

2nd ਸਲੋਕ \ Couplet

ਬਿਖਿਅਨ ਸਿਉ ਕਾਹੇ ਰਚਿਓ ਨਿਮਖ ਨ ਹੋਹਿ ਉਦਾਸੁ ॥
ਕਹੁ ਨਾਨਕ ਭਜੁ ਹਰਿ ਮਨਾ ਪਰੈ ਨ ਜਮ ਕੀ ਫਾਸ ॥੨॥
bikhian siau kaahe rachio nimakh na hoh udhaas ||
kahu naanak bhaj har manaa parai na jam kee faas ||2||

Literal Meaning: Why are you engrossed in sin and corruption? You are not detached, even for a moment! Says Nanak, meditate, vibrate upon the Lord, and you shall not be caught in the noose of death.

Literal Word Meanings:

ਬਿਖਿਅਨ (bikhian) = sin, corruption

ਸਿਉ (siau) = with

ਕਾਹੇ (kaahe) = why

ਰਚਿਓ (rachio) = engrossed, involved

ਨਿਮਖ (nimakh) = moment

ਉਦਾਸੁ (udhaas) = detached

ਭਜੁ (bhaj) = meditate on, vibrate upon

ਹਰਿ (har) = the Lord

ਮਨਾ (manaa) = mind

ਪਰੈ (parai) = caught, fall into

ਜਮ (jam) = death

ਕੀ (kee) = of

ਫਾਸ (faas) = noose

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: Common Understanding (Surface Reading)

Most people understand this Salok as:

- ☐ Talking about physical sins only
- ☐ Warning against immoral behavior
- ☐ Religious instruction meant for old times

Pause and reflect:

Is Guru Sahib only talking about *visible actions*?

☐ Yes ☐ No

Exercise 2: What Is “Bikhia” Really?

Earlier Gurus used the word ਕੂੜ (**koor**) — falsehood, illusion.

Guru Tegh Bahadur Sahib uses ਬਿਖਿਅਨ (**bikhian**).

Question:

Do vices remain the same in every era?

☐ Yes ☐ No

✓ Tick what people desired most in each time period:

Earlier times:

☐ Land

☐ Power

☐ Physical wealth

☐ Survival

Modern times:

☐ Attention

☐ Likes & validation

☐ Fame & image

☐ Comparison

Has the *form* changed while the *effect* stayed the same?

☐ Yes ☐ No

Exercise 3: Daily-Life Honesty Check

✓ Tick what feels familiar:

☐ "I'm not greedy, but I feel restless"

☐ "I don't want to compare, but I do"

☐ "I'm fine, yet something feels missing"

☐ "I scroll even when I don't want to"

How often do these states arise?

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost always

Are these moments peaceful or draining?

☐ Peaceful

☐ Draining

Exercise 4: Restlessness Without Rest

Fill in the blanks:

Modern life keeps the mind _____.

Comparison creates _____.

Chasing perfection creates _____.

Do we ever take rest from:

- | | |
|---------------------------------------|---|
| ☐ Wanting more | ☐ Proving ourselves |
| ☐ Being seen | ☐ Being better than others |

If the body rests but the mind doesn't — are we truly resting?

☐ Yes ☐ No

Exercise 5: Understanding “Jam Ki Faas” (Noose of Fear)

Think beyond physical death:

What actually binds us inwardly?

- | | |
|---|--|
| ☐ Fear of missing out | ☐ Fear of being less |
| ☐ Fear of not being valued | ☐ Fear of losing identity |

Do these fears tighten when we are absorbed in bikhia?

☐ Yes ☐ No

Exercise 6: The Given Solution (Not External)

Guru Sahib does NOT say:

- ☐ Run away from the world
- ☐ Destroy technology
- ☐ Become inactive

Guru Sahib says:

- ☐ **Bhaj Har Mana** — return to inner awareness

What happens when awareness grows, little by little?

- ☐ Comparison weakens
- ☐ Restlessness reduces
- ☐ Inner freedom increases

Is freedom gradual, not instant?

- ☐ Yes ☐ No

Spiritual Meaning (Word → Wisdom)

ਬਿਖਿਅਨ (bikhian) = Poisonous desires—cravings that drain peace and clarity

ਸਿਉ (siau) = With—staying attached/entangled

ਕਾਹੇ ਰਚਿਓ (kaahe rachio) = Why are you absorbed?—mind stuck in attraction and chasing

ਨਿਮਖ (nimakh) = A moment—this can change right now

ਨ ਹੋਹਿ (na hoh) = Don't remain—stop staying in that state

ਉਦਾਸੁ (udhaas) = Detached—step back from cravings, become inwardly free

ਭਜੁ (bhaj) = Remember/devote—bring the Divine into your daily mind

ਹਰਿ (har) = The Divine Presence—inner support and strength

ਮਨਾ (manaa) = O mind—this is personal inner work

ਪਰੈ ਨ (parai na) = You won't fall into—won't get trapped again

ਜਮ ਕੀ ਫਾਸ (jam kee faas) = The noose of consequences—fear, guilt, addiction, and spiritual downfall created by desire

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Pause before you proceed – Before making a decision, take 10 quiet seconds and ask: *Is this aligned with my values?*

Start your day centered – Spend 5 minutes each morning in silence, simran, or gratitude before touching your phone.

Check your inner GPS – When confused, don't rush outward for validation. Ask: *What feels truthful and honest inside?*

Replace reaction with remembrance – In moments of anger or stress, silently repeat a Divine word instead of reacting instantly.

Close the day with connection – Before sleeping, reflect: Did I stay aware of the Creator today? Where did I forget?

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.

Which desire controls you the most—money, promotion, social media, or approval? Why?

How do you know when your mind is stuck in too many desires? Can you share a real example?

Can remembering your values help you make better decisions at work or in relationships? How?

What daily habits can help you focus inward instead of always chasing outside success?

How can you stay ambitious but still feel content and clear in your mind?
