

11th ਸਲੋਕ \ Couplet

ਪਾਂਚ ਤਤ ਕੋ ਤਨੁ ਰਚਿਓ ਜਾਨਹੁ ਚਤੁਰ ਸੁਜਾਨ ॥
ਜਿਹ ਤੇ ਉਪਜਿਓ ਨਾਨਕਾ ਲੀਨ ਤਾਹਿ ਮੈ ਮਾਨੁ ॥੧੧॥
paa(n)ch tat ko tan rachio jaanahu chatur sujaan ||
jeh te upajio naanaka leen taeh mai maan || 1 1 ||

Literal Meaning: Your body is made up of the five elements; you are clever and wise - know this well. Believe it - you shall merge once again into the One, O Nanak, from whom you originated.

Literal Word Meanings:

ਪਾਂਚ (paa(n)ch) = five

ਤਤ (tat) = elements

ਕੋ (ko) = of

ਤਨੁ (tan) = body

ਰਚਿਓ (rachio) = made, formed

ਜਾਨਹੁ (jaanahu) = know

ਚਤੁਰ (chatur) = clever

ਸੁਜਾਨ (sujaan) = wise

ਜਿਹ (jeh) = whom

ਤੇ (te) = from

ਉਪਜਿਓ (upajio) = originated

ਲੀਨ (leen) = merge

ਤਾਹਿ (taeh) = into Him

ਮੈ (mai) = in

ਮਾਨੁ (maan) = believe

We have explored the literal meanings of the verse, along with the word-by-word breakdown. Now, we begin a deeper journey — to understand what the verse is pointing toward. The following exercises are designed to encourage out-of-the-box thinking. They may feel open-ended, and at times even challenging — that is intentional. Growth often begins where certainty ends.

Exercise 1: A Surprising Address

The Salok calls the listener “clever and wise.”

Q. Why would Guru Sahib call humans *clever* while pointing out something so basic?

What kind of “cleverness” forgets its own origin?

☐ Intellectual cleverness

☐ Technological cleverness

☐ Social cleverness

☐ Ego-based cleverness

Explain your choice:

Exercise 2: Five Elements — Just Science or Something More?

List the five elements as you understand them:

Now answer:

Are these elements outside you, inside you, or both?

☐ Outside ☐ Inside ☐ Both

What does this suggest about separation between *you* and *nature*?

Exercise 3: The Illusion of Separation

Do humans usually think of themselves as part of nature or above nature?

☐ Part of it

☐ Above

☐ Separate

Where does this feeling of separation come from?

☐ Body identity

☐ Mind identity

☐ Social labels

☐ Achievements

Explain:

Exercise 4: “Where You Come From”

- You did not choose your body
- You did not choose the elements
- You did not create the process

If this is true, then:

What exactly do we claim ownership over?

How does this relate to ego or pride?

Exercise 5: Dissolution Without Fear

The Salok says “you will dissolve into nature.”

Answer without emotional reaction:

Does dissolution mean *destruction* or *return*?

☐ Destruction ☐ Return ☐ Not sure

Give one everyday example of something returning to its source
(ice → water, leaf → soil, breath → air):

Exercise 6: The Bigger Picture

Complete the sentence:

“If I come from the same source as nature and return to it, then my real identity might
be_____”

Does this idea reduce or increase fear?

☐ Reduce ☐ Increase ☐ No change

Why?

Exercise 7: Why This Matters in Daily Life

Reflect:

How would life change if you remembered everything from earlier exercises everyday?

- | | |
|--|--|
| ☐ Less ego | ☐ More humility |
| ☐ Less fear of loss | ☐ More responsibility |

Explain one:

Spiritual Meaning (Word → Wisdom)

ਪਾਂਚ ਤਤ (paa(n)ch tat) = The five elements—your body is temporary nature.

ਤਨੁ ਰਚਿਓ (tan rachio) = The body is “created”.

ਜਾਨਹੁ (jaanahu) = Truly recognize—move from information to lived awareness

ਚਤੁਰ ਸੁਜਾਨ (chatur sujaan) = O clever mind—use wisdom to become humble, not proud

ਜਿਹ ਤੇ ਉਪਜਿਓ (jeh te upajio) = You came from the same Source.

ਲੀਨ (leen) = You will merge back—returning to the elements and the Source

Write Your Own Interpretation:

Take Action → Living the Wisdom

Follow these practical action examples to bring the teaching into your daily actions and choices.

Celebrate quietly - Achieve success without broadcasting it for validation.

Shift from pride to gratitude - When you accomplish something, thank The Creator instead of glorifying yourself.

Remember the end - Reflect that all titles, wealth, and status are temporary.

Speak less, serve more - Let your actions and character define you, not your achievements.

Practice grounded humility - In moments of praise, remind yourself that everything you have can fade with time.

Reflect and Explore

These discussion questions can be explored alone or in a group to encourage reflection, learning, and honest sharing, with no right or wrong answers.

If your body is made of nature's elements, what exactly are you so proud of?

If nothing is truly yours forever, why hold on so tightly to possessions or status?

The Salok calls the mind "clever." Why does ego often increase with education or success?

If the body is temporary and returns to nature, how should that change the way you see achievements or status?

How can remembering that life is temporary help you stay humble while still working hard and aiming high?
