



Jaap Sahib

INTRODUCTION

In **Jaap Sahib**, Guru Gobind Singh Jee addresses **Akal Purakh/ Jot (the Timeless One)** using **multiple names**, not as labels or fixed identities, but as **expressions of Divine qualities** and virtues. These names reflect the vastness and dynamic nature of Divine **experiences** — something that can not be limited single form or name.

- **Ajoooni** (Unborn)
- **Abhoo He** (Beyond Suffering)
- **Sat Saroop** (Form of Truth)
- **Nirvair** (Without Hatred)
- **Akal Moorat** (Timeless Form)
- **Karta Purakh** (Creative Being)

And hundreds more...

- Guru Gobind Singh Ji says:

“Main tuhade asal naaoo(n) nahi jaanda, par tuhanu tuhadiyaan visheshataavan naal jaanda haan.”

(I do not know Your one true name, but I know You by Your qualities.)

INTRODUCTION

Mini Reflection Case: “Who Are You, Really?”

Imagine someone doesn't know your name. But they watch how you live, how you speak, how you treat others. They might say:

- ‘That kid who is always honest’
- ‘The one who helps others’
- ‘The brave one’
- ‘The kind one’

In the same way, Guru Gobind Singh Ji described **Akalpurakh** through qualities in **Jaap Sahib**. It's no different to when people know us through our **actions and values**. Our true identity is shown by how we live.

- Even if someone forgets your name, they'll remember your **‘ਗੁਣ’ (qualities)**.”

Pauri 1



“I may not know your name, but I honour and respect you for the divine values and qualities you live by.”

This word beautifully reflects the spirit of **Jaap Sahib**, where Guru Gobind Singh Ji describes the Divine not by a single name, but by countless **virtues (gun)**.

Pauri 1



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥
ਸ੍ਰੀ ਮੁਖਵਾਕ ਪਾਤਿਸਾਹੀ ੧੦ ॥
ਛਪੈ ਛੰਦ ॥ ਤ੍ਵ ਪ੍ਰਸਾਦਿ ॥
ਚੱਕ੍ਰ ਚਿਹਨ ਅਰੁ ਬਰਨ ਜਾਤਿ ਅਰੁ ਪਾਤਿ ਨਹਿਨ ਜਿਹ ॥
ਰੂਪ ਰੰਗ ਅਰੁ ਰੇਖ ਭੇਖ ਕੇਉ ਕਹਿ ਨ ਸਕਤਿ ਕਿਹ ॥
ਅਚਲ ਮੂਰਤਿ ਅਨਭਉ ਪ੍ਰਕਾਸ ਅਮਿਤੋਜਿ ਕਹਿੱਜੈ ॥
ਕੇਟਿ ਇੰਦ੍ਰ ਇੰਦ੍ਰਾਣ ਸਾਹੁ ਸਾਹਾਣਿ ਗਣਿਜੈ ॥
ਤ੍ਰਿਭਵਣ ਮਹੀਪ ਸੁਰ ਨਰ ਅਸੁਰ ਨੇਤ ਨੇਤ ਬਨ ਤ੍ਰਿਣ ਕਹਤ ॥
ਤਵ ਸਰਬ ਨਾਮ ਕਥੈ ਕਵਨ ਕਰਮ ਨਾਮ ਬਰਨਤ ਸੁਮਤਿ ॥੧॥

Pauri 1

+

•

○

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Composition of Jaap Sahib is done with the grace (ਪ੍ਰਸਾਦਿ) of Parmesar – the who is giving Truthful wisdom (ਸਤਿਗੁਰ) to everyone. The Divine Energy of Parmesar exists within all forms of life, and my purpose of life is to be ONE with this energy (ੴ)

ਸ੍ਰੀ ਮੁਖਵਾਕ ਪਾਤਿਸਾਹੀ ੧੦ ॥

Parmesar has enabled 10th Guru (Sovereign Entity) – Guru Gobind Singh Jee to document Jaap Sahib

ਛਪੈ ਛੰਦ ॥ ਤ੍ਰ ਪ੍ਰਸਾਦਿ ॥

These words have been imprinted within the heart of Guru Gobind Singh Jee and from there on paper through the Pen of Guru Sahib with the Grace of Parmesar.

Pauri 1

+

•

○

ਚੱਕ੍ਰ ਚਿਹਨ ਅਰੁ ਬਰਨ ਜਾਤਿ ਅਰੁ ਪਾਤਿ ਨਹਿਨ ਜਿਹ ॥

Divine Energy of Parmesar doesn't have any physical mark or sign. Divine Energy of Parmesar is independent of any caste or lineage to any specific family / kingdom / religious entity.

