

19th ਸਲੋਕ \ Couplet

ਜਿਹਿ ਪ੍ਰਾਨੀ ਹਉਮੈ ਤਜੀ ਕਰਤਾ ਰਾਮੁ ਪਛਾਨਿ ॥
ਕਹੁ ਨਾਨਕ ਵਹੁ ਮੁਕਤਿ ਨਰੁ ਇਹ ਮਨ ਸਾਚੀ ਮਾਨੁ ॥੧੯॥
jeh praanee haumai tatee karataa raam pachhaan ||
kahu naanak vahu mukat nar ieh man saachee maan ||19||

Literal Meaning: That mortal, who forsakes egotism, and realizes the Creator Lord says Nanak, that person is liberated; O mind, know this as true.

Literal Word Meanings:

ਜਿਹਿ (jeh) = who
ਪ੍ਰਾਨੀ (praanee) = mortal
ਹਉਮੈ (haumai) = egotism
ਤਜੀ (tatee) = forsaken
ਕਰਤਾ (karataa) =
ਰਾਮੁ (raam) = Lord
ਪਛਾਨਿ (pachhaan) = realize

ਵਹੁ (vahu) = that
ਮੁਕਤਿ (mukat) = liberated
ਨਰੁ (nar) = person
ਇਹ (ieh) = this
Creator ਮਨ (man) = mind
ਸਾਚੀ (saachee) = true
ਮਾਨੁ (maan) = know

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 Ego and Identity

Reflect on your identity:

How do you usually define yourself? (Name, job, gender, social roles) _____

Are these definitions truly permanent or given by circumstances? _____

Does your ego or sense of "I, me, myself" influence your decisions, emotions, or relationships?

Reflection Question:

If these labels are given and are temporary, who are you beyond them? _____

Exercise 2: Understanding Detachment from Ego

Guru Sahib teaches that freedom comes from letting go of ego.

When have you felt controlled by your ego? (Jealousy, pride, control, comparison) _____

How did it affect your peace and awareness? _____

Can you recall a moment when releasing ego led to clarity or freedom? _____

Question:

What does letting go of the sense of "I" allow you to recognize within yourself? _____

Exercise 3: Identifying the Divine Within

Think deeper:

When you let go of ego, can you sense a connection to something larger than yourself? _____

How does this awareness affect your relationships, emotions, and decision-making? _____

Reflection Question:

How does identifying the divine within help you navigate life without jealousy, hatred, or control? _____

Exercise 4: Practical Exercise

Daily Practice:

1. Observe your thoughts: How often does ego-driven thinking appear?
2. Pause and ask: Is this thought serving freedom or boosting ego?
3. Consciously release the ego-driven thought and note the change in mind and body.
4. Gradually, practice recognizing the divine presence within all actions and reactions.

Spiritual Meaning (Word → Wisdom)

ਜਿਹਿ ਪ੍ਰਾਨੀ (jeh praanee) = The person who—this is a human potential.

ਹਉਮੈ (haumai) = Ego “I-me-mine”—the inner voice that wants control, credit, and superiority

ਤਜੀ (tajee) = Let go—drops ego’s grip and becomes humble and teachable

ਕਰਤਾ (karataa) = The Doer—recognizing the Divine as the true power behind life

ਰਾਮੁ (raam) = The Creator present everywhere—within you and within all

ਪਛਾਨਿ (pachhaan) = Realize/recognize—seeing this truth in daily living.

ਵਹੁ (vahu) = That one—who lives this realization

ਮੁਕਤਿ ਨਰੁ (mukat nar) = Liberated person—free inside from ego-driven fear and pressure

ਇਹ ਮਨ (ieh man) = O mind—take this as your personal lesson

ਸਾਚੀ ਮਾਨੁ (saachee maan) = Accept this as true—make it your real standard for 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.

Notice the need to be right - Pause when you feel the urge to win every argument.

Accept correction gracefully - View feedback as growth, not a threat to identity.

Detach from image management - Stop performing for approval and act from authenticity.

Serve without spotlight - Do good quietly without seeking recognition.

Reflect on who you are without titles - Ask yourself who remains when roles and achievements are removed.

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.

In your achievements, do you seek credit first or acknowledge others' support?

Can you listen fully without trying to prove yourself right? Give example

Can you let go of ego and still be ambitious and successful?

Which habits or thoughts make your ego stronger? Which ones help reduce it?

How can humility and self-awareness improve your work relationships and leadership?
