

47th ਸਲੋਕ \ Couplet

ਸਿਰੁ ਕੰਪਿਓ ਪਗ ਡਗਮਗੇ ਨੈਨ ਜੋਤਿ ਤੇ ਹੀਨ ॥
ਕਹੁ ਨਾਨਕ ਇਹ ਬਿਧਿ ਭਈ ਤਉ ਨ ਹਰਿ ਰਸਿ ਲੀਨ ॥੪੭॥
sir ka(n)pio pag ddagamage nain jot te heen ||
kahu naanak ieh bidh bhiee tuoo na har ras leen ||47||

Literal Meaning: The head shakes, the feet stagger, and the eyes become dull and weak. Says Nanak, this is your condition. And even now, you have not savored the sublime essence of the Lord.

Literal Word Meanings:

ਸਿਰੁ (sir) = head
ਕੰਪਿਓ (ka(n)pio) = shakes
ਪਗ (pag) = feet
ਡਗਮਗੇ (ddagamage) = stagger
ਨੈਨ (nain) = eyes
ਜੋਤਿ (jot) = light
ਤੇ (te) = from
ਹੀਨ (heen) = deprived

ਇਹ (ieh) = this
ਬਿਧਿ (bidh) = condition
ਭਈ (bhiee) = happened
ਤਉ (tuoo) = even then
ਨ (na) = not
ਹਰਿ (har) = the Lord
ਰਸਿ (ras) = essence
ਲੀਨ (leen) = absorbed

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: First Impression (No Overthinking)

When you first read this, who comes to your mind?

- ☐ An old person
- ☐ A sick person
- ☐ Someone near death

Exercise 2: Question the Literal Meaning

Gurbani speaks to all ages, not only the old.

Answer the following:

Can a young person experience a “shaking head,” “staggering steps,” or “dim eyesight” *without* being physically old / medical conditions?

☐ Yes ☐ No

If Gurbani is universal, then the words might point to something beyond the physical.

Spiritual Meaning (Word → Wisdom)

ਸਿਰੁ ਕੰਪਿਓ (sir ka(n)pio) = Head shaking—unstable thinking, worry, inner fear

ਪਗ ਡਗਮਗੇ (pag ddagamage) = Feet trembling—life-direction unsteady, not walking in wisdom

ਨੈਨ (nain) = Eyes/vision—your ability to see clearly and live with purpose

ਜੋਤਿ (jot) = Light—inner clarity, vitality, awareness

ਤੇ ਹੀਨ (te heen) = Deprived of—light fading, priorities becoming blurred

ਇਹ ਬਿਧਿ (ieh bidh) = In this condition—even after signs of aging and weakness

ਭਈ (bhiee) = Has happened—time has moved forward; reality has arrived

ਤਉ (tuoo) = Even then—despite all these warnings

ਨ ਹਰਿ ਰਸਿ ਲੀਨ (na har ras leen) = Not absorbed in Divine love—still not tasting/remaining in the sweetness of remembrance

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Act without postponing - Begin remembrance today instead of waiting for a better time.

Prioritize spiritual time - Schedule daily connection before optional activities.

Interrupt delay habits - Replace “later” with one small action now.

Value this breath - Treat each moment as an opportunity to reconnect.

Live with urgency - Align choices immediately with what truly matters.

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 notice when your mind feels unstable or confused in daily life?

What are signs that you're losing focus on what truly matters? How can you reset?

In a busy world, what helps you stay connected to your purpose?

How can you plan for the future while still living fully today?

How can mindful or spiritual habits strengthen your clarity and resilience at work?
