

Sheikh Farid – Sabad 23
fareedaa ja(n)gal ja(n)gal kiaa bhavah van ka(n)ddaa moReh ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa ja(n)gal ja(n)gal kiaa bhavah van ka(n)ddaa moReh ||
vasee rab hiaaleeaaai ja(n)gal kiaa DooDeh ||19||

Summary: The more we depend on external sources, the less connected we become to our true essence. This philosophy criticizes outward ritualism and encourages personal reflection, awareness, and inner stillness. It challenges the idea of seeking divinity through physical isolation and enduring hardship. What we search for outside ourselves resides within our consciousness, which can be recognized by transforming our perception.

fareedaa ja(n)gal ja(n)gal kiaa bhavah van ka(n)ddaa moReh ||
Farid says why wander from one jungle to another, bending through thorny trees? This imagery challenges aimless wandering, isolation, and physical suffering in search of the universal force.

vasee rab hiaaleeaaai ja(n)gal kiaa DooDeh ||19||
The omnipresent energy resides in one's consciousness, why search for it in the jungle? Symbolizing the futility of outer wandering without inner awakening. (19)

Essence: Sheikh Farid redirects the spiritual seeker from illusion to awareness. The symbolism of wandering from one forest to another is to navigate the diverse thoughts of the mind, and the thorns symbolize ego and duality. He emphasizes that enlightenment does not lie in ritualistic self-denial. Instead, it invites us to sit with ourselves, to confront our thoughts and recognize the ever-present awareness within us that permeates all life.

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

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