

18th ਸਲੋਕ \ Couplet

ਜਿਹਿ ਮਾਇਆ ਮਮਤਾ ਤਜੀ ਸਭ ਤੇ ਭਇਓ ਉਦਾਸੁ ॥
ਕਹੁ ਨਾਨਕ ਸੁਨੁ ਰੇ ਮਨਾ ਤਿਹ ਘਟਿ ਬ੍ਰਹਮ ਨਿਵਾਸੁ ॥੧੮॥
jeh maiaa mamataa tatee sabh te bhio udhaas ||
kahu naanak sun re manaa teh ghaT braham nivaas || 18 ||

Literal Meaning: One who renounces Maya and possessiveness and is detached from everything says Nanak, listen, mind: God abides in his heart.

Literal Word Meanings:

ਜਿਹਿ (jeh) = who

ਮਾਇਆ (maiaa) = Maya

ਮਮਤਾ (mamataa) = possessiveness

ਤਜੀ (tatee) = renounced

ਸਭ (sabh) = all

ਤੇ (te) = from

ਭਇਓ (bhio) = became

ਉਦਾਸੁ (udhaas) = detached

ਸੁਨੁ (sun) = listen

ਰੇ (re) = O

ਮਨਾ (manaa) = mind

ਤਿਹ (teh) = that

ਘਟਿ (ghaT) = heart

ਬ੍ਰਹਮ (braham) = God

ਨਿਵਾਸੁ (nivaas) = abides

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: Observing Attachments

Reflect on your attachments in daily life:

What objects, technology, or habits are you strongly attached to? (phone, social media, gadgets, money, possessions) _____

How often do you check or interact with them? _____

Does losing access to these things cause fear, anxiety, or stress? _____

Reflection Question:

What does this tell you about the hold of attachments on your mind?

Exercise 2: Considering Desire for More

Think about desires for more:

- ☐ Do you constantly want the latest, the newest, or more possessions? _____
- ☐ How does this desire affect your inner peace and attention to life? _____
- ☐ Compare this with someone who has much more (like a wealthy person) but is detached. How do they feel? _____

Exercise 3: Detachment and Freedom

Guru Sahib highlights that detachment leads to freedom and divine awareness.

Have you experienced moments where detaching from something gave you inner peace?

How did that change your perception or understanding of yourself? _____

Question:

Can detachment create space to connect with your inner divine? How? _____

Exercise 4: Applying Detachment in Daily Life

Think practically:

- Choose one attachment (object, habit, or desire) to consciously let go or reduce your reliance on today.
- Observe how your mind feels free, spacious, and calm.
- Reflect on how this awareness allows you to notice the divine within you.

Reflection Question:

How does detachment enhance your ability to live in the remembrance of the divine? _____

Exercise 5: Personal Practice

Daily Exercise:

1. Identify moments of strong attachment throughout your day. _____
2. Pause and ask: Is this attachment serving my peace or disturbing it? _____
3. Choose to consciously release the attachment, even momentarily. _____
4. Notice the change in inner state, awareness, and presence. _____

Closing Insight:

Guru Sahib teaches that the one who lets go of worldly attachments and desires, living in remembrance of the divine, is truly free, wise, and a living embodiment of the divine within.

Spiritual Meaning (Word → Wisdom)

ਜਿਹਿ (jeh) = The one who—this is an inner shift, not just talk

ਮਾਇਆ (maiaa) = The pull of the material world—what distracts the mind from the Divine

ਮਮਤਾ (mamataa) = “Clinging, possessiveness, needing control

ਤਜੀ (tajee) = Released—loosens the grip of attachment from the heart

ਸਭ ਤੇ (sabh te) = From everything—stops leaning emotionally on temporary supports

ਭਇਓ (bhio) = Becomes—this is a steady state developed over time

ਉਦਾਸੁ (udhaas) = Detached yet present—calm, not consumed by cravings or fear

ਸੁਨੁ ਰੇ ਮਨਾ (sun re manaa) = Listen, mind—this is the direction to real peace

ਤਿਹ ਘਟਿ (teh ghaT) = In that heart—where ego quiets down

ਬਹੁਮ ਨਿਵਾਸੁ (braham nivaas) = Divine dwelling realized within—living awareness of the Creator inside you

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Buy with awareness - Pause before purchasing and ask if it adds real value.

Practice periodic letting go - Donate or release items you no longer truly use.

Value function over status - Choose usefulness over brand or image.

Limit upgrade mentality - Resist replacing things just to keep up appearances.

Invest in inner richness - Spend more time building character than collecting possessions.

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 is one unnecessary item or habit you can reduce this month?

What attachments influence young professionals the most—money, identity, security, or image?

How can you stay inwardly detached while still fulfilling your duties and relationships?

How can letting go of results help you feel more connected to the Divine within?

What simple steps can you take to make your life less cluttered—mentally or materially—without feeling like you are missing out?
