

Sheikh Farid – Sabad 45
buddaa hoaa sekh fareedh ka(n)ban lagee dheh ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

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je sau vari(h)aa jeevanaa bhee tan hosee kheh ||41||

Summary: Impermanence becomes intimate when you realize that it isn't just a phase; it's the essence of existence. A parent ages, a child outgrows your lap, and even the version of yourself that once felt so certain gradually fades away. Initially, this can be unsettling because our minds often try to hold life as if it will stop time from moving. However, when you begin to value presence over possession, impermanence transforms from a source of fear into an intimate companion, encouraging a holistic way of living without attachments.

buddaa hoaa sekh fareedh ka(n)ban lagee dheh ||
Farid says he is growing old and that his body has begun to tremble. This serves as a powerful reminder of the natural decline we all experience and the inherent fragility of our existence.

je sau vari(h)aa jeevanaa bhee tan hosee kheh ||41||
Regardless of a life lasting a hundred years, the body will ultimately return to dust. This highlights the unavoidable truth of our mortality; time may prolong life, but it cannot change this final fate. (41)

Essence: Sheikh Farid reflects on the trembling of his hands, seeing it as a reminder of impermanence. The body is not everlasting; everything it carries will ultimately go. This insight highlights the futility of clinging to our physical forms. Whether our lives are brief or long, our physical vessels are all subject to the same truth of decay, and they will inevitably return to the elements from which they originated. Embracing this reality can free us from fear and encourage a deeper appreciation for the present moment.

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

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