

Sheikh Farid – Sabad 10
fareedaa je too akal lateef kaale likh na lekh ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa je too akal lateef kaale likh na lekh ||
aapanaRe gireevaa(n) meh sir na(n)eevaa(n) kar dekh ||6||

Summary: Wise and humble individuals refrain from judging or criticizing others, understanding that this approach is both a personal endeavor and a transformative empowering act for society. The better we comprehend and embrace ourselves, the more we can foster an atmosphere of acceptance and authentic connections with others, leading to a more enriching and compassionate world.

fareedaa je too akal lateef kaale likh na lekh ||
Farid says, if you are sensible, do not write black negative words. This means that if you are wise and humble, refrain from the negativity of judging or criticizing others.

aapanaRe gireevaa(n) meh sir na(n)eevaa(n) kar dekh ||6||
Instead, look within your consciousness with humility. (6)

Essence: Sheikh Farid stresses the importance of self-reflection and self-awareness, urging individuals to examine their flaws and shortcomings before casting judgment on others. His advice is a reminder of the analogy that when we point a finger at someone else, three fingers point back at ourselves.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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