

8th ਸਲੋਕ \ Couplet

ਤਨੁ ਧਨੁ ਸਪੈ ਸੁਖ ਦੀਓ ਅਰੁ ਜਿਹ ਨੀਕੇ ਧਾਮ ॥
ਕਹੁ ਨਾਨਕ ਸੁਨੁ ਰੇ ਮਨਾ ਸਿਮਰਤ ਕਾਹਿ ਨ ਰਾਮੁ ॥੮॥
tan dhan sa(n)pai sukh dheeo ar jeh neeke dhaam ||
kahu naanak sun re manaa simarat kaeh na raam ||8||

Literal Meaning: He has given you your body, wealth, property, peace and beautiful mansions. Says Nanak, listen, mind: why don't you remember the Lord in meditation?

Literal Word Meanings:

ਤਨੁ (tan) = body
ਧਨੁ (dhan) = wealth
ਸਪੈ (sa(n)pai) = property
ਸੁਖ (sukh) = peace
ਦੀਓ (dheeo) = has given
ਅਰੁ (ar) = and
ਜਿਹ (jeh) = who
the Lord
ਨੀਕੇ (neeke) = beautiful
ਧਾਮ (dhaam) = mansions

ਸੁਨੁ (sun) = listen
ਰੇ (re) = O
ਮਨਾ (manaa) = mind
ਸਿਮਰਤ (simarat) = remembering, meditating
ਕਾਹਿ (kaeh) = why
ਨ (na) = not
ਰਾਮੁ (raam) =

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: Real-Life Gratitude Check

Think honestly. Have you ever had:

A driving instructor who helped you pass?

☐ Yes ☐ No

A teacher who made a difficult subject easy?

☐ Yes ☐ No

A person who stood by you when life was falling apart?

☐

Yes ☐ No

Parents/guardians who sacrificed silently for you?

☐ Yes ☐ No

When you meet them again, what arises naturally?

☐ Gratitude

☐ Respect

☐ Warmth

☐ A feeling of "I wouldn't be here without you"

Exercise 2: Expanding the Question

Now pause. Who gave you:

The eyes to see that teacher?

The mind to understand their guidance?

The body to act on opportunities?

The breath that continues without effort?

Is this gift smaller... or greater?

☐ Smaller

☐ Greater

☐ I never thought about it

Exercise 3: Honest Self-Inquiry

Guru Sahib asks gently, not forcefully:

Why do you remember helpers... but forget the Source?

Which feels closer to truth for you?

☐ I remember only when life is hard

☐ I assume these things are "normal"

☐ I am busy maintaining comfort

☐ I never learned to notice the Giver

Exercise 4: Is Forgetfulness the Problem?

If someone keeps giving you everything you need, and you never acknowledge them:

Does the relationship grow?

☐ Yes ☐ No

Does disconnection slowly appear?

☐ Yes ☐ No

Could inner restlessness come not from *lack*... but from *forgetting*?

☐ Yes

☐ No

☐ Thinking about it

Exercise 5: Reflection (Write, don't rush)

Finish this sentence slowly:

I remember people who helped me because _____.

I forget the Divine because _____.

What would change if remembrance became natural, like gratitude?

Spiritual Meaning (Word → Wisdom)

ਤਨੁ (tan) = A worthy body—your daily chance to live with awareness and purpose

ਧਨੁ (dhan) = Given resources and capacity—meant to be used with gratitude and virtue

ਸੱਧੈ (sa(n)pai) = Blessings/possessions—temporary supports, not the true anchor

ਸੁਖ (sukh) = Comfort and ease—meant to soften the ego, not make you forget the Source

ਦੀਓ (dheeo) = Received as a gift—this shifts you from entitlement to remembrance

ਜਿਹ (jeh) = The Giver/Creator within—behind every breath and blessing

ਨੀਕੇ ਧਾਮ (neeke dhaam) = A good home/space—an opportunity to create a peaceful, prayerful life

ਸੁਨੁ ਰੇ ਮਨਾ (sun re manaa) = Wake up, mind—stop running on autopilot

ਸਿਮਰਤ (simarat) = Living remembrance—bringing the Divine into thought, choice, and action

ਕਾਹਿ ਨ ਰਾਮੁ (kaeh na raam) = Why forget the Creator within creation—why stay disconnected when the Source is always present

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Begin with gratitude - Start your morning by naming five blessings you often overlook.

Trace the source - When something good happens, pause and acknowledge the higher source behind it.

Shift from pride to praise - Instead of saying “I achieved this alone,” recognize the grace that supported you.

Thank before you ask - Express appreciation for what you have before praying for more.

Live thankfully, not casually - Treat every opportunity, relationship, and breath as a sacred gift.

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.

When was the last time you truly thanked the Source for your body, mind, and life?

What are you running after that makes you forget the One who already gave you everything?

How does remembering the Divine each day change the way you handle work, relationships, and problems?

Can thinking about the gifts in your life reduce stress or jealousy? How?

What small daily habit can help you stay grateful and connected to the Divine, even when life is busy?
