

5th ਸਲੋਕ \ Couplet

ਧਨੁ ਦਾਰਾ ਸੰਪਤਿ ਸਗਲ ਜਿਨਿ ਅਪੁਨੀ ਕਰਿ ਮਾਨਿ ॥
ਇਨ ਮੈ ਕਛੁ ਸੰਗੀ ਨਹੀ ਨਾਨਕ ਸਾਚੀ ਜਾਨਿ ॥੫॥
dhan dhaaraa sa(n)pat sagal jin apunee kar maan ||
ein mai kachh sa(n)gee nahee naanak saachee jaan ||5||

Literal Meaning: Your wealth, spouse, and all the possessions which you claim as your own none of these shall go along with you in the end. O Nanak, know this as true.

Literal Word Meanings:

ਧਨੁ (dhan) = wealth
ਦਾਰਾ (dhaaraa) = spouse
ਸੰਪਤਿ (sa(n)pat) = possessions
ਸਗਲ (sagal) = all
ਜਿਨਿ (jin) = which
ਅਪੁਨੀ (apunee) = your own
ਕਰਿ (kar) = as
ਮਾਨਿ (maan) = claim, consider

ਇਨ (ein) = these
ਮੈ (mai) = among
ਕਛੁ (kachh) = anything
ਸੰਗੀ (sa(n)gee) = companion, go along
ਨਹੀ (nahee) = not
ਸਾਚੀ (saachee) = true
ਜਾਨਿ (jaan) = know

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: Common Understanding (Surface Reading)

Many people read this Salok as:

- ☐ Detachment from family is required
- ☐ Wealth is bad
- ☐ Relationships should be rejected

Pause and reflect:

Is Guru Sahib asking you to reject life — or to see it clearly?

☐ Reject ☐ See clearly

Exercise 2: What Do You Call “Yours”?

Look around yourself right now:

What do you consider truly yours?

- | | |
|--|---|
| ☐ Money / savings | ☐ Family relationships |
| ☐ Friends | ☐ Partner |
| ☐ Property / assets | ☐ Gadgets / belongings |

Now look back honestly:

Have your savings ever gone below what you felt comfortable with?

☐ Yes ☐ No

Have relationships changed with time, distance, or life circumstances?

☐ Yes ☐ No

Are all the people from your childhood still present in your life?

☐ Yes ☐ No

Exercise 3: Observe Life’s Pattern (Without Fear)

Think carefully:

Friends you once thought would stay forever —

Where are they now?

- ☐ Still close
- ☐ Occasionally in touch
- ☐ Completely gone

Family members:

- ☐ Get busy
- ☐ Drift apart
- ☐ Pass away

Even partners:

- ☐ Change
- ☐ Separate
- ☐ Evolve differently

Is this cruelty — or simply the nature of life?

- ☐ Cruelty ☐ Nature

Exercise 4: The Things You Once Owned

Recall your past:

Your first:

- ☐ Phone ☐ Watch
- ☐ Computer ☐ Favorite item_____

Do you still have all of them?

- ☐ Yes ☐ No

Were they the first and last things of your life?

- ☐ Yes ☐ No

What happened?

- ☐ Upgraded ☐ Lost
- ☐ Replaced ☐ Outgrown

Exercise 5: The Library Book Analogy

Imagine:

You borrow a book from a library.

You read it, enjoy it, learn from it — and return it.

While reading it, do you say:

- ☐ “This book is mine forever”
- ☐ “This is with me for now”

Does knowing it is temporary stop you from enjoying it?

- ☐ Yes ☐ No

Now apply this understanding inward:

What if nothing you have — your money, your things, your relationships — truly belongs to you or you're just holding onto it until it's time to let go?

Would awareness reduce:

- ☐ Fear
- ☐ Clinging
- ☐ Possessiveness

Exercise 6: What Guru Sahib Is NOT Doing

Guru Sahib is NOT:

- ☐ Creating fear
- ☐ Promoting emotional numbness
- ☐ Asking you to abandon relationships

Guru Sahib IS:

- ☐ Using your own life experience as proof
- ☐ Asking you to recognize impermanence
- ☐ Inviting clarity, not detachment

Exercise 7: What Is Truly “Sangi”?

If none of these stay forever, then ask:

What has always been present through:

- ☐ Childhood ☐ Youth
- ☐ Change ☐ Loss

What witnesses every experience silently?

- ☐ Body
- ☐ Mind
- ☐ Awareness

Which one does not come and go?

- ☐ Awareness

Spiritual Meaning (Word → Wisdom)

ਧਨੁ (dhan) = Wealth—temporary support that can't give lasting peace

ਦਾਰਾ (dhaaraa) = Spouse/relationships—precious, yet not permanent possessions

ਸੰਪਤਿ (sa(n)pat) = Possessions/status—outer security that can change anytime

ਸਗਲ (sagal) = All of it—everything you collect and rely on

ਜਿਨਿ (jin) = The one who—any person caught in this attachment
ਅਪੁਨੀ ਕਰਿ (apunee kar) = Calling it “mine”—clinging and ownership in the heart
ਮਾਨਿ (maan) = Pride/attachment—identity built on what you have
ਇਨ ਮੈ (ein mai) = In these—wealth, relations, possessions
ਕਛੁ ਸੰਗੀ ਨਹੀ (kachh sa(n)gee nahee) = None truly accompanies—can’t carry you through the deepest moments
ਸਾਚੀ ਜਾਨਿ (saachee jaan) = Know it as true—live with this awareness before time passes

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 less, live more - Before buying something new, ask yourself if it is a need or just a temporary desire.

Practice grateful sufficiency - Remind yourself daily that what you already have is enough.

Declutter your space, declutter your mind - Let go of unused items and notice the lightness it brings internally.

Invest in inner wealth - Spend more time strengthening virtues than accumulating status or possessions.

Shift from possession to presence - Instead of focusing on what you own, focus on how deeply you are connected within.

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 often do you forget that money and relationships don't last forever? Can you share an example?

What small steps can help you focus more on inner values while still handling your daily duties?

How do money or status affect your peace of mind or choices at work?

Have you ever reached success but still felt empty? How could focusing on the Divine or your values have helped?

If the Divine is your true companion, how does that change the way you see support and guidance in life?
