

34th ਸਲੋਕ \ Couplet

ਜਤਨ ਬਹੁਤੁ ਮੈ ਕਰਿ ਰਹਿਓ ਮਿਟਿਓ ਨ ਮਨ ਕੋ ਮਾਨੁ ॥
ਦੁਰਮਤਿ ਸਿਉ ਨਾਨਕ ਫਧਿਓ ਰਾਖਿ ਲੇਹੁ ਭਗਵਾਨ ॥੩੪॥
jatan bahut mai kar rahio miTio na man ko maan ||
dhuramat siau naanak fadhio raakh leh bhagavaan ||34||

Literal Meaning: I have tried so many things, but the pride of my mind has not been dispelled. I am engrossed in evil-mindedness, Nanak. O God, please save me!

Literal Word Meanings:

ਜਤਨ (jatan) = efforts

ਬਹੁਤੁ (bahut) = many

ਮੈ (mai) = I

ਕਰਿ (kar) = did

ਰਹਿਓ (rahio) = remained

ਮਿਟਿਓ (miTio) = removed

ਨ (na) = not

ਮਨ (man) = mind

ਕੋ (ko) = of

ਮਾਨੁ (maan) = pride

ਸਿਉ (siau) = with

ਦੁਰਮਤਿ (dhuramat) = evil-mindedness

ਫਧਿਓ (fadhio) = entangled

ਰਾਖਿ (raakh) = save

ਲੇਹੁ (leh) = please take

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: Observe Modern Charity

Have you seen charity done:

- ☐ With camera
- ☐ With announcement
- ☐ With social media posts

☐ With captions explaining how “good” the person is

Before giving help, what is checked first?

☐ Who needs help

☐ Who is recording

☐ How it will look online

Exercise 2: Question the Intention

Answer quietly to yourself:

If there were no camera, would the help still happen?

☐ Yes ☐ No ☐ Not sure

If no one praised or noticed, would the person still feel satisfied?

☐ Yes ☐ No

Is the charity meant to:

☐ Reduce someone’s suffering

☐ Increase one’s image

Exercise 3: Charity + Pride = ?

Reflect deeper:

After donating, does the person often say:

☐ “I help people”

☐ “I am generous”

☐ “Remember what I did for you”

If later they do something wrong, do they justify it by saying:

“But I have helped so many people”?

☐ Yes ☐ No

Can one good act cancel inner greed, anger, or dishonesty?

☐ Yes ☐ No

Exercise 4: Outer Action vs Inner Change

Think carefully:

Does repeating good actions automatically remove ego?

☐ Yes ☐ No

Can ego survive even inside religious acts?

☐ Yes ☐ No

Is it possible that:

Charity becomes a ritual

Not a transformation?

☐ Yes ☐ No

Exercise 5: When Does Charity Become Pure?

Reflect:

If helping happens:

☐ Without announcement

☐ Without expectation

☐ Without pride

Does it feel lighter?

☐ Yes ☐ No

If inner humility is present, does help naturally flow?

☐ Yes ☐ No

Exercise 6: Guru Sahib's Mirror

Ask yourself:

Have I ever done the "right thing"

but felt unchanged inside afterward?

☐ Yes ☐ No

Did I mistake activity for growth?

☐ Yes ☐ No

Exercise 7: Your Reflection:

What motivates my good actions?

Do I seek change inside—or recognition outside?

What would my actions look like if no one was watching?

Spiritual Meaning (Word → Wisdom)

ਜਤਨ ਬਹੁਤ(jatan bahut) = Many efforts—trying hard through willpower alone

ਮੈਕਰਿ ਰਹਿਓ (mai kar rahio) = “I kept doing”—the ego still sits in the center of the struggle

ਮਿਟਿਓ ਨ (miTio na) = Didn’t dissolve—some patterns don’t leave just by force

ਮਨ ਕਮਾਨੁ(man ko maan) = Pride/ego in the mind—needing credit, control, being right

ਦੁਰਮਤਿ (dhuramat) = Negative mindset—twisted thinking that feeds anger, doubt, and blame

ਸਿਉ (siau) = With—staying attached to that inner pattern

ਫਧਿਓ (fadhio) = Trapped—caught in a loop even after trying

ਰਾਖਿ ਲੇਹੁ(raakh leh) = Save me/hold me—asking for inner rescue and guidance

ਭਗਵਾਨ (bhagavaan) = The Divine within—the true power that frees you when you surrender ego

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Create daily stillness - Spend a few quiet minutes alone, eyes closed without devices or noise.

Listen inwardly - Pay attention to your thoughts and emotions without judgment.

Question your roles - Ask who you are beyond titles and expectations.

Journal honestly - Write what you truly feel instead of trying to impress others.

Act from inner clarity - Make decisions that reflect your authentic values.

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 does pride or ego affect your decisions and relationships?

Why is it hard to let go of ego, even when you try?

How can reducing ego help you connect more with your values or the Divine?

What are simple ways to notice your ego and respond with humility?

How can letting go of pride improve your leadership and growth?
