

26th ਸਲੋਕ \ Couplet

ਪ੍ਰਾਨੀ ਕਛੂ ਨ ਚੇਤਈ ਮਦਿ ਮਾਇਆ ਕੈ ਅੰਧੁ ॥
ਕਹੁ ਨਾਨਕ ਬਿਨੁ ਹਰਿ ਭਜਨ ਪਰਤ ਤਾਹਿ ਜਮ ਫੰਧੁ ॥੨੬॥
praanee kachhoo na chetiee madh maiaa kai a(n)dh ||
kahu naanak bin har bhajan parat taeh jam fa(n)dh ||26||

Literal Meaning: The mortal does not remember the Lord, even for a moment; he is blinded by the wine of Maya. Says Nanak, without meditating on the Lord, he is caught by the noose of Death.

Literal Word Meanings:

ਪ੍ਰਾਨੀ (praanee) = mortal
ਕਛੂ (kachhoo) = anything
ਨ (na) = not
ਚੇਤਈ (chetiee) = remembers
ਮਦਿ (madh) = wine
ਮਾਇਆ (maiaa) = Maya
ਕੈ (kai) = of
ਅੰਧੁ (a(n)dh) = blinded

ਬਿਨੁ (bin) = without
ਹਰਿ (har) = the Lord
ਭਜਨ (bhajan) = meditating
ਪਰਤ (parat) = is caught
ਤਾਹਿ (taeh) = that one
ਜਮ (jam) = Death
ਫੰਧੁ (fa(n)dh) = noose

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 the Story

Imagine a businessman who becomes more greedy over time:

- He gets frustrated over small losses.
- He gets angry at employees.
- He lies to investors.
- He ignores advice.

Question 1 – Awareness Check:

How does being so engrossed in wealth and desires affect his awareness?

- ☐ He remains calm and aware
- ☐ He becomes blind to consequences
- ☐ He notices the Divine within himself
- ☐ He takes advice wisely

Question 2 – Emotional Impact:

How do negative emotions (anger, frustration, anxiety) grow when one chases wealth without awareness?

- ☐ They decrease
- ☐ They stay the same
- ☐ They poison daily life
- ☐ They lead to inner peace

Question 3 – Connection with Divine:

What happens when the businessman forgets the Divine within?

- ☐ He becomes free from stress
- ☐ He loses his inner balance and joy
- ☐ He becomes generous automatically
- ☐ He lives in peace and awareness

Exercise 2: Personal Reflection

Have you ever noticed yourself getting “blind” or frustrated chasing something—like social media validation, grades, money, or recognition?

☐ Yes ☐ No

What feelings arise when you lose control or are overly attached to outcomes?

Exercise 3: Awareness Practice

How can remembering the Divine (Har Bhajan) help in daily life?

- ☐ Reduce anger and frustration
- ☐ Increase patience and joy
- ☐ Let go of greed and obsession
- ☐ Improve decision-making

Exercise 4: Takeaway

Without awareness of the Divine, worldly pursuits can trap you in stress, fear, and dissatisfaction.

Awareness and remembrance act like a guiding light out of the “poisonous lifestyle” caused by maya.

Your Personal Action:

Today, in what small way can you bring awareness of the Divine into your daily routine to prevent getting lost in desires?

Spiritual Meaning (Word → Wisdom)

ਪ੍ਰਾਨੀ (praanee) = The person—caught in routine and impulses

ਕਛੂ ਨ (kachhoo na) = Nothing at all—no real pause for truth or self-awareness

ਚੇਤਈ (chetee) = Remembers/awakens—stays mindful of the Divine and life’s purpose

ਮਦਿ (madh) = Intoxication—getting “drunk” on cravings, success, attention, comfort

ਮਾਇਆ ਕੈ (maiaa kai) = Of Maya—worldly pull that distracts the mind

ਅੰਧੁ (a(n)dh) = Blind—unable to see what’s lasting and what’s draining

ਬਿਨੁ ਹਰਿ ਭਜਨ (bin har bhajan) = Without Divine remembrance—no inner anchor, no steady compass

ਪਰਤ (parat) = Falls into—slides slowly, often without noticing

ਤਾਹਿ (taeh) = That person—the one living in forgetfulness

ਜਮ ਫਾਂਸ (jam fa(n)dh) = The trap of spiritual loss—fear, guilt, addiction, and consequences that tighten over time

Write Your Own Interpretation:

Take Action → Living the Wisdom

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

Set your top three - Decide the three most important tasks before starting the day.

Silence the noise - Turn off unnecessary notifications during focused work time.

Work in clear blocks - Dedicate uninterrupted time to what truly matters.

Say no strategically - Decline tasks that pull you away from your core goals.

Review before rest - End the day by checking if your actions matched your real priorities.

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 weakness—anger, greed, ego, or attachment—affects you the most?

What is one change you can make today to focus more on growth and less on distractions?

How do social media or work pressure disturb your focus or peace?

What simple steps can help you avoid distractions and stay on track?

How can staying true to your values protect you from outside noise or unhealthy attachments?
