

Sheikh Farid – Sabad 107
fareedhaa garab jin(h)aa vaddiaaieeaa dhan joban aagaeh ||
Salok, Guru Arjan, Guru Granth Sahib, 1383

fareedhaa garab jin(h)aa vaddiaaieeaa dhan joban aagaeh ||
khaalee chale dhanee siau Tibe jiau meehaahu ||105||

Summary: The ego often subtly elevates the mind, placing the self on a psychological pedestal. From this height, one begins to perceive the world through a distorted lens of importance. However, this elevation is built on imagination rather than reality. The higher the ego rises, the further it distances itself from the simple truths of life. What can feel like superiority ultimately becomes a subtle form of separation from reality. In the end, the height of the ego represents a distance from truth, not genuine stature.

fareedhaa garab jin(h)aa vaddiaaieeaa dhan joban aagaeh ||
O Farid, those who take great pride in their status, wealth, and youthful vitality. This refers to a false sense of superiority that heightens the ego.

khaalee chale dhanee siau Tibe jiau meehaahu ||105||
They walk with an emptiness despite having wealth, like small mounds washed away by rain. This shows that while we may have knowledge, arrogance drains our ability to assimilate insights. (105)

Essence: Guru Arjan reminds us that, as Sheikh Farid highlights, while we can acquire vast knowledge, arrogance can hinder our ability to truly understand it. Those who are inflated by their status, wealth, and youth will eventually come to realize how little they genuinely possess in the grand scheme of life, much like an earthen mound that erodes in the rain. True understanding emerges only when knowledge is coupled with humility.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com