

41st ਸਲੋਕ \ Couplet

ਝੂਠੈ ਮਾਨੁ ਕਹਾ ਕਰੈ ਜਗੁ ਸੁਪਨੇ ਜਿਉ ਜਾਨੁ ॥
ਇਨ ਮੈ ਕਛੁ ਤੇਰੇ ਨਹੀ ਨਾਨਕ ਕਹਿਓ ਬਖਾਨਿ ॥੪੧॥
jhooThai maan kahaa karai jag supane jiau jaan ||
ein mai kachh tero nahee naanak kahio bakhaan ||੪੧||

Literal Meaning: Why do you take such false pride in yourself? You must know that the world is just a dream. None of this is yours; Nanak proclaims this truth.

Literal Word Meanings:

ਝੂਠੈ (jhooThai) = false

ਮਾਨੁ (maan) = pride

ਕਹਾ (kahaa) = why

ਕਰੈ (karai) = do

ਜਗੁ (jag) = world

ਸੁਪਨੇ (supane) = dream

ਜਿਉ (jiau) = like

ਜਾਨੁ (jaan) = know

ਇਨ (ein) = these

ਮੈ (mai) = among

ਕਛੁ (kachh) = anything

ਤੇਰੇ (tero) = yours

ਨਹੀ (nahee) = not

ਕਹਿਓ (kahio) = said

ਬਖਾਨਿ (bakhaan) = proclaims

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: Identify Pride

Which of these do people commonly feel proud of?

(✓ Check all that apply)

- ☐ Money
- ☐ Education
- ☐ Career / job title
- ☐ Intelligence

- ☐ Physical strength or beauty
- ☐ Reputation
- ☐ Morality / “I am better than others”

Exercise 2: What Makes Pride “False”?

Think carefully before answering:

Is pride false because it is wrong?

☐ Yes ☐ No

Or is it false because it is unstable and conditional?

☐ Yes ☐ No

Exercise 3: When Pride Disappears

Consider these real situations:

- A sharp mind affected by mental illness
- Financial stability suddenly lost
- Physical ability changed by accident or disease
- Reputation damaged by one event

How quickly can pride disappear in such cases?

☐ Slowly ☐ Suddenly ☐ Instantly

Exercise 4: “The World Is Like a Dream”

Answer without dismissing real pain:

In a dream, do emotions feel real while dreaming?

☐ Yes ☐ No

After waking up, how does the dream feel?

- ☐ Solid and permanent
- ☐ Distant and unreal
- ☐ Temporary and conditional

Could Guru Sahib be pointing to impermanence, not denial of pain?

☐ Yes ☐ No

Exercise 5: Conditional Reality

Fill in the blanks:

Word Bank: change, support/conditions, collapse.

Success feels real when _____ go your way.

Failure appears when those conditions _____.

If conditions change, reality _____.

Does this match the idea of a “dream-like” world?

☐ Yes ☐ No

Exercise 6: “Nothing Is Truly Yours”

Think about this example:

You sit on a seat in a train, plane, or cab — for that moment, it is assigned to you, not owned by you.

You leave without attachment or pride, yet in daily life we forget this logic and claim the body, success, and status as “mine,” creating suffering.

Is the seat “yours”?

☐ Yes ☐ No

Do you feel proud or attached to it?

☐ Yes ☐ No

If this world is not a dream, yet pride is false and nothing truly belongs to you, then what is Guru Sahib pointing to—your body, your mind, or the deeper self that observes both?

Spiritual Meaning (Word → Wisdom)

ਝੂਠੈ (jhooThai) = False/temporary—what looks solid but won’t last

ਮਾਨ (maan) = Pride/ego—identity built on possessions, status, and praise

ਕਹਾ ਕਰੈ (kahaa karai) = Why do it?—question the point of that pride

ਜਗੁ (jag) = The world—wealth, image, achievements, relationships, pleasures
ਸੁਪਨੇ (supane) = Dream—seems real while it's happening, then disappears
ਜਿਉ ਜਾਨੁ (jiau jaan) = Know it like this—keep this lens in your mind daily
ਇਨ ਮੈ (ein mai) = In these things—worldly gains and comforts
ਕਛੁ (kachh) = Anything—no lasting ownership at all
ਤੇਰੇ ਨਹੀ (tero nahee) = Not yours—nothing is permanently “mine”
ਕਹਿਓ ਬਖਾਨਿ (kahio bakhaan) = Stated clearly—this is the direct teaching to accept and live

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Drop the need to win - Choose understanding over proving yourself right.

Silence the spotlight urge - Do meaningful work without craving recognition.

Prioritize purpose over praise - Focus on impact rather than applause.

Accept feedback openly - Let correction refine you instead of defending your pride.

Center on lasting values - Invest energy in character, not comparison.

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 often do you feel proud of your success or status? Does it affect your peace?

If life is like a dream, how should that change the way you see success and possessions?

How can ego or pride harm your growth or relationships?

How can you focus more on values and inner growth in daily choices?

Have you ever felt happier or clearer after letting go of pride or attachment? What happened?
