

Sheikh Farid – Sabad 69
chal chal gieaaa(n) pa(n)kheaaa(n) jin(h)ee vasaee tal ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

chal chal gieaaa(n) pa(n)kheaaa(n) jin(h)ee vasaee tal ||
fareedhaa sar bhariaa bhee chalasee thake kaval ikal ||66||

Summary: Attachments may seem solid, but they are always evolving beneath the surface. People, roles, and comforts that feel familiar can change or fade over time. Our minds cling to these attachments because we seek certainty in a world of constant change. Familiarity creates the illusion of permanence, and when we lose something, we thought would always be there, we come to understand how deeply we've intertwined our identity with it. This understanding gives us an opportunity for growth and self-discovery.

chal chal gieaaa(n) pa(n)kheaaa(n) jin(h)ee vasaee tal ||
The birds flew away one by one from the pond where they once settled. This capture of their departure serves as a powerful reminder of how attachments can develop and fade, even when they feel comfortable and secure.

fareedhaa sar bhariaa bhee chalasee thake kaval ikal ||66||
Farid says that even a full lake will eventually dry up, and the solitary lotuses will ultimately fade away due to exhaustion. This emphasises that neither abundance nor stability lasts forever; everything is subject to transformation and dissolution.

Essence: Sheikh Farid notes that abundance and stability may appear to provide solid ground; however, they, too, represent impermanence that wears a calm facade, allowing for a longer pause. Dissolution is absolute, meaning that nothing is exempt from change and eventual endings. Fatigue sets in when we cling to illusions, and when these illusions fade, loneliness often follows. In those moments, we face the truth that comfort is not guaranteed. What remains is the opportunity to find stability and abundance in our awareness, where we accept impermanence rather than fear it.

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

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