ਰੂਪ ਰੰਗ ਅਰੁ ਰੇਖ ਭੇਖ ਕੇਉ ਕਹਿ ਨ ਸਕਤਿ ਕਿਹ ॥

Divine Energy is independent of any physical attributes like color and shapes. It doesn't even have specific outfit or norm that in material world that it aligns with.

ਅਚਲ ਮੂਰਤਿ ਅਨਭਉ ਪ੍ਰਕਾਸ ਅਮਿਤੋਜਿ ਕਹਿੱਜੈ ॥

Divine Energy has stable behaviour and shines brightly to guide us even in the darkest time. Divine is endless force – unlike any force in material world which has its limitations and boundaries.

Pauri 1



ਕੋਟਿ ਇੰਦ੍ਰੁ ਇੰਦ੍ਰਾਣ ਸਾਹੁ ਸਾਹਾਣਿ ਗਣਿਜੈ ॥

Divine energy prevails in all forms of life and is also the one driving the one who claim to be kings and masters on this planet.

ਤ੍ਰਿਭਵਣ ਮਹੀਪ ਸੁਰ ਨਰ ਅਸੁਰ ਨੇਤ ਨੇਤ ਬਨ ਤ੍ਰਿਣ ਕਹਤ ॥

All states of mind—whether claiming to be king, aligned or misaligned with the Divine, or entangled in lifeless thoughts (rigid thinking)—ultimately come to acknowledge the presence of this Supreme Divine Energy.

ਤਵ ਸਰਬ ਨਾਮ ਕਥੈ ਕਵਨ ਕਰਮ ਨਾਮ ਬਰਨਤ ਸੁਮਤਿ ॥੧॥

Everyone experiences Divine in different way, which makes it impossible to list all the names of Divine. Everyone describes Parmesar in a way they experience it's virtues – which can never be holistic.

ਭੁਜੰਗ ਪ੍ਰਯਾਤ ਛੰਦ ॥

- ਭੁਜੰਗ --- Snake
- ਪ੍ਰਯਾਤ --Slithering
- ਛੰਦ -- Type of Poetry
- ਛੰਦ ਉੱਤਰੀ ਭਾਰਤ ਅਤੇ ਪਾਕਿਸਤਾਨ ਵਿੱਚ ਵਰਤੀ ਜਾਂਦੀ ਸ਼ਾਇਰੀ ਦੀ ਇੱਕ ਕਿਸਮ ਹੈ। ਜਿਹਨਾਂ ਕਾਵਿ ਤੁਕਾਂ ਦੇ ਅੱਖਰ ਮਾਤਰਾ ਅਤੇ ਗੁਣਾਂ ਦੀ ਗਿਣਤੀ ਅਨੁਸਾਰ ਖਾਸ ਤੌਲ ਵਿੱਚ ਰੱਖੇ ਜਾਣ ਉਹ ਛੰਦ ਹੁੰਦਾ ਹੈ। ਇਹ ਅੱਗੋਂ ਕਈ ਕਿਸਮ ਦੇ ਹੁੰਦੇ ਹਨ ਜਿਹਨਾਂ ਦੀ ਆਪੋ ਆਪਣੀਆਂ ਸੀਮਾਵਾਂ ਹੁੰਦੀਆਂ ਹਨ।

Meaning of the Snake Metaphor in Jaap Sahib

Snake (Sarap) in Indian spiritual and poetic literature is often used to represent a **mysterious, powerful, and graceful movement** — something that cannot be easily caught or predicted.

When Guru Gobind Singh Ji says *like a snake slithers*, he may be describing how **the Divine presence moves through creation silently but powerfully**.

Just as a snake's movement leaves **no footprints**, Akal Purakh's **energy pervades everything invisibly** — present in all, yet **formless and subtle**.

Meaning of the Snake Metaphor in Jaap Sahib

“Guru Sahib used a creative way to tell us that **Waheguru is everywhere, moving through everything — quietly, gracefully, powerfully**, like a snake that no one sees but everyone feels.

And just like Guru Sahib called God with so many beautiful names, we can also become God-like by building those qualities in us — like kindness, truth, and bravery.”

Pauri 2-5

ਨਮਸਕੁੰ

I honour and respect
You for Your divine
values and
countless virtues.

