

## 40th ਸਲੋਕ \ Couplet

ਜਗਤੁ ਭਿਖਾਰੀ ਫਿਰਤੁ ਹੈ ਸਭ ਕੇ ਦਾਤਾ ਰਾਮੁ ॥  
ਕਹੁ ਨਾਨਕ ਮਨ ਸਿਮਰੁ ਤਿਹ ਪੂਰਨ ਹੋਵਹਿ ਕਾਮ ॥੪੦॥  
jagat bhikhaaree firat hai sabh ko dhaataa raam ||  
kahu naanak man simar teh pooran hoveh kaam ||40||

**Literal Meaning:** The world wanders around begging, but the Lord is the Giver of all. Says Nanak, meditate in remembrance on Him, and all your works will be successful.

### Literal Word Meanings:

ਜਗਤੁ (jagat) = world

ਭਿਖਾਰੀ (bhikhaaree) = beggar

ਫਿਰਤੁ (firat) = wanders

ਹੈ (hai) = is

ਸਭ (sabh) = all

ਕੇ (ko) = of

ਦਾਤਾ (dhaataa) = giver

ਰਾਮੁ (raam) = the Lord

ਮਨ (man) = mind

ਸਿਮਰੁ (simar) = remember, meditate

ਤਿਹ (teh) = Him

ਪੂਰਨ (pooran) = fulfilled

ਹੋਵਹਿ (hoveh) = become

ਕਾਮ (kaam) = works

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: Redefining “Begging”

Think beyond physical begging.

When you hear the word *beggar*, what do you imagine?

- ☐ Someone asking on the street
- ☐ Poverty
- ☐ Lack of money

**Question:** Can someone be wealthy, respected, and still be a beggar mentally?

☐ Yes

☐ No

## Exercise 2: Look Around the World

Reflect on real examples.

A rich businessman still asks for:

☐ More deals

☐ More profit

☐ More control

A teaching institute asks for:

☐ More students

☐ More reputation

☐ More recognition

**Question:**

If money or status solved inner void, why does “more” never stop?

## Exercise 3: Now Look at Yourself (Gently)

Be honest.

Every year, when a new phone launches:

☐ “I want it” crosses my mind

☐ I compare my device

☐ I feel slightly dissatisfied

When you see:

☐ Someone’s vacation

☐ Someone’s lifestyle

☐ Someone’s success

Does your mind whisper:

“I wish I had that”?

☐ Often

☐ Sometimes

☐ Rarely

**Question:**

Is the mind asking because it *needs*—or because it *compares*?

**Exercise 4: The Endless Asking**

Observe your mind for one day.

- New food
- New place
- New gadget
- New plan
- New experience

**Question:**

How many times does the mind say “I want” in a single day?

Now ask:

Is the mind ever truly satisfied—or only briefly distracted?

**Exercise 5: What Is the Mind Lacking?**

The mind keeps asking because it lacks:

- ☐ Money
- ☐ Comfort
- ☐ Luxury
- ☐ Contentment
- ☐ Gratitude

**Reflection:**

If the inner state were fulfilled, would every outer thing still feel urgent?

**Exercise 6: Need vs Desire**

Think carefully.

If your phone is old and:

Apps don't work

Work is affected

That is a:

- ☐ Need
- ☐ Desire

If your phone works fine but:

A newer version exists

Others have it

That is a:

- ☐ Need
- ☐ Desire

**Question:**

Can you meet needs without becoming ungrateful for what you already have?

## Exercise 7: Emotional Consequence of Desire

When desire is not fulfilled, do you feel:

- ☐ Sad
- ☐ Irritated
- ☐ Ungrateful
- ☐ Restless

**Question:**

Is this restlessness caused by lack of things—or lack of inner fullness?

## Exercise 8: True Giver “ਸਭ ਕੋ ਦਾਤਾ ਰਾਮੁ” “sabh ko dhaataa raam”

Does this mean:

- ☐ God gives objects on demand
- ☐ External things will solve inner emptiness
- ☐ Inner virtues fulfill outer cravings

**Correct Insight:**

When contentment and gratitude grow, the hunger of desire weakens.

## Exercise 9: Completion Without Possession “ਪੂਰਨ ਹੋਵਹਿ ਕਾਮ” “pooran hoveh kaam”

Reflect:

Have you ever felt complete without getting what you wanted?

☐ Yes

☐ No

### Question:

Could fulfillment come from the state of mind, not the state of possession?

## Exercise 10: Personal Reflection

Fill in blanks:

One thing I want right now but don't truly need: \_\_\_\_\_

One thing I already have but rarely appreciate: \_\_\_\_\_

One virtue I could practice to reduce my inner hunger: \_\_\_\_\_

## Spiritual Meaning (Word → Wisdom)

ਜਗਤੁ (jagat) = The inner world (Mind)

ਭਿਖਾਰੀ (bhikhaaree) = Beggar mindset—always needing approval, comfort, attention, or more

ਫਿਰਤੁ ਹੈ (firat hai) = Wanders—restless searching from place to place, thing to thing

ਸਭ ਕੋ (sabh ko) = For everyone—this is a common human pattern

ਦਾਤਾ (dhaataa) = The Giver—source of real contentment and inner fullness

ਰਾਮੁ (raam) = The Creator within creation—present inside you, not far away

ਸਿਮਰੁ (simar) = Remember/cherish—keep the Divine in your awareness daily

ਪੂਰਨ (pooran) = Fulfilled/complete—inner wholeness replaces craving

ਹੋਵਹਿ ਕਾਮ (hoveh kaam) = Your life-work succeeds—actions become meaningful and aligned

## Write Your Own Interpretation:

---

---

---

## Take Action → Living the Wisdom

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

**Release constant worry** - Stop obsessing over future shortages and focus on present effort.

**Differentiate need from want** - Trust that essentials will come, even if desires don't.

**Act with faith, not fear** - Make decisions rooted in trust rather than scarcity.

**Express gratitude early** - Thank the Divine in advance for unseen support.

**Stay steady in uncertainty** - Remain calm knowing provision may arrive in unexpected ways.

## 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 often does your mind chase money, status, or approval instead of deeper happiness?

---

---

---

How can trusting that you will get what you truly need reduce stress and improve your decisions?

---

---

---

How can you focus less on outside approval and more on your inner values?

---

---

---

What daily habits help you find meaning beyond money or social praise?

---

---

---

How does living with truth, love, and kindness change the way you handle challenges and relationships?

---

---

---