

Sheikh Farid – Sabad 122
tan na tapai tanoor jiau baalan hadd na baal ||
Salok, Guru Nanak, Guru Granth Sahib, 1384

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sir pairee kiaa feRiaa a(n)dhar piree nihaal ||120||

Summary: The misunderstanding of spiritual growth often stems from equating physical austerity with genuine inner transformation. While external practices may impact behaviour, they do not inherently refine one's inner self. It's possible to suppress the body while the ego quietly strengthens, leading to a false sense of progress. Spiritual advancement is not about what we give up outwardly, but the depth of our understanding and the dissolution of internal obstacles. Real growth occurs when awareness enriches the conscience, rather than merely presenting a disciplined exterior.

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There is no need to burn the body like a furnace, nor to burn the bones like firewood. This advises that engaging in ritualistic austerities is not required to attain a higher state of awareness.

sir pairee kiaa feRiaa a(n)dhar piree nihaal ||120||

Why wear out the head and feet, when within, the beloved is already beheld? This insight shows that external seeking becomes irrelevant when we discover the awareness we've been seeking is within. (120)

Essence: Guru Nanak endorses Sheikh Farid, who emphasizes that the need for external validation diminishes when we realize that true awareness comes from within. Our existence encompasses two interconnected realms: the material and the conscious, which are linked to awareness. Therefore, achieving transcendent enlightenment involves deepening our understanding of our innermost self to overcome the need for external recognition.

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

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