ਅਕਾਲੇ — *Beyond the
limitations of time.*

ਕ੍ਰਿਪਾਲੇ — *Merciful
and full of grace.*

ਅਰੂਪੇ — *Formless,
without shape or
body.*

ਅਨੂਪੇ — *Beyond all
comparison.*

ਅਭੇਖੇ — *Without any
outer disguise or
display.*

ਅਲੇਖੇ —
*Indescribable —
beyond words and
writing.*

ਅਕਾਏ — *Without
physical form or
dependency.*

ਅਜਾਏ — *Beyond
birth and death.*

ਅਗੰਜੇ — *Self-existent
and self-sustaining.*

ਅਭੰਜੇ —
*Indestructible —
cannot be broken or
harmed.*

ਅਨਾਮੇ — *Nameless
— beyond any one
name.*

ਅਠਾਮੇ — *Beyond any
place, position, or
space.*

ਅਕਰਮੰ — *Does not
perform actions in a
physical sense.*

ਅਧਰਮੰ — *Not
confined to any one
religion or ritual.*

ਅਨਾਮੰ — *Nameless
— unlimited identity.*

ਅਧਾਮੰ — *Without
fixed residence —
present everywhere.*

Paure 2 The Eternal Divine

- Reflecting on the timeless, ever-present nature of Akalpurakh.
- ਅਕਾਲੇ : Beyond the limitations of time.
- I remember that the Divine is beyond time, never born, never ending.
- I trust the eternal truth, even when I face worldly deadlines and changes.



Pauri 2 Continued (What Does it mean to me)



- ਕ੍ਰਿਪਾਲੇ : Merciful and full of grace.

I will show kindness and forgiveness, knowing that Divine grace flows endlessly, even when others are unkind.

- ਅਰੂਪੇ : Formless, without shape or body.

I will not judge others by appearance. I strive to see the formless light of Waheguru in all beings.

- ਅਨੂਪੇ : Beyond all comparison.

No one equals the Divine. I choose humility, knowing that my true strength is in remembering the One without equal.

Pauri 3 Living Truthfully with Simplicity

Embracing spiritual honesty, inner purity, and depth beyond words.

- ਅਭੇਖੇ : Without any outer disguise or display.

I choose to be real and authentic. Just as Parmesar needs no disguise, I will live without pretense.

- ਅਲੇਖੇ : Indescribable, beyond words and writing.

Words cannot explain the Divine. I pause in silent awe, appreciating the mystery of truth beyond logic.

Pauri 3 Continued

- ਅਕਾਏ : Without physical form or dependency.

I am not just a body, my soul is part of the formless Creator. I will act from that awareness.

- ਅਜਾਏ : Beyond birth and death.

The Divine is eternal. I draw courage from knowing my soul is part of that undying truth.

Pauri 4: Strength and Wholeness in the Divine

- ਅਗੰਜੇ: Self-existent and self-sustaining.

Just as Akalpurakh needs no support, I will rely on inner strength and truth rather than outer approval.

- ਅਭੰਜੇ : Indestructible, cannot be broken or harmed.

I may fall or feel broken, but the Divine spark in me cannot be destroyed. I will rise again.

Pauri 4 : Continued

- ਅਨਾਮੋ : Nameless — beyond any one name.

The Divine is known by many names, yet beyond all. I will honour all paths of goodness.

- ਅਠਾਮੋ : Beyond any place, position, or space.

The One is everywhere, not tied to Particular Place. I will carry reverence into every space I enter.

Pauri 5 : Going Beyond Ego and Labels

Transcending rituals, names, and ego to connect with universal Divine wisdom.

- ਅਕਰਮੰ : Does not perform actions in a physical sense.

The Divine acts through all, without claiming credit. I will serve with humility, expecting nothing in return.

- ਅਧਰਮੰ : Not confined to any one religion or ritual.

Akalpurakh cannot be contained by one tradition. I will focus on values, not rituals alone.

Pauri 5 : Continued (What Does It Mean To Me)

- ਅਨਾਮੰ: Nameless, unlimited identity.

The Divine wears no single identity, I will not limit others or myself by worldly labels.

- ਅਧਾਮੰ : Without fixed residence, present everywhere.

There is no fixed place for the Divine. I will recognise that every heart and every home can be sacred.

Pauri 6-7

ਅਜੀਤੇ ॥

Unconquerable – You can never be overcome; your strength is supreme.

ਅਭੀਤੇ ॥

Fearless, Without Dependence – You live without fear, not relying on duality or worldly supports.

ਅਬਾਰੇ ॥

Beyond Physical Arms – You cannot be restrained or controlled by force or weapons.

