

Sheikh Farid – Sabad 120
fareedhaa dharavesee gaakhaRee choparee pareet ||
Salok, Seikh Farid, Guru Granth Sahib, 1384

fareedhaa dharavesee gaakhaRee choparee pareet ||
eikan kinai chaaleeaaai dharavesaavee reet ||118||

Summary: The illusion of comfort reveals how our minds often evade reality, opting for soothing fantasies rather than facing the discomfort of the truth. Ironically, this growing desire for comfort can lead to increased unease, as the pursuit of comfort is intertwined with discomfort. By adopting a balanced approach to our expectations, we can cultivate contentment, which provides a deeper, more lasting form of comfort.

fareedhaa dharavesee gaakhaRee choparee pareet ||
Farid says that the journey of being a devout seeker is challenging when we are smeared with attachments. This highlights that attachments become heavy and weigh us down spiritually.

eikan kinai chaaleeaaai dharavesaavee reet ||118||
Only a select few walk the path of a devoted seeker. This highlights the value of remaining steadfast in the face of temptations and illusory distractions that lead us astray. (118)

Essence: Sheikh Farid endorses that the journey to true freedom is reserved for those brave enough to trade the allure of illusions for the clarity of reality. This path requires unwavering commitment to remain resolute in the face of temptations and distracting enticements that can easily divert us from our goals. However, by embracing this challenge, we unlock a profound sense of purpose and fulfilment that enriches our lives.

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

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