

51st ਸਲੋਕ \ Couplet

ਚਿੰਤਾ ਤਾ ਕੀ ਕੀਜੀਐ ਜੋ ਅਨਹੋਨੀ ਹੋਇ ॥
ਇਹੁ ਮਾਰਗੁ ਸੰਸਾਰ ਕੋ ਨਾਨਕ ਥਿਰੁ ਨਹੀ ਕੋਇ ॥੫੧॥
chi(n)taa taa kee keejeeaaai jo anahonee hoi ||
eih maarag sa(n)saar ko naanak thir nahee koi ||51||

Literal Meaning: People become anxious, when something unexpected happens. This is the way of the world, O Nanak; nothing is stable or permanent.

Literal Word Meanings:

ਚਿੰਤਾ (chi(n)taa) = anxiety
ਤਾ (taa) = that
ਕੀ (kee) = of
ਕੀਜੀਐ (keejeeaaai) = is done
ਜੋ (jo) = when
ਅਨਹੋਨੀ (anahonee) = unexpected
ਹੋਇ (hoi) = happens

ਇਹੁ (eih) = this
ਮਾਰਗੁ (maarag) = way
ਸੰਸਾਰ (sa(n)saar) = world
ਕੋ (ko) = of
ਥਿਰੁ (thir) = stable, permanent
ਨਹੀ (nahee) = not
ਕੋਇ (koi) = anyone

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: Common Understanding (Surface Reading)

Most people understand this Salok as saying:

- ☐ Do not worry unnecessarily
- ☐ Everything will be fine eventually
- ☐ Life is unpredictable

Pause and reflect: Is Guru Sahib only giving emotional comfort, or pointing to something deeper?

Exercise 2: Question the Idea of “Impossible”

Guru Sahib says: *Why worry about what is impossible?*

From caves to cities, from fire to electricity, from earth to space—were these once called impossible?

☐ Yes

☐ No

If many “impossibilities” became possible with time, then what kind of *impossible* does Guru Sahib mean?

Write your thought:

Exercise 3: Look Inside the Word *Impossible*

Break the word im-possible:

When the ego feels:

“I must control this”

“I cannot accept uncertainty”

“This should not happen to me”

What does “I” represent here?

☐ Ego

☐ Control

☐ Identity

☐ Fear of failure

☐ Attachment to outcomes

What emotions arise? (Check all that apply)

☐ Fear

☐ Anxiety

☐ Anger

☐ Helplessness

☐ Overthinking

Could worry arise because something feels impossible *for “me”*, not impossible in reality?

☐ Yes

☐ No

☐ Not sure

Is worry coming from reality—or from resistance to reality?

Exercise 4: The Way of the World “ਇਹੁ ਮਾਰਗੁ ਸੰਸਾਰ ਕੋ” “eih maarag sa(n)saar ko”

Guru Sahib says this instability is not a mistake—it is the path of life itself.

Reflect:

Every moment passes and never returns

No relationship, state, or situation remains fixed

Each moment is unique and unrepeatable

Does impermanence feel like:

☐ A threat

☐ A loss

☐ A natural rhythm

☐ A doorway to awareness

Exercise 5: Nothing Permanent—So What Is Real?

If:

Situations change

Control is limited

Outcomes are uncertain

Then what can remain stable within you?

Write your reflection:

Exercise 6: From Word to Wisdom (Inner Understanding)

Complete the statements:

My worries mostly arise because I want _____ to be permanent.

When I accept change, my mind feels _____.

Awareness of impermanence leads to _____, not fear.

Spiritual Meaning (Word → Wisdom)

ਚਿੰਤਾ (chi(n)taa) = Anxiety—mind spinning in “what if” and worst-case stories

ਤਾ ਕੀ (taa kee) = About that—especially the thing you can’t control

ਕੀਜੀਐ (keejeeai) = Should you do?—Guru is questioning the usefulness of worry

ਜੋ (jo) = When—this is about real life situations

ਅਨਹੋਨੀ (anahonee) = The unexpected—sudden changes, shocks, outcomes you didn't plan
ਮਾਰਗੁ (maarag) = The path/way—how the world operates
ਸੰਸਾਰ ਕੋ (sa(n)saar ko) = Of the world—life keeps shifting and moving
ਥਿਰੁ (thir) = Permanent/unchanging—what the ego wants
ਨਹੀ ਕੋਇ (nahee koi) = None—nothing here stays fixed, so choose acceptance and remembrance over worry

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Separate effort from outcome - Focus on what you can do and release the rest.

Name what's uncontrollable - Write it down and consciously let it go.

Reduce mental replay - Stop revisiting scenarios you cannot change.

Act where you have influence - Take one constructive step instead of worrying.

Trust the larger plan - Pray in your heart, trust that things will get better, and accept uncertainty.

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 you react to sudden problems at work or in life? Has staying calm ever helped you solve one?

How can remembering that nothing lasts forever reduce stress over failure?

What do you try to control too much? How could accepting change help you?

What simple habits—like journaling or quiet reflection—can help you stay calm?

How can seeing problems as temporary lessons improve your mindset and performance?
