

45th ਸਲੋਕ \ Couplet

ਸੁਆਮੀ ਕੋ ਗਿਰਹੁ ਜਿਉ ਸਦਾ ਸੁਆਨ ਤਜਤ ਨਹੀ ਨਿਤ ॥
ਨਾਨਕ ਇਹ ਬਿਧਿ ਹਰਿ ਭਜਉ ਇਕ ਮਨਿ ਹੁਇ ਇਕ ਚਿਤਿ ॥੪੫॥
suaamee ko girahu jiau sadhaa suaan tajat nahee nit ||
naanak ieh bidh har bhajau ik man hui ik chit ||45||

Literal Meaning: A dog never abandons the home of his master. O Nanak, in just the same way, vibrate, and meditate on the Lord, single-mindedly, with one-pointed consciousness.

Literal Word Meanings:

ਸੁਆਮੀ (suaamee) = master
ਕੋ (ko) = of
ਗਿਰਹੁ (girahu) = home
ਜਿਉ (jiau) = like
ਸਦਾ (sadhaa) = always
ਸੁਆਨ (suaan) = dog
ਤਜਤ (tajat) = abandons
ਨਹੀ (nahee) = not
ਨਿਤ (nit) = daily

ਇਹ (ieh) = this
ਬਿਧਿ (bidh) = way
ਹਰਿ (har) = the Lord
ਭਜਉ (bhajau) = meditate on
ਇਕ (ik) = one
ਮਨਿ (man) = mind
ਹੁਇ (hui) = become
ਇਕ (ik) = one
ਚਿਤਿ (chit) = consciousness

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: Understanding the Analogy (State of Mind)

A wandering dog:

- Goes from door to door in search of food
- Is driven by hunger and survival
- But never forgets its master or home

Question:

Why do you think the dog still recognizes *home* as safety, not just food?

Exercise 2: When Desire Disappears

Think deeper.

When the dog sees its master:

- ☐ Hunger fades into comfort
- ☐ Restlessness turns into calm
- ☐ Fear dissolves into safety
- ☐ The mind becomes still

Question:

Is the dog responding to *food* or to *belonging*?

Exercise 3: Human Mind, Same Pattern?

How often does your mind wander toward:

- ☐ Money
- ☐ Validation
- ☐ Success
- ☐ Recognition
- ☐ Pleasure

Question:

When you finally feel inner peace, what happens to these desires?

Exercise 4: The Chemistry of Peace

Have you ever felt:

- ☐ Deep comfort
- ☐ Warmth without excitement
- ☐ Love without expectation
- ☐ Safety without control

Question:

Was that feeling caused by *getting something*—or by *returning to yourself*?

Exercise 5: One-Pointed Awareness “ਇਕ ਮਨਿ ਹੁਇ ਇਕ ਚਿਤਿ” “ik man hui ik chit ”

Think carefully.

When your mind is scattered:

- Desires multiply
- Fear increases
- Comparison grows

When your mind is unified:

- Desires weaken
- Contentment rises
- Peace stabilizes

Question:

When your mind stops jumping between a hundred things and locks onto just one — doesn't everything inside feel a little calmer?

Exercise 6: Forgetting vs Remembering

Ask yourself:

When life pulls you outward:

- ☐ Do you forget inner awareness?
- ☐ Or do you carry remembrance within action?

Question:

Can you be active in the world without leaving your inner home?

Exercise 7: Breaking the Illusion of Separation

Go deeper, If:

- The dog never forgets its master
- The pull is emotional, not logical

Question:

What happens when *your mind* never forgets its source?

Does:

- ☐ Duality dissolves?
- ☐ Greed weakens?
- ☐ Fear loses power?

Exercise 8: Inner Return (Not Escape)

My biggest distraction right now is: _____

My inner “home” feels like: _____

One practice that brings me back instantly: _____

Spiritual Meaning (Word → Wisdom)

ਸੁਆਮੀ (suaamee) = the inner Creator; the true source of guidance
ਗਿਰ੍ਹ (girahu) = inner dwelling; the space of connection and shelter
ਜਿਉ (jiau) = a teaching comparison for understanding devotion
ਸੁਆਨ (suaan) = dog symbol of natural loyalty and faithfulness
ਤਜਤ (tajat) = turning away or breaking connection
ਨਿਤ (nit) = lived daily, moment by moment
ਇਕ (ik) = undivided, without split attention
ਮਨਿ (man) = the thinking, wavering mind
ਹੁਇ (hui) = to become settled and aligned
ਚਿਤਿ (chit) = focused awareness or consciousness

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Clarify your commitments - List what truly occupies your time and what you are most committed to..

Test alignment honestly - Ask if each commitment strengthens your spiritual path.

Release conflicting ties - Gradually step away from pursuits that dilute devotion.

Prioritize sacred habits - Make time for prayer, reflection, and service.

Recommit consciously - Choose goals that honor both purpose and devotion.

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 a dog's loyalty help you understand your true devotion?

What distractions make it hard to stay committed to your higher values?

What are you most committed to right now? How does that compare to your spiritual growth?

How can you stay focused on your values while still handling daily duties?

If your devotion were steady and loyal, how would it change the way you handle success or failure?
