

Sheikh Farid – Sabad 80
chaban chalan rata(n)n se sunear beh ge ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

chaban chalan rata(n)n se sunear beh ge ||
heRe mutee dhaeh se jaanee chal ge ||77||

Summary: There is a profound connection between our physical bodies, sensory experiences, and sense of identity. As we age and our senses fade, we confront an existential crisis in which our ego struggles to maintain its identity amid isolation and disconnection. This highlights the crucial role of sensory experiences in our understanding of the world and the significant impact of physical decline on our psychological well-being. Ultimately, it encourages reflection on existence and the relationship between mind, body, and ego.

chaban chalan rata(n)n se sunear beh ge ||
Chewing, walking, and the eyes, along with the ears, have all ceased their function.
This suggests that what we assume is guaranteed in everyday ease is temporary.

heRe mutee dhaeh se jaanee chal ge ||77||

The deteriorating body mourns the departure of the senses that once perceived the world. This suggests an existential crisis in which the ego struggles to maintain its identity as our sensory experiences decline. (77)

Essence: Sheikh Farid draws our attention to a crucial and thought-provoking reality that the facilities we often take for granted, such as our ability to speak, hear, walk, and see, are not as permanent as we might think. He warns that these essential aspects of our daily lives deteriorate over time and can change unexpectedly for various reasons. This insight prompts us to practice mindfulness, urging us to cherish and make the best use of these gifts while we can, as they may not always be available.

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

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