

Sheikh Farid – Sabad 70
fareedhaa iT siraane bhui savan keeRaa laRio maas ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

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ketaRiaa jug vaapare ikat piaa paas ||67||

Summary: The body returns to nature; this is not a conclusion but an undeniable truth. Our existence, in its physical form, is composed of earth, water, fire, air, and space, woven together. With time, this arrangement disintegrates beyond pride, shame, or societal labels; it merges with the source. This cycle is not a punishment or an honour; it is a vital aspect of life. Embracing this reality can humble us and ease our fears, allowing us to lead a more carefree and meaningful life.

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Farid says that the head rests on a brick, the body lies on the bare ground, and worms consume the flesh. This imagery depicts a return to nature's processes that strips the notions of identity, dignity, or dishonour, leaving only the inevitability of dissolution.

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Countless ages pass by, yet the body remains lying in the same position. This suggests that time moves relentlessly, while a stubborn mindset remains unmoved, indifferent to insights.

Essence: Sheikh Farid emphasizes that a stubborn mind is unresponsive like a body in a grave. This refusal to evolve leads to an inner lifelessness, devoid of learning, compassion, and growth. We may continue to encounter valuable insights, but if we block them from being absorbed, something essential inside becomes stagnant. This mindset values ego over authenticity, diminishing the ability to be truly alive. In contrast, a receptive mind remains alive through understanding.

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

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