



ਪਸੂ

ਗੁਰਬਾਣੀ ਵਿੱਚੋਂ ਸ਼ਬਦਾਵਲੀ



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NATURE – THE TEACHER

- WAHEGURU JEE created this beautiful nature for us.
- Nature teaches us so many things on how to live the life.
- Jot of WAHEGURU Jee exists within all forms of life and is teaching us something through all these species
- Gurbani takes many examples from nature to teach us how to live ideal life.



Objectives

- Every species has some strengths and weakness
- Strength helps these species progress in their life and weaknesses brings challenges in their life
- We will learn from Gurbani what are the strengths and weaknesses of various animals and birds
- Then we will apply these learnings into our life and see how we can improve by learning from other species.



DOG - ਦੂਕਦਾਰ

- One of the oldest partners or friends of human. Provided companionship, protection and help with hunting to humans, since early settlements.
- Sense of smell is 40x better than humans.
- Can sniff and breath at the same time.
- Some Dogs are incredible swimmers.
- Gurbani provides three key context of DOG's behavior
 - Loyalty (ਵਦਾਦਾਰੀ)
 - Greedy (ਲਾਲਚੀ)
 - Mad Dog (ਹਲਕਿਆ)

DOG - ਕੁਕਰ

- Gurbani uses following names to refer DOG

- ਕੁਕਰ
- ਸੁਆਨੁ
- ਕੁਤਾ

- Lets understand three aspects of DOGs behavior from Gurbani and self reflect, how I can learn from all these behaviors
 - Loyalty (ਵਫ਼ਾਦਾਰੀ)
 - Greedy (ਲਾਲਚੀ)
 - Mad Dog (ਹਲਕਿਆ)

DOG – କୁକର (GROUP ACTIVITY)



- Ask kids to google “Hachiko – Loyal Dog” and read his story with their parents – they can also watch this video about Hachiko Dog

<https://youtu.be/iqwwFAJ5DC0>

- In the class, make a group of students to discuss:
 - What did they learn about Hachiko from his story
 - How is he remembered now

DOG (ਸੁਆਨ) - Loyalty

ਸੁਆਮੀ ਕੇ ਗ੍ਰਹ ਜਿਉ ਸਦਾ ਸੁਆਨ ਤਜਤ ਨਹੀ ਨਿਤ ॥

ਨਾਨਕ ਇਹ ਬਿਧਿ ਹਰਿ ਭਜਉ ਇਕ ਮਨਿ ਹੁਏ ਇਕ ਚਿਤਿ ॥੪੫॥ (ਸਲੋਕ ਮਹਲਾ ੴ : ੧੪੨੮)

ਸੁਆਮੀ - Master

ਇਹ ਬਿਧਿ - same technique

ਗ੍ਰਹ - house

ਹਰਿ - Good Voice

ਸੁਆਨ - Dog

ਭਜਉ - connect

ਤਜਤ - leaves

ਇਕ ਮਨਿ ਹੁਏ ਇਕ ਚਿਤਿ - Bad Voice disappear by being Loyal
to Good Voice.

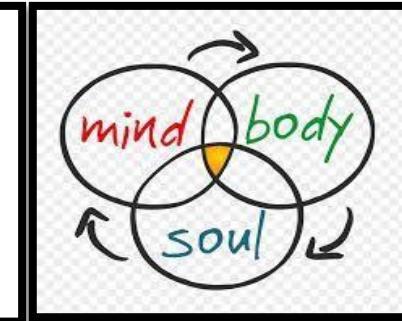
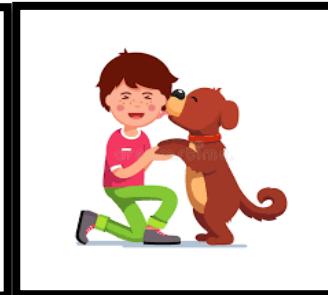
ਨਿਤ - never

- What do you understand from the pankti above?
- Can you link it to the story of Loyal Dog - Hachiko?

DOG (ਸੁਆਨ) - Loyalty

ਸੁਆਮੀ ਕੇ ਗ੍ਰਿਹ ਜਿਉ ਸਦਾ ਸੁਆਨ ਤਜਤ ਨਹੀ ਨਿਤ ॥

ਨਾਨਕ ਇਹ ਬਿਧਿ ਹਰਿ ਭਜਉ ਇਕ ਮਨਿ ਹੁਏ ਇਕ ਚਿਤਿ ॥੪੫॥ (ਸਲੋਕ ਮਹਲਾ ੴ : ੧੪੨)



ਸੁਆਮੀ ਕੇ ਗ੍ਰਿਹ ਜਿਉ ਸਦਾ ਸੁਆਨ ਤਜਤ ਨਹੀ ਨਿਤ ॥
As Dog, never leaves the house of Master.

ਨਾਨਕ ਇਹ ਬਿਧਿ ਹਰਿ ਭਜਉ ਇਕ ਮਨਿ ਹੁਏ ਇਕ ਚਿਤਿ ॥੪੫॥
O' Nanak – Use the same **technique** to **connect** to your **Good Voice**. Let your **Bad Voice** disappear by being **Loyal to Good Voice**.

What can I Learn from Loyal Dog:

- Loyalty to Master solves many challenges in DOG's life. It helps DOG get shelter, food, care and love from family members.
- Loyalty earns respect and people have faith in you.
- When my mind is Loyal to Gurbani or Good Voice (JOT), we get protection from challenges of life. For e.g. Anger, Greed, Back biting, Attachment, Ego.

