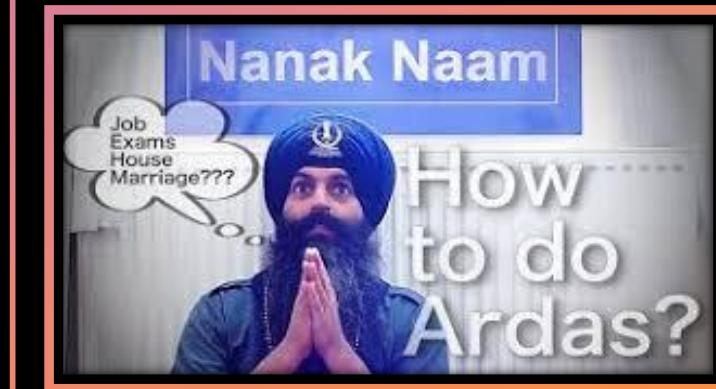
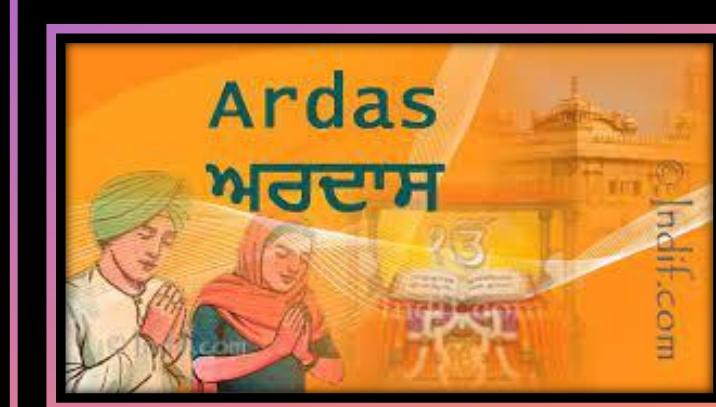


ARDAS



What is Ardas?

ARDAS – Means Request or Ask for something. The word Ardas has it's roots in two languages

- Sanskrit (Old Indian Language) – On Sanskrit word Ard (ARD) Means Request, Ask or Beg
- Persian – ArzDasht, which means a written petition or a request to someone.
- Ardas is a symbol of **being humble and seeking strength**
- Ardas is significant part of Sikh culture and we will learn different aspects of the word ARDAS from our culture and Gurbani.

Ardas We do As Sangat

ARDAS – Examples of when we do Ardas and Why?

Occasion	Why
Start and Completion of Diwan at GurDwara Sahib	Parmeshar give us the strength to successfully complete the Diwan
New Born Baby	So that he / she can live the life in as per the guidance of Gurbani – stay humble and have strength of wisdom
New House	We don't get attached to it and be greedy for more and more
New Job	Strength to do job with best commitment, honestly and display values of Gurbani at work
Marriage	We stay honest, humble with each other and collectively work to understand Gurbani in life
Death	Seek strength to stay strong and accept HUKUM at the time, when someone close to us, is no more.

Ardaas is the reminder that we have to stay humble and acknowledge that Waheguru Jee is assisting me with every task I do in life.

Ardas We do As Sangat

ARDAS – Ardas we do as a sangat is also called as **Panthic Ardaas**. The structure of this Ardaas is as follows:

- First paragraph from Chandi Ki Vaar from Dasam Granth.
- Then we remember all the great Sikh Personalities, who lived their lives as per the values of Gurbani.
- Remembering all the GurDwara Sahibs
- Remember the Khalsa who has lived as per the values of Gurbani, across the globe
- Seek blessings – Blessing to Live as Per Gurbani, Accept how Waheguru Jee made us and live with Kesh, Wisdom, Acceptance, Faith.
- In the end, we seek the well being of all the humanity and other species

Chandi Ki Vaar

First paragraph of Panthic Ardaas, has been taken from Dasam Granth (Chandi Di Vaar)