ਅਚਾਰੇ ॥੬॥

Invincible, Unshakable – No one can defeat you or diminish your presence.

ਅਨੀਲੇ ॥

Without Colour or Form – You are untouched by external influence, above material identity.

ਅਨਾਦੇ ॥

Without Beginning – You have no origin; you are eternal and always present.

ਅਛੇਦੇ ॥

Unpierceable – You are flawless, pure, and cannot be tainted.

ਅਗਾਧੇ ॥੭॥

Incomprehensible – You are too deep to be fully known; your essence is infinite and sacred.

Pauri 6
Inner Strength
from Divine
Power
(What does it
mean to me)

Reflecting the strength and courage gifted by Waheguru:

ਅਜੀਤੇ ॥ – Unbeatable

➤ I will remain strong in my values, even when life challenges me.

ਅਭੀਤੇ ॥ – Fearless

➤ I will walk with courage, knowing Wisdom of Good Voice is with me.

ਅਬਾਰੇ ॥ – Beyond Physical Arms

➤ I trust in spiritual strength, and not physical power (for e.g. weapons, political power, physical supermacy).

ਅਚਾਰੇ ॥੬ – Cannot Be Broken

➤ I will stay grounded in truth and will never give up due to any physical / mental pain or pressure.

Pauri 7 - Limitless, Timeless Light (What does it mean to me)

Connecting to the timeless, formless nature of the Divine:

ਅਨੀਲੇ॥ – *Pure & Colourless*

➤ I will keep my mind clean from ego, jealousy, and pride.

ਅਨਾਦੇ॥ – *Beyond the sounds (distractions) of material world*

➤ Follow the voice that is beyond distractions of this material world and is advising me to stay focused.

ਅਛੇਦੇ॥ – *Cannot Be Pierced*

➤ I will protect myself from negativity by staying in the fort of Divine Wisdom.

ਅਗਾਧੇ ॥੧॥ – *Divine Insight: Infinite Depth*

➤ Its deeper than any concept that exists within the material world. It motivates me to live a life that is deeply rooted into wisdom as opposed to surface level concepts of material philosophies.

Pauri 8-10

ਅਗੰਜੇ ॥

Self-Protected Wisdom – You do not need guards; your divine wisdom protects itself.

ਅਭੰਜੇ ॥

Indivisible – You cannot be broken or divided; you are one, whole, and eternal.

ਉਦਾਰੇ ॥

Generous and Open-Hearted – Your compassion flows freely; your heart embraces all.

ਅਪਾਰੇ ॥੮॥

Limitless – Your generosity, wisdom, and divine grace know no boundaries.

ਨਮਸਤੰ ਸੁ ਏਕੈ ॥

Salutations to the One – I bow to your oneness, the eternal singular divine presence.

ਨਮਸਤੰ ਅਨੇਕੈ ॥

Salutations to the Many Forms – I bow to your countless expressions, yet you remain the same One.

ਨਮਸਤੰ ਅਭੂਤੇ ॥

Salutations to the Non-Material – You are beyond the five elements, unseen yet ever-present.

ਨਮਸਤੰ ਅਜੁਪੇ ॥੯॥

Salutations to the Bondless – You are free from all limitations and attachments.

ਨਮਸਤੰ ਨ੍ਰਿਕਰਮੇ ॥

Salutations to the Non-Doer – You are not bound by actions; you are the silent enabler behind all.

ਨਮਸਤੰ ਨ੍ਰਿਭਰਮੇ ॥

Salutations to the One Beyond Illusion – You are without doubt, unlike me who lives in ego and forgets the true source behind every action.

ਨਮਸਤੰ ਨ੍ਰਿਦੇਸੇ ॥

Salutations to the One Beyond Place – You belong to no one land or nation, for all belong to you.

ਨਮਸਤੰ ਨ੍ਰਿਭੇਸੇ ॥੧੦॥

Salutations to the Formless in All Forms – Though beyond form, you manifest in every heart, every soul, everywhere.

Pauri 8

Oneness and Humility

(What does it mean to me)

Embracing divine humility and the beauty of being part of One Light:

ਅਗੰਜੇ॥ – *Truth Needs No Defence*

➤ I will live truthfully and positively, without fear of judgment.

ਅਭੰਜੇ॥ – *Inseparable*

➤ I will stay true to my divine identity and never forget my purpose. No form of life can live independently or in separation from Divine – it's only an illusion of ego.

