

Sheikh Farid – Sabad 73
fareedhaa be nivaajaa kutiaa eh na bhalee reet ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

fareedhaa be nivaajaa kutiaa eh na bhalee reet ||
kabahee chal na aaiaa pa(n)je vakhat maseet ||70||

Summary: An untrained mind lacks direction, reacting impulsively instead of reflecting thoughtfully. It wanders through the material world, driven by constant impulse and distraction, seeking external stimulation that only fuels restlessness. Desire takes the place of discernment, and reaction overshadows reflection, making the mind akin to a stray searching for something substantial amongst scraps. By cultivating awareness, we can achieve inner stillness and transform our minds into centres of mindful living.

fareedhaa be nivaajaa kutiaa eh na bhalee reet ||
Farid says that those who do not show respect behave like stray dogs; this is not a beneficial way of life. This illustrates how an untrained mind can act impulsively, wandering through the material world.

kabahee chal na aaiaa pa(n)je vakhat maseet ||70||
It never walked towards the mosque five times. This symbolizes a mind that fails to take the initiative to reach its inner sanctuary amid life's shifting phases. (70)

Essence: Sheikh Farid critiques the wandering mind, highlighting the indignity of living without a centre. He suggests that when the mind refuses to enter the internal sanctuary of deep silence and reflection, it degrades itself, always running but never truly at home. The key insight is that true dignity arises from the discipline of regularly returning to contemplation.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com