Chandi – Lets try to understand Chandi through some English Idioms. Depending upon how someone makes use of their brain, they may be given different names:

1) Air Headed – Dim witted, useless or unintelligent person



ਸਰ ਫਿਰਿਆ ਦਿਮਾਗ

2) Butt Head – Stubborn Person



ਜਿੱਦੀ ਦਿਮਾਗ

Chandi Ki Vaar

3) Lame Brain – Stupid Person



ਅਕਲੋਂ ਪੈਦਲ

4) Devil Brain – One who gets into troubles



ਸੈਤਾਨ ਦਾ ਘਰ

5) Propellor Head – Technical person



ਚੁਸਤ ਦਿਮਾਗ

6) Sleepy Head – Inattentive Person



ਸੁਸਤ ਦਿਮਾਗ

Chandi Ki Vaar

Chandi – The Brain that lives as per the teachings of Gurbani and **constantly fights the bad voice**

Vaar – A style of composition which describes story of brave people. In Sikhi, **Vaar** describes the **fight between good and bad voice**. The fight that goes within us. Describes **story of brave brains**, who were able to win the bad voice through good knowledge.



ੴ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹ ॥ - If we live by **teachings of Gurbani**, Waheguru Jee will help us **win over bad habits**.

ਵਾਰ ਸ੍ਰੀ ਭਗਉਤੀ ਜੀ ਕੀ ॥ - **Vaar** – Song of War (War between Good and Bad thoughts in my mind).

Bhagauti – **Teachings of Gurbani** that helps me win over my Bad thoughts. Gurbani becomes my sword to kill the bad habits.

Bhagauti – Teachings of Gurbani

Chandi – Brain that adopts teachings of Gurbani



Chandi Ki Vaar

ਪਾਤਿਸਾਹੀ ੧੦ ॥ ਪਉੜੀ ॥ ਪ੍ਰਿਥਮ ਭਗੌਤੀ ਸਿਮਰਿ ਕੈ ਗੁਰ ਨਾਨਕ ਲਈ ਧਿਆਇ ॥

Pritham – Firstly.

Simar – Remembering something in Mind forever – Living life in someone's remembrance. It's like how kid is always in thoughts of Mother, even when she is doing other tasks.

Dhiyay(i) – Focus.

Firstmost, Gur Nanak **remembered** and kept **focus** on Bhagauti (Message of Parmeshar)

ਫਿਰ ਅੰਗਦ ਗੁਰ ਤੇ ਅਮਰਦਾਸੁ ਰਾਮਦਾਸੈ ਹੋਈਂ **ਸਹਾਇ** ॥ - Bhagauti or Gurbani was then Sahai (**helpful**) to Gur Angad, Amardaas and Raamdaas Jee

ਅਰਜਨ ਹਰਿਗੋਬਿੰਦ ਨੇ **ਸਿਮਰੈ** ਸ੍ਰੀ ਹਰਿਰਾਇ ॥ **Simro** – Fifth, Sixth and Seventh Patshahi also **remembered** the Gurmat or led the gurmat driven life

Chandi Ki Vaar

ਸ੍ਰੀ ਹਰਿਕ੍ਰਿਸ਼ਨ ਧਿਆਈਐ ਜਿਸੁ **ਛਿਠੇ** ਸਭਿ **ਦੁਖਿ** ਜਾਇ ॥

Dithe – Adopting (Seeing Gurmat from eyes of mind). Let's understand Dithe from an example:



Struggling to understand a concept



Happy after understanding the concept



It's like Mind has seen / understood the concept

Dukh – Mental Challenges – Everything that is keeping me away from Good Voice

Sri Har Krishan Jee himself **focused** (Dhiyayie) and **Adopted** Gurmat that is capable to deal with all types of mental challenges.

