

Sheikh Farid – Sabad 56
fareedhaa soiee saravar ddoodd lahu jithahu labhee vath ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

fareedhaa soiee saravar ddoodd lahu jithahu labhee vath ||
chhapaR ddooddai kiaa hovai chikaR ddubai hath ||53||

Summary: The strategic allocation of energy begins with recognising that attention is our most limited resource; every unconscious habit drains it. When energy is scattered across pleasing, proving, comparing, and reacting, even a simple task becomes exhausting. Some efforts produce clarity, while others inflate the ego. Allocating energy well means reserving energy for inner work, such as reflection, recovery, and honesty, for actions to transform from compulsive to mindfulness that fosters growth.

fareedhaa soiee saravar ddoodd lahu jithahu labhee vath ||
Farid says search for that reservoir where we can gain something substantial. This urges the seeker to direct their inquiry toward the depth of the insights rather than surface-level distractions.

chhapaR ddooddai kiaa hovai chikaR ddubai hath ||53||
What do we find when we search through a puddle? The hand only sinks into the mud. This reflects the futility of seeking fulfilment in shallow, temporary pursuits, which only result in confusion rather than clarity. (53)

Essence: Sheikh Farid emphasizes the importance of distinguishing between meaningful engagement and superficial pursuits. He compares a pristine lake to a muddy pond, illustrating that deep waters yield treasures, while shallow waters yield only dirt. His message conveys that depth of awareness provides clarity, whereas shallow, worldly distractions pollute the mind. The key takeaway is that the environment of our search affects the discoveries we make. Therefore, it is vital to recognize that focusing our efforts on the right sources and maintaining our quest clear and genuine enables genuine discovery.

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

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