

20th ਸਲੋਕ \ Couplet

ਭੈ ਨਾਸਨ ਦੁਰਮਤਿ ਹਰਨ ਕਲਿ ਮੈ ਹਰਿ ਕੇ ਨਾਮੁ ॥
ਨਿਸਿ ਦਿਨੁ ਜੋ ਨਾਨਕ ਭਜੈ ਸਫਲ ਹੋਹਿ ਤਿਹ ਕਾਮ ॥੨੦॥
bhai naasan dhuramat haran kal mai har ko naam ||
nis dhin jo naanak bhajai safal hoh teh kaam ||੨੦||

Literal Meaning: In this Dark Age of Kali Yuga, the Name of the Lord is the Destroyer of fear, the Eradicator of evil-mindedness. Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition.

Literal Word Meanings:

ਭੈ (bhai) = fear	ਨਿਸਿ (nis) = night
ਨਾਸਨ (naasan) = destroyer	ਦਿਨੁ (dhin) = day
ਦੁਰਮਤਿ (dhuramat) = evil-mindedness	ਜੋ (jo) = whoever
ਹਰਨ (haran) = eradicator	ਭਜੈ (bhajai) = meditates, vibrates upon
ਕਲਿ (kal) = Dark Age	ਸਫਲ (safal) = fruitful
ਮੈ (mai) = in	ਹੋਹਿ (hoh) = become
ਹਰਿ (har) = the Lord	ਤਿਹ (teh) = his
ਨਾਮੁ (naam) = Name	ਕਾਮ (kaam) = works

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: Reflect on Love and Fear

Think about the people you love in your life:

Do you feel fear or anger towards them? _____

How does love influence your thoughts and reactions? _____

Question:

If love removes fear towards others, what would happen if you direct the same love and awareness towards the divine within you? _____

Exercise 2: Awareness of the Divine

Guru Sahib emphasizes the importance of living in divine awareness:

- ☐ During your daily life, how often are you aware of the divine presence within you? _____
- ☐ Can you recall moments where awareness of the divine helped you remain calm and composed in a challenging situation? _____

Reflection Question:

How does this awareness help you remain free from anger, jealousy, hatred, and fear? _____

Exercise 3: Living Without Negative States of Mind

Think about everyday scenarios:

When someone provokes or challenges you, what is your immediate response? _____

How would your response change if you were fully aware of the divine at that moment?

Question:

What does Guru Sahib mean by saying that continuous remembrance of the divine leads to true success? _____

Exercise 4: Practical Exercise

Daily Practice:

- Start your day by consciously acknowledging the divine within you.
- Observe your emotions throughout the day. When anger, jealousy, or fear arise, pause and recall divine presence.
- Respond to situations with calmness, love, and awareness instead of reactive behavior.
- Reflect at the end of the day: How did awareness influence your reactions and emotions?

Spiritual Meaning (Word → Wisdom)

ਭੈ ਨਾਸਨ (bhai naasan) = Fear gets destroyed—when the mind is anchored in the Divine

ਦੁਰਮਤਿ ਹਰਨ (dhuramat haran) = Negative mindset removed—ego, doubts, bitterness, impulsive thinking fade

ਕਲਿ ਮੈ (kal mai) = In this age—busy, distracted, pressure-filled life

ਹਰਿ ਕੋ ਨਾਮੁ (har ko naam) = The Divine Name/Presence—inner remembrance that fills the heart with virtues

ਨਿਸਿ ਦਿਨੁ (nis dhin) = Night and day—consistent, not occasional spirituality

ਜੋ (jo) = Whoever—this is open to everyone

ਭਜੈ (bhajai) = Remembers/devotes—keeps the Divine in thought, speech, and action

ਸਫਲ (safal) = Successful/fruitful—life becomes meaningful from the inside out

ਹੋਹਿ ਤਿਹ ਕਾਮ (hoh teh kaam) = Their work succeeds—actions align, decisions improve, and the inner journey completes

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 remembrance - When fear rises, silently repeat a Waheguru or Gurbani line until your breath slows.

Shift focus upward - Instead of imagining worst outcomes, remind yourself with gurbani lines and recall the Presence guiding you.

Replace panic with prayer - Turn anxious thoughts into a short, sincere conversation within.

Stand steady in uncertainty - Remind yourself you are supported beyond circumstances.

Act with trust - Take necessary steps confidently, knowing fear does not define you.

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 does fear or negativity show up in your daily life at work or in relationships?

What daily habits can help you grow humility, compassion, and patience?

How can remembering the Divine change the way you see problems or difficult people?

Can staying connected to the Divine help you do better at work and feel better personally?
How?

What is one fear or bad habit you can start working on today by focusing on inner values?