Chandi Ki Vaar

ਤੇਗ ਬਹਾਦਰ ਸਿਮਰਿਐ ਘਰਿ ਨਉ ਨਿਧਿ ਆਵੈ ਧਾਇ ॥

Simariye – Lived life as per gurmat.

Nau Nidh – Treasure of wisdom ਨਉ ਨਿਧਿ ਅੰਮ੍ਰਿਤੁ ਪ੍ਰਭ ਕਾ ਨਾਮੁ ॥

Ghar – Inside me, where my thoughts live

Teg Bahadur Jee lived his life as per Teachings of Gurbani and had new treasure (treasure of wisdom) in his heart.

ਸਭ ਥਾਈਂ ਹੋਇ ਸਹਾਇ ॥੧॥

Gurmat is helpful in every aspect of my life. Doesn't matter what challenge I face, Gurmat can help me.

Patshahi 10 is telling the story of his predecessors – How they lived their life with Bhagauti

Chandi Ki Vaar

After this paragraph, Panthic Ardaas covers following aspects:

- Then we remember all the great Sikh Personalities, who lived their lives as per the values of Gurbani.
- Remembering all the GurDwara Sahibs
- Pray that wherever Sikhs live in this world, they are able to live their life as per Sikh Principles
- Seek blessings – Blessing of Live as Per Gurbani, Accept how Waheguru Jee made us and live with Kesh, Wisdom, Acceptance, Faith.
- In the end, we see the well being of all the humanity and other species

Ardaas Etiquettes

Ardaas

- Stand straight with both hands folded
- Keep your eyes closed
- Focus on the message or all the different aspects of Sikh History being mentioned in the Ardaas
- Don't watch here and there
- Don't walk or run during the Ardaas

Ardaas As Per Gurbani

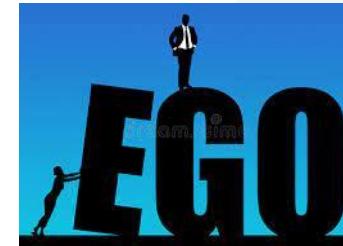
Ardaas

- We try our best to be good but our bad voice keeps coming. Ardaas is the way to **seek strength**
- There are times when we overcome our bad voice but we have ego that how good I am. Ardaas is the way to **stay humble**
- We at times listen to bad voice and desperately want to own things. Ardaas helps me come back to my needs and help me **develop my acceptance**

Ardaas – SEEK Strength

- We try our best to be good but our bad voice keeps coming. Ardaas is the way to **seek strength**

ਤੁਧੁ ਗੁਣ ਮੈ ਸਭਿ ਅਵਗਾਣਾ ਇਕ ਨਾਨਕ ਕੀ ਅਰਦਾਸਿ ਜੀਉ ॥



ਤੁਧੁ ਗੁਣ – Good Voice helps to connect to **virtues**

ਮੈ ਸਭਿ ਅਵਗਾਣਾ – I am the one who keeps doing **wrong things**

ਇਕ ਨਾਨਕ ਕੀ ਅਰਦਾਸਿ ਜੀਉ - O Nanak, Prayer is to seek strength to have virtues like you

Good voice helps to connect with **virtues** and I keep forgetting listen to it and end up **doing wrong things**. Prayer with sincere effort to give me strength to follow the guidance of good voice.

Ardaas – SEEK Strength

We try our best to be good but our bad voice keeps coming. Ardaas is the way to **seek strength**

ਤੁਧੁ ਗੁਣ ਮੈ ਸਭਿ ਅਵਗਣਾ ਇਕ ਨਾਨਕ ਕੀ ਅਰਦਾਸਿ ਜੀਉ ॥

Good voice helps to connect with **virtues** and I keep forgetting listen to it and end up **doing wrong things**.
Prayer with sincere effort to give me strength to follow the guidance of good voice.

- Do I get a feeling that sometimes I end up doing wrong things?
- Do I get a feeling that I need to improve but I don't have enough strength to always stay positive and do good things?
- Have I ever done prayer to seek strength?

