

Sheikh Farid – Sabad 76
fareedhaa kithai taidde maapiaa jin(h)ee too janiogh ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

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tai paasahu oi ladh ge too(n) ajai na pateenoh ||73||

Summary: The "phoenix effect" describes the transformative power of destruction that leads to renewal. This term is inspired by the mythical phoenix, which rises from its ashes, symbolizing strength born from crises and the clarity gained through loss. When our parents, those who create and nurture us, fade from our lives, the illusion of permanence disappears, revealing our own mortality. This realization, once a distant concept, becomes an immediate reality. It makes life feel both fragile and precious, urging us to embrace the generational change that propels us forward while reminding us to cherish each moment.

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Farid asks where are your parents, the ones who gave you birth? This inquiry deepens the reality that if our creators and nurturers fade away, we must face the inevitable passage of time and our own mortality.

tai paasahu oi ladh ge too(n) ajai na pateenoh ||73||
They have left your side, but you remain unconvinced. This illustrates the mind's difficulty in accepting impermanence, even after experiencing loss. (73)

Essence: Sheikh Farid anchors on the fantasy of permanence, which is a comforting belief that what we have now, our relationships, health, comfort, and identity, will remain the same. This mindset transforms fleeting moments into a false sense of stability, causing us to postpone the inner work necessary for growth. By living as if we will always have more time, we risk losing what truly matters in the present. It's essential to recognise that change is inevitable and to embark on our personal development journey while we can.

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

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