

Sheikh Farid – Sabad 95
kaagaa choo(n)dd na pi(n)jaraa basai ta uddar jaeh ||
Salok, Seikh Farid, Guru Granth Sahib, 1382

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jit pi(n)jarai meraa sahu vasai maas na tidhoo khaeh ||92||

Summary: The material world constantly pulls our minds outward with endless demands and distractions, eroding our conscience and inner clarity. This can leave us appearing alive while feeling diminished within. We risk losing not only our peace but also our connection to our deeper selves. The challenge is to protect our inner awareness from being consumed by what seems urgent but is often empty. Prioritising our inner life is essential to true fulfilment.

kaagaa choo(n)dd na pi(n)jaraa basai ta uddar jaeh ||
O Crow, do not peck at this skeletal frame; if you intend to stay, please take flight instead. This skeleton symbolises the erosion of ego and identity, while the crow represents the material forces draining our spiritual energy.

jit pi(n)jarai meraa sahu vasai maas na tidhoo khaeh ||92||
In the skeleton that holds my beloved omnipresent essence, refrain from consuming its flesh. This embodies the conscience that acknowledges truth and defiantly resists ignorance. (92)

Essence: Sheikh Farid presents a compelling existential truth: even in the most advanced stage of life, the potential for inner awakening endures. This possibility must be safeguarded against the world's unyielding demands, as it holds the key to genuine enlightenment.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com