

Sheikh Farid – Sabad 75
jo sir saiee naa nivai so sir keejai kaa(n)i ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

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ku(n)ne heTh jalaieeaaai baalan sa(n)dhai thai ||72||

Summary: An ego that fails to embrace humility gradually undermines its own dignity. What seems strong on the outside can become fragile on the inside, as it thrives on being unquestioned. Without humility, one risks confusing power with true worth. Respect cannot be demanded; it must be earned through transparency. When pride rejects correction, it diminishes the very honour it seeks to uphold. Dignity doesn't belong to the loudest voice, but to those who can adapt and grow.

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The head that does not submit to the all-encompassing presence, what purpose does that head serve? This implies that egoistic rigidity becomes counterproductive, as the refusal to yield obstructs inner wisdom.

ku(n)ne heTh jalaieeaaai baalan sa(n)dhai thai ||72||
It is fit only to be burned as firewood beneath the cooking pot. This symbolises the degradation of the arrogant self; the lack of awareness becomes fuel for the fires of worldly suffering. (72)

Essence: Sheikh Farid highlights that when we cling to pride, it ignites a cycle of ignorance, as reality continuously corrects what the ego refuses to see. This illusion is temporary, sustained by accolades, control, or denial. Eventually, life strips away these illusions, unveiling the raw truth within. In that critical moment, the choice becomes evident: surrender to your deeper self, or face the fire of your false identity. We can either soften into genuine awareness or harden into enduring suffering.

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

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