

Sheikh Farid – Sabad 41
fareedaa e vis ga(n)dalaa dhareeaa(n) kha(n)dd livaaR ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

fareedaa e vis ga(n)dalaa dhareeaa(n) kha(n)dd livaaR ||
eik raahedhe reh ge ik raadhee ge ujaaR ||37||

Summary: The importance of discernment emphasises that not everything that appears sweet is truly nourishing, similarly, not every path that is alluring leads to genuine awakening. External charms and ego-driven desires may seem attractive, but they often conceal inner toxicity. Thoughts, beliefs, or actions we may be engaging in that seem sweet to our senses can leave us feeling bitter if they are not entailing fulfilment. If we are not vigilant, these deceptive allurements of worldly pleasures may lead us astray, turning our pursuit of them into spiritual stagnation. To navigate this journey effectively, we need sincerity, vigilance, and humility.

fareedaa e vis ga(n)dalaa dhareeaa(n) kha(n)dd livaaR ||

Farid says that the sugar-coated stalks of a poisonous plant can be fatal, symbolising the deceptive nature of worldly allure and its consequences.

eik raahedhe reh ge ik raadhee ge ujaaR ||37||

Some die planting them, and some are ruined by harvesting them, reflecting that some individuals consumed by materialistic fulfilment, overlook self-actualization. Some destroy their integrity for the sake of greed, despite having acquired much. (37)

Essence: Sheikh Farid uses the image of a sugar-coated stalk of poison to illustrate how worldly allure can be deceptively appealing yet spiritually destructive. He warns that such seductive appearances can harm us deeply, like toxins hidden beneath a sweet surface. He then cautions that while pursuing superficial gains, we can lose our inner direction, or even after acquiring much, compromise our integrity for the sake of greed. His metaphor invites us to question: Are we compromising wholesomeness for hollow gains and temptations?

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

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