

43rd ਸਲੋਕ \ Couplet

ਜਿਹ ਘਟਿ ਸਿਮਰਨੁ ਰਾਮ ਕੋ ਸੋ ਨਰੁ ਮੁਕਤਾ ਜਾਨੁ ॥
ਤਿਹਿ ਨਰ ਹਰਿ ਅੰਤਰੁ ਨਹੀ ਨਾਨਕ ਸਾਚੀ ਮਾਨੁ ॥੪੩॥
jeh ghaT simaran raam ko so nar mukataa jaan ॥
teh nar har a(n)tar nahee naanak saachee maan ॥੪੩॥

Literal Meaning: That person, who meditates in remembrance on the Lord in his heart, is liberated - know this well. There is no difference between that person and the Lord: O Nanak, accept this as the Truth.

Literal Word Meanings:

ਜਿਹ (jeh) = whose

ਘਟਿ (ghaT) = heart

ਸਿਮਰਨੁ (simaran) = remembrance, meditation

ਰਾਮ (raam) = the Lord

ਕੋ (ko) = of

ਸੋ (so) = that

ਨਰੁ (nar) = person

ਮੁਕਤਾ (muktaa) = liberated

ਜਾਨੁ (jaan) = know

ਤਿਹਿ (teh) = that

ਹਰਿ (har) = the Lord

ਅੰਤਰੁ (a(n)tar) = difference

ਨਹੀ (nahee) = not

ਸਾਚੀ (saachee) = true

ਮਾਨੁ (maan) = accept

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: Freedom “ਮੁਕਤਾ” “mukataa”

What does freedom mean to you?

- ☐ Freedom from fear
- ☐ Freedom from anger
- ☐ Freedom from jealousy
- ☐ Freedom from insult or hurt

☐ Freedom from overthinking

Question:

When was the last time you felt truly free *inside*—not because things went your way, but because nothing disturbed you?

Exercise 2: Moments of Inner Freedom

Think about your own life.

Have you ever felt completely at peace while:

- ☐ Doing seva in the Gurudwara
- ☐ Listening to kirtan
- ☐ Meditating or sitting silently
- ☐ Taking care of plants or a garden
- ☐ Helping someone without expectation

Question:

In that moment, where was your fear, anger, or negativity?

Exercise 3: State of Mind in That Moment

During that experience:

- ☐ Were you thinking about past or future?
- ☐ Were you worried about people's opinions?
- ☐ Were you protecting your ego?

Question:

Or were you simply *present*, absorbed, and light?

Exercise 4: Separation or Oneness?

Go deeper.

In that state of peace:

Did you feel like you were doing something?

Or did it feel like something was happening through you?

Question:

At that moment, did you feel any separation between “you” and the divine?

Exercise 5: Remembrance “ਸਿਮਰਨੁ” “simaran”

Ask yourself quietly.

Is simran:

- ☐ Repeating words only?
- ☐ Or living in awareness, remembrance, and alignment?

Question:

When your mind is free of negativity, isn't that already remembrance?

Exercise 6: No Distance “ਹਰਿ ਅੰਤਰੁ ਨਹੀ” “har a(n)tar nahee”

Reflect deeply. If:

There is no fear

No jealousy

No anger

No ego

Question:

What difference remains between *you* and the divine in that moment?

Exercise 7: Time and Practice

How long can you stay in that state right now?

- ☐ One minute
- ☐ Five minutes
- ☐ Half an hour
- ☐ A full day
- ☐ Rarely, but I've tasted it

Question:

If freedom is real even for one minute, can it grow with practice?

Exercise 8: Personal Reflection

One activity that gives me inner freedom: _____

One thing that pulls me out of it: _____

One small step I can take daily to return to it: _____

Spiritual Meaning (Word → Wisdom)

ਜਿਹ ਘਟਿ (jeh ghaT) = In whose heart—this is an inner state, not just outer practice

ਸਿਮਰਨੁ (simaran) = Living remembrance—keeping the Divine present in thought, speech, and action

ਰਾਮ ਕੋ (raam ko) = Of the Creator within creation—the One Presence everywhere

ਸੋ ਨਰੁ (so naru) = That person—any human who lives this truth

ਮੁਕਤਾ (mukataa) = Liberated—free from fear, ego-pressure, and craving

ਜਾਨੁ (jaan) = Know/recognize—see this as the real measure of spiritual growth

ਤਿਹਿ ਨਰ (teh nar) = That person—who is steady in remembrance

ਹਰਿ (har) = The Divine Presence—sustaining and guiding from within

ਅੰਤਰੁ ਨਹੀ (a(n)tar nahee) = No separation—ego-distance dissolves; the sense of “I am alone” fades

ਸਾਚੀ ਮਾਨੁ (saachee maan) = Accept it as real—make it your lived understanding, not just an idea

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Begin with remembrance - Start your day by consciously remembering the One.

Quiet the noise within - Reduce mental clutter to sense your deeper identity.

Seek inner alignment - Let your actions reflect your spiritual core.

Return when distracted - Gently bring your mind back whenever it wanders.

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 does connecting with the Creator within look like in daily life?

If the Divine is within everyone, how should that change the way you treat others?

How do fear, anger, or ego affect your decisions? How can inner awareness help?

Have you ever stayed calm by remembering your values during pressure? What happened?

How can this teaching help you focus more on inner growth than on money or status?
