

Sheikh Farid – Sabad 134
kai paTolaa paaRatee ka(n)balaRee pahirei ||
Salok, Guru Amardas, Guru Granth Sahib, 1383

kai paTolaa paaRatee ka(n)balaRee pahirei ||
naanak ghar hee baiThiaa sahu milai je neeat raas karei ||104||

Summary: The extremes of life, be it luxury or austerity, status or simplicity, comfort or renunciation, do not inherently lead to true awakening. A life of opulence can often mask a deep sense of emptiness, while a humble existence might hide an inflated ego. Enlightenment is not gained by external circumstances such as wealth, poverty, social or religious interactions, or the wearing of garb. It emerges when our intentions are pure, genuine, and authentically aligned with our inner selves. True richness in the depth of consciousness we cultivate.

kai paTolaa paaRatee ka(n)balaRee pahirei ||
Why do you tear your fine silk and wear a coarse, patched blanket? This suggests that accumulating material wealth or giving up possessions lacks significance if the intention is lacking integrity.
naanak ghar hee baiThiaa sahu milai je neeat raas karei ||104||

Nanak says that the all-pervading beloved is housed within and is experienced, if intentions are sincere. This all-pervading presence can be encountered in everyday life when the mind becomes truthful, the ego softens, and intentions are genuine.

Essence: Guru Amardas highlights Sheikh Farid's message that the awareness, presence and essence we seek all reside in our experiential realm. This universal energy becomes apparent when we let go of our false ego and embrace genuineness, integrity, and positive intentions in our lives. By doing so, we tap into a profound connection that enriches our existence.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com