

36th ਸਲੋਕ \ Couplet

ਕਰਣੇ ਹੁਤੇ ਸੁ ਨਾ ਕੀਓ ਪਰਿਓ ਲੋਭ ਕੈ ਫੰਧ ॥
ਨਾਨਕ ਸਮਿਓ ਰਮਿ ਗਇਓ ਅਬ ਕਿਉ ਰੋਵਤ ਅੰਧ ॥੩੬॥
karano huto su naa keeo pario lobh kai fa(n)dh ||
naanak samio ram gio ab kiau rovat a(n)dh ||੩6||

Literal Meaning: You have not done what you should have done; you are entangled in the web of greed. Nanak, your time is past and gone; why are you crying now, you blind fool?

Literal Word Meanings:

ਕਰਣੇ (karano) = should have done
ਹੁਤੇ (huto) = was
ਸੁ (su) = that
ਨਾ (na) = not
ਕੀਓ (keeo) = did
ਪਰਿਓ (pario) = fell into
ਲੋਭ (lobh) = greed
ਕੈ (kai) = of
ਫੰਧ (fa(n)dh) = snare

ਸਮਿਓ (samio) = time
ਰਮਿ (ram) = absorbed
ਗਇਓ (gio) = passed
ਅਬ (ab) = now
ਕਿਉ (kiau) = why
ਰੋਵਤ (rovat) = crying
ਅੰਧ (a(n)dh) = blind

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 the Habit of Delay

Think honestly—no judgment:

How often do you say:

- “I’ll do it later”
- “I still have time”
- “I’ll start tomorrow”

1. ☐ Very often
2. ☐ Sometimes
3. ☐ Rarely

Which areas does this apply to? (✓ tick all that apply)

- ☐ Studies / exams
- ☐ Assignments / projects
- ☐ Work deadlines
- ☐ Health
- ☐ Groceries / daily tasks
- ☐ Inner growth / self-work

Exercise 2: The Illusion of “Enough Time”

Reflect on a real example:

Have you ever thought:

“I have 4 days, I’ll do it in 2”

And then ended up doing it in the last few hours?

☐ Yes ☐ No

Did it still get done?

☐ Yes

☐ Barely

☐ With stress

☐ With regret

After that, did the same pattern repeat again later?

☐ Yes ☐ No

Exercise 3: When Delay Becomes Attachment

Think deeper now:

At what point does “relaxing” turn into avoidance?

☐ When responsibility feels heavy

☐ When effort is required

☐ When discomfort appears

Does your mind resist starting—even when you know it’s important?

☐ Yes ☐ No

Could this resistance itself be a form of attachment?

☐ Yes ☐ Never thought about it

Exercise 4: Small Delays, Big Consequences

Think of daily life:

Have you delayed small things like:

- ☐ You've been "about to" drink water for the past 6 hours
- ☐ Left your clean laundry in the basket so long it's basically your dresser now
- ☐ A text from mom that just says "call me" — still unopened

Did those small delays ever turn into bigger problems later?

☐ Yes ☐ No

If small physical delays create stress,
what do years of inner delay create?

Exercise 5: The Inner Procrastination

Now look inward:

How long have you been saying:

"I'll work on myself later"

"I'll start meditation later"

"I'll think about inner peace later"

- ☐ Months
- ☐ Years
- ☐ I don't remember

During this time, have attachments grown stronger?

☐ Yes ☐ No

Does it feel harder now to step out of habits than it did earlier?

☐ Yes ☐ No

Exercise 6: Understanding the Rope

Reflect carefully:

Does repetition of delay make the habit:

- ☐ Easier to break
- ☐ Harder to break

If you wait long enough, does the mind start saying:

“This is just how I am”?

- ☐ Yes ☐ No

Is this what Guru Sahib means by

“falling into the rope of attachment”?

- ☐ Yes ☐ Possibly

Exercise 7: Regret vs Awareness

Answer gently:

Have you ever said:

“I wish I had started earlier”?

- ☐ Yes ☐ No

Did regret help—or only add pain?

- ☐ Helped
- ☐ Only added pain

What helps more?

- ☐ Crying over lost time
- ☐ Starting now, even small

Exercise 8: The Power of Small Consistent Action

Think practically:

What is one small thing you can start today?

- ☐ 5 minutes of awareness
- ☐ One honest self-check
- ☐ One postponed task

☐ One act of discipline

Is consistency more important than intensity?

☐ Yes ☐ No

Exercise 9: Your Inner Reflection:

Where am I delaying?

What attachment is holding me back?

What can I begin right now, without waiting?

Spiritual Meaning (Word → Wisdom)

ਕਰਣੇ ਹੁਤੋਂ(karano huto) = What you were meant to do—live with awareness, virtues, and remembrance

ਸੁ ਨਾ ਕੀਓ (su naa keeo) = You didn't do it—life went by in delay and neglect

ਪਰਿਓ (pario) = Fell into—slipped without noticing

ਲੋਭ (lobh) = Greed—endless wanting that steals peace

ਕੈ ਫੰਧ (kai fa(n)dh) = The trap—chains of craving, comparison, and attachment

ਸਮਿਓ (samio) = Time—your breath, your days

ਰਮਿ ਗਇਓ (ram gio) = Passed away—quietly, moment by moment

ਅਬ (ab) = Now—this moment is still in your hands

ਕਿਉ (kiau) = Why—question your choices

ਰੋਵਤ (rovat) = Crying/regretting—pain that comes from wasted time

ਅੰਧ (a(n)dh) = Blind—unable to see the Divine within and the urgency of life

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Act without delay - Take the first step today instead of waiting for perfect timing.

Use your current season - Leverage your present energy, access, and resources fully.

Prioritize meaningful goals - Focus on what builds long-term value, not short-term comfort.

Stop postponing growth - Begin learning, serving, or improving now.

Review your day intentionally - Ensure your actions reflect urgency, not complacency.

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.

Why does wanting more never feel like enough?

How do you notice time or opportunities slipping away in your life?

How can connecting with your inner self help you stay calm in a busy world?

What is one step you can take today to focus on meaningful work instead of quick rewards?

How does knowing that life moves fast change how you use your time and energy?
