

**Sheikh Farid – Sabad 100**  
**fareedhaa mahal nisakhan reh ge vaasaa aaiaa tal ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1382**

fareedhaa mahal nisakhan reh ge vaasaa aaiaa tal ||  
goraa(n) se nimaaneeaa bahasan roohaa(n) mal ||  
aakhee(n) sekhaa ba(n)dhagee chalan aj k kal ||97||

**Summary:** When the body finally falls silent, life reveals a quiet levelling. All the distinctions people spend their lives constructing and deconstructing, like status, identity, and possession, fade like markings washed away by a tide. In the end, what remains is a shared resting ground and a return to the fundamental elements. In this stark clarity, morality appears as a collective experience more like travellers resting at the same shore after a long journey. In such moments, contemplation becomes the only meaningful response.

fareedhaa mahal nisakhan reh ge vaasaa aaiaa tal ||

Farid says that the grand mansions stand empty, and the place of residence has shifted to the ground below. This serves as a powerful reminder that, in the end, all forms of life inevitably return to the fundamental elements.

goraa(n) se nimaaneeaa bahasan roohaa(n) mal ||

The humble graves are now occupied by those without the life force sitting in them. This points to the equalising nature of mortality, regardless of status, all lie in the earth's silence, stripping away all identity.

aakhee(n) sekhaa ba(n)dhagee chalan aj k kal ||97||

Sheikh says to engage in self-reflection as the departure is set for today or tomorrow. This serves as a self-directed directive to prioritise inner alignment, given the uncertainty and inevitability of our physical end. (97)

**Essence:** Sheikh Farid urges us to engage in self-reflection, reminding us that our departure from this world may occur at any moment, perhaps even today or tomorrow. This profound insight serves as an urgent call to cultivate inner alignment, especially in light of life's unpredictable twists and the certainty of our physical end. Embracing this reflective mindset can illuminate our path, helping us uncover deep clarity and a renewed sense of purpose in our final moments.

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