

Baba Farid: proverbs

The following sayings of Baba Farid are quoted by his biographer Amir Khurd (Siyar al-awliya):

1. Escaping from one's self is attaining to God.
2. Do not satisfy the demands of the physical self, for the more you satisfy it, the more it demands.
3. Do not regard the ignorant as alive.
4. Do not eat everybody's bread, but give bread to all people (freely).
5. Do not say anything as mere guesswork.
6. Whenever an evil befalls you, consider it a punishment for your sins.
7. Keep your internal self better than the external self.
8. While doing good to others, think that you are doing good to yourself.
9. As far as possible, prevent women from developing the habit of using abusive language.
10. Show gratitude but do not place the obligation of gratefulness on others.
11. Defeat your enemy by consulting him and captivate your friend by your politeness.
12. Accept affliction as a present.
13. Protect religion by knowledge.
14. Aspire for new [spiritual] attainments every day.

According to Baba Farid, 700 saints were asked 4 questions and all gave the same reply:

1. *Who is the wisest?* 'One who rejects the world'
2. *Who is the most saintly?* 'One who does not get changed at everything'
3. *Who is the wealthiest?* 'One who is content'
4. *Who is the most needy?* 'One who gives up contentment'