau baisa(n)tar dhaat sudh hoi tiau har kaa bhau dhuramat mail gavai ||
Just as fire purifies metal, similarly, awareness of the all-pervading presence eliminates the impurities of distorted thinking. This symbolizes inner purification through the light of wisdom.

naanak te jan sohane j rate har ra(n)g lai ||52||
Nanak says that beautiful are those beings infused with the colour of the all-pervading essence. This inner beauty reflects a conscience that has shifted from separation to unity.

Essence: Guru Amardas and Sheikh Farid endorse that those who wholeheartedly embody the idea of oneness possess a mindset that radiates grace and magnificence. This powerful insight urges us to cultivate unity and embrace diversity in our lives, to foster deeper connections and understanding within our communities and with nature as a whole.

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

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