

**Sheikh Farid – Sabad 2**  
**bolai sekh fareed piaare aleh lage ||**  
**Raag Asa, Seikh Farid, Guru Granth Sahib, 488**

bolai sekh fareed piaare aleh lage ||  
eih tan hosee khaak nimaanee gor ghare ||1||  
aaj milaavaa sekh fareed Taakim koo(n)jaReeaa manahu machi(n)dhaReeaa ||1||  
rahaau ||  
je jaanaa mar jaieeaaai ghum na aaieeaaai ||  
jhooThee dhuneaaa lag na aap van(j)aieeaaai ||2||  
boleaaai sach dharam jhooTh na boleaaai ||  
jo gur dasai vaaT mureedaa joleeaaai ||3||  
chhail la(n)gha(n)de paar goree man dheeriaa ||  
ka(n)chan va(n)ne paase kalvat cheeriaa ||4||  
sekh haiyaatee jag na koiee thir rahiaa ||  
jis aasan ham baiThe kete bais giaa ||5||  
katik koo(n)jaa(n) chet Dau saavan bijuleeaa(n) ||  
seeaale soha(n)deaaa(n) pir gal baahaReeaa(n) ||6||  
chale chalanahaar vichaaraa lei mano ||  
ga(n)Dediaa(n) chhia maeh tuRa(n)diaa hik khino ||7||  
jimee puchhai asmaan fareedaa khevaT ki(n)n ge ||  
jaalan goraa(n) naal ulaame jeea sahe ||8||2||

**Summary:** We often cling to fleeting thoughts that never materialize, and attachment to these self-created narratives can significantly impact our lives. Mastering the art of analyzing these narratives by distinguishing between reality and illusion is crucial for managing our lives and connecting with the awareness residing within.

bolai sekh fareed piaare aleh lage ||  
Seikh Farid says, beloved fellow beings, attach yourself to the Oneness of creation created by the creator.

eih tan hosee khaak nimaanee gor ghare ||1||  
This body will perish and become insignificant dust housed in a grave. (1)

aaj milaavaa sekh fareed Taakim koo(n)jaReeaa manahu machi(n)dhaReeaa ||1||  
rahaau ||

To connect with the inner self, Seikh Farid advises mastering fleeting desires that stir the restless mind, like a bird soaring high, captivated by the illusions of the world below. (1)(Pause)

je jaanaa mar jaieeaaai ghum na aaieeaaai ||

If it is comprehended that when the body perishes, it does not return again,

jhooThee dhuneaaa lag na aap van(j)aieeaaai ||2||

then one would not cling to worldly falsehood and make efforts to relinquish the ego of 'I'. (2)

boleaaai sach dharam jhooTh na boleaaai ||

Speak the truth as an act of righteousness, and do not speak anything false.

jo gur dasai vaaT mureedaa joleeaaai ||3||

The wisdom that illuminates the path from ignorance to enlightenment can guide the devoted seeker to follow a spiritual journey. (3)

chhail la(n)gha(n)de paar goree man dheeriaa ||

Drawn by the allure of enlightened beings, the seeker is inspired to transcend towards divinity.

ka(n)chan va(n)ne paase kalvat cheeriaa ||4||

Those who chase after wealth are consumed by materialism, experiencing the agonizing sting of a sharp saw. (4)

sekh haiyaatee jag na koiee thir rahiaa ||

Seikh Farid says that in this world, nothing is permanent.

jis aasan ham baiThe kete bais giaa ||5||

The seat we occupy has been used by many who have since passed away, symbolizing the world we live in, where countless others existed before us and perished. (5)

katik koo(n)jaa(n) chet Dau saavan bijuleeaa(n) ||

As Katik (Autumn) arrives, birds migrate, the heat of Chet (Summer) sparks forest fires, and during Saawan (Monsoon), the water-filled sky flashes lightning.

seeaale soha(n)deaaa(n) pir gal baahaReeaa(n) ||6||

During Siaal (Winter), partners seek a warm embrace to find solace from the biting cold. Symbolizing the wonders of nature's cycle. (6)

chale chalanahaar vichaaraa lei mano ||

The existence is transitory; reflect upon this in your mind.

ga(n)Dediaa(n) chhia maeh tuRa(n)diaa hik khino ||7||

The transformation of a foetus into a fully developed body takes six months, but its existence can end in an instant. (7)

jimee puchhai asmaan fareedaa khevaT ki(n)n ge ||

Seikh Farid says the earth asks the sky, "Where have the boatmen gone?" This inquiry implies the absence of individuals who once controlled society.

jaalan goraa(n) naal ulaame jeea sahe ||8||2||

Some were cremated, others buried, and while alive, they rebuked each other, bearing the suffering of disunion. (8)(2)

**Essence:** Sheikh Farid mentions that the characteristic of existence is impermanence. Everything is in constant flux, and all created things are temporary. Nothing in this world is permanent, not our thoughts, emotions, or bodies. Recognizing this can help us alleviate suffering. By managing our expectations and avoiding attachment to things beyond our control, we can contribute to a more harmonious society.

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

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