

Sheikh Farid – Sabad 72
fareedhaa bha(n)nee ghaRee sava(n)navee TooTee naagar laj ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

fareedhaa bha(n)nee ghaRee sava(n)navee TooTee naagar laj ||
jo sajan bhui bhaar the se kiau aaveh aj ||69||

Summary: Refined appearances serve as a protective shield, while social dignity can create a false sense of permanence. Yet, in just a heartbeat, both can shatter. What once seemed composed may reveal its vulnerabilities, and what felt stable can quickly become uncertain. When the body can no longer uphold this crafted image, the conscience faces realities that cannot be sidestepped. It is through our rawness and honesty that we discover our true strength.

fareedhaa bha(n)nee ghaRee sava(n)navee TooTee naagar laj ||
Farid says the exquisitely crafted vessel has shattered, losing its remarkable grace. This indicates that when the ego's ignorance fades, the illusions it creates lose their significance.

jo sajan bhui bhaar the se kiau aaveh aj ||69||
Those cherished individuals, who once firmly stood in this world, how can they return now? This truth highlights the fragility of our existence and attachments that fade with the loss of the physical form. (69)

Essence: Sheikh Farid depicts the body and our worldly identity as a vessel destined to break, symbolising the end of illusion and the vanishing of our status. This profound awakening unveils the transient nature of existence and the illusions we cling to as ultimate truths. What we regard as reality is nothing more than a temporary construct, held together only by superficial appearances. Embracing this insight allows us to recognise how little of our identities is meant to endure, and to seek deeper meaning beyond the surface.

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

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