

Sheikh Farid – Sabad 64
fareedhaa kaale maidde kapaRe kaalaa maiddaa ves ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

fareedhaa kaale maidde kapaRe kaalaa maiddaa ves ||
gunahee bhariaa mai firaa lok kahai dharaves ||61||

Summary: The gap between how someone is perceived and their true self can be significant. Reputation is often based on appearances and what gains social approval. Cultivating inner honesty is a gradual process that requires us to confront our motives, fears, and subtle compromises. While society may easily value outward appearances, our conscience demands deeper reflection; it urges us to align our external persona with our internal reality. Achieving this alignment reduces the divide, resulting in a profound sense of calm and stability.

fareedhaa kaale maidde kapaRe kaalaa maiddaa ves ||
Farid says my garments are black, and my black attire disguises my negativity. This symbolises that if the outer form becomes a costume, it protects the ego rather than dissolving it; we appear pious, though we are not.

gunahee bhariaa mai firaa lok kahai dharaves ||61||
I wander about, filled with negativity and ignorance, yet people address me as pious. This irony reveals how external appearance and social validation can obscure reality, in what we present and our true selves.

Essence: Sheikh Farid warns that seeking social validation can lead us to create a version of ourselves that seeks approval, leaving our true selves overlooked. We often build facades to meet societal expectations, masking our authentic identities. What earns admiration may not reflect our true feelings. Maintaining this facade becomes draining, while embracing our inner truth brings genuine fulfilment far beyond fleeting adulation.

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

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