

**Sheikh Farid – Sabad 62**  
**fareedhaa jin(h)ee ka(n)mee naeh gun te ka(n)maRe visaar ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1381**

fareedhaa jin(h)ee ka(n)mee naeh gun te ka(n)maRe visaar ||  
mat sarami(n)dhaa theevahee saa(n)iee dhai dharabaar ||59||

**Summary:** Like a river seeking the sea, our efforts flow toward a greater coherence. Yet not every pursuit carries us toward clarity; some merely stir the waters and leave them clouded. Our efforts are invaluable, and how we direct them shapes our inner landscape. When our actions elevate our awareness, they connect us to a rhythm that transcends personal gain. By choosing pursuits that clarify instead of scatter, we embark on a path toward a harmony that embraces both the self and the larger whole.

fareedhaa jin(h)ee ka(n)mee naeh gun te ka(n)maRe visaar ||  
Farid says actions that carry no virtue, such as trivial deeds, should be dismissed. This suggests pursuits that do not contribute to clarity for universal alignment are worthy of investing our effort.

mat sarami(n)dhaa theevahee saa(n)iee dhai dharabaar ||59||  
So that shame does not arise in the presence of the all-pervading companion, our conscience. This symbolises the state of absolute truth, which allows us to introspect on our choices without the bias of illusion. (59)

**Essence:** Sheikh Farid states that an absolute truth stands untouched by preference or fear. When our attention rests on this reality, introspection becomes clear and unembellished. We can observe our choices without the fog of justification or denial. Illusion loosens its grip because nothing needs to be defended or exaggerated. In that steadiness, even uncomfortable realizations feel instructive rather than threatening. From this solid ground, discernment naturally emerges, guiding our actions with unwavering integrity.

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