

33rd ਸਲੋਕ \ Couplet

ਜਨਮ ਜਨਮ ਭਰਮਤ ਫਿਰਿਓ ਮਿਟਿਓ ਨ ਜਮ ਕੋ ਤ੍ਰਾਸੁ ॥
ਕਹੁ ਨਾਨਕ ਹਰਿ ਭਜੁ ਮਨਾ ਨਿਰਭੈ ਪਾਵਹਿ ਬਾਸੁ ॥੩੩॥
janam janam bharamat firio miTio na jam ko traas ||
kahu naanak har bhaj manaa nirabhai paaveh baas ||33||

Literal Meaning: Mortals wander lost and confused through countless lifetimes; their fear of death is never removed. Says Nanak, vibrate and meditate on the Lord, and you shall dwell in the Fearless Lord.

Literal Word Meanings:

ਜਨਮ (janam) = lifetime

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ਭਰਮਤ (bharamat) = wandering, confused

ਫਿਰਿਓ (firio) = wandered

ਮਿਟਿਓ (miTio) = removed

ਨ (na) = not

ਜਮ (jam) = Death

ਕੋ (ko) = of

ਤ੍ਰਾਸੁ (traas) = fear

ਹਰਿ (har) = the Lord

ਭਜੁ (bhaj) = meditate on

ਮਨਾ (manaa) = mind

ਨਿਰਭੈ (nirabhai) = fearless

ਪਾਵਹਿ (paaveh) = obtain

ਬਾਸੁ (baas) = dwelling

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: Common Understanding (Surface Reading)

Most people understand this Salok as talking about:

- ☐ Physical rebirth after death
- ☐ Past lives and future lives
- ☐ Religious cycle of birth and death

Exercise 2: Question the Idea of Physical Birth

Answer carefully:

A baby who dies at age 2 years —

Does the baby carry fear of death, illusion, or confusion?

☐ Yes ☐ No

If not, then who is this Salok really addressing?

☐ Physical body

☐ Conscious mind

☐ Society

☐ Something else: _____

Exercise 3: Birth Without a Body

Think about real life:

Have you ever met someone after many years and felt,

“This is not the same person anymore”?

☐ Yes ☐ No

If yes, what changed?

☐ Thinking

☐ Ego

☐ Fears

☐ Values

☐ Behavior

☐ Other _____

Exercise 4: Inner Birth–Death Cycles

Fill in the blanks by thinking psychologically:

When a negative habit ends, something inside us _____.

When a new understanding arises, something inside us _____.

When fear controls us, we are living under _____.

Does this feel like birth and death happening while alive?

☐ Yes ☐ No ☐ Not sure

Exercise 5: Fear of Death “ਜਮ ਕੇ ਤ੍ਰਾਸ” “jam ko traas”

Think beyond physical death:

What kinds of fear control people *while they are alive*?

- ☐ Fear of loss
- ☐ Fear of judgment
- ☐ Fear of failure
- ☐ Fear of change
- ☐ Fear of being alone

Could these fears repeat again and again?

- ☐ Yes ☐ No

If life's cycles are really physical birth and death, then what part of you truly wanders—your body, your mind, or something deeper that cannot die?

Spiritual Meaning (Word → Wisdom)

ਜਨਮ ਜਨਮ (janam janam) = Repeating the same patterns again and again in your life

ਭਰਮਤ (bharamat) = Wandering—confused searching outside, not settling within

ਫਿਰਿਓ (firio) = Kept circling—stuck in cycles, not moving toward peace

ਮਿਟਿਓ ਨ (miTio na) = Did not erase—fear still remains

ਜਮ (jam) = Fear, guilt, vices, inner darkness

ਕੋ ਤ੍ਰਾਸ (ko traas) = Its terror—constant anxiety of losing, failing, dying, being trapped

ਹਰਿ ਭਜ (har bhaj) = Remember the Divine—connect inwardly, live the virtues

ਮਨਾ (manaa) = O mind—this is your direct instruction

ਨਿਰਭੈ (nirabhai) = Fearless state—inner safety and courage from remembrance

ਪਾਵਹਿ ਬਾਸ (paaveh baas) = Attain dwelling—resting in that fearless Presence within (stable spiritual mind)

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Catch the spiral early - Notice negative thoughts before they gain momentum.

Challenge the story - Question whether your fear is fact or assumption.

Shift to solution mode - Replace worry with one constructive action step.

Breathe and reset - Use slow breathing to calm the mind before reacting.

Choose empowering focus - Direct attention toward growth instead of imagined failure.

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.

How do negative thoughts or fears affect your choices and relationships?

What common mental traps do you notice in yourself or others?

How can connecting with your inner self or the Divine help you feel less fearful and more clear?

What simple habits can help you move past negative thinking in stressful situations?

How would letting go of negativity improve your focus and happiness?
