

17th ਸਲੋਕ \ Couplet

ਜਿਹਿ ਬਿਖਿਆ ਸਗਲੀ ਤਜੀ ਲੀਓ ਭੇਖ ਬੈਰਾਗ ॥
ਕਹੁ ਨਾਨਕ ਸੁਨੁ ਰੇ ਮਨਾ ਤਿਹ ਨਰ ਮਾਥੈ ਭਾਗੁ ॥੧੭॥
jeh bikhiaa sagalee tatee leeo bhekh bairaag ॥
kahu naanak sun re manaa teh nar maathai bhaag ॥੧੭॥

Literal Meaning: One who has forsaken all sin and corruption, who wears the robes of neutral detachment says Nanak, listen, mind: good destiny is written on his forehead.

Literal Word Meanings:

ਜਿਹਿ (jeh) = who

ਬਿਖਿਆ (bikhiaa) = sin, corruption

ਸਗਲੀ (sagalee) = all

ਤਜੀ (tatee) = forsaken

ਲੀਓ (leeo) = adopted

ਭੇਖ (bhekh) = robes

ਬੈਰਾਗ (bairaag) = neutral detachment
destiny

ਸੁਨੁ (sun) = listen

ਰੇ (re) = O

ਮਨਾ (manaa) = mind

ਤਿਹ (teh) = that

ਨਰ (nar) = man

ਮਾਥੈ (maathai) = forehead

ਭਾਗੁ (bhaag) =

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: Daily Emotions Check

Reflect on your daily routine:

How many negative emotions do you experience daily? (anger, fear, jealousy, sadness, etc.)

How often do these emotions affect your work, studies, or personal projects? _____

Can you identify specific triggers for these emotions? _____

Reflection Question:

How much energy, time, and peace do these emotions consume from your life?

Exercise 2: Recognizing the Poison of Emotions

Think about a recent situation:

- ☐ Did anger or sadness cause you to quit, shut down, or react impulsively?
- ☐ How did it impact your goals or productivity? _____
- ☐ Could the situation have been handled differently if you were free from emotional reactions?

Exercise 3: Understanding Detachment

Imagine responding to triggers differently:

- ☐ A person shouts at you, but you just smile or laugh
- ☐ Anger, sadness, or fear does not affect you
- ☐ Your inner peace remains intact

Reflection Question:

How does this emotional freedom change your experience of life?

Exercise 4: Mastering Inner Freedom

Guru Sahib teaches that:

Detachment from negative emotions is key to wisdom

Mastery over emotional triggers leads to peace of mind

Bliss and contentment arise when you are unaffected by vices or emotional disturbances

Reflection Question:

Which emotion do you want to master first? How will you practice detachment from it?

Exercise 5: Personal Practice

Think practically:

- Today, notice an emotional trigger
- Observe it without reacting
- Ask yourself: Is this emotion useful? Can I let it pass without disturbance?
- Record your experience and reflect on your level of freedom at the end of the day

Spiritual Meaning (Word → Wisdom)

ਜਿਹਿ (jeh) = The one who—this is a lived inner state.

ਬਿਖਿਆ (bikhiaa) = Vices/poisonous pulls—lust, greed, anger, ego, jealousy, obsession

ਤਜੀ (tajee) = Let go—drops the grip from the mind, not just the outward action

ਲੀਓ (leeo) = Embraced—chose a new direction for the heart

ਭੇਖ (bhekh) = Inner way/discipline—how you live daily, not just appearance

ਬੈਰਾਗ (bairaag) = Detachment with love—free from cravings while staying caring and present

ਸੁਨੁ ਰੇ ਮਨਾ (sun re manaa) = Listen, mind—this is the real sign of spiritual life

ਤਿਹ ਨਰ (teh nar) = That person—an example of steady devotion and clarity

ਮਾਥੈ ਭਾਗੁ (maathai bhaag) = Blessed destiny—because their mind is aligned with the 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.

Spot the emotional hooks - Notice what you feel you “can’t live without.”

Question the dependency - Ask yourself if this attachment strengthens or weakens you.

Reduce one grip at a time - Slowly limit the hold it has on your time and attention.

Replace with purpose - Fill the space with growth, service, or inner practice.

Choose freedom daily - Remind yourself that peace is greater than possession.

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.

Which habit (anger, greed, pride, attachment) controls your reactions the most?

What are you holding onto that no longer helps your growth?

What one negative pattern can you consciously work on this week?

What does letting go of bad habits look like in a world that pushes ambition and competition?

Which hidden attachments—approval, control, habits, or results—quietly guide your decisions the most?
