

Sheikh Farid – Sabad 48
fareedhaa ikanaa aaTaa agalaa ikanaa naahee lon ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

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agai ge si(n)n(j)aapasan choTaa(n) khaasee kaun ||44||

Summary: Abundance and lack coexist, yet neither guarantees true fulfilment. Many may have vast resources and still feel an inner emptiness, while others, with far less, find deep satisfaction. Abundance can foster attachments, pride, or fears of losing. In contrast, lack can enhance resentment, shame, or insecurities. This contrast shows that life's purpose is not about accumulation but rather about achieving inner alignment and clarity. With this insight, we can shift our focus from the relentless pursuit of proving ourselves to a commitment to living with coherence, depth, and sovereignty.

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Farid says that some have an abundance of flour, while others lack even salt. This highlights a disparity not just in material possessions, but in the fundamental understanding of life's essence and purpose.

agai ge si(n)n(j)aapasan choTaa(n) khaasee kaun ||44||
Moving forward, when we evaluate our conscience, it becomes evident who truly bears the blows. This suggests that the true measure of a life is not wealth but the practice of contemplation, which clarifies the reasons for suffering and for peace.
(44)

Essence: Sheikh Farid clearly distinguishes between having and being. "Having" refers to external factors such as possessions, status, and security, while "being" pertains to inner qualities like wholeness, awareness, and sovereignty. Highlighting the misconception that material comfort can shield us from suffering, he suggests that a person's character is crucial in determining whether they find peace or experience pain. Life becomes truly meaningful when being is prioritized and the limited role of having is recognized.

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

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