

10th ਸਲੋਕ \ Couplet

ਜਿਹ ਸਿਮਰਤ ਗਤਿ ਪਾਈਐ ਤਿਹ ਭਜੁ ਰੇ ਤੈ ਮੀਤ ॥
ਕਹੁ ਨਾਨਕ ਸੁਨੁ ਰੇ ਮਨਾ ਅਉਧ ਘਟਤ ਹੈ ਨੀਤ ॥੧੦॥
jeh simarat gat paieeaaai teh bhaj re tai meet ||
kahu naanak sun re manaa aaudh ghaTat hai neet || 10 ||

Literal Meaning: Remembering Him in meditation, salvation is attained; vibrate and meditate on Him, O my friend. Says Nanak, listen, mind: your life is passing away!

Literal Word Meanings:

ਜਿਹ (jeh) = whom	ਸੁਨੁ (sun) = listen
ਸਿਮਰਤ (simarat) = remembering, meditating	ਰੇ (re) = O
ਗਤਿ (gat) = salvation	ਮਨਾ (manaa) = mind
ਪਾਈਐ (paieeaaai) = is attained	ਅਉਧ (aaudh) = life
ਤਿਹ (teh) = Him	ਘਟਤ (ghaTat) = decreasing, passing away
ਭਜੁ (bhaj) = meditate on, vibrate upon	ਹੈ (hai) = is
ਰੇ (re) = O	ਨੀਤ (neet) = constantly
ਤੈ (tai) = your	
ਮੀਤ (meet) = friend	

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: A Real-Life Observation

Have you ever heard middle-aged or older people say something like:

“I chased money, family, house, cars my whole life... now I’ve finally started living.”

✓ Tick what you’ve noticed:

- ☐ Yes, many times
- ☐ A few times
- ☐ Never noticed

Question:

How can someone be 40, 50, or 60 years old — and say they *just* started living?

- ☐ Confusing
- ☐ Relatable
- ☐ Makes sense somehow

Exercise 2: What Do They Really Mean by “Living”?

Think deeper. Are they talking about:

- ☐ Physical age
- ☐ Mental freedom
- ☐ Inner peace
- ☐ Living without constant pressure
- ☐ Freedom from fear and comparison

Reflection:

Can a body be alive, but the mind not truly *living*?

- ☐ Yes
- ☐ No
- ☐ Not sure

Exercise 3: Life of Constant Chase

✓ Tick all that describe a “chasing” life:

- ☐ Always thinking about the next goal
- ☐ Fear of falling behind others
- ☐ Mind never at rest
- ☐ Happiness postponed to the future
- ☐ No time to pause or breathe

Question:

If every second is spent chasing, was there any space for freedom?

- ☐ Yes
- ☐ No
- ☐ Very little

Exercise 4: Same Life, Different Way

Imagine this scenario:

You earn money, build a family, grow assets — but without any inner conflict.

What life would feel like?

- | | |
|--|-----------------------------------|
| ☐ Light | ☐ Joyful |
| ☐ Free | ☐ Grounded |
| ☐ Peaceful even during effort | |

Reflection:

What changes — the activities, or the *state of mind*?

- ☐ Activities
☐ State of mind

Exercise 5: Understanding Guru Sahib's Direction

Re-read:

“ਜਿਹ ਸਿਮਰਤ ਗਤਿ ਪਾਈਐ” “jeh simarat gat paiceaai ”

✓ Tick what “ਗਤਿ (gat)” points to:

- | | |
|--|---|
| ☐ Higher status | ☐ Social success |
| ☐ Inner direction | ☐ Freedom while living |
| ☐ Knowing how to live rightly | |

Exercise 6: Time Is Passing — But Not as Fear

Guru Sahib says:

“ਅਉਧ ਘਟਤ ਹੈ ਨੀਤ” “aaudh ghaTat hai neet”

What is this reminder meant to create?

- | | |
|--|--|
| ☐ Fear of death | ☐ Panic |
| ☐ Awareness | ☐ Urgency to live consciously |
| ☐ Truthfulness about life | |

Question:

If time is passing anyway, is it wiser to live:

- | | |
|---|---|
| ☐ In pressure and fear | ☐ In awareness and freedom |
|---|---|

Exercise 7: Final Reflection (Write briefly)

Am I living — or postponing life? _____

What chains am I still carrying? _____

What would “living in remembrance” look like *today*? _____

Spiritual Meaning (Word → Wisdom)

ਜਿਹ ਸਿਮਰਤ (jeh simarat) = By remembering the Divine—your mind gains direction and strength

ਗਤਿ ਪਾਈਐ (gat paieaai) = Inner uplift/flourishing—life rises from confusion to clarity

ਤਿਹ ਭਜੁ (teh bhaj) = Attach the mind in steady devotion—make remembrance your habit

ਰੇ(re) = A firm wake-up call—stop delaying what matters

ਤੈ ਮੀਤ (tai meet) = Your true companion—an inner bond that doesn’t leave in highs/lows

ਸੁਨੁ ਰੇ ਮਨਾ (sun re manaa) = Listen, mind—come out of autopilot and pay attention

ਅਉਧ (aaudh) = Your life-span/time—your “today” that can’t be stored

ਘਟਤ ਹੈ (ghaTat hai) = Decreasing—time is silently slipping away

ਨੀਤ (neet) = Every day—moment by moment, continuously

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Prioritize what truly matters - Focus daily effort on goals that align with your deeper purpose, not temporary distractions.

Stop postponing growth - If something meaningful needs to begin, take the first step today.

Limit time-wasters - Reduce activities that consume hours but add no lasting value.

Set purpose-driven goals - Choose goals that develop your character, not just your status.

Review your day honestly - Ask yourself each night if you used your limited time wisely.

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.

What important change have you been delaying, thinking you still have “plenty of time”?

If the Divine is your true companion, how is that different from depending on people or success for support?

If life is passing quickly, how should that change your priorities or delay habits?

How can remembering the Divine help you stay strong during stress, pressure, or loneliness?

What is one simple daily habit you can start to live more consciously, knowing life is short?
