

Sheikh Farid – Sabad 102
fareedhaa dhareeaavai ka(n)n(h)ai bagulaa baiThaa kel kare ||
Salok, Seikh Farid, Guru Granth Sahib, 1383

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kel karedhe ha(n)jh no achi(n)te baaj pe ||
baaj pe tis rab dhe kelaa(n) visareeaa(n) ||
jo man chit na chete san so gaalee rab keeaa(n) ||99||

Summary: A distracted conscience is like living in a house perched on the edge of a crumbling cliff, where the ground below is slowly eroding. Worldly allure makes the home feel pleasurable, creating the illusion of security. However, a single unseen crack can be enough to destabilize the entire structure. This metaphor highlights how much of human life is devoted to pursuing sensory pleasures, even as existence stands on the edge of impermanence. Disruption can arrive unexpectedly, shattering the illusion of control and continuity.

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Farid says that the crane perches by the riverbank, absorbed in its playful antics. This symbolises a distracted conscience, focused on sensory pleasures, while life teeters on the brink of impermanence.

kel karedhe ha(n)jh no achi(n)te baaj pe ||
As it plays, a hawk suddenly drops upon the unaware swan. This illustrates how disruption can arrive unexpectedly, shattering the illusion of control and continuity.

baaj pe tis rab dhe kelaa(n) visareeaa(n) ||
The hawk seeks out those who forget the all-encompassing laws of nature. This is a reminder that distress targets those who disregard universal principles.

jo man chit na chete san so gaalee rab keeaa(n) ||99||
Events that were never even imagined have come to fruition through the universal laws of nature. This showcases the supremacy of cosmic will over human intentions, unfolding in ways beyond our anticipation. (99)

Essence: Sheikh Farid presents a vital truth that distress often arises when we overlook universal principles. Life can fracture subtly, revealing the self's limitations. This suggests that an intelligence beyond individual desires guides the cosmic order. Our plans may be disrupted for reasons we cannot fully understand. Hence, suffering is rarely random and exposes the ego's constraints on our

perception. While we create strategies, existence unfolds according to its own rules. This insight reminds us that resisting the truth leads to unavoidable consequences.

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

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