

Sheikh Farid – Sabad 6
fareedaa dar daravesee gaakhaRee chalaan duneaaa(n) bhat ||
Salok, Sheikh Farid, Guru Granth Sahib, 1377

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ba(n)ni(h) uThaiee poTalee kithai va(n)n(j)aa ghat ||2||

Summary: Each day presents a choice: to step out of our comfort zone and embrace challenges or to remain stagnant and resist change. These decisions, whether significant or minor, shape our lives. Personal growth is a continuous journey; embracing change is crucial, as resistance and complacency limit our potential.

fareedaa dar daravesee gaakhaRee chalaan duneaaa(n) bhat ||
Farid says that stepping through the doorway to embark on a spiritual path is arduous. He recognizes the challenge of breaking free from the familiar patterns of the world.

ba(n)ni(h) uThaiee poTalee kithai va(n)n(j)aa ghat ||2||
After having tied and carried the bundle, where can I go to throw it away? This symbolizes the quest to shed the baggage of a conditioned mind. (2)

Essence: Sheikh Farid eludes that the human mind is a product of upbringing, education, and societal influence, leading us to think in a particular way and accept certain beliefs as absolute truths. Actively observing and experiencing life without preconceived notions liberates and prompts a profound question: if my conditioning is not my intrinsic self, how do I get rid of the baggage of the conditioned mind?

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

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