

Sheikh Farid – Sabad 91
fareedhaa ih tan bhaukanaa nit nit dhukheeaai kaun ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

fareedhaa ih tan bhaukanaa nit nit dhukheeaai kaun ||
ka(n)nee buje dhe rahaa(n) kitee vagai paun ||88||

Summary: The exhaustion caused by sensory overload goes beyond simple tiredness; it involves the fatigue of our conscience being constantly pulled in multiple directions. When the senses are scattered with competing signals, our ability to gain clarity, concentrate and maintain equilibrium suffers. Like a lake disturbed by falling stones, while the water remains, its surface can't reflect clearly. Overwhelming stimuli cloud our perception and drain our motivation, highlighting the need for moments of stillness to restore clarity and rejuvenate our spirit.

fareedhaa ih tan bhaukanaa nit nit dhukheeaai kaun ||
Farid says that this body acts like a barking dog; who can bear the agony of attending to it day after day? This symbolises the relentless clamour of sensory desires and the ego's persistent noise, which drains peace.

ka(n)nee buje dhe rahaa(n) kitee vagai paun ||88||
I have placed earplugs in my ears, so it does not matter how hard the wind is blowing. This illustrates the strength of safeguarding inner peace by ignoring external sensory chaos. (88)

Essence: Sheikh Farid reveals a key truth: true peace comes not from silencing the world around us, but from calming our own perceptions. Forcing silence is futile; the world is always in motion. Transformation occurs when we still the mind's reactions. In this inner calm, external noise no longer disturbs us. Serenity emerges not from controlling the outside world, but from mastering our mind's engagement with it.

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

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