

## 9th ਸਲੋਕ \ Couplet

ਸਭ ਸੁਖ ਦਾਤਾ ਰਾਮੁ ਹੈ ਦੂਸਰ ਨਾਹਿਨ ਕੋਇ ॥  
ਕਹੁ ਨਾਨਕ ਸੁਨਿ ਰੇ ਮਨਾ ਤਿਹ ਸਿਮਰਤ ਗਤਿ ਹੋਇ ॥੯॥  
sabh sukh dhaataa raam hai dhoosar naahin koi ||  
kahu naanak sun re manaa teh simarat gat hoi ||9||

**Literal Meaning:** The Lord is the Giver of all peace and comfort. There is no other at all. Says Nanak, listen, mind: meditating in remembrance on Him, salvation is attained.

### Literal Word Meanings:

|                             |                                           |
|-----------------------------|-------------------------------------------|
| ਸਭ (sabh) = all             | ਸੁਨਿ (sun) = listen                       |
| ਸੁਖ (sukh) = peace, comfort | ਰੇ (re) = O                               |
| ਦਾਤਾ (dhaataa) = giver      | ਮਨਾ (manaa) = mind                        |
| ਰਾਮੁ (raam) = the Lord      | ਤਿਹ (teh) = Him                           |
| ਹੈ (hai) = is               | ਸਿਮਰਤ (simarat) = meditating, remembering |
| ਦੂਸਰ (dhoosar) = other      | ਗਤਿ (gat) = salvation                     |
| ਨਾਹਿਨ (naahin) = not        | ਹੋਇ (hoi) = is attained                   |
| ਕੋਇ (koi) = anyone          |                                           |

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: Notice How You Define Happiness

✓ Tick all that apply honestly:

- |                                                |                                                          |
|------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Promotion / new job   | <input type="checkbox"/> Salary hike                     |
| <input type="checkbox"/> GPA / exam results    | <input type="checkbox"/> Appreciation from others        |
| <input type="checkbox"/> Relationship success  | <input type="checkbox"/> Social media likes / validation |
| <input type="checkbox"/> Something else: _____ |                                                          |

**Question:**

When any of the above goes *up*, how does your happiness change?

- ☐ Increases a lot
- ☐ Increases slightly
- ☐ No real change

When any of the above goes *down*, how does your happiness change?

- ☐ Drops sharply
- ☐ Becomes unstable
- ☐ No real change

**Exercise 2: Observe Instability**

Think of a real moment:

- A project failed
- A job offer was rescinded
- Marks were lower than expected

✓ Tick what you felt:

- ☐ Fear ☐ Anger
- ☐ Self-doubt ☐ Hopelessness
- ☐ Comparison with others

**Question:**

Was the situation outside you — or was the suffering happening *inside* you?

- ☐ Outside
- ☐ Inside
- ☐ Both

**Exercise 3: Shift the Lens**

Now think differently:

Instead of asking “*What did I get?*”, ask:

- How much have I grown compared to last year?
- What skills did I gain through this failure?
- What did I understand about myself?

- ✓ Tick what happens when you think this way:
- |                                                    |                                           |
|----------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Mind becomes calmer       | <input type="checkbox"/> Fear reduces     |
| <input type="checkbox"/> Inner stability increases | <input type="checkbox"/> Acceptance grows |

### Exercise 4: Who Holds the Remote?

Complete the sentence honestly:

My happiness is controlled by \_\_\_\_\_.

Now re-read Guru Sahib's line:

“ਸਭ ਸੁਖ ਦਾਤਾ ਰਾਮੁ ਹੈ” “sabh sukh dhaataa raam hai ”

### Reflection Question:

If happiness changes with salary, marks, or approval — is it really *yours*?

- ☐ Yes  
☐ No  
☐ Not sure

### Exercise 5: Inner Source of Joy

Match the following:

- |                                   |                        |
|-----------------------------------|------------------------|
| A. External achievement           | Stable joy             |
| B. Comparison with others         | Temporary excitement   |
| C. Awareness of the divine within | Anxiety / restlessness |

### Exercise 6: What Does Remembrance “ਸਿਮਰਤ” “simarat” Mean Here?

- ✓ Tick what resonates most:
- ☐ Repeating words mechanically  
☐ Remembering success and failure both pass  
☐ Living with awareness of the inner source  
☐ Giving control of joy back to the divine within

## Exercise 7: Final Reflection (Write briefly)

When joy comes from within, what changes in the way you:

Handle failure? \_\_\_\_\_

Handle success? \_\_\_\_\_

Look at your future? \_\_\_\_\_

## Spiritual Meaning (Word → Wisdom)

ਸਭ ਸੁਖ ਦਾਤਾ (sabh sukh dhaataa) = All real joy comes from the Inner Divine—peace, steadiness, clarity

ਰਾਮੁ (raam) = The Creator within creation—the living Presence inside you

ਦੂਸਰ ਨਾਹਿ ਨ ਕੋਇ (dhoosar naahin koi) = Nothing else is equal—everything else is temporary support, not true fulfillment

ਸੁਨਿ ਰੇ ਮਨਾ (sun re manaa) = Wake up, mind—stop chasing outside and return inward

ਤਿਹ (teh) = That One Presence—make it your center

ਸਿਮਰਤ (simarat) = Cherished remembrance—keeping the Divine in your thoughts, choices, and reactions

ਗਤਿ ਹੋਇ (gat hoi) = Flourishing/inner uplift—your life becomes elevated, stable, and guided

## Write Your Own Interpretation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Take Action → Living the Wisdom

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

**Anchor your morning** - Begin the day by remembering the Creator before checking messages or tasks.

**Ask before you act** - In decisions, quietly reflect: *Does this help me grow spiritually and ethically?*

**Turn mistakes into lessons** - When you fall short, reconnect inward and choose growth instead of guilt.

**Feed your inner strength** - Spend daily time in simran, reflection, or reading wisdom that expands you.

**Grow with awareness** - End each day by asking how remembering the Creator shaped your actions and mindset.

## 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 can you build a simple habit of remembering the Creator each morning or night?

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If real joy comes from the Creator, what one step can you take today to strengthen that connection?

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We often look for happiness in money or success. How does this Salok question that idea?

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How can remembering the Creator's presence help you stay calm during stress or failure?

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What does growing through remembrance look like in real life? How can it shape your mindset and choices?

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