ਉਦਾਰੇ॥ – *Generous Hearted*

➤ I will live a life rooted in the belief that I brought nothing and will take nothing with me. I will share with no expectation

ਅਪਾਰੇ ॥੮॥ – *Limitless*

➤ I will drive to experience Divine which is limitless as opposed to material experiences which have their limitations

Pauri 9 Divine Living Every Day

(What does it
mean to me)

Living with full faith, service, and awareness of Jot' presence:

ਨਮਸਤੰ ਸੁ ਏਕੈ ॥– *One in All*

▶ I will experience Parmesar in everyone and treat all with equality.

ਨਮਸਤੰ ਅਨੇਕੈ ॥– *Manifests in Endless Ways*

▶ I will embrace diversity and respect all paths to truth.

ਨਮਸਤੰ ਅਭੂਤੇ – Not made of material / Beyond physical elements

▶ I remember that the Divine is not bound by earth, water, fire, air, or space. I learn to look beyond physical appearances and honour the unseen spirit in all.

ਨਮਸਤੰ ਅਜੁਪੇ – Beyond body / Bondless form.

▶ I trust in the boundless energy of the Divine that has no single shape. I try not to limit others—or myself—based on form, body, or identity.

Pauri 10

(What does it
mean to me)

ਨਮਸਤੰ ਨ੍ਰਿਕਰਮੇ ॥– *Not the Doer, but the Enabler*

▶ I will serve selflessly, knowing all power flows from the Divine.

ਨਮਸਤੰ ਨ੍ਰਿਭਰਮੇ ॥– Without illusion / Free from doubt

▶ I acknowledge that the Divine acts with perfect clarity, not confusion like my mind often does. I aim to live with trust and remove doubts, staying grounded in truth and inner awareness.

Paure 10 Continuation

(What does it
mean to me)

ਨਮਸਤੰ ਨ੍ਰਿਦੇਸੇ ॥– *Not Bound by Space or Form*

➤ I will feel Akalpurakh's presence in every place, not just limited to one place of worship.

ਨਮਸਤੰ ਨ੍ਰਿਭੇਸੇ ॥੧੦॥ Without one form / Not limited to one appearance

➤ I remember that the Divine is not bound by any one shape, it resides in every shape and form that is alive.

I will respect all forms of life and understand that divine light shines through everyone.

Pauri 11 to 15

ਨਮਸਤੰ ਨਿੰਨਾਮੇ ॥ Nameless
Presence

ਨਮਸਤੰ ਨਿੰਕਾਮੇ ॥ Content and
Complete

ਨਮਸਤੰ ਨਿੰਧਾਤੇ ॥ Spirit Above
Materialism

ਨਮਸਤੰ ਨਿੰਘਾਤੇ ॥੧੧॥ Eternally
Safe

ਨਮਸਤੰ ਨਿੰਧੁਤੇ ॥ Stable and Firm

ਨਮਸਤੰ ਅਭੂਤੇ ॥ Independent and
Eternal

ਨਮਸਤੰ ਅਲੋਕੇ ॥ All-Pervading
Presence

ਨਮਸਤੰ ਅਸੋਕੇ ॥੧੨॥ Eternally
Blissful

ਨਮਸਤੰ ਨਿੰਤਾਪੇ ॥ Calm and Free

ਨਮਸਤੰ ਅਥਾਪੇ ॥ Comprehensive
Presence

ਨਮਸਤੰ ਤ੍ਰਿਮਾਨੇ ॥ Universal
Respect

ਨਮਸਤੰ ਨਿਧਾਨੇ ॥੧੩॥ Wealth of
Wisdom

ਨਮਸਤੰ ਅਗਾਰੇ ॥ Limitless and
Profound

ਨਮਸਤੰ ਅਬਾਰੇ ॥ Completely Free

ਨਮਸਤੰ ਤ੍ਰਿਬਰਗੇ ॥ All-Pervading
Presence

ਨਮਸਤੰ ਅਸਰਗੇ ॥੧੪॥ Immutable

ਨਮਸਤੰ ਪ੍ਰਭੇਗੇ ॥ Full Awareness

ਨਮਸਤੰ ਸੁਜੇਗੇ ॥ Union with the
Ultimate

ਨਮਸਤੰ ਅਰੰਗੇ ॥ Beyond
Definition

ਨਮਸਤੰ ਅਭੰਗੇ ॥੧੫॥ Eternally
Unbreakable

Pauri 11
What Does It
Mean To Me

- ਨਮਸਤੰ ਨਿਨਾਮੇ : **Nameless Presence**
Self-Reflection:
- No single name can represent all the virtues of Divine (Parmesar)
- For e.g. there are so many names of Divine in Jaap Sahib itself but yet none of these names in single or collective form can represent the holistic nature of Parmesar.
- I will appreciate the infinite in everything – qualities I see within all forms of life.

