

31st ਸਲੋਕ \ Couplet

ਪ੍ਰਾਨੀ ਰਾਮੁ ਨ ਚੇਤਈ ਮਦਿ ਮਾਇਆ ਕੈ ਅੰਧੁ ॥
ਕਹੁ ਨਾਨਕ ਹਰਿ ਭਜਨ ਬਿਨੁ ਪਰਤ ਤਾਹਿ ਜਮ ਫੰਧੁ ॥੩੧॥
praanee raam na chetiee madh maiaa kai a(n)dh ||
kahu naanak har bhajan bin parat taeh jam fa(n)dh ||31||

Literal Meaning: The mortal does not think of the Lord; he is blinded by the wine of Maya. Says Nanak, without meditating on the Lord, he is caught in the noose of Death.

Literal Word Meanings:

ਪ੍ਰਾਨੀ (praanee) = mortal

ਰਾਮੁ (raam) = the Lord

ਨ (na) = not

ਚੇਤਈ (chetiee) = thinks of, remembers

ਮਦਿ (madh) = wine

ਮਾਇਆ (maiaa) = Maya

ਕੈ (kai) = of

ਅੰਧੁ (a(n)dh) = blinded

ਹਰਿ (har) = the Lord

ਭਜਨ (bhajan) = meditating

ਬਿਨੁ (bin) = without

ਪਰਤ (parat) = is caught

ਤਾਹਿ (taeh) = that one

ਜਮ (jam) = Death

ਫੰਧੁ (fa(n)dh) = 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: Attachment to Children or Loved Ones

Have you seen people working their whole life for their children's future?

☐ Yes

☐ No

When children grow up and separate, do people sometimes feel sadness, depression, or regret?

☐ Yes

☐ No

Question: Is this an example of excessive attachment?

- ☐ Yes
- ☐ No

Exercise 2: Attachment to Money and Material Things

Have you noticed people desiring expensive things or accumulating wealth for security or status?

- ☐ Yes
- ☐ No

If even one thing is missing or lost, does it cause sadness, frustration, or regret?

- ☐ Yes
- ☐ No

Does this attachment affect your mindset, mood, and peace?

- ☐ Yes
- ☐ No

Exercise 3: Inner Self and Spiritual Awareness

Have you ever taken time to meditate, practice mindfulness, or listen to Gurbani/Kirtan from the heart?

- ☐ Yes
- ☐ No

Was it done ritualistically, under pressure, or willingly from your heart?

- ☐ Ritual / Pressure
- ☐ Willingly / Heartfelt

Question: How much time do you dedicate to your inner self where you feel fulfilled and content?

- ☐ Daily
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Exercise 4: Recognizing the “Rope of Attachment”

Think about your mind: Do you feel that attachment to people, wealth, or desires sometimes pulls you into vices or negative emotions?

☐ Yes

☐ No

Guru Sahib says this attachment without remembrance of the divine becomes a rope tying you to suffering and confusion.

Question: How often do you remind yourself to connect with your inner divine to release this rope?

☐ Always

☐ Sometimes

☐ Rarely

☐ Never

Exercise 5: Reflection

What can you do today, this week, or this month to spend more time on your inner self instead of only outward pursuits?

☐ Meditation / Mindfulness

☐ Listening / Reflecting on Gurbani

☐ Seva / Helping others

☐ Gratitude journaling

☐ Other: _____

Spiritual Meaning (Word → Wisdom)

ਪ੍ਰਾਨੀ (praanee) = The person—anyone living on autopilot

ਰਾਮੁ (raam) = The Creator within creation—your inner Source

ਨਚੇਤਈ (na chetee) = Doesn't remember—lacks mindful awareness and gratitude

ਮਦਿ (madh) = Intoxication—getting “drunk” on desire, success, attention, comfort

ਮਾਇਆ ਕੈ (maiaa kai) = Of Maya—worldly pull that distracts the heart

ਅੰਧੁ (a(n)dh) = Blind—can't see what is lasting vs. temporary

ਹਰਿ ਭਜਨ ਬਿਨੁ(har bhajan bin) = Without Divine remembrance—no inner anchor, no steady compass

ਪਰਤ (parat) = Falls into—slides into patterns without realizing

ਤਾਹਿ (taeh) = That person—the one who forgets the Divine within

ਜਮ ਫੰਧ (jam fa(n)dh) = Spiritual trap—fear, guilt, harmful habits, and emptiness tightening over time

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Name your distractions - Clearly list what repeatedly pulls you off track.

Track the trigger - Notice when and why these distractions appear.

Set firm boundaries - Limit access to habits that derail your focus.

Replace, don't just remove - Swap distractions with purposeful alternatives.

Review progress weekly - Evaluate what improved and adjust your strategy.

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 is one negative habit you can start fixing this week?

How can you remember the Divine during a busy day?

How do social media or comparison with others affect your focus and peace?

How do you notice when you feel empty or negative because you've lost touch with your deeper values?

What simple steps can help you avoid distractions and stay true to your goals and well-being?
