

Sheikh Farid – Sabad 19
fareedaa kookediaa chaa(n)gediaa matee dediaa nit ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa kookediaa chaa(n)gediaa matee dediaa nit ||
jo saitaan va(n)n(j)aiaa se kit fereh chit ||15||

Summary: A conditioned mind that judges and continually delivers opinions can create a barrier to genuine understanding and connection. This mindset often operates on preconceived notions, leading to unhealthy biases.

fareedaa kookediaa chaa(n)gediaa matee dediaa nit ||
Farid says some raise their voices to constantly offer advice, representing an agitated conditioned mind that judges and delivers opinions.

jo saitaan va(n)n(j)aiaa se kit fereh chit ||15||
If the mind succumbs to the influence of negativity, how can it shift towards positivity? (15)

Essence: Sheikh Farid challenges the mindset that tends to accept less when negative biases and fears overshadow positive outcomes. He encourages us to shift from negativity to positivity, as each small step can cultivate an attitude that empowers the mind to thrive and pave the way for a fulfilling life.

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

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