

**Sheikh Farid – Sabad 97**  
**enee loinee dhekhadhiaa ketee chal giee ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1382**

enee loinee dhekhadhiaa ketee chal giee ||  
fareedhaa lokaa(n) aapo aapanee mai aapanee piee ||94||

**Summary:** Impermanence and loss are not abstract concepts; they are integral to our everyday lives, influencing us in both subtle and overt ways. Yet we often navigate our routines as if stability is a given and change is rare. We postpone meaningful reflection, underestimating how fleeting our time truly is. It often takes a shift or a loss for us to face the reality that has always surrounded us. The challenge lies not just in grasping impermanence intellectually, but in embracing it wholeheartedly while we still have the opportunity.

enee loinee dhekhadhiaa ketee chal giee ||  
With these eyes, I have seen so many have departed. This shows that impermanence and loss are not distant concepts; they are daily realities, yet we often act as if they don't impact us.

fareedhaa lokaa(n) aapo aapanee mai aapanee piee ||94||

Farid says that everyone has their own moment in life, and my moment is distinctly mine. This highlights the truth that each of us has a unique journey to experience.  
(94)

**Essence:** Sheikh Farid presents a fascinating paradox: each of us embarks on a journey that is uniquely our own. Although we live in the same world and encounter similar events, our interpretations and insights differ. Each person's experiences unfold in their own way, and no one can fully adopt or embody another person's understanding or realizations. In this sense, life is a process of gaining insight in a shared space, shaped by diverse perspectives that contribute to our collective experience.

---

An initiative by  
**Oneness In Diversity Research Foundation**  
**Website: [OnenessInDiversity.com](http://OnenessInDiversity.com)**  
**Email: [onenessindiversityfoundation@gmail.com](mailto:onenessindiversityfoundation@gmail.com)**