

57th ਸਲੋਕ \ Couplet

ਰਾਮ ਨਾਮੁ ਉਰ ਮੈ ਗਹਿਓ ਜਾ ਕੈ ਸਮ ਨਹੀ ਕੋਇ ॥
ਜਿਹ ਸਿਮਰਤ ਸੰਕਟ ਮਿਟੈ ਦਰਸੁ ਤੁਹਾਰੋ ਹੋਇ ॥੫੭॥੧॥
raam naam ur mai gahio jaa kai sam nahee koi ||
jeh simarat sa(n)kaT miTai dharas tuhaaro hoi ||57||1||

Literal Meaning: I have enshrined the Lord's Name within my heart; there is nothing equal to it. Meditating in remembrance on it, my troubles are taken away; I have received the Blessed Vision of Your Darshan.

Literal Word Meanings:

ਰਾਮ ਨਾਮੁ (raam naam) = the Lord's Name
ਉਰ (ur) = heart
ਗਹਿਓ (gahio) = enshrined
ਸਮ (sam) = equal

ਜਿਹ (jih) = which
ਸਿਮਰਤ (simrat) = meditating in remembrance
ਸੰਕਟ (sankat) = troubles
ਮਿਟੈ (mitai) = taken away
ਦਰਸੁ (daras) = vision
ਤੁਹਾਰੋ (tuharo) = Your
ਹੋਇ (hoi) = received

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 read this Salok as:

- ☐ Repeating a holy name removes problems
- ☐ Devotional practice brings blessings
- ☐ Remembering God solves external troubles

Is the Salok talking about changing the outside, or stabilizing something inside?

- ☐ Outside situations
- ☐ Inner state
- ☐ Both

Exercise 2: Question Comparison "ਜਾ ਕੈ ਸਮ ਨਹੀ ਕੋਇ" "jaa kai sam nahee koi"

We compare money, status, relationships, emotions every day.
Our happiness rises and falls many times in a single day.

Ask yourself:

When joy depends on circumstances, does it remain constant?

- ☐ Yes ☐ No

If joy keeps changing, can it truly be compared to something unchanging?

- ☐ Yes ☐ No

So what kind of fulfillment could have *no comparison*?

- ☐ Emotional pleasure
- ☐ Mental excitement
- ☐ Stable inner fulfillment

Exercise 3: Fulfillment vs. Fluctuating Emotions

Observe daily life:

Anger to calm, excitement to boredom, worry to hope

How many emotional states do you pass through in one day?

Approximate number: _____

Now reflect:

When deep fulfillment is present, does the inner state:

- ☐ Constantly rise and fall
- ☐ Remain steady and grounded

What feels closer to "ਜਾ ਕੈ ਸਮ ਨਹੀ ਕੋਇ" "jaa kai sam nahee koi" ?

Exercise 4: Understanding stuckness “ਸੰਕਟ” “sa(n)kaT”

A stuck situation does not always mean a physical problem.

It can be:

- ☐ Mental confusion
- ☐ Emotional heaviness
- ☐ Fear of future
- ☐ Feeling lost in life

When understanding becomes clear, what happens to fear?

- ☐ It increases
- ☐ It stays the same
- ☐ It dissolves

So is “ਸੰਕਟ ਮਿਟੈ” “sa(n)kaT miTai” about removing the situation — or removing the fear inside the situation?

Exercise 5: Everyday Examples (Wisdom Bridge)

Example 1: Lost Traveler

You are lost on a road.

Without a map: fear, panic, confusion

With a map & compass: calm, clarity, direction

Did the road change? ☐ Yes ☐ No

What changed? _____

Example 2: Lost Child

A child is lost in a crowd.

Fear exists while alone

Fear vanishes upon seeing parents

Did the crowd disappear? ☐ Yes ☐ No

What disappeared? _____

Exercise 6: Self Realization “ਦਰਸ਼ ਤੁਹਾਰੋ ਹੋਇ” “dharas tuhaaro hoi”

Inner vision (ਦਰਸ਼) is not physical seeing.

It is:

- ☐ Clarity of direction
- ☐ Inner assurance
- ☐ Knowing “I am not lost”
- ☐ Trust in inner guidance

When this vision awakens, how does life feel?

- ☐ Fearful
- ☐ Heavy
- ☐ Grounded
- ☐ Free

Spiritual Meaning (Word → Wisdom)

ਰਾਮ ਨਾਮੁ (raam naam) = Divine virtues—inner Presence that anchors and purifies

ਉਰ ਮੈ (ur mai) = In the heart—remembrance becomes internal, not just on the lips

ਗਹਿਓ (gahio) = Held tightly—made it your main support and priority

ਜਾ ਕੈ (jaa kai) = Of which—pointing to the Divine virtues

ਸਮ ਨਹੀ ਕੋਇ (sam nahee koi) = Nothing compares—no worldly thing equals this inner treasure

ਜਿਹ ਸਿਮਰਤ (jeh simarat) = By remembering—steady awareness in daily life

ਸੰਕਟ (sa(n)kaT) = Obstacles/crises—inner blocks, fear, confusion, hard moments

ਮਿਟੈ (miTai) = Dissolve—problems lose their grip when the mind is anchored

ਦਰਸ਼ (dharas) = Realization/vision—inner seeing of the Divine Presence

ਤੁਹਾਰੋ (tuhaaro) = Your—direct connection with the Divine within

ਹੋਇ (hoi) = Happens—this becomes lived experience, not theory

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Choose one virtue daily - Intentionally practice compassion, patience, or honesty each day.

Turn values into action - Let your actions reflect your values, turning good intentions into real, everyday behavior.

Respond with grace - Let humility guide difficult conversations.

Serve without spotlight - Do good quietly and consistently.

Review and refine nightly - Reflect on how well you lived your chosen virtue.

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.

In a work environment, how do you prioritize virtues like honesty, compassion, and humility over rewards like promotions, recognition, or money?

Can you think of a time when practicing patience, honesty, or kindness helped you overcome a difficult situation at work or in personal life?

How do you remind yourself to stay connected to your inner virtues daily, especially when distractions or pressures arise?

How do your actions, guided by divine virtues, affect the people around you? Can living by these qualities inspire others in your team or social circle?

How does focusing on cultivating virtues rather than chasing material or temporary achievements change your idea of success and fulfillment?
