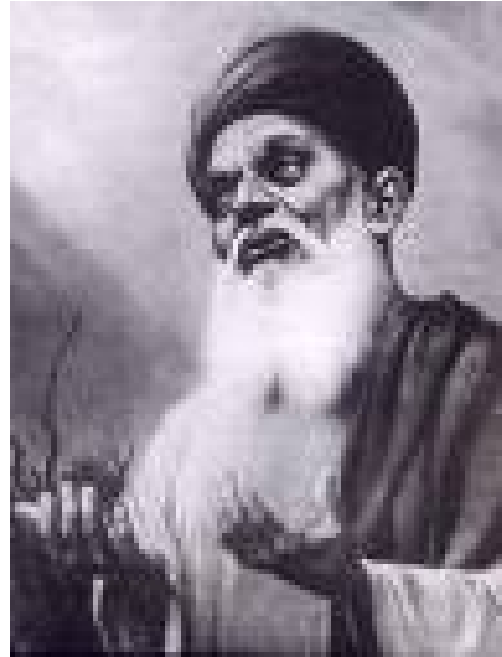


Teachings of Baba Fareed Shakarganj

Source: Sri Guru Granth Sahib



By: Amarpal Singh
At Vichaar, Chardikalaa Foundation, July 19,2008

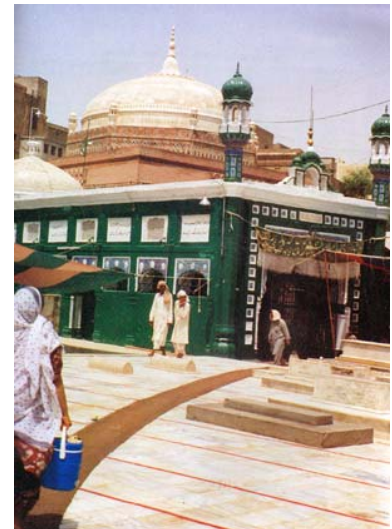
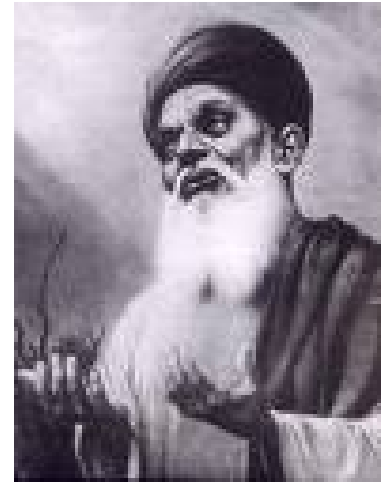


AGENDA

- Introduction
- Teachings of Baba Fareed
- Love of GOD
- Humility/Ego
- Art of Living
- Life & Death
- Guru Sahibs & Baba Farid

Baba Fareed – An Introduction

- One of the first Writers in Punjabi Language
- Well known Sufi Poet
- One of the 15 Bhagats whose bani is included in Sri Guru Granth Sahib
- 4 Shabads and 112 sloks are included
- Born Near Multan & Died in Pakpattan Pakistan
- Lifetime 1173-1266 AD
- Baba Farid University in Punjab (www.babafariduniv.com)



Teachings of Baba Fareed

1. Be Humble
2. Have Faith in & Pray to God
3. Service to Fellow Men
4. Honest Labor
5. Detach from materialistic world
6. Show compassion on the downtrodden
7. Propagate equality, fraternity and liberty
8. Break no one's heart
9. Be forgiving, Considerate & compassionate
10. Patience

Love of GOD

- ਫਰੀਦਾ ਗਲੀਏ ਚਿਕੜੁ ਦੂਰਿ ਘਰੁ ਨਾਲਿ ਪਿਆਰੇ ਨੇਹੁ ॥
ਚਲਾ ਤ ਭਿਜੈ ਕੰਬਲੀ ਰਹਾਂ ਤ ਤੁਟੈ ਨੇਹੁ ॥੨੪॥

