

30th ਸਲੋਕ \ Couplet

ਮਨੁ ਮਾਇਆ ਮੈ ਫਧਿ ਰਹਿਓ ਬਿਸਰਿਓ ਗੋਬਿੰਦ ਨਾਮੁ ॥
ਕਹੁ ਨਾਨਕ ਬਿਨੁ ਹਰਿ ਭਜਨ ਜੀਵਨ ਕਉਨੇ ਕਾਮ ॥੩੦॥
man maiaa mai fadh rahio bisario gobi(n)dh naam ||
kahu naanak bin har bhajan jeevan kaune kaam ||30||

Literal Meaning: The mortal is entangled in Maya; he has forgotten the Name of the Lord of the Universe. Says Nanak, without meditating on the Lord, what is the use of this human life?

Literal Word Meanings:

ਮਨੁ (man) = mind
ਮਾਇਆ (maiaa) = Maya
ਮੈ (mai) = in
ਫਧਿ (fadh) = entangled
ਰਹਿਓ (rahio) = remained
ਬਿਸਰਿਓ (bisario) = forgotten
ਗੋਬਿੰਦ (gobi(n)dh) = Lord of the Universe
ਨਾਮੁ (naam) = Name

ਬਿਨੁ (bin) = without
ਹਰਿ (har) = the Lord
ਭਜਨ (bhajan) = meditating
ਜੀਵਨ (jeevan) = life
ਕਉਨੇ (kaune) = what
ਕਾਮ (kaam) = use

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: The Scenario (Observe Carefully)

Imagine two people in the same religious institution:

Person A (Layman / Worker)

- Surrounded daily by sacred texts
- Lives in a place meant for remembrance

- Teaching or handling religious duties

But mentally:

- Constantly thinking about money
- Worried about family, children, possessions
- Restless, greedy, anxious
- Lacks contentment, humility, gratitude, love

Person B (Visitor / Learner)

- Comes only for a short time
- Listens, reflects, discusses
- Tries to practice virtues in daily life
- Becomes calmer, more aware, more loving

Exercise 2: Same Place, Different Results

Both are in the same space.

So where does the difference arise?

- ☐ External environment
- ☐ Inner attention
- ☐ Job title
- ☐ Clothing

Does repetition without awareness lead to transformation?

- ☐ Yes ☐ No

Can sacred surroundings replace inner effort?

- ☐ Yes ☐ No

Exercise 3: Mind Trapped in Maya “ਮਨੁ ਮਾਇਆ ਮੈ ਫਧਿ ਰਹਿਓ” “man maiaa mai fadh rahio”

Reflect on the layman:

What occupies his mind most of the day?

- ☐ Salary
- ☐ Family attachment
- ☐ Status
- ☐ Security

Even while being near spiritual teachings, why does his mind remain restless?

- ☐ No reflection
- ☐ No practice
- ☐ Mechanical routine

Is the problem where he is or where his mind is fixed?

- ☐ Place
- ☐ Mind

Exercise 4: Forgetting the Divine Name “ਬਿਸਰਿਓ ਗੋਬਿੰਦ ਨਾਮੁ” “bisario gobi(n)dh naam”

Think deeper:

What does “forgetting” really mean here?

- ☐ Not chanting
- ☐ No inner awareness
- ☐ No lived virtues

Which virtues are missing when remembrance is absent?

- ☐ Contentment
- ☐ Gratitude
- ☐ Humility
- ☐ Honesty
- ☐ Love

Can someone *talk* about wisdom and still not *live* it?

- ☐ Yes ☐ No

Exercise 5: Who Truly Benefited?

Compare again:

Who actually gained inner peace?

- ☐ Layman
- ☐ Visitor

Who carried the teaching into daily life?

- ☐ Layman
- ☐ Visitor

Who experienced real transformation?

- ☐ Layman
- ☐ Visitor

So who received the true benefit?

Exercise 6: The Final Question of Guru Sahib

“Without inner remembrance, what is the use of this life?”

Answer for yourself:

You may have built for the outside:

- ☐ House
- ☐ Car
- ☐ Bank balance
- ☐ Social image

What have you built for the inside?

- ☐ Awareness
- ☐ Peace
- ☐ Stability
- ☐ Freedom from greed and fear

If the inside remains empty, can the outside ever fulfill you?

- ☐ Yes ☐ No

Your Reflection :

What currently occupies most of your mental space?

Are you living spirituality—or just being near it?

What one inner practice can you begin today?

Spiritual Meaning (Word → Wisdom)

ਮਨੁ (man) = The mind—your inner driver that chooses what you chase

ਮਾਇਆ ਮੈ (maiaa mai) = In Maya—pulled into temporary pleasures and distractions

ਫਧਿ ਰਹਿਓ (fadh rahio) = Trapped—stuck in loops of craving, comparison, and restlessness

ਬਿਸਰਿਓ (bisario) = Forgot—lost awareness of what’s real and lasting

ਗੋਬਿੰਦ ਨਾਮੁ (gobi(n)dh naam) = Divine virtues/Presence—remembrance that keeps the heart pure and steady

ਬਿਨੁ ਹਰਿ ਭਜਨ (bin har bhajan) = Without remembrance—no inner connection, no true direction

ਜੀਵਨ (jeevan) = Life—this human chance to grow spiritually

ਕਉਨੇ ਕਾਮ (kaune kaam) = What use?—busy living becomes empty when the mind forgets the Divine within

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Trace the escape - Notice what you're avoiding when you dive into distractions.

Audit your hours - Honestly track where your time disappears each day.

Question the payoff - Ask what these habits truly give you long term.

Interrupt the autopilot - Replace one distracting routine with a purposeful action.

Choose depth daily - Commit to one meaningful behavior that strengthens your character.

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.

What short-term pleasure is distracting you from your deeper values?

Which habits truly add lasting value to your life, and which ones don't?

How can living with truth, love, humility, and compassion change the way you act at work?

What is one habit you can cut back on this week to feel more focused?

How can being more aware of your inner values improve your happiness and your impact on others?