Pauri 11 Continued

- ਨਮਸਤੰ ਨਿਕਾਮੇ : **Content and Complete Self-Reflection:**
- The Divine is not driven by wants or desires,
- I can aim for peace and contentment in my own life.



Pauri 11 Continued

- ਨਮਸਤੰ ਨ੍ਰਿਯਾਤੇ: **Spirit Above Materialism**
Self-Reflection:
 - Let me detach from distractions and connect with what truly matters.
- ਨਮਸਤੰ ਨ੍ਰਿਯਾਤੇ: **Eternally Safe**
Self-Reflection:
 - The Divine cannot be defeated.
 - I can trust in its eternal refuge



Pauri 11 Continued

- ਨਮਸਤੰ ਨਿਘਾਤੇ: **Eternally Safe Self-Reflection:**
- The Divine cannot be defeated.
- I can trust in its eternal refuge.



Pauri 12

- ਨਮਸਤੰ ਨ੍ਰਿਯੁਤੇ: **Stable & Firm**
- Divine is stable and is unaffected by what is happening within the material world
- Divine law is firm – its same for everyone. It doesn't bring bias by having emotions for someone.
- Firmness doesn't mean rigidity – it means duty of care. Divine cares for all – hence keeps reminding us firmly to follow the right path.

Pauri 12

- ਨਮਸਤੰ ਅਭੂਤੇ: **Independent & Eternal**
- Divine is independent of anyone else. It doesn't need to consult someone to execute Divine Law.
- Divine is eternal – doesn't change with time and is infinite.



Pauri 12

- ਨਮਸਤੰ ਅਲੋਕੇ: All pervading presence
- Divine is present within me all the time. There is no way I can escape the Divine presence, doesn't matter wherever I go.
- Divine is the creator of this creation. In that sense too, Divine is present everywhere as everything is manifestation of Divine.



Pauri 12

- ਨਮਸਤੰ ਅਸੋਕੇ : Eternally blissful
- Divine is blessing us with wisdom forever.
- Blessing is in form of wisdom that enables me understand and achieve purpose of life.
- Doesn't matter I follow this wisdom or not, the advise is never becoming rude, irritated or angry – irrespective of my behavior, Divine is showering me with bliss and blessings.



Pauri 13

- ਨਮਸਤੰ ਨ੍ਰਿਤਾਏ : Calm & Independent
- Divine is independent of my actions in material world
- It's guiding me all the time, with no expectation and desire in return
- Divine stays calm and still – irrespective of how fast, slow, anxious, aggressive my mind may act in the material world.



Pauri 13

- ਨਮਸਤੰ ਅਥਾਪੇ : Comprehensive Presence
- Divine presence is comprehensive and complete in all aspects all the time.
- My focus may break due to distractions around me but Divine's focus is never broken and knows what my thoughts, and actions are at any point.
- Divine is always in present – never focused on past or future.

How do I associate with following

Thing
House
Position
Friends
Gadgets
Achievement

How do I associate with this these things? As mine or blessings of Divine that enabled me?

The more I establish ownership, the more I move toward control, bias, and worry.

- When I say my house, my position, my reputation, my project, my friend group, I slowly become its controller.
And the more I control, the more I worry.
- Divine Presence (ਅਥਾਪੇ) is not insecure ownership.
It is steady presence without anxious control.

As humans, we build identity through establishment:

- My grades
- My university
- My relationship
- My social image
- My leadership role
- My car
- My followers
- My friend group
- My team
- My family

- The more we attach identity to these, the more:
- We fear losing them
- We become defensive about them
- We become biased toward protecting them
- We control others to maintain them
- We worry constantly
- That is human establishment.

Contrast with ਨਮਸਤੰ ਅਥਾਪੇ

- Comprehensive Presence means:
- Not limited to one identity
- Not dependent on one role
- Not anxious about loss
- Not partial due to ownership
- Not controlling to feel secure
- Divine presence sustains everything, but is not anxious about ownership.

