

Sheikh Farid – Sabad 21
fareedaa khaak na ni(n)deeaai khaakoo jedd na koi ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa khaak na ni(n)deeaai khaakoo jedd na koi ||
jeevadiaa pairaa talai muiaa upar hoi ||17||

Summary: Everything, no matter how small or humble, significant or insignificant, pure or impure, plays a role in the cosmic balance. Holding contempt for what appears lowly reveals one's ignorance, arrogance, and separation from the more profound oneness of existence. What may seem insignificant may conceal profound importance. This profound reflection is a call to dissolve the ego that leads us to judge others.

fareedaa khaak na ni(n)deeaai khaakoo jedd na koi ||
Farid says, not to slander the dust, as there is none as significant as it, representing the importance of every element of creation.

jeevadiaa pairaa talai muiaa upar hoi ||17||
While we are alive, it is beneath our feet; in death, it is upon us. This contrast symbolises the ego vs humility. (17)

Essence: Sheikh Farid insightfully uses dust as a metaphor to highlight the significance of humility and acceptance. Often seen as impure, dust is disregarded as worthless, but is paradoxically more elevated than we realize. While alive, we may walk upon it without thought, ignoring its importance. But in death, we are laid upon it, suggesting that our existence is inherently an expression of the same luminous awareness. Recognizing this interconnectedness, we become less judgmental, more grounded, and more present.

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

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