Ardaas – SEEK Strength

We try our best to be good but our bad voice keeps coming. Ardaas is the way to **seek strength**

ਤੂ ਠਾਕੁਰੁ ਤੁਮ ਪਹਿ ਅਰਦਾਸਿ ॥ ਜੀਉ ਪਿੰਡੁ ਸਭੁ ਤੇਰੀ ਰਾਸਿ ॥
ਤੁਮ ਮਾਤ ਪਿਤਾ ਹਮ ਬਾਰਿਕ ਤੇਰੇ ॥ ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਮਹਿ ਸੁਖ ਘਨੇਰੇ ॥



ਤੂ ਠਾਕੁਰੁ ਤੁਮ ਪਹਿ ਅਰਦਾਸਿ - You are my **master** (guide) and I **pray** to you



ਤੁਮ ਮਾਤ ਪਿਤਾ ਹਮ ਬਾਰਿਕ ਤੇਰੇ – You are like my parent and I am you **kid** (who keeps forgetting to do right thing)

*mind
body
spirit*

ਜੀਉ ਪਿੰਡੁ ਸਭੁ ਤੇਰੀ ਰਾਸਿ ॥ - Life (good voice) within me is the **wealth** you gave me



ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਮਹਿ ਸੁਖ ਘਨੇਰੇ ॥ - With your grace I can live a life **full** of happiness / peace

Ardaas – SEEK Strength

We try our best to be good but our bad voice keeps coming. Ardaas is the way to **seek strength**

ਤੂ ਠਾਕਰੂ ਤੁਮ ਪਹਿ ਅਰਦਾਸਿ ॥ ਜੀਉ ਪਿੰਡ ਸਭੁ ਤੇਰੀ ਰਾਸਿ ॥
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Good voice is my **Master** and I **pray** to it. Body, Mind and Soul are the wealth given by Waheguru Jee. I have all this **wealth** to achieve the purpose of my life but I keep making mistakes. You are like my parent who keeps guiding me for right things and I as a **kid** keep making mistakes. I can only seek your strength through your blessings and live a life **full** of happiness .

- Do I feel thankful that Waheguru Jee has given me wealth of Body, Mind, Brain and Gurbani that can help me become a good person?
- Do I really accept I am like a kid of Waheguru Jee. If not why?

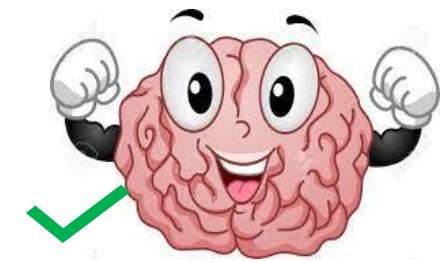
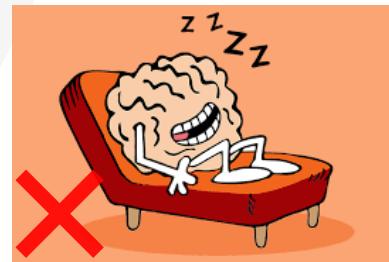
Ardaas – STAY Humble

There are times when we overcome our bad voice but we have ego that how good I am. Ardaas is the way to **stay humble**

ਜਿਸੁ ਨਾਲਿ ਜੋਰੁ ਨ ਚਲਈ ਖਲੇ ਕੀਚੇ ਅਰਦਾਸਿ ॥



ਜਿਸੁ ਨਾਲਿ ਜੋਰੁ ਨ ਚਲਈ – The ONE with whom I can't forcefully get things done



ਖਲੇ ਕੀਚੇ ਅਰਦਾਸਿ – all I can do is Prayer with **alert** Mind.

I can't force Waheguru Jee to make the world as I want it to be. I can only do Prayer with **alert** mind to stay humble and accept the way this world is.

