

3rd ਸਲੋਕ \ Couplet

ਤਰਨਾਪੋ ਇਉ ਹੀ ਗਇਓ ਲੀਓ ਜਰਾ ਤਨੁ ਜੀਤਿ ॥
ਕਹੁ ਨਾਨਕ ਭਜੁ ਹਰਿ ਮਨਾ ਅਉਧ ਜਾਤੁ ਹੈ ਬੀਤਿ ॥੩॥
taranaapo iau hee gio leeo jaraa tan jeet ||
kahu naanak bhaj har manaa aaudh jaat hai beet ||3||

Literal Meaning: Your youth has passed away like this, and old age has overtaken your body. Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away!

Literal Word Meanings:

ਤਰਨਾਪੋ (taranaapo) = youth

ਇਉ (iau) = like this

ਗਇਓ (gio) = passed away

ਜਰਾ (jaraa) = old age

ਤਨੁ (tan) = body

ਜੀਤਿ (jeet) = overtaken, conquered

ਭਜੁ (bhaj) = meditate on, vibrate upon

ਹਰਿ (har) = the Lord

ਮਨਾ (manaa) = mind

ਅਉਧ (aaudh) = life, lifespan

ਜਾਤੁ (jaat) = going, passing

ਹੈ (hai) = is

ਬੀਤਿ (beet) = fleeting away, passing away

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 read this Salok as:

- ☐ A reminder that aging is inevitable
- ☐ A warning about physical old age
- ☐ A motivation to become religious later in life

Pause and reflect:

Is Guru Sahib telling us to wait until old age?

☐ Yes ☐ No

Exercise 2: What Is Nature of Time?

Can you change the past?

☐ Yes ☐ No

Is the future guaranteed?

☐ Yes ☐ No

Which moment do you actually have control over?

☐ Past

☐ Future

☐ This moment (Now)

Exercise 3: The Illusion of “Later”

✓ Tick what feels familiar:

☐ I'll work on myself later

☐ I'll become calmer after things settle

☐ I'll focus on awareness next week / next year

Has “later” ever actually arrived?

☐ Yes ☐ No

What usually replaces it?

☐ Distraction

☐ Habit

☐ Routine

Exercise 4: Precious Time vs Wasted Time

Fill in the blanks:

Time spent in awareness feels _____.

Time spent in negativity multiplies _____.

Unaddressed mental habits become _____ with time.

If negativity is practiced today, does it become easier or harder to break tomorrow?

☐ Easier ☐ Harder

Exercise 5: Understanding Guru Sahib's Urgency

Guru Sahib does NOT say:

- ☐ Regret the past
- ☐ Fear old age
- ☐ Panic about death

Guru Sahib emphasizes:

- ☐ **Start now**

Why now?

- ☐ Because the past is gone
- ☐ Because the future is uncertain
- ☐ Because awareness is only possible in the present

Exercise 6: Begin in This Moment “ਭਜੁ ਹਰਿ ਮਨਾ” “Bhaj Har Mana”

Reflect deeply:

Does awareness require:

- ☐ Perfect conditions
- ☐ A future date
- ☐ A different life

Or does it begin with:

- ☐ Attention right now
- ☐ Remembering inner peace
- ☐ Choosing clarity in this moment

Spiritual Meaning (Word → Wisdom)

ਤਰਨਾਪੋ (taranaapo) = Youth—energy and prime time that feels endless but isn't

ਇਉਂ ਹੀ (iau hee) = Just like that—quietly, without warning

ਗਇਓ (gio) = Has gone—time already slipped away

ਲੀਓ (leeo) = Has taken over—something now dominates

ਜਰਾ (jaraa) = Old age/decline—weakness, fading strength, reality-check

ਤਨੁ (tan) = The body—temporary support, not permanent identity

ਜੀਤਿ (jeet) = Conquered—age “wins” over the body no matter what

ਭਜੁ (bhaj) = Remember/devote—return the mind to the Divine

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

ਮਨਾ (manaa) = O mind—this is your personal turning point

ਅਉਧ (aaudh) = Life-span/time—your limited days and breaths

ਜਾਤੁ (jaat) = Going—continuously leaving

ਹੈ ਬੀਤਿ (hai beet) = Passing away—moment by moment, beyond control

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 the negativity - When negative thoughts arise, consciously replace them with one grateful thought.

Don't scroll your life away - Limit mindless social media time and use that time for simran or reflection instead.

Choose growth over gossip - Walk away from conversations that fuel criticism or jealousy.

Act, don't procrastinate - If something meaningful needs to be done, do it today instead of delaying.

Reset your reaction - When anger builds, take a deep breath and repeat a Divine word before responding.

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 do you realize your mind is stuck in negative or ego-based thoughts?

What small daily actions can help you move toward a more positive and meaningful life?

Since life is short, what habits in your day feel like a waste of time or energy?

How can remembering your values or the Divine help you use your time better?

Does thinking about how fast time passes help you focus on what really matters? What changes can you make?
