

Sheikh Farid – Sabad 24
fareedaa inee nikee ja(n)gheeaai thal ddoo(n)gar bhaviomi(h) ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa inee nikee ja(n)gheeaai thal ddoo(n)gar bhaviomi(h) ||
aj fareedai koojaRaa sai kohaa(n) theeom ||20||

Summary: Our outlook can profoundly transform us. When we explore unfamiliar paths with curiosity and openness, allowing ourselves to embrace diversity, our minds remain receptive, unburdened, and expansive. However, we can be limited by our own biases, judgments, and rigid thinking. These internal constraints confine our perception, making us resistant to change and hindering our ability to appreciate perspectives beyond our own.

fareedaa inee nikee ja(n)gheeaai thal ddoo(n)gar bhaviomi(h) ||
Farid says, with such slender legs, I wandered across plains and mountains.
Metaphorically representing an unconditioned mind that can assimilate effortlessly.

aj fareedai koojaRaa sai kohaa(n) theeom ||20||
Now, Farid says his water-carrier seems a hundred miles away. The imagery shifts
represent constraints of a conditioned mindset. (20)

Essence: Sheikh Farid offers a tender reflection on life through imagery of traversing different landscapes with ease, recalling the vigour of an unconditioned mind that can effortlessly assimilate diverse thoughts in the pursuit of a spiritual quest. The metaphor of the distant water-carrier suggests the burden of a conditioned mindset and what it once pursued freely. This reflection highlights the limitations of dogmatism in contrast to pragmatism, which fosters a more pristine awareness.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com