

**Sheikh Farid – Sabad 12**  
**fareedaa jaa(n) tau khaTan vel taa(n) too rataa dunee siau ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1378**

fareedaa jaa(n) tau khaTan vel taa(n) too rataa dunee siau ||  
marag savaiee neeh jaa(n) bhariaa taa(n) ladiaa ||8||

**Summary:** Distractions often occur when external stimuli divert our thoughts away from the opportunity to gain wisdom. They can shift our focus away from what truly matters. Our thoughts shape our minds, significantly influencing our emotions and inner selves. True wisdom involves managing, shaping, and directing our thoughts to unlock the potential for positive change and clarity.

fareedaa jaa(n) tau khaTan vel taa(n) too rataa dunee siau ||  
Farid says when it was time to benefit from self-awareness, you were distracted by the material world. Symbolizing a lost opportunity to gain wisdom.

marag savaiee neeh jaa(n) bhariaa taa(n) ladiaa ||8||  
Worldly attachments intensify with the death of consciousness, leading us to bear the inevitable burden of their consequences over time. (8)

**Essence:** Sheikh Farid suggests that suffering goes beyond physical pain and mental distress. It encompasses discontent and dissatisfaction arising from our unquenchable desire for fleeting experiences, such as status and social approval. As attachment to these desires grows stronger, they become burdensome, weighing heavily on our inner peace and overall well-being.

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