

Sheikh Farid – Sabad 59
fareedhaa koThe dhukan ketaRaa pir needhaRee nivaar ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

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jo dheh ladhe gaanave ge vilaaR vilaaR ||56||

Summary: The relentless pursuit of material possessions often starts as a quest for security and comfort. However, over time, it can become an obsession, leading to a constant state of dissatisfaction. Each new acquisition promises relief, but that satisfaction fades quickly, creating a desire for the next achievement. As we focus on accumulating more, we neglect our inner peace, and serenity becomes a distant goal. Our well-being declines not from lack, but from an insatiable desire for more. What was intended to enrich our lives instead drains them, proving counterproductive.

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Farid says, to what extent will you keep running after more mansions while forsaking the beloved sleep? This challenges us to reconsider our relentless pursuit of material possessions, which can lead to the loss of our inner serenity and well-being.

jo dheh ladhe gaanave ge vilaaR vilaaR ||56||
Whatever time is allotted is numbered; it keeps slipping away moment by moment. This mirrors how life fades in ordinary moments as we postpone our inner awareness, waiting for the right time to live consciously. (56)

Essence: Sheikh Farid reminds us that life often fades amid the monotony of daily routines and the delay in pursuing what is meaningful. We often believe that there will always be another day to start, rectify, and evolve. Our days are filled with activity, yet we still lack fulfilment because our quest for awareness remains an intention rather than an embodiment. Understanding this transforms living from less about someday and more about now.

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

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