Ownership vs Stewardship

- Ownership Mindset →

“My team” → Protect image → Control → Bias → Worry → Stress

- Stewardship Mindset →

“I am entrusted temporarily” → Guide fairly → Share responsibility → Peace → Growth



Pauri 13

- ਨਮਸਤੰ ਤ੍ਰਿਮਾਨੇ : Universal Respect
- Divine respects all forms of life.
- Its making all forms of life progress to help them achieve the purpose of there existence
- Even when I am disrespectful to Divine wisdom, it doesn't do the same back to me.

Reflection Activity

- Who do I automatically respect?
- Who do I struggle to respect?
- Why?
- When was the last time my ego overruled my humility?
- Can I separate disagreement from disrespect?

Human Respect

Conditional
Mood-based
Status-based
Reciprocal
Ego-protecting
Selective
Temporary
Influenced by benefit

Divine Respect (Universal)

Unconditional
Principle-based
Existence-based
Non-reactive
Ego-free
All-inclusive
Consistent
Independent of benefit



Pauri 13

- ਨਮਸਤੰ ਨਿਯਾਨੇ : Endless Wealth of Wisdom
- Divine has endless wealth of wisdom that is guiding all forms of life, elements and universe
- This wisdom doesn't end and not limited to certain situations
- Unlike material wealth that decreases as we spend, divine wealth is endless and as a human more we spend (experience), wiser (richer) we become with this wealth.

- When we say someone is wealthy, what do we usually mean?
- Can someone be extremely rich but emotionally poor?

Human Wealth Thinking

- Wealth = possessions
- Security through ownership
- Sharing reduces what I have
- Attachment to things
- Fear of losing

Divine Wealth Thinking

- Wealth = wisdom
- Security through understanding
- Sharing increases what I have
- Alignment with purpose
- Confidence in abundance

Human Character

- Protects possessions
- Hoards resources
- Attached to outcomes
- Fear of losing
- Defines wealth by assets

Divine Character

- Protects wisdom
- Shares insight
- Focused on growth
- Trust in abundance
- Defines wealth by understanding

- Material wealth stays in the world.
- Wisdom transforms us as a person.
- Material fills storage spaces.
- Wisdom expands consciousness.

- Material wealth stays outside us.
- Divine wealth grows within us.
- The more we share it, the richer we become.

ਕਹਿ ਕਬੀਰ ਨਿਰਧਨੁ ਹੈ ਸੋਈ ॥

ਜਾ ਕੇ ਹਿਰਦੈ ਨਾਮੁ ਨ ਹੋਈ ॥੪॥੮॥



Pauri 14

- ਨਮਸਤੰ ਅਗਾਰੇ : Limitless & Profound
- Divine is limitless and beyond human brain's comprehension
- Divine is deep – like an ocean which is beyond human reach. Ocean is just a symbol as that's the deepest thing we know – Divine is even more profound.

- Have you ever judged a situation or person quickly, and later realised the reality was much deeper than you first thought? What changed your understanding?
- Why do people sometimes become very confident after learning just a little about something?
- What is one area of life where you realised things are far more complex than you originally thought?
- Which mindset helps a person grow more?
- If Divine wisdom is limitless, what attitude should we develop toward learning and understanding?
- If reality is deeper than what we understand today, how should that change the way we treat other people and situations?

Human Character

Understanding is limited
Judges situations quickly based on surface
Assumes “I know enough”
Knowledge grows slowly with experience
Often confident in partial knowledge

Divine Character

Wisdom is limitless
Sees the complete depth of reality
Infinite knowledge beyond comprehension
Source of all knowledge and understanding
Holds complete truth beyond human reach

Pauri 14

- ਨਮਸਤੰ ਅਬਾਰੇ : Completely Free
- Divine is free from any limitations of the material world.
- While the Divine is completely free from influence, I can work towards freeing myself from the forces that control my thoughts and decisions.

- When do you feel most free in your life?
- How many of our daily decisions are truly ours, and how many are influenced by friends, trends, or expectations?
- If social media disappeared tomorrow, how many of our choices about clothing, hobbies, or opinions would change?
- Have you ever agreed to something just because everyone else was doing it, even though you weren't fully comfortable with it?
- When someone says something negative to us, who is controlling our mood, them or us?
- If the Divine is completely free from influence, what kind of inner freedom should we try to develop in our own lives?

False Freedom

Doing whatever I feel like
No rules
Ignoring others
Chasing enjoyment
Being uncontrolled

Real Freedom

Doing what is right even when it's hard
Self-discipline
Respecting relationships
Living with purpose
Being self-controlled

Human Reaction

Reacts emotionally
Follows the crowd
Seeks approval
Controlled by desires
Ego driven

Practicing Inner Freedom

Responds thoughtfully
Follows inner values
Acts with self-awareness
Guided by wisdom
Learning driven

Pauri 14

- ਨਮਸਤੰ ਤ੍ਰਿਬਰਗੋ All-Pervading Presence
- Divine is present everywhere, in all worlds, all situations, and within every being.
- I will remain aware that Divine is always present, so I act with honesty, respect, and consistency in every situation, even when no one is watching.



