

25th ਸਲੋਕ \ Couplet

ਜੈਸੇ ਜਲ ਤੇ ਬੁਦਬੁਦਾ ਉਪਜੈ ਬਿਨਸੈ ਨੀਤ ॥
ਜਗ ਰਚਨਾ ਤੈਸੇ ਰਚੀ ਕਹੁ ਨਾਨਕ ਸੁਨਿ ਮੀਤ ॥੨੫॥
jaise jal te budhabudhaa upajai binasai neet ||
jag rachanaa taise rachee kahu naanak sun meet ||25||

Literal Meaning: As the bubbles in the water well up and disappear again, so is the universe created; says Nanak, listen, O my friend!

Literal Word Meanings:

ਜੈਸੇ (jaise) = as

ਜਲ (jal) = water

ਤੇ (te) = from

ਬੁਦਬੁਦਾ (budhabudhaa) = bubble

ਉਪਜੈ (upajai) = wells up

ਬਿਨਸੈ (binasai) = disappears

ਨੀਤ (neet) = constantly

ਜਗ (jag) = universe

ਰਚਨਾ (rachanaa) = creation

ਤੈਸੇ (taise) = so

ਰਚੀ (rachee) = created

ਸੁਨਿ (sun) = listen

ਮੀਤ (meet) = friend

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: Notice Impermanence

Have you ever played with soap bubbles?

☐ Yes ☐ No

Did you enjoy them even though they disappeared quickly?

☐ Yes ☐ No

Can you think of happy moments in life that didn't last?

☐ Yes ☐ No

Exercise 2: Relate to the Salok

If life is temporary, do my daily worries matter as much?

☐ Yes ☐ No

Does remembering this reduce fear, anger, or stress?

☐ Yes ☐ No

What am I holding onto that is already passing?

☐ Yes ☐ No

Exercise 3: Live with Awareness

Can I enjoy small moments without trying to keep them?

☐ Yes ☐ No

How often do I remember the Divine in daily life(Other than doing Nitnem & Kirtan)_____

Can this moment be lived with peace and joy?

☐ Yes ☐ No

Exercise 4: Interactive Questions

Compare the lifespan of a bubble with a human life. What feelings arise when you make this connection?

☐ Excitement

☐ Anxiety

☐ Motivation

☐ Curiosity

Think about your day today. Can you identify at least three moments where you can apply awareness and joy like bubbles?

☐ Morning

☐ Afternoon

☐ Evening

☐ Night

If you treat each moment like a bubble, temporary yet full of beauty, how does your approach to challenges or conflicts change?

☐ Remain calm

☐ React less emotionally

☐ Focus on solutions ☐ Appreciate beauty

Exercise 5: Personal Reflection

Write down one action you can take today to live each moment fully, remembering the divine within:

How will applying this perspective help you handle future stress, challenges, or fleeting worries?

Spiritual Meaning (Word → Wisdom)

ਜਲ (jal) = the flowing base of life; the field in which experiences appear

ਬੁਦਬੁਦਾ (budhabudhaa) = fragile identity or momentary experience

ਉਪਜੈ (upajai) = temporary appearance in life

ਬਿਨਸੈ (binasai) = inevitable passing away

ਨੀਤ (neet) = happening continuously, without pause

ਜਗ (jag) = the lived world of experiences and roles

ਰਚਨਾ (rachanaa) = structured appearance, not permanent reality

ਤੈਸੇ (taise) = in the same transient manner

ਰਚੀ (rachee) = formed for a time, not meant to last

ਸੁਨਿ (sun) = pay attention inwardly, awaken insight

ਮੀਤ (meet) = a compassionate address, inviting closeness

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Pause to notice change - Observe how quickly moments pass and let that awareness deepen gratitude.

Value today fully - Treat ordinary days as rare opportunities rather than routine.

Release minor grudges - Let go of small conflicts knowing time is limited.

Invest in what matters - Spend energy on relationships and growth, not trivial distractions.

Live intentionally - Make choices that honor the fragile and precious nature of life.

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 simple blessing can you consciously enjoy right now instead of postponing happiness?

If life is like a bubble, how should that change the way you handle daily stress or goals?

How often do you forget how fragile life is and get stuck in small worries?

How can remembering that life is short help you focus on what truly matters—relationships, values, and growth?

How can recognizing life's impermanence inspire you to take action, serve others, or cultivate virtues rather than procrastinate?