Fareed, the path is muddy, and the house of my Beloved is so far away. If I go out, my blanket will get soaked, but if I remain at home, then my heart will be broken. || 24 ||

- ਭਿਜਉ ਸਿਜਉ ਕੰਬਲੀ ਅਲਹ ਵਰਸਉ ਮੇਹੁ ॥
ਜਾਇ ਮਿਲਾ ਤਿਨਾ ਸਜਣਾ ਤੁਟਉ ਨਾਹੀ ਨੇਹੁ ॥੨੫॥

My blanket is soaked, drenched with the downpour of the Lord's Rain. I am going out to meet my Friend, so that my heart will not be broken. || 25 ||

Love of GOD

- ਕਾਗਾ ਕਰੰਗ ਢੰਢੋਲਿਆ ਸਗਲਾ ਖਾਇਆ ਮਾਸੁ .
ਏ ਦੁਇ ਨੈਨਾ ਮਤਿ ਛੁਹਉ ਪਿਰ ਦੇਖਨ ਕੀ ਆਸ
॥੯੧॥

The crows have searched my skeleton, and eaten all my flesh. But please do not touch these eyes; I hope to see my Lord. || 91 |



- ਜੋਬਨ ਜਾਂਦੇ ਨਾ ਡਰਾਂ ਜੇ ਸਹ ਪ੍ਰੀਤਿ ਨ ਜਾਇ ॥

ਫਰੀਦਾ ਕਿਤੀ ਜੋਬਨ ਪ੍ਰੀਤਿ ਬਿਨੁ ਸੁਕਿ ਗਏ ਕੁਮਲਾਇ ॥੩੪॥

I am not afraid of losing my youth, as long as I do not lose the Love of my Husband Lord. Fareed, so many youths, without His Love, have dried up and withered away. || 34 ||

Love of GOD

•ਫਰੀਦਾ ਜਾ ਲਬ ਤਾ ਨੇਹੁ ਕਿਆ ਲਬ ਤ ਕੂੜਾ ਨੇਹੁ ॥

ਕਿਚਰੁ ਝਤਿ ਲਘਾਈਐ ਛਪਰਿ ਤੁਟੈ ਮੇਹੁ ॥੧੮॥

Fareed, when there is greed, what love can there be? When there is greed, love is false. How long can one remain in a thatched hut which leaks when it rains? || 18 ||

ਦਿਲਹੁ ਮੁਹਬਤਿ ਜਿੰਨ੍ ਸੇਈ ਸਚਿਆ ॥ ਜਿਨ੍ ਮਨਿ ਹੋਰੁ ਮੁਖਿ ਹੋਰੁ ਸਿ ਕਾਂਢੇ ਕਚਿਆ ॥੧॥
ਰਤੇ ਇਸਕ ਖੁਦਾਇ ਰੰਗਿ ਦੀਦਾਰ ਕੇ॥ ਵਿਸਰਿਆ ਜਿਨ੍ ਨਾਮੁ ਤੇ ਭੁਇ ਭਾਰੁ ਥੀਏ ॥੧॥

They alone are true, whose love for God is deep and heart-felt. Those who have one thing in their heart, and something else in their mouth, are judged to be false. ||1|| Those who are imbued with love for the Lord, are delighted by His Vision. Those who forget the Naam, the Name of the Lord, are a burden on the earth. ||1||

Humility - Ego

•ਫਰੀਦਾ ਜੇ ਤੂ ਅਕਲਿ ਲਤੀਫੁ ਕਾਲੇ ਲਿਖੁ ਨ ਲੇਖ ॥

ਆਪਨੜੇ ਗਿਰੀਵਾਨ ਮਹਿ ਸਿਰੁ ਨੀਵਾਂ ਕਰਿ ਦੇਖੁ ॥੬॥

Fareed, if you have a keen understanding, then do not write black marks against anyone else. Look underneath your own collar instead. || 6 ||

