

22nd ਸਲੋਕ \ Couplet

ਜੋ ਪ੍ਰਾਨੀ ਮਮਤਾ ਤਜੈ ਲੋਭ ਮੋਹ ਅਹੰਕਾਰ ॥
ਕਹੁ ਨਾਨਕ ਆਪਨ ਤਰੈ ਅਉਰਨ ਲੇਤ ਉਧਾਰ ॥੨੨॥
jo praanee mamataa tajai lobh moh aha(n)kaar ||
kahu naanak aapan tarai aauran let udhaar ||22||

Literal Meaning: That mortal who renounces possessiveness, greed, emotional attachment and egotism says Nanak, he himself is saved, and he saves many others as well.

Literal Word Meanings:

ਜੋ (jo) = who

ਪ੍ਰਾਨੀ (praanee) = mortal

ਮਮਤਾ (mamataa) = possessiveness

ਤਜੈ (tajai) = renounces

ਲੋਭ (lobh) = greed

ਮੋਹ (moh) = emotional attachment

ਅਹੰਕਾਰ (aha(n)kaar) = egotism

ਆਪਨ (aapan) = himself

ਤਰੈ (tarai) = is saved

ਅਉਰਨ (aauran) = others

ਲੇਤ (let) = takes

ਉਧਾਰ (udhaar) = saves

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 Attachments, Greed, and Pride

Think about your daily life:

- ☐ Identify moments when you felt attached to things, people, or outcomes. List them: _____
- ☐ Identify moments when greed or desire influenced your decisions. List them: _____
- ☐ Identify moments when pride or ego influenced your thoughts or actions. List them: _____

Question:

How do these attachments, greed, or pride affect your inner peace and freedom? _____

Exercise 2: Observing the Self

Reflect on your self-growth journey:

Are you consciously observing your emotions and reactions? _____

Do you catch yourself reacting from attachment, greed, or ego before responding mindfully?

Reflection Question:

What changes in your inner state do you notice when you let go of attachment, greed, or ego?

Exercise 3: Becoming a Source of Inspiration

Guru Sahib teaches that freeing yourself from these traits allows you to help others:

How does your inner freedom influence your relationships and interactions with others?

Think of someone you inspired by being calm, wise, or joyful despite challenges. What traits did you display? _____

Question:

Why is it important to free yourself first from pride before inspiring or helping others? _____

Exercise 4: Practical Exercise

Daily Practice:

1. Begin each day by setting the intention to observe and release attachments, greed, and ego.
2. Note situations throughout the day where you could act from awareness instead of attachment or pride.
3. Reflect each evening: How did observing and releasing these traits affect your peace, clarity, and ability to inspire others?

Closing Insight:

Guru Sahib emphasizes that when you let go of attachment, greed, and ego, you achieve inner freedom and become a channel to uplift and inspire others.

Spiritual Meaning (Word → Wisdom)

ਜੋ ਪ੍ਰਾਨੀ (jo praanee) = Whoever lives this—any person can reach this state
ਮਮਤਾ (mamataa) = “Mine-ness”/possessiveness—clinging that creates fear and control
ਤਜੈ (tajai) = Lets go—releases the grip from inside
ਲੋਭ (lobh) = Greed—endless wanting that never feels satisfied
ਮੋਹ (moh) = Attachment—bonding that turns into dependence and anxiety
ਅਹੰਕਾਰ (aha(n)kaar) = Pride—ego that needs to be right, superior, or praised
ਆਪਨ ਤਰੈ (aapan tarai) = They cross over themselves—become steady, peaceful, and free inside
ਅਉਰਨ (aauran) = Others around them—family, friends, coworkers
ਲੇਤ ਉਧਾਰ (let udhaar) = They help uplift others—through their example, calm presence, and compassion

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Shift from taking to giving - Ask how you can contribute before asking what you’ll receive.

Pause self-centered reactions - In conflict, consider the other person’s perspective first.

Share credit openly - Acknowledge everyone who helped you succeed.

Serve in small ways daily - Offer time, attention, or kindness without announcement.

Choose unity over ego - Make decisions that strengthen relationships, not just personal gain.

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.

Where in your daily life do greed or “me first” thinking disturb your peace?

What small steps can you take to notice and reduce selfish behavior at work?

Can you let go of attachment and still stay ambitious? What would that balance look like?

How can working without ego build trust and respect in your team?

Have you ever felt lighter or clearer after letting go of an expectation? What happened?
