

**Sheikh Farid – Sabad 88**  
**fareedhaa ddukhaa setee dhih giaa soolaa(n) setee raat ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1382**

fareedhaa ddukhaa setee dhih giaa soolaa(n) setee raat ||  
khaRaa pukaare paatanee beRaa kapar vaat ||85||

**Summary:** The anguish of being separated from the essence of existence overwhelms the mind, leaving it restless both day and night. The hustle and bustle of the day is filled with distress, and when night arrives, instead of rest, the mind is consumed by troubling thoughts. The suffering stems not only from the events around us but also from a deeper sense that we have drifted away from the inner source that provides balance to life.

fareedhaa ddukhaa setee dhih giaa soolaa(n) setee raat ||  
Farid says, the day has passed in distress, and the night in worry. This reflects a constant state of mental turmoil, in which the pain of separation from the essence of existence consumes the mind.

khaRaa pukaare paatanee beRaa kapar vaat ||85||.  
The ferryman stands and shouts that the boat is in the mouth of the whirlpool. This serves as an alert from our conscience, reminding us that, entangled in worldly attachments, we risk being consumed by them. (85)

**Essence:** Sheikh Farid uses the metaphor of a whirlpool to illustrate the dangers of worldly attachments. While the surface may seem smooth and inviting, drawing us in without a second thought, a strong current beneath can lead us into danger. This reflects how our attachments to material possessions or fleeting pleasures can trap our minds, turning what appears harmless into something that ultimately consumes our conscience.

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