

Sheikh Farid – Sabad 14
dhekh fareedaa je theeaa sakar hoiee vis ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

dhekh fareedaa je theeaa sakar hoiee vis ||
saa(n)iee baajhahu aapane vedan kaheeeai kis ||10||

Summary: Chasing fleeting pleasures can diminish our overall satisfaction. As we indulge more, these experiences become less appealing, leading to a cycle of seeking intense but temporary enjoyment. This focus on quick rewards often comes at the cost of more profound, lasting happiness, highlighting the need to reflect on what truly brings us fulfillment.

dhekh fareedaa je theeaa sakar hoiee vis ||
Farid says that upon reflection, he realized that sugar had become poison. This illustrates how something that seems pleasurable can also have a negative influence.

saa(n)iee baajhahu aapane vedan kaheeeai kis ||10||
Apart from my beloved, who can I confide in about my agony? This symbolizes that only the all-pervading consciousness is the true confidant of one's state of mind.
(10)

Essence: Sheikh Farid mentions that the mind serves as a reservoir for our thoughts, memories, and feelings, encompassing both the conscious and subconscious. These aspects can unexpectedly surface, triggering powerful emotions that influence our perceptions and actions. Our consciousness is a true confidant, reflecting our innermost thoughts like a mirror. Through introspection, we can embrace our authentic selves, navigate the intricacies of our inner experience, and gain a deeper understanding of our being.

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

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