

Sheikh Farid – Sabad 55
fareedhaa ratee rat na nikalai je tan cheerai koi ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

fareedhaa ratee rat na nikalai je tan cheerai koi ||
jo tan rate rab siau tin tan rat na hoi ||51||

Summary: Real aliveness transcends the mere beat of a heart; it is defined by the presence that embodies completeness. We can appear visible to the world yet carry a deadened conscience and a numb inner spirit. True aliveness flourishes where truth resonates with clarity and sincerity, where the outer self harmonizes with the inner self. This integrity opens the door to love free from possession, to actions that are pure and untainted, and to communication that is honest and straightforward. Aliveness is genuinely experienced when we actively engage with life, rather than merely endure it.

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Farid says that not even a drop of blood would flow from the body, even if it were cut. This indicates a mindset so stable that even intense events do not provoke reactions like anger or resentment.

jo tan rate rab siau tin tan rat na hoi ||51||
Those bodies imbued with the all-pervading presence do not contain blood. This indicates an alchemical shift in perspective, in which the infinite flow of awareness sustains finite human existence. (51)

Essence: Sheikh Farid describes a state in which a person's inner constitution is fundamentally transformed. In this state, stability is so profound that even intense emotions and challenging circumstances no longer provoke a reaction. This indicates an alchemical shift in perspective, where the self is no longer maintained by ego and impulse, but instead exists in harmony with the infinite flow of awareness that continuously permeates our finite human existence.

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

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