

Sheikh Farid – Sabad 26
fareedaa je mai hodaa vaariaa mitaa aaiRiaa(n) ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

fareedaa je mai hodaa vaariaa mitaa aaiRiaa(n) ||
heRaa jalai majeeTh jiau upar a(n)gaaraa ||22||

Summary: The most faithful friend we have is our consciousness - the inner voice of awareness that knows us beyond our masks, roles, and even time. This constant companion witnesses our every moment and offers essential guidance. However, in our pursuit of success and the fulfilment of fleeting desires, we often overlook this companion, treating it as unimportant. This neglect creates a disconnect from our true selves, resulting in conflict, confusion, or suffering. By reconnecting with this awareness and embracing its insights, we can lead a more fulfilling life.

fareedaa je mai hodaa vaariaa mitaa aaiRiaa(n) ||
Farid says that only if I were there to welcome my friend when they arrived. It is an expression of not being consciously present to assimilate inner awareness.

heRaa jalai majeeTh jiau upar a(n)gaaraa ||22||
The body is burning and turning red like the tip of a burning coal. A vivid metaphor for the inner torment of disunion with innate wisdom. (22)

Essence: Sheikh Farid illustrates the emotional turmoil that arises from not embracing one's inner wisdom. He compares this pain of separation to the intensity of a burning coal to convey the distress that arises from being disconnected from one's true self. This imagery represents a profound yearning to transcend the illusions of the mind and reconnect with the universal truth within us, which is often neglected by the ego and distorted perceptions.

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

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