

Sheikh Farid – Sabad 17
fareedaa jin(h) loin jag mohiaa se loin mai DiTh ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa jin(h) loin jag mohiaa se loin mai DiTh ||
kajal rekh na sahadiaa se pa(n)khee sooi bahiTh ||14||

Summary: Worldly temptations entice the mind toward material wealth, power, or status, causing individuals to become fixated on these transient, illusionary gains. This fixation often diverts attention from actions that contribute to the greater good, leading to a narrow focus on self-interest rather than universal well-being.

fareedaa jin(h) loin jag mohiaa se loin mai DiTh ||
Farid says he has observed those eyes that the world has enticed, signifying the experience of the outcome of the illusionary worldly temptations.

kajal rekh na sahadiaa se pa(n)khee sooi bahiTh ||14||
The eyes that could not bear even a hint of Kohl, indicating a reluctance to change. Birds now nest their young in the same space, which signifies transformation. This imagery illustrates a shift from resistance to acceptance. (14)

Essence: Sheikh Farid suggests that when individuals overcome their egoistic apprehensions about new concepts and embrace fresh perspectives, they open themselves to transformative growth. This shift allows for greater adaptability and creativity, enabling people to explore ideas that challenge their preconceived notions.

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

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