

Sheikh Farid – Sabad 53
fareedhaa vekh kapaahai j theeaa j sir theeaa tilaeh ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

fareedhaa vekh kapaahai j theeaa j sir theeaa tilaeh ||
kamaadhai ar kaagadhai ku(n)ne koiliaaeh ||
ma(n)dhe amal karedhiaa eh sajai tinaeh ||49||

Summary: To truly unlock your essence, embrace the powerful process of alchemy. Only through lived experience can we cultivate our essence; knowledge alone is insufficient. Life offers us universal raw materials: time, longing, fear, love, loss, and desire. Without engaging in inner alchemy, these elements can remain unrefined, leading to unproductive, repetitive patterns. Alchemy starts when we consciously transform our experiences to enhance our awareness rather than inflate our ego. Pain is transformed into depth, success into humility, and desire into mindful direction with this process, we unlock the potential within us.

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Farid says to observe how cotton is beaten into thread, and sesame is crushed for oil. These transformations serve as powerful metaphors for how our actions and experiences shape our personal alchemy.

kamaadhai ar kaagadhai ku(n)ne koiliaaeh ||
Consider the fate of sugarcane, paper, clay pots, and charcoal. This symbolises that sugarcane is crushed for its sweetness, paper is pulped to create something new, clay is fired to make it sturdy, and charcoal is ignited to release energy, highlighting that broadening our perspectives and resilience is required for transformation.

ma(n)dhe amal karedhiaa eh sajai tinaeh ||49||
Those who engage in thoughtless behaviour will ultimately face the consequences of their actions. This highlights that the outcomes are a natural result of one's choices, rather than a moral judgment. (49)

Essence: Sheikh Farid presents a powerful concept of an inner law in which nothing happens by chance or by force. Every choice we make shapes our minds and defines the essence of our inner selves. Our actions determine the outcomes we experience; these results are not punishments but rather the inevitable consequences of what we have cultivated within us. The experiences we face often reflect the patterns we have created. In all these ways, life empowers us to recognize and embrace our journey of transformation.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com