

Sheikh Farid – Sabad 127
saravar pa(n)khee hekaRo faaheevaal pachaas ||
Salok, Seikh Farid, Guru Granth Sahib, 1384

saravar pa(n)khee hekaRo faaheevaal pachaas ||
eih tan laharee gadd thiaa sache teree aas ||125||

Summary: In today's fast-paced world, we are overwhelmed by sensory distractions that scatter our thoughts and pull us in multiple directions, making it challenging to stay centred. Each action and reaction compete for our attention, eroding our inner stillness. As a result, our thoughts become fragmented, obscuring clarity and hindering deeper awareness. To regain our peace, we must learn to focus inward, resisting the pull of distractions. By mastering this skill, we can restore the clarity essential for a fulfilling life.

saravar pa(n)khee hekaRo faaheevaal pachaas ||
In the lake, there is one bird, and fifty trappers. The single bird represents the conscience, while the fifty rappers reflect the myriad sensory impulses that distract the mind.

eih tan laharee gadd thiaa sache teree aas ||125||
My body is caught in the waves; my reliance is solely on the support of the omnipresent reality. This illustrates how illusions can destabilize the mind, while clarity fortifies the conscience. (125)

Essence: Sheikh Farid highlights how illusions can disrupt the mind by distorting perception and creating a false sense of security. When we rely on the unreal, we become unstable. In contrast, clarity connects us to the truth and strengthens our conscience. Thus, while illusions scatter our inner selves, clarity gathers and stabilizes us.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com