

56th ਸਲੋਕ \ Couplet

ਨਾਮੁ ਰਹਿਓ ਸਾਧੂ ਰਹਿਓ ਰਹਿਓ ਗੁਰੁ ਗੋਬਿੰਦੁ ॥
ਕਹੁ ਨਾਨਕ ਇਹ ਜਗਤ ਮੈ ਕਿਨ ਜਪਿਓ ਗੁਰ ਮੰਤ੍ਰੁ ॥੫੬॥
naam rahio saadhoo rahio rahio gur gobi(n)dh ||
kahu naanak ieh jagat mai kin japio gur ma(n)t ||56||

Literal Meaning: The Naam remains; the Holy Saints remain; the Guru, the Lord of the Universe, remains. Says Nanak, how rare are those who chant the Guru's Mantra in this world.

Literal Word Meanings:

ਨਾਮੁ (naam) = Naam
ਰਹਿਓ (rahio) = remains
ਸਾਧੂ (saadhoo) = Saints
ਰਹਿਓ (rahio) = remain
ਗੁਰੁ (gur) = Guru
ਗੋਬਿੰਦੁ (gobi(n)dh) = Lord of the Universe

ਇਹ (ieh) = this
ਜਗਤ (jagat) = world
ਮੈ (mai) = in
ਕਿਨ (kin) = who
ਜਪਿਓ (japio) = chant
ਗੁਰ (gur) = Guru's
ਮੰਤ੍ਰੁ (ma(n)t) = mantra

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: Observe Your Own Life (From Birth to Now)

From childhood till today, how many things have come and gone?

- | | |
|---|---|
| ☐ Toys | ☐ Books |
| ☐ Gadgets | ☐ Money |
| ☐ Relationships | ☐ Status / roles |
| ☐ Homes / places | ☐ Beliefs |

Exercise 2: Recognizing the Temporary

Reflect:

Some things leave by force (loss, change, age)

Some things leave by choice (growth, maturity)

Question:

If something can be acquired and lost, can it be truly permanent?

☐ Yes ☐ No

If peace depends on temporary things, will peace itself be temporary?

☐ Yes ☐ No

Exercise 3: What Remains “ਰਹਿਓ” “rahio” ?

The Salok repeats the word ਰਹਿਓ (remains).

This repetition invites reflection.

Which of the following truly remain through all life stages?

- | | |
|---------------------------------------|--|
| ☐ Body | ☐ Possessions |
| ☐ Titles | ☐ Opinions of others |
| ☐ Inner values | ☐ Way of understanding life |

Take a moment and think — what is it that you are truly building your life around?

Exercise 4: Who Is Spiritually awakened “ਸਾਧੂ” “saadhoo”?

A Sadhu is not defined by clothes or withdrawal.

A person becomes different when:

- | | |
|---|---|
| ☐ Their reactions change | ☐ Their ego softens |
| ☐ Their fears lose control | ☐ Their life gains clarity |

Is this change external or internal?

☐ External ☐ Internal

So does the *person* remain — or does the truth lived through the person remain?

Exercise 5: Guru Mantra “ਗੁਰ ਮੰਤ੍ਰ” “gur ma(n)t ”

A mantra is more than just words repeated.

It is:

- ☐ A source ☐ A foundation
- ☐ A way of living ☐ A guiding lens

If Guru’s wisdom becomes part of daily life:

- Decisions change
- Priorities shift
- Inner stability increases

Does this feel like adopting a ritual — or adopting a lifestyle?

☐ Ritual ☐ Lifestyle

Exercise 6: Question Nanak Is Asking Us

“In this world, who has truly lived the Guru’s teaching?”

This is not a question of:

- ☐ Identity
- ☐ Label
- ☐ Belonging to a group

It is a question of:

- ☐ Daily practice
- ☐ Inner alignment
- ☐ Consistent living

What would change in your life if Guru’s wisdom became your default response?

Spiritual Meaning (Word → Wisdom)

ਨਾਮ (naam) = The Divine Presence—what remains real and living beyond change

ਰਹਿਓ (rahio) = Remains—unchanging support when everything else passes

ਸਾਧੂ (saadhoo) = The spiritually awakened—those who live the truth and keep it alive

ਰਹਿਓ (rahio) = Remains—their influence stays through their virtues and teachings

ਗੁਰੁ (gur) = The Guru's wisdom—guidance that turns the mind inward
ਗੋਬਿੰਦੁ (gobi(n)dh) = The Sustainer—Creator within creation, the true source
ਇਹ ਜਗਤ ਮੈ (ieh jagat mai) = In this world—amid distractions and passing time
ਕਿਨ (kin) = Who—who actually lives it, not just hears it
ਜਪਿਓ (japio) = Repeated/absorbed—remembrance that becomes your inner rhythm
ਗੁਰ ਮੰਤ੍ਰੁ (gur ma(n)t) = Guru's mantra/teaching—Divine remembrance that connects you to the Creator within

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Clarify your destination - Define what spiritual growth truly means to you.

Eliminate empty rituals - Keep practices that transform you release those done for show.

Prioritize inner change - Focus on character refinement over outward appearance.

Guard sacred time - Protect moments for prayer, reflection, and service.

Measure progress honestly - Evaluate growth by humility and compassion, not performance.

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 choose whose advice to follow? How can wise guidance help you grow?

Which qualities—truth, humility, compassion, service—do you practice well? Which need more work?

How do you connect with your inner strength during stress or tough decisions?

What daily habits can help you stay true to your values in a busy life?

How would your life change if you measured success by inner growth instead of money or status?
