

29th ਸਲੋਕ \ Couplet

ਜੋ ਪ੍ਰਾਨੀ ਨਿਸਿ ਦਿਨੁ ਭਜੈ ਰੂਪ ਰਾਮ ਤਿਹ ਜਾਨੁ ॥
ਹਰਿ ਜਨ ਹਰਿ ਅੰਤਰੁ ਨਹੀ ਨਾਨਕ ਸਾਚੀ ਮਾਨੁ ॥੨੯॥
jo praanee nis dhin bhajai roop raam teh jaan ||
har jan har a(n)tar nahee naanak saachee maan ||29||

Literal Meaning: That mortal who meditates and vibrates upon the Lord night and day - know him to be the embodiment of the Lord. There is no difference between the Lord and the humble servant of the Lord; O Nanak, know this as true.

Literal Word Meanings:

ਜੋ (jo) = who
ਪ੍ਰਾਨੀ (praanee) = mortal
ਨਿਸਿ (nis) = night
ਦਿਨੁ (dhin) = day
ਭਜੈ (bhajai) = meditates, vibrates upon
ਰੂਪ (roop) = embodiment
ਰਾਮ (raam) = the Lord
ਤਿਹ (teh) = him
ਜਾਨੁ (jaan) = know

ਹਰਿ (har) = the Lord
ਜਨ (jan) = servant
ਅੰਤਰੁ (a(n)tar) = difference
ਨਹੀ (nahee) = not
ਸਾਚੀ (saachee) = true
ਮਾਨੁ (maan) = know

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: Understanding Practice Through Daily Life

Think about your school days.

Which subject required the most practice to master?

- ☐ Math
- ☐ Science
- ☐ Music

- ☐ Sports
- ☐ Language

What happened when you practiced regularly?

- ☐ Concepts became clearer
- ☐ Confidence increased
- ☐ Fear reduced
- ☐ Mistakes reduced

Can anyone master a subject without practice?

- ☐ Yes ☐ No

Exercise 2: The No-Practice Question

Imagine this scenario:

You never practiced math—

Not even a single problem.

Now someone gives you a calculus exam.

Would knowledge appear automatically?

- ☐ Yes ☐ No

Would intelligence alone be enough?

- ☐ Yes ☐ No

What is missing here?

- ☐ Practice
- ☐ Experience
- ☐ Familiarity

Exercise 3: Applying This to Spiritual Life

If remembrance of the Divine is never practiced, can awareness arise naturally?

- ☐ Yes ☐ No

Which practices help build inner remembrance?

- ☐ Meditation

- ☐ Listening to Shabad
- ☐ Reading Shabad
- ☐ Discussing Shabad
- ☐ Daily reflection

Which of these do you practice consistently, not occasionally?

Exercise 4: From Practice to Knowing “ਤਿਹ ਜਾਨੁ” “teh jaan”

When you practice something daily, what happens over time?

- ☐ It becomes natural
- ☐ Effort reduces
- ☐ Understanding deepens

Does true knowing come from belief or experience?

- ☐ Belief
- ☐ Experience

In your own life, what have you truly *known* only after practice?

Exercise 5: No Difference Remains “ਹਰਿ ਜਨ ਹਰਿ ਅੰਤਰੁ ਨਹੀ” “har jan har a(n)tar nahee”

Think carefully:

When a musician masters music, do they *play* music or *become* music?

- ☐ Play ☐ Become

When remembrance becomes constant, is it something you *do* or something you *are*?

- ☐ Do ☐ Are

What happens to the sense of “separate self” when awareness is continuous?

- ☐ It weakens
- ☐ It dissolves
- ☐ It remains the same

Exercise 6: Final Reflection: Sachi Maan “ਸਾਚੀ ਮਾਨੁ” “saachee maan”

Guru Sahib says this is true acceptance, not imagined or declared.

What makes acceptance *true*?

- ☐ Consistency
- ☐ Inner transformation
- ☐ Absence of ego

Does mastery announce itself—or does it quietly show in action?

- ☐ Announce ☐ Show

Spiritual Meaning (Word → Wisdom)

ਜੋ ਪ੍ਰਾਨੀ (jo praanee) = Whoever lives this—any person can reach this state
ਨਿਸਿ ਦਿਨੁ (nis dhin) = Night and day—constant remembrance, not occasional
ਭਜੈ (bhajai) = Remembers/devotes—keeps the Divine in thought, choice, and action
ਰੂਪ (roop) = Form/embodiment—virtues become visible in your living
ਰਾਮ (raam) = The Creator within creation—present everywhere and within you
ਤਿਹ ਜਾਨੁ (teh jaan) = Know that person—recognized by their inner state and behavior
ਹਰਿ ਜਨ (har jan) = Divine-centered person—one who lives in remembrance
ਹਰਿ (har) = The Divine Presence—inner support and reality within all
ਅੰਤਰੁ ਨਹੀ (a(n)tar nahee) = No separation—ego-distance dissolves; oneness is felt
ਸਾਚੀ ਮਾਨੁ (saachee maan) = Accept it as true—make it lived truth, not just a concept

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Acknowledge your capacity - Stop minimizing your strengths and recognize your unique abilities.

Silence self-doubt - Replace limiting thoughts with affirmations of inner strength.

Act from inner alignment - Make decisions that reflect your highest values.

Develop your gifts daily - Commit to consistent growth of your skills and character.

Trust the inner source - Move forward confidently knowing divine strength flows within you.

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 look within for guidance instead of seeking approval from others?

If you felt connected to the Creator, how would that change the way you handle stress or conflict?

What does it mean in daily life to see the Divine within yourself?

How can believing in your inner divine potential improve your creativity, ethics, and strength at work?

What simple daily habit can help you stay connected to your inner self instead of getting lost in distractions?