•ਫਰੀਦਾ ਜੋ ਤੈ ਮਾਰਨਿ ਮੁਕੀਆਂ ਤਿਨ੍ਹਾ ਨ ਮਾਰੇ ਘੁੰਮਿ ॥

ਆਪਨੜੈ ਘਰਿ ਜਾਈਐ ਪੈਰ ਤਿਨ੍ਹਾ ਦੇ ਚੁੰਮਿ ॥੭॥

Fareed, do not turn around and strike those who strike you with their fists. Kiss their feet, and return to your own home. || 7 ||

Humility - Ego

- ਫਰੀਦਾ ਥੀਉ ਪਵਾਹੀ ਦਭੁ ॥ ਜੇ ਸਾਈ ਲੋੜਹਿ ਸਭੁ ॥
ਇਕੁ ਛਿਜਹਿ ਬਿਆ ਲਤਾੜੀਅਹਿ ॥ਤਾਂ ਸਾਈ ਦੈ ਦਰਿ ਵਾੜੀਅਹਿ ॥੧੬॥
Fareed, become the grass on the path, if you long for the Lord of all. One will cut you down, and another will trample you underfoot; then, you shall enter the Court of the Lord.

- ਮਃ੫॥ ਫਰੀਦਾ ਗਰਬੁ ਜਿਨ੍ਹਾ ਵਡਿਆਈਆ ਧਨਿ ਜੋਬਨਿ ਆਗਾਹ ॥
ਖਾਲੀ ਚਲੇ ਧਣੀ ਸਿਉ ਟਿਬੇ ਜਿਉ ਮੀਹਾਹੁ ॥੧੦੫॥
Fareed, those who are very proud of their greatness, wealth and youth, shall return empty-handed from their Lord, like sandhills after the rain. || 105 ||

Art of Living

- ਆਜੁ ਮਿਲਾਵਾ ਸੇਖ ਫਰੀਦ ਟਾਕਿਮ ਕੁੰਜੜੀਆ ਮਨਹੁ ਮਚਿੰਦੜੀਆ
You can meet the Lord today, O Shaykh Fareed, if you restrain your bird-like desires which keep your mind in turmoil.

- ਫਰੀਦਾ ਬੁਰੇ ਦਾ ਭਲਾ ਕਰਿ ਗੁਸਾ ਮਨਿ ਨ ਹਢਾਇ ॥
ਦੇਹੀ ਰੋਗੁ ਨ ਲਗਈ ਪਲੈ ਸਭੁ ਕਿਛੁ ਪਾਇ ॥੭੮॥

Fareed, answer evil with goodness; do not fill your mind with anger. our body shall not suffer from any disease, and you shall obtain everything. || 78 ||

Art of Living

- ਫਰੀਦਾ ਖਾਲਕੁ ਖਲਕ ਮਹਿ ਖਲਕ ਵਸੈ ਰਬ ਮਾਹਿ ॥
ਮੰਦਾ ਕਿਸ ਨੋ ਆਖੀਐ ਜਾਂ ਤਿਸੁ ਬਿਨੁ ਕੋਈ ਨਾਹਿ ॥੭੫॥

Fareed, the Creator is in the Creation, and the Creation abides in God. Whom can we call bad? There is none without Him. || 75 ||

- ਫਰੀਦਾ ਰਾਤਿ ਕਥੂਰੀ ਵੰਡੀਐ ਸੁਤਿਆ ਮਿਲੈ ਨ ਭਾਉ ॥
ਜਿਨ੍ਹਾ ਨੈਣ ਨੀਦਾਵਲੇ ਤਿਨ੍ਹਾ ਮਿਲਣੁ ਕੁਆਉ ॥੮੦॥

Fareed, musk is released at night. Those who are sleeping do not receive their share. Those whose eyes are heavy with sleep - how can they receive it? || 80 ||

Art of Living

- ਫਰੀਦਾ ਪਿਛਲ ਰਾਤਿ ਨ ਜਾਗਿਓਹਿ ਜੀਵਦੜੇ ਮੁਇਓਹਿ ॥
ਜੇ ਤੈ ਰਬੁ ਵਿਸਾਰਿਆ ਤ ਰਬਿ ਨ ਵਿਸਰਿਓਹਿ ॥੧੦੭॥

