

55th ਸਲੋਕ \ Couplet

ਸੰਗ ਸਖਾ ਸਭਿ ਤਜਿ ਗਏ ਕੋਊ ਨ ਨਿਬਹਿਓ ਸਾਥਿ ॥
ਕਹੁ ਨਾਨਕ ਇਹ ਬਿਪਤਿ ਮੈ ਟੇਕ ਏਕ ਰਾਘੁਨਾਥ ॥੫੫॥
sa(n)g sakhaa sabh taj ge kouoo na nibahio saath ||
kahu naanak ieh bipat mai Tek ek raghunaath ||55||

Literal Meaning: My associates and companions have all deserted me; no one remains with me. Says Nanak, in this tragedy, the Lord alone is my Support.

Literal Word Meanings:

ਸੰਗ (sa(n)g) = companions

ਸਖਾ (sakhaa) = friends

ਸਭਿ (sabh) = all

ਤਜਿ (taj) = abandoned

ਗਏ (ge) = went away

ਕੋਊ (kouoo) = anyone

ਨ (na) = not

ਨਿਬਹਿਓ (nibahio) = remained faithful

ਸਾਥਿ (saath) = with

ਇਹ (ieh) = this

ਬਿਪਤਿ (bipat) = tragedy

ਮੈ (mai) = in

ਟੇਕ (Tek) = support

ਏਕ (ek) = one

ਰਾਘੁਨਾਥ (raghunaath) = the Lord

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: Look at Your Life Honestly

From childhood until today:

How many friends have entered and exited your life?

How many relatives were once present but are no longer around?

Check what you have experienced:

- ☐ Childhood friends faded
- ☐ School / college friends changed
- ☐ Family elders passed away
- ☐ Relationships transformed
- ☐ Roles within family shifted

Is this anyone's fault?

- ☐ Yes ☐ No

Is this against nature?

- ☐ Yes ☐ No

Exercise 2: Understanding Impermanence Without Sadness

Impermanence does not mean something is wrong.

It simply means:

- ☐ Time moves
- ☐ Lives evolve
- ☐ Roles change
- ☐ Bodies age

Can any relationship — no matter how loving — remain exactly the same forever?

- ☐ Yes ☐ No

If not, what is the healthiest response?

- ☐ Clinging
- ☐ Resentment
- ☐ Gratitude & presence

Exercise 3: Cherish, Don't Possess

You cannot own people

You cannot freeze moments

You cannot stop time

But you *can*:

- ☐ Be fully present

- ☐ Love without fear
- ☐ Appreciate while it lasts
- Does awareness increase joy — or reduce it?
- ☐ Increase ☐ Reduce

Exercise 4: Crisis “ਬਿਪਤਿ” “bipat”

A crisis is not only physical danger

It can also be:

- ☐ Loneliness
- ☐ Loss
- ☐ Emotional emptiness
- ☐ Fear of being alone

In such moments, ask yourself:

Who is with me *internally* when everything external feels unstable?

Exercise 5: Divine Support “ਟੇਕ”

The Salok does not point outward.

It points inward.

Divine support is not:

- ☐ A person
- ☐ A possession
- ☐ A situation

It is:

- ☐ Inner awareness
- ☐ Stable consciousness
- ☐ Knowing you are not incomplete

Has this inner presence ever left you?

- ☐ Yes ☐ No

Spiritual Meaning (Word → Wisdom)

ਸੰਗ (sa(n)g) = Companions—those around you in daily life

ਸਖਾ (sakhaa) = Friends/support—people you expect to stand with you

ਸਭਿ (sabh) = All—none are guaranteed

ਤਜਿ ਗਏ (taj ge) = Left—support can disappear when times change

ਕੋਊ (kouoo) = Anyone—no single person is permanent support

ਨ ਨਿਬਹਿਓ (na nibahio) = Couldn't stay/fulfill—human support has limits

ਸਾਥਿ (saath) = With you—especially in deep inner pain

ਇਹ ਬਿਪਤਿ (ieh bipat) = In hardship/crisis—when life shakes you

ਮੈ (mai) = In—right inside that situation

ਟੇਕ (Tek) = Support/leaning—your inner pillar

ਏਕ (ek) = Only One Creator

ਰਾਗੁਨਾਥ (raghunaath) = The Divine Lord—steady Presence within, the unfailing support

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 in the constant - Begin and end your day remembering the Divine presence.

Release overdependence - Appreciate people without making them your only source of security.

Turn inward in loneliness - Seek connection with the Divine before seeking distraction.

Trust unseen support - Face uncertainty knowing a steady presence remains.

Walk with awareness - Carry the sense of Divine companionship into every situation.

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.

Have you ever felt unsupported by others? What did you learn from that experience?

How can trusting your inner values help you handle challenges better?

When people let you down, what can you do to stay focused and strong?

How do you balance asking for help with relying on your own inner strength?

How can trusting something deeper than people or outcomes help you stay resilient and peaceful?
