

## 21st ਸਲੋਕ \ Couplet

ਜਿਹਬਾ ਗੁਨ ਗੋਬਿੰਦ ਭਜਹੁ ਕਰਨ ਸੁਨਹੁ ਹਰਿ ਨਾਮੁ ॥  
ਕਹੁ ਨਾਨਕ ਸੁਨਿ ਰੇ ਮਨਾ ਪਰਹਿ ਨ ਜਮ ਕੈ ਧਾਮ ॥੨੧॥  
jihabaa gun gobi(n)dh bhajahu karan sunahu har naam ||  
kahu naanak sun re manaa pareh na jam kai dhaam ||21||

**Literal Meaning:** Vibrate with your tongue the Glorious Praises of the Lord of the Universe; with your ears, hear the Lord's Name. Says Nanak, listen, man: you shall not have to go to the house of Death.

### Literal Word Meanings:

ਜਿਹਬਾ (jihabaa) = tongue

ਗੁਨ (gun) = praises

ਗੋਬਿੰਦ (gobi(n)dh) = Lord of the Universe

ਭਜਹੁ (bhajahu) = vibrate, meditate on

ਕਰਨ (karan) = ears

ਸੁਨਹੁ (sunahu) = hear

ਹਰਿ (har) = the Lord

ਨਾਮੁ (naam) = Name

ਸੁਨਿ (sun) = listen

ਰੇ (re) = O

ਮਨਾ (manaa) = mind

ਪਰਹਿ (pareh) = go

ਨ (na) = not

ਜਮ (jam) = Death

ਕੈ (kai) = of

ਧਾਮ (dhaam) = house

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 I: Common Understanding (Surface Level)

Most people read this Salok as talking about:

- ☐ Singing Kirtan
- ☐ Chanting God's Name
- ☐ Listening to Gurbani
- ☐ Religious rituals involving sound

## Exercise 2: Critical Question — Is Sound the Only Meaning?

What about a person who cannot speak?

- ☐ Their life is spiritually incomplete
- ☐ This Salok does not apply to them
- ☐ This Salok must mean something deeper

What about a person who cannot hear?

- ☐ They are excluded
- ☐ It is their fault
- ☐ Gurbani must speak beyond sound

## Exercise 3: Gurbani Is for Everyone

Think carefully before answering:

Does anyone *choose* to be unable to speak or hear?\_\_\_\_\_

Would Gurbani exclude someone for a condition beyond their control?\_\_\_\_\_

If Gurbani is universal, then the words *tongue* and *ears* might point to something beyond the physical.\_\_\_\_\_

## Spiritual Meaning (Word → Wisdom)

ਜਿਹਬਾ (jihabaa) = Tongue/words—speak in a way that keeps the mind pure

ਗੁਨ (gun) = Divine virtues—truth, humility, compassion lived daily

ਗੋਬਿੰਦ (gobi(n)dh) = The Sustainer—remembering the One behind all support

ਭਜਹੁ (bhajahu) = Engage in remembrance—practice virtues through speech and life

ਕਰਨ (karan) = Ears—what you take in shapes your mindset

ਸੁਨਹੁ (sunahu) = Listen deeply—choose Naam over noise and negativity

ਹਰਿ ਨਾਮੁ (har naam) = Divine Name/Presence—cleanses habits and strengthens inner vitality

ਸੁਨਿ ਰੇ ਮਨਾ (sun re manaa) = Wake up, mind—make this your daily discipline

ਪਰਹਿ ਨ (pareh na) = Don't fall into—don't slip into draining patterns

ਜਮ ਕੈ ਧਾਮ (jam kai dhaam) = The zone of spiritual loss—harmful habits, fear, guilt, and negativity that trap the mind

## Write Your Own Interpretation:

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## Take Action → Living the Wisdom

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

**Live your values daily** - Align your actions with compassion, honesty, and humility.

**Choose kindness first** - Let patience and empathy guide difficult interactions.

**Practice integrity privately** - Do the right thing even when no one is watching.

**Respond with grace** - Replace irritation with understanding whenever possible.

**Reflect and refine** - Review your day and strengthen one virtue today.

## 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.

How do your words and listening habits affect your mood and mindset at work or home?

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What does keeping your senses pure mean in a world full of gossip and distractions?

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How can living with truth, compassion, and humility reduce stress or ego at work?

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Can choosing your words and attention carefully improve your relationships and decisions?  
How?

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What is one simple daily habit you can start to practice better speech, listening, and actions?

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