

49th ਸਲੋਕ \ Couplet

ਜਗ ਰਚਨਾ ਸਭ ਝੂਠ ਹੈ ਜਾਨਿ ਲੇਹੁ ਰੇ ਮੀਤ ॥
ਕਹਿ ਨਾਨਕ ਥਿਰੁ ਨਾ ਰਹੈ ਜਿਉ ਬਾਲੂ ਕੀ ਭੀਤਿ ॥੪੯॥
jag rachanaa sabh jhooTh hai jaan leh re meet ||
keh naanak thir naa rahai jiau baaloo kee bheet ||49||

Literal Meaning: The world and its affairs are totally false; know this well, my friend. Says Nanak, it is like a wall of sand; it shall not endure.

Literal Word Meanings:

ਜਗ (jag) = world
ਰਚਨਾ (rachanaa) = creation
ਸਭ (sabh) = all
ਝੂਠ (jhooTh) = false
ਹੈ (hai) = is
ਜਾਨਿ (jaan) = know
ਲੇਹੁ (leh) = take
ਰੇ (re) = O
ਮੀਤ (meet) = friend

ਥਿਰੁ (thir) = permanent
ਨ (na) = not
ਰਹੈ (rahai) = remains
ਜਿਉ (jiau) = like
ਬਾਲੂ (baaloo) = sand
ਕੀ (kee) = of
ਭੀਤਿ (bheet) = wall

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: Reflect on Your Best Experiences

Think about the best experience or moment in your life.

Question: How often do you experience it again in the exact same manner, scenario, and feeling?

- | | |
|------------------------------------|---------------------------------|
| ☐ Never | ☐ Rarely |
| ☐ Sometimes | ☐ Often |

Can you make your first friend again with the same age, emotions, mindset, and scenario?

- ☐ Yes
- ☐ No
- ☐ Not exactly

Exercise 2: Understanding “Lie” vs Impermanence

Think about your best memory. A moment that felt perfect.
Now it's gone.

Does that mean it was fake?

- ☐ Yes — it didn't last, so it wasn't real
- ☐ No — it was real, it just ended
- ☐ Not sure

Gurbani uses the word झूठ (jhooth) — which we translate as “lie.”

But does Guru Sahib mean the world is *dishonest* — or that it was never meant to *stay*?

- ☐ The world tricks and deceives you
- ☐ The world keeps changing — and we forget that
- ☐ Both — it changes, and our attachment is what hurts us ☐ Still thinking about it

Question: Is every moment and every second unique within itself?

- ☐ Yes
- ☐ No
- ☐ Not sure

Exercise 3: Sandcastle Analogy

Imagine making a sandcastle:

Gathering sand → building → happiness while making → completion → waves wash it away

Kids vs Adults:

Kids cry → they want permanence

Adults laugh → they enjoy the experience and move on

Question: Can this analogy apply to life experiences?

- ☐ Yes
- ☐ No
- ☐ Not sure

How do **you react** when a happy experience ends?

- ☐ I feel sad / frustrated
- ☐ I accept it and enjoy the memory
- ☐ I try to hold onto it
- ☐ Other: _____

Exercise 4: Awareness of the Divine

Guru Sahib teaches that worldly experiences are temporary, but the divine within is absolute and everlasting

Question: How often do you remember your inner divine in your daily life?

- ☐ Always
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Can you experience peace knowing that the divine within is constant, even if everything outside changes?

- ☐ Yes
- ☐ No
- ☐ Not sure

Exercise 5: Living with Awareness

How can you practice awareness of impermanence in your daily life?

- ☐ Mindful meditation
- ☐ Gratitude journaling
- ☐ Reflection on experiences
- ☐ Helping others / seva
- ☐ Other: _____

Spiritual Meaning (Word → Wisdom)

ਜਗ ਰਚਨਾ (jag rachanaa) = The world's setup—things, scenes, roles, pleasures that look solid

ਸਭ (sabh) = All of it—nothing here is exempt from change

ਝੂਠ (jhooth) = Temporary/false in permanence—appears lasting

ਜਾਨਿ ਲੇਹੁ (jaan leh) = Understand and accept—make this your clear lens for life

ਰੇ ਮੀਤ (re meet) = O friend—loving wake-up call

ਥਿਰੁ ਨਾ ਰਹੈ (thir naa rahai) = It won't remain stable—everything shifts and ends

ਜਿਉ (jiau) = Like—giving an image you can feel

ਬਾਲੂ (baaloo) = Sand—loose, unstable, easy to collapse

ਕੀ ਭੀਤਿ (kee bheet) = A sand wall—looks strong from far, crumbles up close (so don't build your identity on it)

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 the craving - When attachment rises, remind yourself how quickly things change.

Visualize the ending - Imagine the thing or moment slowly fading away with time.

Shift to gratitude - Appreciate it without clinging to it.

Loosen the grip gently - Enjoy without making it your identity.

Return to what lasts - Refocus on values and devotion that endure.

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.

If money and status don't last, how should that change the way you set career goals?

Have you felt stressed because of attachment to success or recognition? How can remembering that it's temporary help?

If material gains are unstable, what values or qualities are truly worth building?

How can knowing that things don't last change your daily decisions?

What one habit actually grows you — instead of just making you feel good for a moment?