Fareed, if you do not awaken in the early hours before dawn, you are dead while yet alive. Although you have forgotten God, God has not forgotten you. || 107 ||

- ਪਹਿਲੈ ਪਹਰੈ ਫੁਲੜਾ ਫਲੁ ਭੀ ਪਛਾ ਰਾਤਿ ॥

ਜੋ ਜਾਗੀਨ੍ਹਿ ਲਹੰਨਿ ਸੇ ਸਾਈ ਕੰਨੋ ਦਾਤਿ ॥੧੧੨॥

The first watch of the night brings flowers, and the later watches of the night bring fruit. Those who remain awake and aware, receive the gifts from the Lord. || 112 ||

Art of Living

- ਇਕੁ ਫਿਕਾ ਨ ਗਾਲਾਇ ਸਭਨਾ ਮੈ ਸਚਾ ਧਣੀ ॥
ਹਿਆਉ ਨ ਕੈਹੀ ਠਾਹਿ ਮਾਣਕ ਸਭ ਅਮੋਲਵੇ ॥੧੨੯॥

Do not utter even a single harsh word; your True Lord and Master abides in all. Do not break anyone's heart; these are all priceless jewels. || 129 ||

ਸਭਨਾ ਮਨ ਮਾਣਿਕ ਠਾਹਣੁ ਮੂਲਿ ਮਚਾਂਗਵਾ ॥

ਜੇ ਤਉ ਪਿਰੀਆ ਦੀ ਸਿਕ ਹਿਆਉ ਨ ਠਾਹੇ ਕਹੀ ਦਾ ॥੧੩੦॥

The minds of all are like precious jewels; to harm them is not good at all. If you desire your Beloved, then do not break anyone's heart. || 130 ||

Art of Living

- ਕਵਣੁ ਸੁ ਅਖਰੁ ਕਵਣੁ ਗੁਣੁ ਕਵਣੁ ਸੁ ਮਣੀਆ ਮੰਤੁ ॥
ਕਵਣੁ ਸੁ ਵੇਸੋ ਹਉ ਕਰੀ ਜਿਤੁ ਵਸਿ ਆਵੈ ਕੰਤੁ ॥੧੨੬॥

What is that word, what is that virtue, and what is that magic mantra? What are those clothes, which I can wear to captivate my Husband Lord? || 126 ||

- ਨਿਵਣੁ ਸੁ ਅਖਰੁ ਖਵਣੁ ਗੁਣੁ ਜਿਹਬਾ ਮਣੀਆ ਮੰਤੁ ॥
ਏ ਤੈ ਭੈਣੇ ਵੇਸ ਕਰਿ ਤਾਂ ਵਸਿ ਆਵੀ ਕੰਤੁ ॥੧੨੭॥

Humility is the word, forgiveness is the virtue, and sweet speech is the magic mantra. Wear these three robes, O sister, and you will captivate your Husband Lord. || 127 ||

Art of Living

- ਫਰੀਦਾ ਬਾਰਿ ਪਰਾਇਐ ਬੈਸਣਾ ਸਾਂਈ ਮੁਝੈ ਨ ਦੇਹਿ ॥
ਜੇ ਤੂ ਏਵੈ ਰਖਸੀ ਜੀਉ ਸਰੀਰਹੁ ਲੇਹਿ ॥੪੨॥

Fareed begs, O Lord, do not make me sit at another's door.
If this is the way you are going to keep me, then go ahead
and take the life out of my body. || 42 ||

- ਮਤਿ ਹੋਦੀ ਹੋਇ ਇਆਣਾ ॥ ਤਾਣ ਹੋਦੇ ਹੋਇ ਨਿਤਾਣਾ
ਅਣਹੋਦੇ ਆਪੁ ਵੰਡਾਏ ॥ਕੋ ਐਸਾ ਭਗਤੁ ਸਦਾਏ ॥੧੨੮॥

