

6th ਸਲੋਕ \ Couplet

ਪਤਿਤ ਉਧਾਰਨ ਭੈ ਹਰਨ ਹਰਿ ਅਨਾਥ ਕੇ ਨਾਥ ॥
ਕਹੁ ਨਾਨਕ ਤਿਹ ਜਾਨੀਐ ਸਦਾ ਬਸਤੁ ਤੁਮ ਸਾਥਿ ॥੬॥
patit udhaaran bhai haran har anaath ke naath ||
kahu naanak teh jaaneeai sadhaa basat tum saath ||6||

Literal Meaning: He is the Saving Grace of sinners, the Destroyer of fear, the Master of the masterless. Says Nanak, realize and know Him, who is always with you.

Literal Word Meanings:

ਪਤਿਤ (patit) = sinners

ਉਧਾਰਨ (udhaaran) = saving grace, deliverer

ਭੈ (bhai) = fear

ਹਰਨ (haran) = destroyer

ਹਰਿ (har) = the Lord

ਅਨਾਥ (anaath) = masterless

ਕੇ (ke) = of

ਨਾਥ (naath) = master

ਤਿਹ (teh) = Him

ਜਾਨੀਐ (jaaneeai) = realize, know

ਸਦਾ (sadhaa) = always

ਬਸਤੁ (basat) = dwelling, present

ਤੁਮ (tum) = you

ਸਾਥਿ (saath) = with

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: Begin With Experience (Self-Check)

✓ Tick whatever you have felt at least once in life:

- ☐ Feeling completely alone even when people were around
- ☐ Fear about the future with no clear reason
- ☐ A sense of falling or losing control internally
- ☐ Feeling unsupported or abandoned
- ☐ A sudden calm when reminded that the Divine is with you

Reflect: Were these feelings caused by the outer situation, or something happening *inside*?

Exercise 2: Match the Experience (Match the Following)

Match Column A

with

Column B

You feel nervous before everything

A. Positive people around you

You feel happy around some people

B. Your own thoughts and feelings

You feel calm after taking deep breath

C. How you see and think changes

You feel better after listening to your favorite music
actions

D. Your body and

Key Insight: Did the situation change — or did awareness change?_____

Exercise 3: Yes/No Awareness Check

When fear arises, is there always a real external threat?

☐ Yes ☐ No

When peace arises, is someone always physically present?

☐ Yes ☐ No

Can the same situation feel terrifying *and* peaceful at different times?

☐ Yes ☐ No

Think: What changed — the world, or your perspective?

Exercise 4: Fill in the Blanks

Fear arises mainly from _____.

Peace arises mainly from _____.

The reminder that the Divine is with me shifts me from _____ to _____.

Exercise 5: Deep Reflection Question

When someone reminds you that the Divine is *within you*:

- | | |
|--|---|
| ☐ Nothing really changes | ☐ People suddenly appear |
| ☐ The inner balance returns | ☐ Problems disappear instantly |

Which option matches your lived experience most closely?

Exercise 6: Analogy Reflection (River Awareness)

✓ Tick the statement that feels true:

- ☐ A river fights rocks and terrain to stay straight
- ☐ A river flows naturally by adjusting its course

Now connect it:

- ☐ Fear comes from resistance
- ☐ Equilibrium comes from awareness

Reflection: Is spiritual balance about controlling life — or flowing with awareness?

Exercise 7: One-Line Wisdom

Complete this line in your own words:

“When I remember that I am never alone, _____.”

Spiritual Meaning (Word → Wisdom)

ਪਤਿਤ ਉਧਾਰਨ (patit udhaaran) = The inner Divine lifts you out of guilt, weakness, and “I’m stuck” thinking

ਭੈ ਹਰਨ (bhai haran) = Fear fades when you anchor the mind in the Divine within

ਅਨਾਥ ਕੇ ਨਾਥ (anaath ke naath) = Inner support when you feel alone, unsupported, or helpless

ਤਿਹ ਜਾਨੀਐ (teh jaaneeai) = Recognize this through lived experience—by turning inward

ਸਦਾ ਬਸਤੁ (sadhaa basat) = The Divine is permanent, not temporary like moods or situations

ਤੁਮ ਸਾਥਿ (tum saath) = Always with you—within you—through every moment and phase

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Own your pattern - Honestly admit the habit instead of blaming stress, people, or circumstances.

Pause the impulse - When the urge appears, wait 2 minutes before acting on it.

Strengthen the inner voice - Replace “I can’t stop” with “I am stronger than this urge.”

Build one small discipline daily - Commit to one consistent positive action, even if it’s tiny.

Reconnect before relapse - When you feel weak, sit quietly and remind yourself who you truly want to become.

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 realizing the Divine within you mean in daily life? How does it help you face challenges?

How can knowing your inner strength help you overcome negative thoughts or bad habits?

If freedom from fear comes from within, how can that help you handle stress or competition?

Can you share a time when inner strength helped you make a better choice or avoid a wrong one?

When your mind says "I can't," how can you remind yourself of the inner power already inside you?