Pauri 14

- ਨਮਸਤੰ ਅਸਰਗੇ — Immutable (Uninfluenced)
- Divine remains unchanged and is not influenced by situations, people, or emotions.
- I will try to stay steady in my values, not changing my behaviour based on pressure, mood, or surroundings.



Pauri 15

- ਨਮਸਤੰ ਪ੍ਰਭੇਗੋ — Awareness

Divine is complete awareness — fully conscious of all existence.

My Reflection:

- I will stay aware of my thoughts, actions, and their impact.

My Practice:

- Pause regularly and observe before reacting.



Pauri 15

- ਨਮਸਤੰ ਸੁਜੋਗੋ — Ultimate Union

Divine represents the perfect union of the self with the Ultimate truth.

My Reflection:

- I will aim to align my actions with truth and higher values.

My Practice:

- Make choices that match my inner values, not just outer desires.



Pauri 15

- When do we show awareness?
 - A. Reacting instantly
 - B. Pausing before responding
 - C. Following mood
 - D. Ignoring situation
- Which shows alignment (ਸੁਜੋਗੋ)?
 - A. Doing what feels easy
 - B. Doing what others expect
 - C. Acting according to values even when hard
 - D. Avoiding responsibility
- A student scrolling instead of studying lacks:
 - A. Intelligence
 - B. Awareness
 - C. Time
 - D. Resources



Pauri 15

- A student scrolling instead of studying lacks:
 - A. Intelligence
 - B. Awareness
 - C. Time
 - D. Resources
- Which is true?
 - A. Awareness changes nothing
 - B. Awareness automatically improves life when acted upon
 - C. Awareness is only thinking
 - D. Awareness is optional



Pauri 15

- ਨਮਸਤੰ ਅਰੰਗੋ— Detachment

In true union, the mind is no longer attracted or influenced by material distractions.

My Reflection:

- I will not let temporary pleasures control my decisions.

My Practice:

- Stay focused on purpose, even when distractions are present.



Pauri 15

- ਨਮਸਤੰ ਅਭੰਗੋ — Unbreakable

Divine truth is eternal and cannot be shaken or proven wrong.

My Reflection:

- I will build my life on values that remain true in all situations.

My Practice:

- Stay firm in truth, even when it is difficult.

ਨਮਸਤੋ ਅਗੰਮੇ — Beyond Comprehension / Infinitely Deep



Pauri 16

Meaning:

Divine is infinitely deep and beyond the full comprehension of the human intellect unless consciousness becomes aligned with core divine values and the true source within.

ਨਮਸਤੰ ਅਗੰਮੇ — Beyond Comprehension / Infinitely Deep

Pauri 16

My Reflection:

The more I become trapped in ego, distractions, and superficial understanding, the further I move from experiencing deeper truth.

My Practice:

I will work toward aligning my thoughts, actions, and values with truth, humility, and awareness so I can gradually experience deeper spiritual understanding.



Pauri 16

ਨਮਸਤਸਤੁ ਰੰਮੇ - All-Pervading Presence

Meaning:

Divine exists within every form of life and throughout all creation.

My Reflection:

The same Divine light exists within everyone, regardless of status, appearance, beliefs, or background.

My Practice:

I will treat others with respect and compassion, remembering Divine presence exists within all.



Pauri 16

ਨਮਸਤੰ ਜਲਾਸਰੇ — **Universal Sustainer**

Meaning:

Divine continuously supports and sustains all life, creation, and existence.

My Reflection:

Just as Divine supports all without discrimination, I too can become a source of support, encouragement, and positivity for others.

My Practice:

I will live with gratitude and contribute positively to support others rather than living only for myself.

Namastam Jalasare — Universal Sustainer
Reflections & Practices





Pauri 16

ਨਮਸਤੰ ਨਿਰਾਸਰੇ — Self-Dependent / Independent Existence

Meaning:

Divine exists independently and is not dependent on physical forms, approval, or external support.

My Reflection:

Much of my stress and insecurity comes from depending too heavily on people, possessions, status, or validation.

My Practice:

I will gradually reduce dependence on external validation and develop inner stability through wisdom and self-awareness.