

Sheikh Farid – Sabad 30
fareedaa mai bholaavaa pag daa matt mailee hoi jai ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

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gahilaa rooh na jaaniee sir bhee miTee khai ||26||

Summary: An individual following ritualistic practices is often mistaken for being pious; however, true piety is not determined by outward appearances or philosophical knowledge, but rather by our inner state. A person might diligently avoid what they perceive as physical, social, or religious impurities, yet still be tarnished internally by ego, pride, or ignorance. Spiritual clarity is grounded in truth and attained through humility, self-awareness, and detachment from the ego. Without this inner purity, even the humblest outward actions can remain impure.

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Farid says he was under the misapprehension that his turban might get dirty, highlighting a confusion between the concepts of purity and impurity.

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The ignorant soul does not know that even the head is eventually consumed by dust, symbolising that nothing is low or high; the ego prevents this awareness. (26)

Essence: Sheikh Farid distinguishes between inner awareness and outer appearances, as well as between open-mindedness and rigidity. He describes a scenario where someone fears their turban getting dirty, revealing a mindset that prioritizes outward appearances and ideologies to safeguard perceived piety, while ignoring the impurity of their intentions. He emphasizes the importance of mindfulness and humility, as even the most perfectly adorned head, both physically and intellectually, will eventually return to dust.

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

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