

## 27th ਸਲੋਕ \ Couplet

ਜਉ ਸੁਖ ਕਉ ਚਾਹੈ ਸਦਾ ਸਰਨਿ ਰਾਮ ਕੀ ਲੇਹ ॥  
ਕਹੁ ਨਾਨਕ ਸੁਨਿ ਰੇ ਮਨਾ ਦੁਰਲਭ ਮਾਨੁਖ ਦੇਹ ॥੨੭॥  
jau sukh kau chaahai sadhaa saran raam kee leh ||  
kahu naanak sun re manaa dhuralabh maanukh dheh ||27||

**Literal Meaning:** If you yearn for eternal peace, then seek the Sanctuary of the Lord. Says Nanak, listen, mind: this human body is difficult to obtain.

### Literal Word Meanings:

ਜਉ (jau) = if

ਸੁਖ (sukh) = peace

ਕਉ (kau) = for

ਚਾਹੈ (chaahai) = yearns

ਸਦਾ (sadhaa) = eternal

ਸਰਨਿ (saran) = sanctuary

ਰਾਮ (raam) = the Lord

ਕੀ (kee) = of

ਲੇਹ (leh) = take

ਸੁਨਿ (sun) = listen

ਰੇ (re) = O

ਮਨਾ (manaa) = mind

ਦੁਰਲਭ (dhuralabh) = difficult to obtain

ਮਾਨੁਖ (maanukh) = human

ਦੇਹ (dheh) = body

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 I: Common Understanding (Surface Reading)

Most people understand this Salok as talking about:

- ☐ Following religious rituals to be happy
- ☐ Worshipping external idols
- ☐ Seeking happiness in worldly pleasures
- ☐ Seeking happiness through Divine remembrance

## Exercise 2: Observation in Nature

Think about animals you have seen: lions, tigers, gorillas:

- They play with their young, express joy.
- They fight when territory or resources are threatened.
- Happiness is natural but conditional; danger, hunger, or threat disrupts it.

### Questions:

How is your happiness similar to or different from animals?

- ☐ Natural and spontaneous
- ☐ Dependent on external conditions
- ☐ Controllable and transformable

When you feel stressed or angry, is it because of external conditions or your reaction to them?

- ☐ External ☐ Internal ☐ Both

## Exercise 3: Human Potential for Transformation

Unlike animals, humans can control and transform their reactions.

### Questions:

Can you change your mood instantly or over time?

- ☐ Yes, instantly
- ☐ Yes, gradually
- ☐ Rarely / not easily

When you transform a negative reaction into a positive one, how does it affect your happiness?

- ☐ Increases immediately
- ☐ Increases gradually
- ☐ No change

Are both positive and negative transformations possible in a moment?

- ☐ Yes ☐ No ☐ Not sure

## Exercise 4: Self-Reflection – Awareness of the Divine

- Happiness in human life can be constant only when anchored in Divine awareness.

### Questions:

How often do you consciously remember the Divine in daily life?

☐ Always ☐ Sometimes ☐ Rarely

When faced with difficulty, do you rely on your own mind/emotions or seek inner Divine refuge?

☐ Mind/emotions ☐ Inner Divine ☐ Both

What makes human happiness rare and precious, according to Guru Sahib?

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## Exercise 5: Daily Practice

- Take a moment each day to seek refuge in the Divine.
- Observe how your emotions, thoughts, and actions change over time.

### Questions:

Today, what is one small action you can do to bring Divine awareness into your life?

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How might taking refuge in the Divine transform your reactions to anger, stress, or fear?

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## Spiritual Meaning (Word → Wisdom)

ਜਉ (jau) = If—this is a clear choice you can make

ਸੁਖ (sukh) = Lasting peace—steady calm, not temporary comfort

ਕਉ ਚਾਹੈ (kau chaahai) = If you truly desire—what you seek shows your priority

ਸਦਾ (sadhaa) = Always—consistent peace, not on-and-off

ਸਰਨਿ (saran) = Sanctuary—inner shelter where the mind becomes safe and steady

ਰਾਮ ਕੀ (raam kee) = Of the Creator within—your true support in every situation

ਲੇਹ (leh) = Take it—enter that shelter through trust and remembrance

ਸੁਨਿ ਰੇਮਨਾ (sun re manaa) = Listen, mind—wake up and value this chance

ਦੁਰਲਭ (dhuralabh) = Rare/precious—hard to obtain, easily lost

ਮਾਨੁਖ ਦੇਹ (maanukh dheh) = Human life—this body and awareness as a gift for spiritual growth

## 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.

**Choose meaning over momentary thrill** - Invest time in growth, not just quick entertainment.

**Delay instant gratification** - Pause before indulging and ask if it brings lasting peace.

**Nurture inner contentment** - Practice gratitude instead of chasing constant excitement.

**Build fulfilling habits** - Strengthen relationships, health, and character daily.

**Seek depth, not distraction** - Prioritize experiences that nourish you long after they pass.

## 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.

If life is precious, how are you using it in a meaningful way today?

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How do you tell the difference between short-term pleasure and lasting happiness?

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How can valuing your life change the way you use your time and energy each day?

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How can living with truth, love, humility, and kindness guide your daily choices?

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What is one small step you can take this week to choose lasting peace over temporary pleasure?

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