

Sheikh Farid – Sabad 44
ghaRe'e ghaRe'e maareeaai paharee lahai sajai ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

ghaRe'e ghaRe'e maareeaai paharee lahai sajai ||
so heRaa ghaReeaal jiau Dukhee rain vihai ||40||

Summary: What we resist, persists. A mindset that resists positivity is rooted in negativity; it experiences pain and actively contributes to self-inflicted suffering due to its rigidity. Such a mindset transforms into a self-made chamber filled with echoing sorrow, where the comforting sounds of spiritual invitation go unheard. Every choice we make resonates through time; often, it reflects what we have neglected, ignored, or disrespected. When we live consciously, each moment becomes an opportunity to shape an awareness of higher possibilities and insights.

ghaRe'e ghaRe'e maareeaai paharee lahai sajai ||
Hour after hour, the gong is struck at all times; it endures it as punishment, embodying a mindset resistant to positivity while facing the consequences of its choices.

so heRaa ghaReeaal jiau Dukhee rain vihai ||40||
A mind like this resembles a gong, echoing with distress and tossing in restless nights, a sign of ignorance that brings suffering. (40)

Essence: Sheikh Farid presents the gong as a profound symbol of inner awakening and spiritual receptivity. In ritual, the gong is struck repeatedly to awaken presence, purify consciousness, and invite clarity. He observes that despite a continuous spiritual call, our inner being remains unmoved and insensitive. The heart remains burdened by grief and restlessness. This rigid mindset reveals a state of ignorance that causes self-inflicted suffering, echoing pain, rather than awakening, much like a gong that continues to be struck but is unable to evoke positive resonance. Awareness requires repeated self-reflection; rituals hold little meaning without heartfelt receptivity of spiritual wisdom.

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

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