

Sheikh Farid – Sabad 66
jaa(n) kuaaree taa chaau veevaahee taa(n) maamale ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

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fareedhaa eho pachhotaau vat kuaaree na theeaa ||63||

Summary: Every attachment comes with a cost, often measured by our inner freedom. What begins as an acquaintance can develop into dependence, and eventually fear, which leads to attachment. Our carefree spirit begins to fade as we become focused on keeping, pleasing, and securing what we cherish. Happiness no longer feels effortless; it requires negotiation through outcomes and a need for control. Detachment is not a lack of compassion, but rather the ability to love without possessing. Embracing this perspective can lead to a more fulfilling and liberated life.

jaa(n) kuaaree taa chaau veevaahee taa(n) maamale ||

When single, there was desire; when married, there were complications. This illustrates the transition from the joy of a free mind to the suffering caused by attachment and ego.

fareedhaa eho pachhotaau vat kuaaree na theeaa ||63||

Farid says there is regret about not being able to be unmarried again. This highlights the irreversibility of time and experiences. (63)

Essence: Sheikh Farid reminds us that every moment we experience becomes fixed in time and cannot be changed. Words once spoken cannot be taken back, and decisions made cannot be undone. Time flows in one direction, carrying us along whether we resist or go with the flow. In this irreversibility, we find a past that we cannot return to, but we can deepen our understanding of it. Therefore, returning is not about retreating; it is about moving forward toward a renewal of our conscience.

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

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