

Sheikh Farid – Sabad 54
fareedhaa ka(n)n musalaa soof gal dhil kaatee guR vaat ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

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baahar dhisai chaananaa dhil a(n)dhiaaree raat ||50||

Summary: The deception of appearances arises when our external attire and virtuous behaviour conceal inner malice. This contrast between outward piety and hidden intentions highlights hypocrisy, creating a gap where kind words accompany angry thoughts and cruelty beneath acts of virtue. This disconnect reduces religion to ritual and morality to abstraction. The critique addresses not just the external displays but the exploitation of these symbols to hide a flawed inner self. True integrity requires that our inner state authentically aligns with our outward expressions, fostering genuine connection and trust.

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Farid says that the prayer mat is carried on the shoulder while the ascetic's robe is worn, yet a knife is held in the heart, and the sweetness of molasses lingers on the tongue. This symbolises a self-disconnect in which one projects a pious image but harbours malice internally.

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On the surface, there seems to be a bright spiritual light, but inside the heart, it is as dark as night. This illustrates the condition of a hypocrite, whose outward appearance exudes righteousness, while the inner world is engulfed in ignorance and deceit.

Essence: Sheikh Farid exposes the serious dangers of hypocrisy: it misleads others, but more importantly, it first leads oneself astray. This duplicity creates a divide in which outward appearances and religious symbols obscure true intentions rather than embody authentic faith. Such a façade morphs into a false identity, numbing the conscience. Hypocrisy embodies a corrupted mindset disguised as virtue, undermining both self and society.

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