

Sheikh Farid – Sabad 54
fareedhaa ka(n)n musalaa soof gal dhil kaatee guR vaat ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

fareedhaa ka(n)n musalaa soof gal dhil kaatee guR vaat ||
baahar dhisai chaananaa dhil a(n)dhiaaree raat ||50||

Summary: The deception of appearances arises when our external attire and virtuous behaviour conceal inner malice. This contrast between outward piety and hidden intentions highlights hypocrisy, creating a gap where kind words accompany angry thoughts and cruelty beneath acts of virtue. This disconnect reduces religion to ritual and morality to abstraction. The critique addresses not just the external displays but the exploitation of these symbols to hide a flawed inner self. True integrity requires that our inner state authentically aligns with our outward expressions, fostering genuine connection and trust.

fareedhaa ka(n)n musalaa soof gal dhil kaatee guR vaat ||

Farid says that the prayer mat is carried on the shoulder while the ascetic's robe is worn, yet a knife is held in the heart, and the sweetness of molasses lingers on the tongue. This symbolises a self-disconnect in which one projects a pious image but harbours malice internally.

baahar dhisai chaananaa dhil a(n)dhiaaree raat ||50||

On the surface, there seems to be a bright spiritual light, but inside the heart, it is as dark as night. This illustrates the condition of a hypocrite, whose outward appearance exudes righteousness, while the inner world is engulfed in ignorance and deceit.

Essence: Sheikh Farid exposes the serious dangers of hypocrisy: it misleads others, but more importantly, it first leads oneself astray. This duplicity creates a divide in which outward appearances and religious symbols obscure true intentions rather than embody authentic faith. Such a façade morphs into a false identity, numbing the conscience. Hypocrisy embodies a corrupted mindset disguised as virtue, undermining both self and society.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com