

Sheikh Farid – Sabad 4
beRaa ba(n)dh na sakio ba(n)dhan kee velaa ||
Raag Suhi Lalit, Seikh Farid, Guru Granth Sahib, 794

beRaa ba(n)dh na sakio ba(n)dhan kee velaa ||
bhar sarvar jab uochhalai tab taran duhelaa ||1||
hath na lai kasu(n)bhaRai jal jaasee Dolaa ||1|| rahaau ||
eik aapeen(h)ai patlee seh kere bolaa ||
dudhaa thanee na aaviee fir hoi na melaa ||2||
kahai fareed saheleeho sahu alaaesee ||
ha(n)s chalasee Du(n)manaa eh tan Deree theesee ||3||2||

Summary: It's imperative to recognize the importance of critical thinking. This skill allows us to question and shape our beliefs. Without it, we risk falling into blind faith and accepting information without careful observation. This lack of scrutiny makes us vulnerable to groupthink, leading to conformity with opinions that may contradict our core values.

beRaa ba(n)dh na sakio ba(n)dhan kee velaa ||
Failing to construct a raft at the appropriate time symbolizes a lack of dedication to propelling meaningful change.

bhar sarvar jab uochhalai tab taran duhelaa ||1||
When the ocean rages and swells, swimming across becomes formidable. Symbolizing, when the mind is churning with duality and ego, breaking free from its conditioning becomes a challenge. (1)

hath na lai kasu(n)bhaRai jal jaasee Dolaa ||1|| rahaau ||
Dear friends, one is hesitant to touch the safflower in the apprehension of its color fading; symbolically, it represents shying away from critical thinking in fear of losing one's conditioned beliefs. (1)(Pause)

eik aapeen(h)ai patlee seh kere bolaa ||
If one is spiritually weak, how can one protect oneself and address worldly allurements?

dudhaa thanee na aaviee fir hoi na melaa ||2||
When the milk does not flow to the udders, it can't be collected, which symbolizes that virtues can't be attained without the flow of spiritual wisdom. (2)

kahai fareed saheleeho sahu alaaesee ||

Seikh Farid says, fellow beings when the consciousness summons awareness,

ha(n)s chalasee Du(n)manaa eh tan Deree theesee ||3||2||

swan-like pure thoughts arise, and the duality in the mind fades away, it then understands the body's impermanence that ultimately returns to dust. (3)(2)

Essence: Sheikh Farid asserts that meditation and contemplating our personal experiences help us gain a profound understanding of reality and the self. This wisdom includes recognizing the impermanence of all things, which helps individuals develop and cultivate attributes that lead to a more harmonious, fulfilling, and compassionate life.

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

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