

## 24th ਸਲੋਕ \ Couplet

ਨਿਸਿ ਦਿਨੁ ਮਾਇਆ ਕਾਰਨੇ ਪ੍ਰਾਨੀ ਡੋਲਤ ਨੀਤ ॥  
ਕੋਟਨ ਮੈ ਨਾਨਕ ਕੋਊ ਨਾਰਾਇਨੁ ਜਿਹ ਚੀਤਿ ॥੨੪॥  
nis dhin maiaa kaarane praanee ddolat neet ||  
koTan mai naanak kouoo naarain jeh cheet ||24||

**Literal Meaning:** Night and day, for the sake of Maya, the mortal wanders constantly. Among millions, O Nanak, there is scarcely anyone, who keeps the Lord in his consciousness.

### Literal Word Meanings:

ਨਿਸਿ (nis) = night

ਦਿਨੁ (dhin) = day

ਮਾਇਆ (maiaa) = Maya

ਕਾਰਨੇ (kaarane) = for the sake of

ਪ੍ਰਾਨੀ (praanee) = mortal

ਡੋਲਤ (ddolat) = wanders

ਨੀਤ (neet) = constantly

ਕੋਟਨ (koTan) = millions

ਮੈ (mai) = among

ਕੋਊ (kouoo) = anyone

ਨਾਰਾਇਨੁ (naarain) = the Lord

ਜਿਹ (jeh) = whose

ਚੀਤਿ (cheet) = consciousness

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: Surface Understanding

Most people are constantly chasing material possessions, achievements, or validation. Very few live a peaceful and aware life aligned with the divine.

### Exercise 2: Reflect on Daily Observation

How many people do you see every day?

☐ 10 ☐ 100 ☐ 1000 ☐ More

How many seem to be constantly rushing, chasing something?

☐ Most ☐ Some ☐ Very few

How many appear content, joyful, and at peace?

☐ Most ☐ Some ☐ Very few

### Exercise 3: Personal Reflection Questions

Are you mostly chasing something in your daily life?

☐ Yes ☐ No

Do you feel peaceful when you are not chasing anything?

☐ Yes ☐ No

Can you recall a moment when you were fully content, not attached to results or possessions?

☐ Yes ☐ No

### Exercise 4: Understanding the Divine Guidance

What makes someone peaceful and content in the midst of a world always chasing?

☐ Awareness of the divine within

Can you live aligned with the divine within while performing daily tasks?

☐ Yes ☐ No

### Spiritual Meaning (Word → Wisdom)

ਨਿਸਿ ਦਿਨੁ(nis dhin) = Night and day—constant busyness without pause

ਮਾਇਆ ਕਾਰਨੇ (maiaa kaarane) = For worldly gain—money, status, approval, comfort, control

ਪ੍ਰਾਨੀ (praanee) = The person—anyone caught in the routine of desire and fear

ਡੋਲਤ (ddolat) = Wavering—restless mind, unstable focus, always pulled by “more”

ਨੀਤ (neet) = Continually—this becomes a daily habit of the mind

ਕੋਟਨ ਮੈ(koTan mai) = Among millions—very rare

ਕੋਊ (kouoo) = Someone rare—the one who lives with inner steadiness

ਨਾਰਾਇਨੁ (naarain) = The Divine Sustainer—present within creation and within you

ਜਿਹ ਚੀਤਿ (jeh cheet) = In whose consciousness—keeps the Divine in mind throughout the day

## Write Your Own Interpretation:

---

---

---

## Take Action → Living the Wisdom

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

**Define what truly lasts** - Identify values and virtues that remain beyond circumstances.

**Release temporary cravings** - Let go of desires that fade as quickly as they arise.

**Invest in character** - Strengthen qualities that endure rather than chasing trends.

**Detach from fleeting praise** - Accept appreciation without depending on it.

**Anchor in the eternal** - Center your life on what remains steady amid change.

## 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.

In a world chasing status and money, how can you stand out through honesty and kindness?

---

---

---

What lasting value can you prioritize over short-term gains?

---

---

---

What daily practice can help you stay connected to the Divine despite worldly pressures?

---

---

---

How does life's constant change and uncertainty affect your choices and stress?

---

---

---

When your mood swings between hope and fear, how can you steady yourself?

---

---

---