

Sheikh Farid – Sabad 52
fareedhaa dhuh dheevee bala(n)dhiaa malak bahiThaa aai ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

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gaR leetaa ghaT luTiaa dheevaRe giaa bujhai ||48||

Summary: Physical death marks the natural process of the end of bodily existence, while spiritual death can occur while we are still alive from ongoing inner compromise. Spiritual death is the gradual dimming of our conscience that happens when we cease to reflect on our lives. In physical death, life ends once; in spiritual death, we experience repeated loss of clarity within, leading to feelings of emptiness or disconnection. The real distress lies not in physical death, but in living without inner vitality. Therefore, revival means reclaiming the integrity of our conscience.

fareedhaa dhuh dheevee bala(n)dhiaa malak bahiThaa aai ||
Farid says that even as the two lamps burn brightly, mortality arrives and settles in. These lamps embody the mind's duality, which harbours the discrimination between you and me while remaining ignorant of our shared impermanence.

gaR leetaa ghaT luTiaa dheevaRe giaa bujhai ||48||
The fortress has been seized, the vessel plundered, and the lamps extinguished. This symbolises the complete surrender of mind and body to nature's processes, leading to the ultimate dissolution of the ego's stronghold. (48)

Essence: Sheikh Farid skilfully employs metaphors to unveil profound insights. He illustrates a "fort" being overtaken, a "vessel" falling prey to plunder, and a lamp being extinguished. These expressions capture not only the reality of physical death but also the inner demise that arises when we disregard our awareness. However, if we observe our unexamined patterns, the mind's defences that bind us fall away. Surrendering to universal laws weakens the ego's stronghold, leading to our liberation.

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

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