

38th ਸਲੋਕ \ Couplet

ਨਰ ਚਾਹਤ ਕਛੁ ਅਉਰ ਅਉਰੈ ਕੀ ਅਉਰੈ ਭਈ ॥
ਚਿਤਵਤ ਰਹਿਓ ਠਗਉਰ ਨਾਨਕ ਫਾਸੀ ਗਲਿ ਪਰੀ ॥੩੮॥
nar chaahat kachh aaur aaurai kee aaurai bhiee ||
chitavat rahio Thagaur naanak faasee gal paree ||38||

Literal Meaning: The man wishes for something, but something different happens. He plots to deceive others, O Nanak, but he places the noose around his own neck instead.

Literal Word Meanings:

ਨਰ (nar) = man
ਚਾਹਤ (chaahat) = desires
ਕਛੁ (kachh) = something
ਅਉਰ (aaur) = something else
ਅਉਰੈ (aaurai) = another
ਕੀ (kee) = of
ਅਉਰੈ (aaurai) = different
ਭਈ (bhiee) = happened

ਚਿਤਵਤ (chitavat) = plotting
ਰਹਿਓ (rahio) = remained
ਠਗਉਰ (Thagaur) = deception
ਫਾਸੀ (faasee) = noose
ਗਲਿ (gal) = neck
ਪਰੀ (paree) = fell

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 Trying to Change Others

Think of a real situation from your life. Have you ever tried to change someone?

- ☐ Friend
- ☐ Family member
- ☐ Partner
- ☐ Someone younger

What did you use?

- ☐ Advice
- ☐ Logic
- ☐ Repetition
- ☐ Emotional pressure

How often did they truly change?

- ☐ Rarely
- ☐ Temporarily
- ☐ Almost never

When they didn't listen, what arose in you?

- ☐ Anger
- ☐ Frustration
- ☐ Hurt
- ☐ Feeling disrespected

Question:

Were you suffering because they didn't change—or because reality didn't follow your plan?

Exercise 2: Desire for Objects (The Second Trap)

Now reflect on material wanting. Have you ever been fixed on:

- ☐ A specific phone
- ☐ A specific car
- ☐ A specific brand
- ☐ A specific outcome

When someone suggested an alternative, how did you react?

- ☐ Defensive
- ☐ Irritated
- ☐ Closed off

If you didn't get it, what happened inside?

- ☐ Anger
- ☐ Disappointment
- ☐ Restlessness

How did you feel if you get it—but it turned out faulty or draining:

- ☐ Repairs
- ☐ Extra costs
- ☐ Stress
- ☐ Regret

Question:

Did the object fail you—or did the promise you imagined fail? _____

Exercise 3: The Deeper Pattern (Very Important)

Think carefully:

When things don't go your way, does your mind:

- ☐ Replay the situation
- ☐ Argue internally
- ☐ Blame others
- ☐ Justify itself

Guru Sahib says: “ਚਿਤਾਵਤ ਰਹਿਓ” “chitavat rahio” The mind keeps thinking, keeps looping.

Question:

Who is being trapped—the situation, or your thinking about it? _____

Exercise 4: Self-Deception “ਠਗਉਰ” “Thagaur”

When you insist:

“This must happen my way”

Are you:

- ☐ Seeking happiness
- ☐ Seeking control
- ☐ Seeking certainty

Does certainty ever truly arrive?

- ☐ Yes (briefly)
- ☐ No (it always shifts)

Insight:

The mind tricks itself into believing:
“Once this happens, I’ll be at peace.”
That trick is ਠਗਉਰ “Thagaur”.

Exercise 5: The Noose Metaphor (Key Teaching)

Guru Sahib doesn’t say:
“Someone else put the noose.”

He says:
“ਫਾਸੀ ਗਲਿ ਪਰੀ” “faasee gal paree” — *it fell around the neck.*

Reflect:
Did anger tighten because of the event—or because you held on?

Did frustration increase because of loss—or because you resisted reality?

Did suffering grow because of uncertainty—or because you demanded certainty?

Question:

Each time you refuse to let go, does the rope loosen—or tighten? _____

Exercise 6: Personal Inventory

Complete these:

One situation where I refused to accept reality: _____

One desire that drained me instead of fulfilling me: _____

One person I tried to control instead of understand: _____

Exercise 7: Living the Salok (Practical Awareness)

Guru Sahib is not saying:

“Don’t want”

“Don’t plan”
“Don’t choose”

Guru Sahib is pointing to:
Don’t let wanting turn into strangulation.

Final reflection:
Can I act without demanding outcomes?
Can I advise without attachment?
Can I choose without obsession?

Spiritual Meaning (Word → Wisdom)

ਨਰ (nar) = The person—human mind trying to control outcomes
ਚਾਹਤ (chaahat) = Desires—craving happiness, security, respect
ਕਛੁ ਅਉਰ (kachh aaur) = One thing—what you think will satisfy you
ਅਉਰੈ (aurai) = But something else—life doesn’t match the ego’s plan
ਕੀ (kee) = The result—what comes back from your actions
ਅਉਰੈ ਭਈ (aurai bhiee) = Turns out differently—desire promises joy, but often delivers stress/regret
ਚਿਤਵਤ ਰਹਿਓ (chitavat rahio) = Kept planning/thinking—mind stays stuck in schemes and overthinking
ਠਗਉਰ (Thagaur) = Deceiver/cheating mindset—using tricks, half-truths, manipulation for gain
ਫਾਸੀ (faasee) = Noose/trap—consequences tighten over time
ਗਲਿ (gal) = Around the neck—pressure, guilt, fear, reputation damage, inner heaviness
ਪਰੀ (paree) = Falls on you—your own actions create your bondage

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Check your motive first - Make sure your intention for doing anything is honest and clean.

Match words with deeds - Speak only the words you are willing to stand by and live out through your actions.

Correct quietly - Fix misaligned actions without waiting to be exposed.

Choose integrity over approval - Do what is right even if it costs recognition.

Review daily alignment - Reflect each night on whether your intentions matched your 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 your desires lead to results you didn't expect?

How can dishonest or unfair actions backfire, even in small daily choices?

How can you make sure your actions match your true intentions?

How does knowing that desires don't last change the way you set goals?

How can you stay honest while still working toward success?
