

Sheikh Farid – Sabad 79
fareedhaa j dheh naalaa kapiaa je gal kapeh chukh ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

fareedhaa j dheh naalaa kapiaa je gal kapeh chukh ||
pavan na itee maamale sahaa(n) na itee dhukh ||76||

Summary: The claims of an individual ego emerge when we frame our experiences as my success, my failure, my respect, or my disrespect. This reflects a part of us that seeks control in an ever-evolving world, creating a false sense of ownership and separation. However, if we reflect, our sense of "I" is not self-made; it is shaped by those who raised us, the timing of our birth, which we didn't choose, and the opportunities and losses we encountered without our choosing. The ego is like a wave that takes pride in rising, forgetting the ocean that supports it and will eventually reclaim it.

fareedhaa j dheh naalaa kapiaa je gal kapeh chukh ||
Farid says that if, instead of cutting the umbilical cord on the day of birth, the throat was severed. This symbolises the umbilical cord as our tie to physical existence; the throat, which claims individual ego and its severance, represents the longing to silence the notion of this separate self.

pavan na itee maamale sahaa(n) na itee dhukh ||76||
Then, these endless entanglements would not have befallen, and I would not have endured so much suffering. This reveals a link between the ego and complexity; without the false self, the pain of disconnection wouldn't exist. (76)

Essence: Sheikh Farid powerfully asserts that ego and complexity are deeply intertwined, shaping the essence of our experiences. The individual often feels compelled to prove their worth, creating a divide: me versus you, win versus loss, control versus threat. This inner conflict breeds confusion and alienates us from the greater whole. Yet, by shedding the false self, we can untangle life's complexities and deepen our connections. It becomes clear that our suffering was merely a perception we constructed to defend our identities.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com