

Sheikh Farid – Sabad 31
fareedaa sakar kha(n)dd nivaat guR maakhio maa(n)jhaa dudh ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

fareedaa sakar kha(n)dd nivaat guR maakhio maa(n)jhaa dudh ||
sabhe vasatoo miTheeaa(n) rab na pujan tudh ||27||

Summary: What we often view as valuable, such as wealth, status, recognition, and intellectual accomplishments, appeals to our senses, feeding our ego. While these may seem rewarding and provide a sense of comfort, they seldom bring genuine joy, much like a thirsty person drinking saltwater in the hope of quenching their thirst, which only intensifies it. The profound bliss found in experiencing the unity of creation surpasses any fleeting satisfaction derived from material pursuits.

fareedaa sakar kha(n)dd nivaat guR maakhio maa(n)jhaa dudh ||
Fareed says that sugar, candy, honey, butter, and rich milk. These exquisite, sweet delicacies represent worldly delights.

sabhe vasatoo miTheeaa(n) rab na pujan tudh ||27||
All these sweet things may be delightful, but none of them measure up to oneness, an acknowledgement that none of these physical or sensory pleasures is as blissful as unity. (27)

Essence: Sheikh Farid provides compelling examples of sugar, honey, clarified butter, and milk, which are delightful delicacies that please the taste buds but cannot satisfy the deeper hunger for fulfilment. He reminds us that, no matter how indulgent or exquisite worldly attractions may be, they cannot fulfil a genuine spiritual connection. His core message emphasizes that a blissful state of spiritual awakening can be experienced by cultivating alignment with the oneness of creation.

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

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