

Sheikh Farid – Sabad 124
ha(n)saa dhekh tara(n)dhiaa bagaa aaiaa chaau ||
Salok, Guru Amardas, Guru Granth Sahib, 1384

ha(n)saa dhekh tara(n)dhiaa bagaa aaiaa chaau ||
ddub mue bag bapuRe sir tal upar paau ||122||

Summary: The trap of comparative emulation is like a traveller who constantly changes their route simply because others' journeys seem smoother. In focusing on everyone else's journey, the traveller forgets their own destination. The real issue lies not in abandoning one's own journey, but in thoughtlessly following others' paths, risking the fulfilment of one's own unique experiences.

ha(n)saa dhekh tara(n)dhiaa bagaa aaiaa chaau ||
Seeing the swan swim effortlessly, the heron developed a desire of its own. This reflects the danger of comparative emulation, where we confuse external success with inner strength.

ddub mue bag bapuRe sir tal upar paau ||122||
The helpless heron drowned with its head submerged and feet above. This illustrates how mindless imitation can transform aspiration into distress. (122)

Essence: Guru Amardas reinforces what Sheikh Farid highlights, that pretence fails because it can't sustain what it superficially imitates. While it may initially deceive others, it lacks the depth the inner self requires. Over time, the gap between appearance and reality widens, making it hard to maintain the facade. When life demands authenticity, nothing fake can truly fulfil that need.

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

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