

## 32nd ਸਲੋਕ \ Couplet

ਸੁਖ ਮੈ ਬਹੁ ਸੰਗੀ ਭਏ ਦੁਖ ਮੈ ਸੰਗਿ ਨ ਕੋਇ ॥  
ਕਹੁ ਨਾਨਕ ਹਰਿ ਭਜੁ ਮਨਾ ਅੰਤਿ ਸਹਾਈ ਹੋਇ ॥੩੨॥  
sukh mai bahu sa(n)gee bhe dhukh mai sa(n)g na koi ||  
kahu naanak har bhaj manaa a(n)t sahaiee hoi ||੩੨||

**Literal Meaning:** In good times, there are many companions around, but in bad times, there is no one at all. Says Nanak, vibrate, and meditate on the Lord; He shall be your only Help and Support in the end.

### Literal Word Meanings:

ਸੁਖ (sukh) = good times  
ਮੈ (mai) = in  
ਬਹੁ (bahu) = many  
ਸੰਗੀ (sa(n)gee) = companions  
ਭਏ (bhe) = become  
ਦੁਖ (dhukh) = bad times  
ਸੰਗਿ (sa(n)g) = with  
ਨ (na) = not  
ਕੋਇ (koi) = anyone

ਹਰਿ (har) = the Lord  
ਭਜੁ (bhaj) = meditate on, vibrate upon  
ਮਨਾ (manaa) = mind  
ਅੰਤਿ (a(n)t) = end  
ਸਹਾਈ (sahaiee) = help, support  
ਹੋਇ (hoi) = becomes

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 Life Around You

Think honestly about your own life:

When things were going well for you—

- ☐ Good grades
- ☐ Promotion or good job

- ☐ Financial stability
- ☐ Good health

How many people suddenly felt close to you?

- ☐ Many ☐ Few ☐ Hard to count

How did people address you then?

- ☐ “My friend”
- ☐ “My brother / sister”
- ☐ “My relative”

## **Exercise 2: When Conditions Change**

Now reflect on difficult phases:

When you were struggling—

- ☐ Job loss
- ☐ Illness
- ☐ Academic failure
- ☐ Mental stress

What happened to people around you?

- ☐ They stayed
- ☐ They reduced contact
- ☐ They disappeared

Did you notice silence where there was once noise?

- ☐ Yes ☐ No

Did anyone say, “I’m busy” more often than before?

- ☐ Yes ☐ No

## **Exercise 3: Is This Personal—or Human Behavior?**

Think beyond yourself:

Hollywood actors, athletes, public figures—

When they are at their peak, people:

- ☐ Follow

- ☐ Praise
- ☐ Want pictures

When their fame declines, people:

- ☐ Move on
- ☐ Forget
- ☐ Stop associating

So ask yourself honestly:

Is this about *you*—or about how most people attach to success, not the person?

- ☐ Me
- ☐ Human tendency
- ☐ Both

## Exercise 4: Who Was Actually With You?

Look deeper:

In your lowest moments, who stayed?

- ☐ A person
- ☐ An inner strength
- ☐ Awareness
- ☐ Silence
- ☐ Something deeper

When no one understood you, what still remained?

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## Exercise 5: True Helper “ਅੰਤ ਸਹਾਈ” “Ant Sahaai”

Reflect:

Outer conditions keep changing—

- ☐ Success ↔ Failure
- ☐ Health ↔ Illness
- ☐ Fame ↔ Forgetfulness

Does the divine within change with these conditions?

- ☐ Yes ☐ No

Can something that is unaffected by people and circumstances be your true support?

☐ Yes ☐ No

## Exercise 6: Turning Inward (Guru Sahib's Question)

Answer for yourself:

If people stay only with your success,  
should your peace depend on them?

☐ Yes ☐ No

If the divine within remains steady in both joy and pain,  
where should you choose to reside?

☐ Outside approval

☐ Inner awareness

## Exercise 7: Your Reflection:

Who were you attached to—people or conditions?

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What did difficult times reveal to you?

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Where do you want to anchor your peace now?

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## Spiritual Meaning (Word → Wisdom)

ਸੁਖ ਮੈ (sukh mai) = In comfort/success—when life feels easy

ਬਹੁ (bahu) = Many—support often increases when things look good

ਸੰਗੀ (sa(n)gee) = Companions—people who stay close for benefits, fun, or convenience

ਭਏ (bhe) = Become—they gather naturally in good times

ਦੁਖ ਮੈ (dhukh mai) = In pain/loss—when you're tested inside

ਸੀਂਗ ਨ ਕੋਇ (sa(n)g na koi) = No one truly with you—inner suffering is often carried alone

ਹਰਿ ਭਜੁ (har bhaj) = Remember the Divine—build inner connection and strength

ਮਨਾ (manaa) = O mind—this is personal guidance for daily life

ਅੰਤਿ (a(n)t) = In the end—at the deepest moments and final turning points

ਸਹਾਈ ਹੋਇ (sahaiee hoi) = Becomes your helper—steady inner support that never leaves

### Write Your Own Interpretation:

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### Take Action → Living the Wisdom

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

**Anchor in the constant** - Begin and end your day by remembering the Divine presence.

**Release dependency gently** - Appreciate relationships without making them your sole source of security.

**Seek inner reassurance** - Turn inward for strength before seeking constant validation.

**Love without attachment** - Care deeply while accepting that people and roles can change.

**Trust the eternal support** - Face uncertainty knowing a steady presence remains 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.

Have you noticed that many people are around in good times but fewer during hard times?  
How has this shown up in your life?

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If the Creator is your constant companion, how would that change your need for approval or support from others?

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How can living with truth, love, humility, and kindness help you feel strong even when no one supports you?

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What practical ways can you rely more on your inner strength instead of only looking to others for comfort?

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How would seeing the Creator as always with you change the way you handle stress or failure?

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