

Sheikh Farid – Sabad 113
fareedhaa dhil rataa is dhunee siau dhunee na kitai ka(n)m ||
Salok, Guru Arjan, Guru Granth Sahib, 1383

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misal fakeeraa(n) gaakhaRee su paieeaaai poor kara(n)m ||111||

Summary: External distractions often appear appealing because they promise meaning, excitement, or fulfilment. However, over time, the pursuit of these distractions can start to feel hollow. This isn't because the world offers nothing, but rather because temporary pleasures can't sustain lasting significance. Eventually, we realise that a life spent chasing illusions leaves us empty-handed, like a reflection that cannot be held. This awakening prompts us to seek our true essence, which nourishes us.

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O Farid, that a heart absorbed in the fleeting world ultimately realises this world serves no true purpose. This implies that while external distractions may seem appealing, they often fail to satisfy our sense of fulfilment.

misal fakeeraa(n) gaakhaRee su paieeaaai poor kara(n)m ||111||
The path of humble beings is challenging; meaningful actions can lead to it. This highlights the rarity of humility, as it requires the courageous task of transcending the ego through spiritual growth. (111)

Essence: Guru Arjan aligns with Sheikh Farid, who highlights that the path of humility is difficult because the ego resists every step toward it. Meaningful actions become the way forward, for only through lived sincerity does one begin to loosen the hold of self-importance. Humility is rare because it requires an inward courage to outgrow the ego and to elevate oneself through spiritual maturity. What makes the path demanding is that one must pass through oneself to walk beyond oneself.

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

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