

42nd ਸਲੋਕ \ Couplet

ਗਰਬੁ ਕਰਤੁ ਹੈ ਦੇਹ ਕੋ ਬਿਨਸੈ ਛਿਨ ਮੈ ਮੀਤ ॥
ਜਿਹਿ ਪ੍ਰਾਨੀ ਹਰਿ ਜਸੁ ਕਹਿਓ ਨਾਨਕ ਤਿਹਿ ਜਗੁ ਜੀਤਿ ॥੪੨॥
garab karat hai dheh ko binasai chhin mai meet ||
jeh praanee har jas kahio naanak teh jag jeet ||42||

Literal Meaning: You are so proud of your body; it shall perish in an instant, my friend. That mortal who chants the Praises of the Lord, O Nanak, conquers the world.

Literal Word Meanings:

ਗਰਬੁ (garab) = pride

ਕਰਤੁ (karat) = does

ਹੈ (hai) = is

ਦੇਹ (dheh) = body

ਕੋ (ko) = of

ਬਿਨਸੈ (binasai) = perishes

ਛਿਨ (chhin) = instant

ਮੈ (mai) = in

ਮੀਤ (meet) = friend

ਜਿਹਿ (jeh) = who

ਪ੍ਰਾਨੀ (praanee) = mortal

ਹਰਿ (har) = the Lord

ਜਸੁ (jas) = praises

ਕਹਿਓ (kahio) = chants

ਤਿਹਿ (teh) = that one

ਜਗੁ (jag) = world

ਜੀਤਿ (jeet) = conquers

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: Observing Pride in the World

Think about what you see around you.

How often do you notice people:

- ☐ Bragging about looking young
- ☐ Showing off fitness and body shape
- ☐ Claiming superiority because they age “better” than others

On social media or television:

- ☐ Filters
- ☐ Anti-aging routines
- ☐ “Still young at ___ age” posts

Question:

Is this appreciation—or is it turning into identity?

Exercise 2: Pride in Strength and Performance

Reflect honestly.

Bodybuilders and athletes often take pride in:

- ☐ Physical endurance
- ☐ Strength
- ☐ Performance

Now ask:

What happens with one injury?

What happens with one accident?

What happens with one incurable disease?

Question:

If strength disappears overnight, where does identity go?

Exercise 3: Pride in the Mind

Look around you.

Have you seen people who:

- ☐ Brag about intelligence
- ☐ Look down on others as “less smart”
- ☐ Build their worth on mental sharpness

Now reflect:

- One mental illness

- One neurological condition
- One traumatic event

Question:

If intelligence fades, what remains of self-worth?

Exercise 4: Not Fear—Awareness

This Salok is not saying:

- ☐ Be afraid of losing your body
- ☐ Reject health, fitness, or intelligence

It is asking:

- ☐ Where are you anchoring your identity?

Question:

Is your sense of “I am” tied to something temporary?

Exercise 5: The Moment of Loss

Imagine gently (without fear):

If tomorrow you lost:

- Physical strength
- Youthful appearance
- Mental sharpness

Question:

What emotion would arise first?

- ☐ Anger
- ☐ Depression
- ☐ Emptiness
- ☐ Peace
- ☐ Acceptance

Follow-up:

Would your mind move toward growth—or collapse?

Exercise 6: Appreciation vs Attachment

Reflect carefully.

Do you:

- ☐ Take care of your body with gratitude
- ☐ Or define yourself by how it looks or performs

Do you:

- ☐ Value your mind as a tool
- ☐ Or use it to feel superior

Question:

Where does appreciation end and attachment begin?

Exercise 7: Internalizing Divine Virtues “ਜਿਹਿ ਪ੍ਰਾਣੀ ਹਰਿ ਜਸੁ ਕਹਿਓ” “jeh praanee har jas kahio”

Does this mean:

- ☐ Constant verbal praise
- ☐ Religious identity
- ☐ Living with gratitude, humility, and awareness

Insight:

One who remembers the divine source does not collapse when forms change.

Exercise 8: Conquering the World “ਜਗੁ ਜੀਤਿ” “jag jeet”

Is “winning the world”:

- ☐ Being admired
- ☐ Being stronger than others
- ☐ Being unaffected by loss and change

Question:

Who is freer—the one praised by the world, or the one not dependent on it?

Exercise 9: Personal Reflection

One thing about my body I feel proud of: _____

One fear I have about losing it: _____

One way I can shift from pride to gratitude: _____

Spiritual Meaning (Word → Wisdom)

ਗਰਬੁ (garab) = Pride—ego in looks, strength, health, image, achievements

ਕਰਤੁ ਹੈ (karat hai) = Keeps doing—habit of showing off or feeling superior

ਦੇਹ ਕੋ (dheh ko) = Of the body—forgetting it's temporary and borrowed

ਬਿਨਸੈ (binasai) = Perishes—will end, no matter how much you polish it

ਛਿਨ ਮੈ (chhin mai) = In a moment—life can change instantly

ਮੀਤ (meet) = O friend—Guru speaks with love and honesty

ਜਿਹਿ ਪ੍ਰਾਨੀ (jeh praanee) = The person who—anyone can choose this path

ਹਰਿ ਜਸੁ (har jas) = Divine praise/virtues—speaking and living truth, humility, compassion

ਕਹਿਓ (kahio) = Uttered and expressed—through words and actions

ਜਗੁ ਜੀਤਿ (jag jeet) = Conquers the world—wins over ego, fear, and temptation (inner victory)

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Admit your limits - Acknowledge where you need help without shame.

Serve quietly - Do good without announcing it.

Share credit freely - Recognize others' contributions before your own.

Learn from everyone - Stay open to wisdom regardless of status.

Act with gentle intention - Let kindness guide your words and actions.

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 often do you feel proud of your looks or abilities? How does that affect your choices or self-worth?

If the body can fade at any time, how should that change the way you see career, health, or relationships?

What virtues—like truth, compassion, humility, or service—can you practice in daily life?

How does letting go of pride improve teamwork and leadership?

Have you ever focused on values instead of status and felt a better result? What happened?
