

**Sheikh Farid – Sabad 51**  
**fareedhaa khi(n)thaR mekhaa agaleeaa ji(n)dh na kaiee mekh ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1380**

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vaaree aapo aapanee chale masaik sekh ||47||

**Summary:** The body is the ego's strongest claim to permanence. We strive to maintain it, hoping it can defy impermanence. When preservation becomes an obsession, life turns into mere maintenance, with fear as our hidden master. It's essential to care for the body, but not to confuse it with your true self. Instead, honour the body as a sacred vessel for awareness, not an identity to preserve forever. The essence of life lies not in resisting change, but in embracing it as it unfolds.

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Farid says the patchwork coat has many stitches, but there is no stitch to fasten the life force within. This is a powerful reminder that external façades, no matter how meticulously crafted, cannot replace the authenticity of one's inner self.

vaaree aapo aapanee chale masaik sekh ||47||  
Everyone departs in their own time, including revered religious elders and spiritual guides. This highlights the equality within nature's laws, showing that no social status or spiritual rank exempts anyone from this inevitable mortality. (47)

**Essence:** Sheikh Farid highlights a profound truth, that while we can improve our outward appearance through better language, a calmer demeanour, or cleaner habits, inner struggles can persist if these changes are merely superficial. A confused mind that remains divided is outwardly composed but internally reactive. To be authentic, what we present to others is what we must genuinely become: a seamless inner self with steady wholeness that requires no pretence.

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