

Sheikh Farid – Sabad 67
kalar keree chhapaRee aai ulathe ha(n)jh ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

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chi(n)joo boRani(h) naa peeveh uddan sa(n)dhee dda(n)jh ||64||

Summary: Realized beings navigate the transient world without being captivated by it. They understand that the illusion is not that nothing exists, but that nothing is everlasting, not worthy of clinging to. While they take action, their attachment lightens, resembling a hand that supports without holding tightly. In this perspective, the world is neither an enemy nor a refuge; it is merely a momentary reflection. Joy and sorrow may arise, but neither defines the essence of being. Only clear awareness remains, allowing all impermanence to unfold and eventually fade away.

kalar keree chhapaRee aai ulathe ha(n)jh ||

The swans have descended upon a small, salty, alkaline pond. This symbolizes that an awakened being is part of the impermanent illusory world but remains unaffected by it.

chi(n)joo boRani(h) naa peeveh uddan sa(n)dhee dda(n)jh ||64||

They dip their beaks but do not drink, for they have an intense longing to take flight. This illustrates that, while the enlightened conscience exists in the material realm, it refuses to consume negativity and is focused on unity. (64)

Essence: Sheikh Farid expresses that an enlightened conscience exists within the material world without being defined by it. It navigates the negativity of conflict, desire, and decay without being allowed to solidify into one's identity. The senses operate, the mind responds, but beneath the surface, there is a persistent awareness of unity. This awareness serves as a centre around which all actions gravitate toward the all-pervading source, gradually dissolving any illusions of separation and fostering a profound sense of oneness.

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

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