

12th ਸਲੋਕ \ Couplet

ਘਟ ਘਟ ਮੈ ਹਰਿ ਜੂ ਬਸੈ ਸੰਤਨ ਕਹਿਓ ਪੁਕਾਰਿ ॥
ਕਹੁ ਨਾਨਕ ਤਿਹ ਭਜੁ ਮਨਾ ਭਉ ਨਿਧਿ ਉਤਰਹਿ ਪਾਰਿ ॥੧੨॥
ghaT ghaT mai har joo basai sa(n)tan kahio pukaar ||
kahu naanak teh bhaj manaa bhau nidh utareh paar || 12||

Literal Meaning: The Dear Lord abides in each and every heart; the Saints proclaim this as true. Says Nanak, meditate and vibrate upon Him, and you shall cross over the terrifying world-ocean.

Literal Word Meanings:

ਘਟ (ghaT) = heart

ਘਟ (ghaT) = each

ਮੈ (mai) = in

ਹਰਿ (har) = the Lord

ਜੂ (joo) = dear, revered

ਬਸੈ (basai) = abides

ਸੰਤਨ (sa(n)tan) = Saints

ਕਹਿਓ (kahio) = said

ਪੁਕਾਰਿ (pukaar) = proclaim

ਤਿਹ (teh) = Him

ਭਜੁ (bhaj) = meditate on, vibrate upon

ਮਨਾ (manaa) = mind

ਭਉ (bhau) = fear

ਨਿਧਿ (nidh) = ocean

ਉਤਰਹਿ (utareh) = cross over

ਪਾਰਿ (paar) = across

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: Look Closely at Fear

Do you feel fear when you look at yourself in the mirror?

☐ Yes

☐ No

If not, then where does fear actually arise?

- ☐ From other people
- ☐ From judgment
- ☐ From imagined futures
- ☐ From comparison
- ☐ From losing status or control

Exercise 2: Fear and Comparison

Think of situations where fear appears:

- ☐ Someone has more power than me
- ☐ Someone is older / younger than me
- ☐ Someone is my boss / authority
- ☐ Someone is more successful
- ☐ Someone is less successful

Reflection Question:

Why does fear arise only when *comparison* enters?

- ☐ Because I place myself lower
- ☐ Because I place others higher
- ☐ Because I forget something deeper

Exercise 3: The Other Side of Duality

Now think carefully:

When you feel superior to someone, what happens?

- ☐ Pride arises
- ☐ Judgment arises
- ☐ Distance is created
- ☐ Compassion reduces

Question:

Is fear and superiority coming from two different places — or the *same* dual thinking?

- ☐ Same source
- ☐ Different sources

Exercise 4: Question the Root

Guru Granth Sahib begins with Ik Onkar (Oneness).

Ask yourself: If there is truly One, then:

Who is higher? _____

Who is lower? _____

Who should I fear? _____

Does fear survive in oneness?

☐ Yes

☐ No

Exercise 5: Omnipresent Divine “ਘਟ ਘਟ ਮੈ ਹਰਿ ਜੂ ਬਸੈ” “ghaT ghaT mai har joo basai”

Match the ideas:

A. Divine within me

Respect without fear

B. Divine within others

No comparison

C. Divine everywhere

Confidence without ego

Exercise 6: Crossing the Ocean of Fear

Re-read:

“ਭਉ ਨਿਧਿ ਉਤਰਹਿ ਪਾਰਿ” “bhau nidh utareh paar”

✓ Tick what this ocean includes:

☐ Fear of people

☐ Fear of failure

☐ Fear of loss

☐ Fear of judgment

☐ Fear of death

Reflection:

Is fear removed by controlling others — or by remembering oneness?

☐ Control

☐ Remembrance

Exercise 7: Final Reflection (Write briefly)

Answer honestly:

- Where does fear still control me? _____
- Whom do I place above or below myself? _____
- What changes if I see the same divine within all? _____

Spiritual Meaning (Word → Wisdom)

ਘਟ ਘਟ (ghaT ghaT) = Every heart, every being—no one is empty of the Divine presence

ਮੈ (mai) = Within—this is an inner discovery.

ਹਰਿ ਜੂ (har joo) = The honored Divine—worthy of love, reverence, and remembrance

ਬਸੈ (basai) = Dwells continuously—always present, even when you forget
ਸੰਤਨ (sa(n)tan) = The spiritually awakened—those who see the Divine in all
ਕਹਿਓ ਪੁਕਾਰਿ (kahio pukaar) = A repeated call—wake up to this truth and live it
ਤਿਹ ਭਜੁ (teh bhaj) = Attach the mind to that Presence—remember it in daily life
ਭਉ ਨਿਧਿ (bhau nidh) = The “ocean of fear”—anxieties, doubts, and life’s overwhelm
ਉਤਰਹਿ ਪਾਰਿ (utareh paar) = Cross beyond fear—reach steadiness, trust, and spiritual completion

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Look beyond labels - See the person, not their role, status, or background.

Respond with respect - Speak to everyone with the same dignity, whether superior or subordinate.

Pause judgment - When irritation arises, remind yourself they carry the same inner light.

Serve without hierarchy - Offer help without measuring who “deserves” it more.

Value every encounter - Treat each interaction as a sacred opportunity to practice compassion.

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.

Before criticizing someone, can you pause and see them as part of the same creation as you?

If the Divine lives in everyone, how should that change the way you treat coworkers or strangers?

What makes it hard to see good in people who are difficult or competitive?

What fears do young professionals face today? How can inner awareness help deal with them?

How can daily work—meetings, conflicts, teamwork—become part of your spiritual growth instead of separate from it?
