

7th ਸਲੋਕ \ Couplet

ਤਨੁ ਧਨੁ ਜਿਹ ਤੋ ਕਉ ਦੀਓ ਤਾਂ ਸਿਉ ਨੇਹੁ ਨ ਕੀਨ ॥
ਕਹੁ ਨਾਨਕ ਨਰ ਬਾਵਰੇ ਅਬ ਕਿਉ ਡੋਲਤ ਦੀਨ ॥੭॥
tan dhan jeh to kau dheeo taa(n) siau neh na keen ||
kahu naanak nar baavare ab kiau ddolat dheen ||7||

Literal Meaning: He has given you your body and wealth, but you are not in love with Him. Says Nanak, you are insane! Why do you now shake and tremble so helplessly?

Literal Word Meanings:

ਤਨੁ (tan) = body

ਧਨੁ (dhan) = wealth

ਜਿਹ (jeh) = who

ਤੋ (to) = to you

ਕਉ (kau) = to

ਦੀਓ (dheeo) = has given

ਤਾਂ (taa(n)) = with Him

ਸਿਉ (siau) = with

ਨੇਹੁ (neh) = love

ਨ (na) = not

ਕੀਨ (keen) = did

ਨਰ (nar) = man

ਬਾਵਰੇ (baavare) = insane, foolish

ਅਬ (ab) = now

ਕਿਉ (kiau) = why

ਡੋਲਤ (ddolat) = shake, tremble

ਦੀਨ (dheen) = helpless

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: Recall a Peak Moment (Tick ✓ all that apply)

What is one of the best moments of your life so far?

☐ A movie / song / art experience

☐ Sports achievement

☐ Helping someone

☐ Academic success / best grades

☐ A relationship moment

☐ Something else: _____

At that moment, you felt:

- | | |
|-----------------------------------|------------------------------------|
| ☐ Joyful | ☐ Content |
| ☐ Peaceful | ☐ Fulfilled |
| ☐ Complete | |

Write one word that best describes how you felt: _____

Exercise 2: The Honest Question

Even after experiencing such moments:

- | | |
|---|---|
| ☐ I still feel anxiety sometimes | ☐ I still experience self-doubt |
| ☐ I feel empty even when things go right | ☐ My mood changes without clear reason |

Pause & reflect: If happiness came from achievements or experiences alone, would these feelings still return?

Exercise 3: The Deeper Comparison

Now reflect silently:

The body that sensed joy...

- ☐ Was given

The mind that understood, learned, and imagined...

- ☐ Was given

The senses that enjoyed music, success, love...

- ☐ Were given

Question: Toward the *source* of all these gifts, is there:

- | | |
|-------------------------------------|---|
| ☐ Awareness | ☐ Gratitude |
| ☐ Connection | ☐ Or mostly neglect? |

Exercise 4: Cause & Effect (Fill in the Blanks)

Joy without awareness becomes _____

Achievement without connection leads to _____

Pleasure without grounding turns into _____

Insight: Unawareness does not remove joy — it makes joy unstable.

Exercise 5: Core Question

If you feel shaken, anxious, or lost even after having so much...
What might actually be missing? _____

Exercise 6: Closing Reflection

Inner instability comes from:

- | | |
|--|--|
| ☐ Lack of success | ☐ Lack of people |
| ☐ Lack of possessions | ☐ Neglect of awareness toward the source of all gifts |

Spiritual Meaning (Word → Wisdom)

ਤਨੁ (tan) = Your body/senses are a Divine-given instrument—meant for awareness, not just comfort

ਧਨੁ (dhan) = Inner wealth (life-force, breath, ability, time)—a gift to be honored, not wasted

ਜਿਹ (jeh) = The Giver within—recognize the Source behind what you have

ਦੀਓ (dheeo) = Everything you “have” is received—this melts ego and builds gratitude

ਤਾਂ ਸਿਉ ਨੇਹੁ ਨ ਕੀਨ (taa(n) siau neh na keen) = You didn’t build love/connection with the Giver—life became disconnected living

ਨਰ ਬਾਵਰੇ(nar baavare) = The mind that forgets the Source and runs on impulse and distraction

ਅਬ ਕਿਉ ਡੋਲਤ (ab kiau ddolat) = Why still wavering—pulled by doubt, fear, and changing desires

ਦੀਨ (dheen) = Feeling weak and unstable—because the mind isn’t anchored in the Inner Divine

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Count before you complain - List three blessings each morning before starting your day.

See ability as a gift - Recognize your skills, health, and opportunities as blessings, not entitlements.

Say thank you often - Express gratitude to people and to the Divine for even small favors.

Turn problems into perspective - When facing difficulty, remind yourself of past gifts that carried you through.

End the day with appreciation - Before sleeping, reflect on one gift you noticed today and let it deepen your trust.

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 pause to appreciate your eyes, ears, and mind as gifts rather than taking them for granted?

When you focus on what you lack, do you forget the many blessings you already have?

How can writing down three daily blessings reduce your doubt and worry?

Are you using your speech, sight, and thoughts for growth, or for negativity and distraction?

In moments of confusion, what would change if you chose trust over overthinking?
