

Sheikh Farid – Sabad 50
fareedhaa koThe ma(n)ddap maaReeaa usaaredhe bhee ge ||
Salok, Seikh Farid, Guru Granth Sahib, 1380

fareedhaa koThe ma(n)ddap maaReeaa usaaredhe bhee ge ||
kooRaa saudhaa kar ge goree aai pe ||46||

Summary: The ego often seeks to create a sense of permanence through possessions, believing that they will help define and stabilize its identity. It collects and protects not just objects but also aspects such as identity, status, and control. However, possessions can only occupy space in the outer world; they cannot provide true inner wholeness. The more the ego relies on material possessions, the greater its fear of loss becomes, because they can be taken away. This insecurity leads to discomfort beneath a façade of comfort and restlessness beneath success. Permanence is not in possession, but in the steadiness that we cultivate within ourselves.

fareedhaa koThe ma(n)ddap maaReeaa usaaredhe bhee ge ||

Farid says those who built rooftops, halls, and mansions also departed. This highlights how physical structures often outlast their creators, mocking the ego's attempt at immortality through possessions.

kooRaa saudthey wywayshaa kar ge goree aai pe ||46||

Practising deception as trade, they perished and lay in the grave. This trade symbolizes exchanging the priceless opportunity of life for temporary gains, only to end up with just enough earth to cover the body. (46)

Essence: Sheikh Farid points out that in our pursuit of momentary gains, we often sacrifice our conscience, the most valuable part of our inner selves. We trade integrity for advantage, sensitivity for status, and depth for superficial appearances, assuming they can shield us from life's inherent transience. Yet, in the end, our tireless efforts yield merely a patch of earth to cover our remains. His insights do not recommend denouncing wealth or ambition, but to recognise the cost of losing ourselves in the pursuit of what is ultimately temporary.

An initiative by

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com