

44th ਸਲੋਕ \ Couplet

ਏਕ ਭਗਤਿ ਭਗਵਾਨ ਜਿਹ ਪ੍ਰਾਨੀ ਕੈ ਨਾਹਿ ਮਨਿ ॥

ਜੈਸੇ ਸੂਕਰ ਸੁਆਨ ਨਾਨਕ ਮਾਨੋ ਤਾਹਿ ਤਨੁ ॥੪੪॥

ek bhagat bhagavaan jeh praanee kai naeh man ||

jaise sookar suaan naanak maano taeh tan ||44||

Literal Meaning: That person, who does not feel devotion to God in his mind. O Nanak, know that his body is like that of a pig, or a dog.

Literal Word Meanings:

ਏਕ (ek) = even one

ਭਗਤਿ (bhagat) = devotion

ਭਗਵਾਨ (bhagavaan) = God

ਜਿਹ (jeh) = whose

ਪ੍ਰਾਨੀ (praanee) = mortal

ਕੈ (kai) = in

ਨਾਹਿ (naeh) = not

ਮਨਿ (man) = mind

ਜੈਸੇ (jaise) = like

ਸੂਕਰ (sookar) = pig

ਸੁਆਨ (suaan) = dog

ਮਾਨੋ (maano) = know

ਤਾਹਿ (taeh) = that

ਤਨੁ (tan) = body

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: Recognizing “Method” in Life

Think back to school.

In English, without grammar, what happens to communication?

☐ Clear ☐ Confusing

In math, if you skip steps, do you get the right answer?

☐ Yes ☐ No

In science experiments, if you ignore order, what do you get?

☐ Results ☐ Errors ☐ Failure

Question:

Why do *all* systems require a method to function properly?

Exercise 2: Everyday Systems You Trust

Reflect on daily life.

Your phone needs:

☐ Unlocking

☐ Password

☐ Correct app

Your car needs:

☐ Fuel

☐ Engine

☐ Working systems

Question:

What happens if even *one* essential part is missing?

Exercise 3: Applying This to Inner Life

Now turn inward.

If life also has an inner system, then:

What is the “key” to peace?

What is the “method” for contentment?

What happens if we ignore it?

Question:

If your room, schedule, and habits all need structure — why do you expect your mind to be peaceful without it?

Exercise 4: When Teaching Is Known but Not Lived

Have you ever:

- ☐ Known what is right but not practiced it?
- ☐ Understood wisdom but postponed living it?

Question:

What followed?

- ☐ Restlessness
- ☐ Desire for more
- ☐ Comparison
- ☐ Ungratefulness
- ☐ Expectation in return for good actions

Exercise 5: Understanding the Metaphors

Guru Sahib uses strong imagery—not as insult, but as awakening.

Reflect gently.

A pig eats whatever it finds—even waste.

A stray dog roams door to door, hoping for ownership or food.

Question:

When the mind lacks awareness, what does it “consume”?

- ☐ Endless desires
- ☐ Negative habits
- ☐ Mood-based actions
- ☐ Validation
- ☐ Sensory pleasure only

Exercise 6: Observing the Mind Daily

Notice your own experience.

In one normal day:

How many desires arise just by seeing something?

How often does the mind say: “I want this now”?

Question:

Is the mind responding consciously—or reacting instinctively?

Exercise 7: Distance From the Divine

When remembrance fades:

- ☐ Impulse increases
- ☐ Discipline weakens
- ☐ Gratitude reduces
- ☐ Contentment disappears

Question:

Does the mind then operate by wisdom—or by instinct?

Exercise 8: Returning as Devotee “ਭਗਤਿ” “Bhagat”

Ask inwardly.

If devotion is not ritual, but alignment:

What happens when awareness returns? _____

What changes occur in your thoughts? _____

What changes occur in your desires? _____

Question:

Does the mind become more aware? _____

Exercise 9: Final Reflection

One habit that pulls my mind downward: _____

One practice that stabilizes me: _____

One small step to live the teaching, not just know it: _____

Spiritual Meaning (Word → Wisdom)

ਏਕ ਭਗਤਿ (ek bhagat) = Undivided devotion—the one whose entire being is oriented towards the one (Waheguru)

ਭਗਵਾਨ (bhagavaan) = The Divine/Creator within—pure Presence and virtues

ਜਿਹ (jeh) = The one who—this is about a person's inner direction

ਪ੍ਰਾਨੀ (praanee) = A human being—given awareness and choice

ਕੈ (kai) = In whose—inside their mind

ਨਾਹਿ (naeh) = Is not—missing from their inner life

ਮਨਿ (man) = Mind/heart—what they value and chase daily

ਜੈਸੇ (jaise) = Like—strong comparison to wake the mind up

ਸੂਕਰ (sookar) = Pig—symbol of living for cravings and filth-like desires

ਸੁਆਨ (suaan) = Dog—symbol of greed, chasing, and dependence on scraps

ਮਾਨੋ (maano) = Consider/understand—see the reality of that lifestyle

ਤਾਹਿ ਤਨੁ (taeh tan) = That body/life—without devotion, the human life runs on appetite, not awareness

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Set intention with devotion - Take a deep breath and say a short prayer before you begin. Start your tasks with love for the Divine in your heart.

Act with sincerity - Let your efforts reflect reverence, not ego.

Choose compassion first - Allow love to shape how you treat others.

Serve as an offering - Treat daily responsibilities as acts of devotion.

Review your motive nightly - Ask whether love for the Divine guided your actions.

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.

What does being devoted to the Divine look like in your daily life and work?

How do greed or strong desires affect your decisions?

Can you recall a time when ignoring your values led to stress or conflict?

How can keeping love for the Divine at the center help you make better choices?

How can remembering the Divine keep your ego or material goals in balance?