If you are wise, be simple; if you are powerful, be weak;
and when there is nothing to share, then share with others.
How rare is one who is known as such a devotee. || 128 ||

- ♦ ਫਰੀਦਾ ਲੋੜੈ ਦਾਖ ਬਿਜਉਰੀਆਂ ਕਿਕਰਿ ਬੀਜੈ ਜਟੁ ॥
ਹੰਢੈ ਉੰਨ ਕਤਾਇਦਾ ਪੈਧਾ ਲੋੜੈ ਪਟੁ॥੨੩॥

*Fareed, the farmer plants acacia trees, and wishes for
grapes. He is spinning wool, but he wishes to wear silk. ||23||*

Life & Death

- ਫਰੀਦਾ ਦਰੀਆਵੈ ਕੰਨੈ ਬਗੁਲਾ ਬੈਠਾ ਕੇਲ ਕਰੇ ॥
ਕੇਲ ਕਰੇਦੇ ਹੰਝ ਨੋ ਅਚਿੰਤੇ ਬਾਜ ਪਏ ॥
ਬਾਜ ਪਏ ਤਿਸੁ ਰਬ ਦੇ ਕੇਲਾਂ ਵਿਸਰੀਆਂ ॥
ਜੋ ਮਨਿ ਚਿਤਿ ਨ ਚੇਤੇ ਸਨਿ ਸੋ ਗਾਲੀ ਰਬ ਕੀਆਂ ॥੯੯

Fareed, the crane perches on the river bank, playing joyfully. While it is playing, a hawk suddenly pounces on it. When the Hawk of God attacks, playful sport is forgotten. God does what is not expected or even considered. || 99 ||

- ਫਰੀਦਾ ਕਿਥੈ ਤੈਡੇ ਮਾਪਿਆ ਜਿਨੀ ਤੂ ਜਣਿਓਹਿ ॥
ਤੈ ਪਾਸਹੁ ਓਇ ਲਦਿ ਗਏ ਤੂੰ ਅਜੈ ਨ ਪਤੀਣੋਹਿ ॥੭੩

Fareed, where are your mother and father, who gave birth to you? They have left you, but even so, you are not convinced that you shall also have to go. || 73 ||

Life & Death

- ♦ ਫਰੀਦਾ ਜਿਨ੍ਹ ਲੋਇਣ ਜਗੁ ਮੋਹਿਆ ਸੇ ਲੋਇਣ ਮੈ ਡਿਠੁ ॥
ਕਜਲ ਰੇਖ ਨ ਸਹਦਿਆ ਸੇ ਪੰਖੀ ਸੁਇ ਬਹਿਠੁ ॥੧੪॥

Fareed, those eyes which have enticed the world - I have seen those eyes. Once, they could not endure even a bit of mascara; now, the birds hatch their young in them! ||14||

- ਫਰੀਦਾ ਮਉਤੈ ਦਾ ਬੰਨਾ ਏਵੈ ਦਿਸੈ ਜਿਉ ਦਰੀਆਵੈ ਢਾਹਾ ॥ ਅਗੈ ਦੋਜਕੁ
ਤਪਿਆ ਸੁਣੀਐ ਹੂਲ ਪਵੈ ਕਾਹਾਹਾ ॥ ਇਕਨਾ ਨੋ ਸਭ ਸੋਝੀ ਆਈ ਇਕਿ ਫਿਰਦੇ
ਵੇਪਰਵਾਹਾ ॥ ਅਮਲ ਜਿ ਕੀਤਿਆ ਦੁਨੀ ਵਿਚਿ ਸੇ ਦਰਗਹ ਓਗਾਹਾ ॥੯੮॥

Fareed, the shore of death looks like the river-bank, being eroded away. Beyond is the burning hell, from which cries and shrieks are heard. Some understand this completely, while others wander around carelessly. Those actions which are done in this world, shall be examined in the Court of the Lord. ||98||

