

Sheikh Farid – Sabad 101

**fareedhaa mautai dhaa ba(n)naa evai dhisai jiau dhareeaavai ddaahaa ||
Salok, Seikh Farid, Guru Granth Sahib, 1383**

fareedhaa mautai dhaa ba(n)naa evai dhisai jiau dhareeaavai ddaahaa ||
agai dhojak tapiaa suneeaaai hool pavai kaahaahaa ||
eikanaa no sabh sojhee aaiee ik firadhe veparavaahaa ||
amal j keetiaa dhunee vich se dharageh ogaahaa ||98||

Summary: Beneath the surface of our lives, time slowly wears us down, often without our awareness. We hold a choice: to engage fully with existence or to drift mindlessly through our days. By cultivating awareness, each moment becomes an opportunity for meaningful experience, while distraction prevents insight. Although the outward trajectory may appear the same, one path leads to fulfilment, while the other leads to dissatisfaction. Life is not merely about prolonging our years; it's about truly living while we are alive.

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Farid says that the brink of mortality resembles a crumbling riverbank. This suggests that as soil erodes silently, our bodies deteriorate imperceptibly, urging us to cherish each moment before it slips away.

agai dhojak tapiaa suneeaaai hool pavai kaahaahaa ||
Ahead lies a burning hell; hearing this, one cries in fear, filled with anguish. This metaphorically points to hell, not as a distant afterlife, but as the inner torment created by an unquiet mind.

eikanaa no sabh sojhee aaiee ik firadhe veparavaahaa ||
Some individuals have reached a profound understanding of this reality, while others drift through life in indifferent oblivion. This illustrates the contrast between focus and distraction, where life can be embraced with clarity or lived in ignorance.

amal j keetiaa dhunee vich se dharageh ogaahaa ||98||

The actions we perform within this world stand as witnesses in the court of our conscience. This symbolises how our choices can return as an inner reckoning when we honestly evaluate our own truth. (98)

Essence: Sheikh Farid compellingly argues that our actions clearly indicate our true inner state. There is no need for external judgment; each person's conscience is a

powerful witness. He effectively distinguishes between those who have embraced this deep understanding and those who choose indifference. By highlighting that hell is not some far-off place, he reveals that it exists as mental torment and suffering, arising from ignorance.

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

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