

13th ਸਲੋਕ \ Couplet

ਸੁਖੁ ਦੁਖੁ ਜਿਹ ਪਰਸੈ ਨਹੀ ਲੋਭੁ ਮੋਹੁ ਅਭਿਮਾਨੁ ॥
ਕਹੁ ਨਾਨਕ ਸੁਨੁ ਰੇ ਮਨਾ ਸੋ ਮੂਰਤਿ ਭਗਵਾਨ ॥੧੩॥
sukh dhukh jeh parasai nahee lobh moh abhimaan ||
kahu naanak sun re manaa so moorat bhagavaan || 13 ||

Literal Meaning: One who is not touched by pleasure or pain, greed, emotional attachment and egotistical pride says Nanak, listen, mind: he is the very image of God.

Literal Word Meanings:

ਸੁਖੁ (sukh) = pleasure
ਦੁਖੁ (dhukh) = pain
ਜਿਹ (jeh) = who
ਪਰਸੈ (parasai) = touched
ਨਹੀ (nahee) = not
ਲੋਭੁ (lobh) = greed
ਮੋਹੁ (moh) = emotional attachment
ਅਭਿਮਾਨੁ (abhimaan) = egotistical pride

ਸੁਨੁ (sun) = listen
ਰੇ (re) = O
ਮਨਾ (manaa) = mind
ਸੋ (so) = that
ਮੂਰਤਿ (moorat) = image
ਭਗਵਾਨ (bhagavaan) = God

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: Who Controls Your Mood?

How often does your mood change because of:

- | | |
|--|--|
| ☐ Someone's words | ☐ Someone's behavior |
| ☐ Success or failure | ☐ Praise or criticism |
| ☐ Social media response | |

Reflection Question:

If something around you which can switch your mood instantly — who is in control?

- ☐ Me
- ☐ Others
- ☐ Situations

Exercise 2: Influence of Greed “ਲੋਭ” “lobh”

Think of daily-life examples:

Have you ever:

- ☐ Argued or stressed just to save \$5–\$10
- ☐ Felt restless until you got a discount
- ☐ Let money decide your peace

Question:

Was the gain financial — but the loss mental?

- ☐ Yes
- ☐ No
- ☐ Not sure

Exercise 3: Influence of Attachment “ਮੋਹ” “moh”

Observe modern attachment:

- ☐ Posting constantly to appear perfect
- ☐ Checking likes, views, comments repeatedly
- ☐ Feeling low when response is less
- ☐ Comparing life with others online

Reflection:

Is this connection — or dependence?

- ☐ Connection
- ☐ Dependence

Exercise 4: Influence of Pride “ਅਭਿਮਾਨ” “abhimaan”

Recall a moment when someone gave you constructive criticism.

What happened inside?

- ☐ Defensive reply
- ☐ Harsh tone
- ☐ Need to prove yourself right
- ☐ Inability to listen fully

Question:

Was truth important — or protecting identity?

☐ Truth ☐ Identity

Exercise 5: Question the Ideal

Think of spiritual masters or truly grounded people.

Were they:

☐ Easily disturbed by praise or insult

☐ Controlled by greed or comparison

☐ Restless in gain and loss

Or were they:

☐ Calm ☐ Stable

☐ Clear ☐ Free

Exercise 6: What Does Guru Sahib Mean?

Re-read:

“ਸੁਖੁ ਦੁਖੁ ਜਿਹ ਪਰਸੈ ਨਹੀ” “sukh dhukh jeh parasai nahee”

Does this mean:

☐ No emotions at all

☐ Emotional numbness

☐ Inner freedom while emotions pass

Reflection Question:

If happiness, sadness, greed, attachment, and pride no longer control you —

Who are you becoming?

☐ A stronger personality

☐ A calmer human

☐ A reflection of the divine

Exercise 7: Final Reflection (Write briefly)

Which emotion controls me the most? _____

What happens when I don't react immediately? _____

What would freedom from these triggers look like? _____

Spiritual Meaning (Word → Wisdom)

ਸੁਖ ਦੁਖ(sukh dhukh) = Pleasure and pain—both come and go.

ਜਿਹ ਪਰਸੈ ਨਹੀ (jeh parasai nahee) = Unaffected inside—steady mind.

ਲੋਭ (lobh) = Greed—wanting more even when you have enough

ਮੋਹ (moh) = Attachment—clinging that creates fear of loss

ਅਭਿਮਾਨ(abhimaan) = Pride—“I did it, I am above,”

ਸੁਨੁ ਰੇ ਮਨਾ (sun re manaa) = Listen, mind—this is the real spiritual measure

ਸੋ (so) = That one—this state is possible for a human to live

ਮੂਰਤਿ (moorat) = Living form/embodiment—virtues seen in behavior.

ਭਗਵਾਨ (bhagavaan) = God-like (Sachara)—a person reflecting the Divine through inner freedom and purity

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Balance praise and criticism - Stay steady whether appreciated or corrected.

Respond, don't react - Pause and choose a thoughtful response for answering emotional situations.

Accept highs and lows - Welcome success and setbacks with the same calm mind.

Detach from outcomes - Focus on effort, not obsession with results.

Center yourself daily - Create a small routine that keeps your mind grounded.

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.

When something goes very well or very wrong, how can you keep your mind steady?

What is one practical step you can take today to remain calm no matter what happens?

What does it really mean to stay calm in both success and failure at work?

Which affects your peace more—greed, attachment, or pride? How does it show up in your life?

How can staying balanced and steady improve your relationships and decisions at work?
