

**Sheikh Farid – Sabad 60**  
**fareedhaa koThe ma(n)ddap maaReeaa et na laae chit ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1380**

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miTee piee atolavee koi na hosee mit ||57||

**Summary:** Emotional investment in physical structures and wealth often feels like security, but it quietly ties identity to what can be lost. We begin to measure our worth by what we own, build, or display, mistaking possession for permanence. When circumstances shift, restlessness rises because the foundation was external. Structures can shelter the body, and wealth can support comfort, but neither can anchor the inner self. The bigger risk is not losing things, but losing oneself while trying to protect them. Essence lies in using wealth as a tool, not as the place where the heart resides.

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Farid says that one should not attach the mind to houses, palaces, and mansions. This warns against anchoring one's identity in material possessions for security, as this can distract us from achieving true inner peace.

miTee piee atolavee koi na hosee mit ||57||

When the immense weight of mud falls upon the body, no one will remain as a companion. This stark truth reveals the ego's fragility in the face of mortality and that material ties provide no solid support. (57)

**Essence:** Sheikh Farid reminds us that relying on material possessions for our sense of security and on external identities to anchor our worth can lead us away from true inner peace. True fulfilment comes from within, not from our worldly achievements. The more self-worth depends on outer proof, the more fear grows around loss and comparison. Fulfilment arises from within when awareness, conscience, and inner alignment become the real shelter.

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