

**Sheikh Farid – Sabad 77**  
**fareedhaa man maidhaan kar Toe Tibe laeh ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1381**

fareedhaa man maidhaan kar Toe Tibe laeh ||  
agai mool na aavasee dhojak sa(n)dhee bhaeh ||74||

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**Summary:** A field scattered with dips and elevations cannot absorb rain evenly; some areas flood while others dry out. In the same way, a mind shaped by extremes such as pride, pain, resentment, or happiness struggles to find balance. It tilts toward “mine vs yours” and “right vs wrong,” creating inner turmoil. To “level the field” is an invitation to clarity. By softening these judgments, our awareness can flow evenly, nurturing and stabilizing our thoughts and conscience.

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Farid says that we make our minds a levelled field by removing its pits and mounds. This means smoothing out inner extremes by minimizing despair and exhalation, and eliminating biases and discrimination.

agai mool na aavasee dhojak sa(n)dhee bhaeh ||74||

Hereafter, the fear of challenging situations will not originate. (74)

**Essence:** Sheikh Farid describes the restless mind as an uneven landscape filled with intense emotions. This imbalance can lead to inner turmoil and increased suffering in the external world. Recognizing this prompts us to transcend extremes and cultivate a balanced, open mind that weakens destructive forces. A discontented mind can turn ordinary challenges into overwhelming crises. However, by stabilising our inner ground, we can navigate challenges without letting them consume us.

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