

Sheikh Farid – Sabad 27
fareedaa loRai daakh bijaureeaa(n) kikaar beejai jaT ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

fareedaa loRai daakh bijaureeaa(n) kikaar beejai jaT ||
ha(n)ddai u(n)n kataidaa paidhaa loRai paT ||23||

Summary: When our actions contradict our inner desires, we reveal our hypocrisy. Actions driven by ego rather than integrity often lose direction and depth, resulting in a misalignment between who we are and what we portray. Inconsistency between our intentions, reactions, and expectations usually leads to disappointment, highlighting the futility of chasing outcomes. True fulfilment arises only when intention and action are in harmony - when the inner self participates fully in the outer pursuit. Otherwise, even the most significant effort can feel empty.

fareedaa loRai daakh bijaureeaa(n) kikaar beejai jaT ||
Farid says the farmer wants luscious grapes, but plants thorny acacia. A metaphor for self-deception: wanting joy while harbouring ill intent.

ha(n)ddai u(n)n kataidaa paidhaa loRai paT ||23||
Spinning coarse wool, yet desiring to wear fine silk, speaks of a mindset where there is a lack of conscious alignment between our actions and our expectations.
(23)

Essence: Sheikh Farid offers a powerful reflection on the disconnect between our actions and our expectations. His metaphors, illustrating the desire for sweet fruits while planting thorny trees, or expecting silk garments while spinning coarse wool, reflect our misconceptions. He reminds us that outcomes result from the seeds we grow - both internally and externally. If we seek more profound wisdom, fulfilment, or love, we must embody those qualities through our daily choices, urging towards self-honesty and alignment.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com