

Sheikh Farid – Sabad 22
fareedaa jaa lab taa neh kiaa lab ta kooRaa neh ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa jaa lab taa neh kiaa lab ta kooRaa neh ||
kichar jhat laghaieeaaai chhapar tuTai meh ||18||

Summary: Love and desire may seem intertwined, but their essence and effects are distinct. Desire, driven by the ego, seeks to possess and control, leading to greed. In contrast, love emerges from wholeness rooted in selfless giving and acceptance, leading to self-actualisation. Love cannot flourish or sustain itself when driven by greed, as greed is inherently deceptive, which distorts the purity of love, deeming it conditional and fragile.

fareedaa jaa lab taa neh kiaa lab ta kooRaa neh ||
Farid says if the intent is greed, what sort of love can there be? When there is greed in love, it is deception.

kichar jhat laghaieeaaai chhapar tuTai meh ||18||
How long can a thatched roof hold up when it rains? Metaphorically implying that falsehood cannot stand the test of adversity. (18)

Essence: Sheikh Farid provides a vivid metaphor, saying that love built on greed is like a poorly made hut smeared with wet clay - it may appear stable, but a storm exposes its weakness. It is a powerful reminder to reflect on our intentions. Desires in the form of greed, perceived as love, are nothing more than an illusion, shallow and fleeting, which disintegrates when faced with adversity.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com