

Sheikh Farid – Sabad 93
fareedhaa tan sukaa pi(n)jar theeaa taleeaa(n) khoo(n)ddeh kaag ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

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ajai su rab na baahuRio dhekh ba(n)dhe ke bhaag ||90||

Summary: If awareness never emerges, it would be the true tragedy of our lives. Life moves forward: days vanish, and our bodies age as time silently erases what we cherish. Amid this passage, the awakening that could give our lives meaning often goes unexplored if we are not mindful. Imagine a traveller endlessly walking down a road, never pausing to reflect on their surroundings. Time takes not only our possessions and strength but also the opportunity to awaken and truly live. The sorrow lies not in the end of a life but in allowing it to pass us by without gaining the insight that could transform our experience.

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Farid says the body has withered into a skeleton, and crows peck at the palms. This imagery highlights how the relentless pursuit of accumulation drains our life force, while sensory distractions consume our conscience.

ajai su rab na baahuRio dhekh ba(n)dhe ke bhaag ||90||

Yet, the understanding of the universal source has not yet manifested within; observe this condition of the human state. This reflects the tragedy that the sense of awareness never arrived, while time continues to erase everything away. (90)

Essence: Sheikh Farid's language is both precise and compelling. He vividly illustrates a body reduced to a skeleton, with crows pecking at outstretched palms, reminding us how relentlessly accumulation drains our life force, leaving us spiritually empty despite our pursuits. The hands that once gathered are now subject to being consumed. This reality serves as a stark reminder that a life focused solely on material pursuits can leave one with an internal void.

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

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