Guru Sahibs & Baba Farid

Comments and explanations on Sloks by Guru Sahibs

	Bani Baba Farid Ji Slok Numbers	Guru Sahibs Comments & Slok Numbers
1	31	32 Guru Nanak Dev Ji
2	112	113 Guru Nanak Dev Ji
3	119	120 Guru Nanak Dev Ji
4	123	124 Guru Nanak Dev Ji
5	12	13 Guru Amar Das Ji
6	51	52 Guru Amar Das Ji
7	103	104 Guru Amar Das Ji
8	119	122*,123 * Guru Amar Das Ji
9	119	121 Guru Ram Das Ji
10	74	75 Guru Arjan Dev Ji
11	81	82, 83 Guru Arjan Dev Ji
12	103	105 Guru Arjan Dev Ji
13	107	108,109,110,111 Guru Arjan Dev Ji

Guru Sahibs & Baba Farid

- ♦ ਪਹਿਲੈ ਪਹਰੈ ਫੁਲੜਾ ਫਲੁ ਭੀ ਪਛਾ ਰਾਤਿ ॥
ਜੋ ਜਾਗੰਨਿ ਲਹੰਨਿ ਸੇ ਸਾਈ ਕੰਨੋ ਦਾਤਿ ॥੧੧੨॥

Baba Farid Ji: The first watch of the night brings flowers, and the later watches of the night bring fruit. Those who remain awake and aware, receive the gifts from the Lord. ||112||

- ♦ ਦਾਤੀ ਸਾਹਿਬ ਸੰਦੀਆ ਕਿਆ ਚਲੈ ਤਿਸੁ ਨਾਲਿ ॥
ਇਕਿ ਜਾਗੰਦੇ ਨਾ ਲਹੰਨਿ ਇਕਨਾ ਸੁਤਿਆ ਦੇਇ ਉਠਾਲਿ ॥੧੧੩॥

Guru Nanak Dev Ji: The gifts are from our Lord and Master; who can force Him to bestow them? Some are awake, and do not receive them, while He awakens others from sleep to bless them. ||113||

Guru Sahibs & Baba Farid

- ♦ ਤਨੁ ਤਪੈ ਤਨੂਰ ਜਿਉ ਬਾਲਣੁ ਹਡ ਬਲੰਨਿ ॥
ਪੈਰੀ ਥਕਾਂ ਸਿਰਿ ਜੁਲਾਂ ਜੇ ਮੁੰ ਪਿਰੀ ਮਿਲੰਨਿ ॥੧੧੯॥

Baba Farid Ji: "Body burns like an oven, bones flame like firewood, when feet are tired, I would still walk with head if I can find God." (119)

- ♦ ਤਨੁ ਨ ਤਪਾਇ ਤਨੂਰ ਜਿਉ ਬਾਲਣੁ ਹਡ ਨ ਬਾਲਿ ॥
ਸਿਰਿ ਪੈਰੀ ਕਿਆ ਫੇੜਿਆ ਅੰਦਰਿ ਪਿਰੀ ਨਿਹਾਲਿ ॥੧੨੦॥

Guru Nanak Dev Ji: "Heat not thy body like an oven, burn not thy bones like firewood. What harm have your feet and head done you; behold the beloved in your own heart." (120)

Guru Sahibs & Baba Farid

- ♦ ਫਰੀਦਾ ਪਾੜਿ ਪਟੋਲਾ ਧਜ ਕਰੀ ਕੰਬਲੜੀ ਪਹਿਰੇਉ ॥
ਜਿਨੀ ਵੇਸੀ ਸਹੁ ਮਿਲੈ ਸੇਈ ਵੇਸ ਕਰੇਉ ॥੧੦੩॥
Farid, tear thy clothes to strips, wear coarse woolen cloth,
Assume the wear which will lead you to meet your Lord.(103)
- ♦ ਮਃ ੩ ॥ ਕਾਇ ਪਟੋਲਾ ਪਾੜਤੀ ਕੰਬਲੜੀ ਪਹਿਰੇਇ ॥
ਨਾਨਕ ਘਰ ਹੀ ਬੈਠਿਆ ਸਹੁ ਮਿਲੈ ਜੇ ਨੀਅਤਿ ਰਾਸਿ ਕਰੇਇ ॥੧੦੪॥
Guru Amar Das Ji: *Why do you tear apart your fine clothes,
and take to wearing a rough blanket?*
*O Nanak, even sitting in your own home, you can meet the
Lord, if your mind is in the right place. ||104||*

