

**Sheikh Farid – Sabad 57**  
**fareedhaa na(n)ddee ka(n)t na raavio vaddee thee muieeas ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1380**

fareedhaa na(n)ddee ka(n)t na raavio vaddee thee muieeas ||  
dhan kooke(n)dhee gor me(n) tai seh naa mileeas ||54||

**Summary:** A youthful mindset may be open but prone to procrastination, while an older mindset can become rigid and resistant to action. Procrastination, or inaction, is the practice of delaying tasks until later, which can result in lost opportunities. This habit of postponing and delaying is a form of self-betrayal, where we know what to do but fail to act. Our chances turn into mere intentions, leaving us unable to realise our potential. The key is to take action now, even if it's imperfect, because opportunities in life don't wait for the perfect moment.

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Farid says that in youth, the all-encompassing source is not contemplated; now that one has aged, one faces mortality. This symbolically indicates a missed opportunity in which youth represent the naivety of postponement, while older age signifies the rigidity of non-acceptance.

dhan kooke(n)dhee gor me(n) tai seh naa mileeas ||54||

The spouse cries out from the grave but cannot meet the beloved. This represents the conscience, which reflects and regrets not aligning with the essence of universal awareness. (54)

**Essence:** Sheikh Farid reminds us that nurturing a youthful receptivity is essential for our growth. Without it, we can easily fall into the trap of conditioning that has matured into rigidity. When we close ourselves off to different viewpoints, we risk losing touch with our deeper essence. This inflexibility, often mistaken for strength, is our ego resisting transformation. Our inner depth thrives in openness and stagnates in closed-mindedness. Embracing receptivity allows us to renew and refine our true selves.

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