

Sheikh Farid – Sabad 61
fareedhaa ma(n)ddap maal na lai marag sataanee chit dhar ||
Salok, Seikh Farid, Guru Granth Sahib, 1381

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saiee jai sam(h)aal jithai hee tau va(n)n(j)naa ||58||

Summary: Even when our lives feel secure, we must recognize that impermanence is always present. While success, stability, and structure may provide a comforting sense of continuity, everything within them is constantly changing. Embracing this truth helps us shed fear, fostering clarity and depth in our experiences. Letting go of attachment while sincerely engaging with life, we can cherish what we have with gratitude instead of taking it for granted. In this understanding, life transforms into a rich experience, gently held yet deeply lived.

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Farid says not to attach our conscience to mansions and wealth; instead, keep the certainty of mortality firmly in your awareness. This highlights the importance of recognizing impermanence, even when outward life appears established.

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Cultivate and maintain that state of being to which you will ultimately go. This focus directs our conscience toward awareness as our destination, reminding us that the physical journey is fleeting. (58)

Essence: Sheikh Farid observes that when we shift our attention inward, we start to sense a foundation that is not reliant on status, roles, or possessions. In this awareness, stability and clarity arise, from which thoughts emerge to be experienced and reflected upon. This introspective transformation reveals the transient nature of external achievements. While these achievements hold significance, their grip begins to loosen, allowing the inner foundation to remain relevant and sufficient.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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