Guru Sahibs & Baba Farid

- ♦ ਫੁਰੀਦਾ ਰਤੀ ਰਤੁ ਨ ਨਿਕਲੈ ਜੇ ਤਨੁ ਚੀਰੈ ਕੋਇ ॥
ਜੋ ਤਨ ਰਤੇ ਰਬ ਸਿਉ ਤਿਨ ਤਨਿ ਰਤੁ ਨ ਹੋਇ ॥੫੧॥

Fareed, not even a drop of blood would issue forth, if someone cut my body. Those bodies which are imbued with the Lord - those bodies contain no blood. ||51

- ♦ ਮੁਃ ੩ ॥ ਇਹੁ ਤਨੁ ਸਭੋ ਰਤੁ ਹੈ ਰਤੁ ਬਿਨੁ ਤੰਨੁ ਨ ਹੋਇ ॥
ਜੋ ਸਹ ਰਤੇ ਆਪਣੇ ਤਿਤੁ ਤਨਿ ਲੋਭੁ ਰਤੁ ਨ ਹੋਇ ॥
ਭੈ ਪਇਐ ਤਨੁ ਖੀਣੁ ਹੋਇ ਲੋਭੁ ਰਤੁ ਵਿਚਹੁ ਜਾਇ ॥
ਜਿਉ ਬੈਸੰਤਰਿ ਧਾਤੁ ਸੁਧੁ ਹੋਇ ਤਿਉ ਹਰਿ ਕਾ ਭਉ ਦੁਰਮਤਿ ਮੈਲੁ ਗਵਾਇ ॥
ਨਾਨਕ ਤੇ ਜਨ ਸੋਹਣੇ ਜਿ ਰਤੇ ਹਰਿ ਰੰਗੁ ਲਾਇ ॥੫੨॥

Guru Amar Das Ji: This body is all blood; without blood, this body could not exist. Those who are imbued with their Lord, do not have the blood of greed in their bodies. When the Fear of God fills the body, it becomes thin; the blood of greed departs from within. Just as metal is purified by fire, the Fear of God removes the filthy residues of evil-mindedness. O Nanak, those humble beings are beautiful, who are imbued with the Lord's Love. ||52|

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- ♦ ਫਰੀਦਾ ਮੈ ਜਾਨਿਆ ਦੁਖੁ ਮੁਝ ਕੂ ਦੁਖੁ ਸਬਾਇਐ ਜਗਿ ॥
ਉਚੇ ਚੜਿ ਕੈ ਦੇਖਿਆ ਤਾਂ ਘਰਿ ਘਰਿ ਏਹਾ ਅਗਿ ॥੮੧॥

Baba Farid Ji: "I thought I was the lone suffering being on this earth, but, when I went a bit higher, there I found that the whole world is engulfed in the fire of misery." (81)

- ♦ ਮਹਲਾ ੫ ॥ ਫਰੀਦਾ ਭੂਮਿ ਰੰਗਾਵਲੀ ਮੰਝਿ ਵਿਸੁਲਾ ਬਾਗ ॥
ਜੋ ਜਨ ਪੀਰਿ ਨਿਵਾਜਿਆ ਤਿੰਨਾ ਅੰਚ ਨ ਲਾਗ ॥੮੨॥

Guru Arjun Dev Ji: "O Farid, this world is so colourful (beautiful), but it does have poison-bearing plants. Those humble beings who are blessed by their Guru, do not suffer misery (even a scratch).(82)

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