Ardaas – STAY Humble

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ਜਿਸੁ ਨਾਲਿ ਜੋਰੁ ਨ ਚਲਈ ਖਲੈ ਕੀਚੈ ਅਰਦਾਸਿ ॥

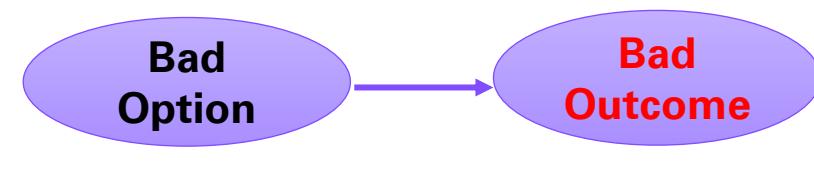
I **can't force** **Waheguru Jee** to make the world as I want it to be. I can only do Prayer with **alert** mind to stay humble and accept the way this world is.

- Do you think acceptance leads me to become humble?

Ardaas – DEVELOP Acceptance

We at times listen to bad voice and desperately want to own things. Ardaas helps me come back to my needs and help me **develop my acceptance**

ਵਿਣੁ ਤੁਧੁ ਹੋਰੁ ਜਿ ਮੰਗਣਾ ਸਿਰਿ ਦੁਖਾ ਕੈ ਦੁਖ ॥



ਵਿਣੁ ਤੁਧੁ ਹੋਰੁ ਜਿ ਮੰਗਣਾ - When I don't accept and be happy with what I have and greedily **keep asking for more and more things**.

ਸਿਰਿ ਦੁਖਾ ਕੈ ਦੁਖ - All I **keep getting is more and more pain**. Greed only brings pain in my life.

Forgetting the message of Good voice, when I start to ask for more and more in life – it all turns into pain for me. For e.g. If I don't listen to parents and still have ice cream in cold weather, all I get is sore throat and runny nose. We need to have faith that Waheguru Jee gives us everything at right time that we need to survive – All we have to do is keep working and accept the outcomes.

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ਵਿਣੁ ਤੁਧੁ ਹੋਰੁ ਜਿ ਮੰਗਣਾ ਸਿਰਿ ਦੁਖ ਕੈ ਦੁਖ ॥

We should always **ask for strength to develop our ability to listen to good voice** and be a good human. Waheguru Jee will always give me everything that I need to survive – All I need to do is do my best in every circumstances. Being **greedy just brings more and more pain** for me over the time.

- Do I feel that I should have more than what I already have? If yes, what can I do to address such feeling?
- Do I believe being greedy is good? If not, why?

Ardaas – DEVELOP Acceptance

We at times listen to bad voice and desperately want to own things. Ardaas helps me come back to my needs and help me **develop my acceptance**

ਮਾਗਨਾ ਮਾਗਨੁ ਨੀਕਾ ਹਰਿ ਜਸੁ ਗੁਰ ਤੇ ਮਾਗਨਾ ॥੪॥



ਮਾਗਨਾ ਮਾਗਨੁ ਨੀਕਾ – The **best** thing to ask in my prayer.



ਹਰਿ ਜਸੁ ਗੁਰ ਤੇ ਮਾਗਨਾ - How to listen and adopt the message of Gurbani or Good Voice in my life

The **best** thing to **ask** is the strength to **adopt** Gurbani in life.

- Do I ever ask to be a better human? If not, what all do I keep asking from Waheguru Jee?

What is Ardas - Redefined?

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- Ardas is a symbol of **being humble and seeking strength**
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Summary

Ardaas

- We do panthic ardaas on key events in our life – It's a regular reminder for us to stay humble, seek strength from Gurbani and not feel ego of our achievements in life
- Gurbani guides our mind to stay in Ardaas all the time – A prayer that my mind does:
 - To seek strength to leave my bad habits
 - To stay humble and make sure I don't live in EGO
 - To develop acceptance