

Sheikh Farid – Sabad 58
fareedhaa sir paliaa dhaaRee palee muchhaa(n) bhee paleeaa(n) ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

fareedhaa sir paliaa dhaaRee palee muchhaa(n) bhee paleeaa(n) ||
re man gahile baavale maaneh kiaa raleeaa(n) ||55||

Summary: Denial is the mind's way of seeking comfort when faced with inconvenient truths. It often manifests as subtle defences, such as minimising and rationalising, which block clarity. Denial doesn't eliminate the truth; it merely postpones our confrontation with it. Over time, unacknowledged truths shape us from within. Embracing the courage to see clearly, without judgment, dissolves denial and allows for genuine growth.

fareedhaa sir paliaa dhaaRee palee muchhaa(n) bhee paleeaa(n) ||
Farid says the hair on the head has turned grey, the beard has turned grey, and the moustache has also turned grey. These visible signs of ageing serve as undeniable reminders of the relentless passage of time and our finite lifespan.

re man gahile baavale maaneh kiaa raleeaa(n) ||55||
O distracted, thoughtless mind, what fleeting pleasures are you chasing? This highlights a disconnect where physical existence is fading, yet the mind continues to indulge in unworthy pursuits. (55)

Essence: Sheikh Farid emphasizes the conflict between a distracted mind and the transience of physical life. He challenges us to reflect on the value of pursuing temporary pleasures, noting that while the body may age and deteriorate, the mind often remains caught up in trivial pursuits. This perspective encourages us to cultivate mindfulness and seek a deeper sense of purpose in our lives, helping us navigate life's inherent uncertainties.

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

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