DOG (ਕੁਕਰ) – Loyalty - Assignment

<https://forms.gle/hngoaLq449goDdN98>

DOG – କୁକର (GROUP ACTIVITY)



- Ask kids to google “Greedy Dog” and read his story with their parents. They can even watch the video – here is the sample

<https://www.youtube.com/watch?v=U3NgDPL2rd0>

- In the class, make a group of students to discuss:
 - What did you learn from Greedy Dog Story?
 - Being greedy made dog's life easy or hard?

DOG (ਕੁਤਾ) - GREEDY

ਅੰਤਰਿ ਲੋਭੁ ਭਉਕੈ ਜਿਸੁ ਕੁਤਾ ॥

ਜਮਕਾਲੁ ਤਿਸੁ ਕਦੇ ਨ ਛੋਡੈ ਅੰਤਿ ਗਇਆ ਪਛੁਤਾਈ ਹੈ ॥੮॥ (ਮਾਚੂ ਮਹਲਾ ੩ : ੧੦੪੫)

ਅੰਤਰਿ ਲੋਭੁ - Greed Inside.

ਜਮਕਾਲੁ - Thoughts of more and more

ਭਉਕੈ ਜਿਸੁ ਕੁਤਾ - Dog barking inside all the time.

ਤਿਸੁ ਕਦੇ ਨ ਛੋਡੈ - never leave such people

ਗਇਆ – leave this world

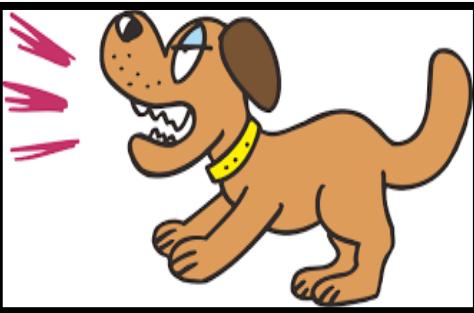
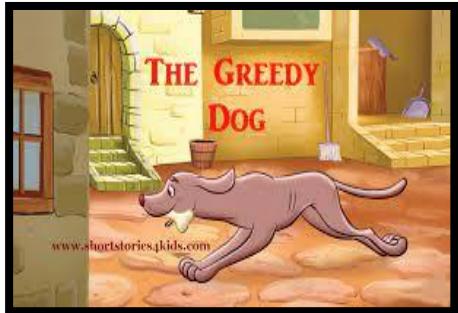
ਪਛੁਤਾਈ - repent

- What do you understand from the pankti above?
- Can you link it to the story of Greedy Dog?

DOG (ਕੁਤਾ) - GREEDY

ਅੰਤਰਿ ਲੇਭੁ ਭਉਕੈ ਜਿਸੁ ਕੁਤਾ ॥

ਜਮਕਾਲੁ ਤਿਸੁ ਕਦੇ ਨ ਛੋਡੈ ਅੰਤਿ ਗਇਆ ਪਛੁਤਾਈ ਹੈ ॥੮॥ (ਮਾਚੂ ਮਹਲਾ ੩ : ੧੦੪੫)



ਅੰਤਰਿ ਲੇਭੁ ਭਉਕੈ ਜਿਸੁ ਕੁਤਾ ॥

The ones who have **Greedy Dog** barking inside all the time. The one who is never satisfied.

ਜਮਕਾਲੁ ਤਿਸੁ ਕਦੇ ਨ ਛੋਡੈ ਅੰਤਿ ਗਇਆ ਪਛੁਤਾਈ ਹੈ ॥੮॥

Thoughts of more and more never leave such people and in the end, they **repent** for wasting their precious life in greed.

DOG (ਕੁਤਾ) – GREEDY – Learning

What can I Learn from Greedy Dog:

- Greedy DOG – By being greedy, he even lost what he had with him. In the end, he was left with nothing to satisfy his hunger.
- When my mind is greedy, it keeps asking for more and more. By doing so, it can never appreciate what it already has and how it can help enjoy the life.
- We always need to stay contented and thanks Waheguru Jee for what we have. We need to have faith that Waheguru Jee will always take my care. My job is to do sincere effort but never worry about outcomes. I always need to stay contented on outcomes of my effort – Chardi Kala.

DOG (ਕੁਤਾ) – GREEDY – Assignment

<https://forms.gle/n8ChC9y9L23wLqEj8>

DOG – କୁକର (GROUP ACTIVITY)



- Ask kids to watch the video below to understand the concept of “One Bad Apple spoils the bunch”

<https://www.youtube.com/watch?v=1VG11cLk7c4>

- In the class, make a group of students to discuss:
 - What do you learn from this phrase and can you come up with some examples from your life?

DOG (ਕੁਤਾ) – MAD DOG

ਲੋਭ ਲਹਚਿ ਸਭੁ ਸੁਆਨੁ ਹਲਕੁ ਹੈ ਹਲਕਿਓ ਸਭਹਿ ਬਿਗਾਰੇ ॥ (ਨਾਨ ਮਹਲਾ ੪ : ੩੩)

ਹਲਕੁ – Rabies is an incurable virus that attacks brain and spinal cord*

Animals with rabies transfer the virus to other animals and humans via a scratch or saliva following a bite**
DOG with rabies is called **ਹਲਕਿਆ ਕੁਤਾ** in Punjabi

ਲੋਭ ਲਹਚਿ - The waves of greed

ਹਲਕਿਓ - Effected Dog

ਸੁਆਨੁ ਹਲਕੁ - DOG with Rabies.

ਸਭਹਿ ਬਿਗਾਰੇ – Spoiling everyone

- What do you understand from the pankti above?
- Can you link it to the story of Rotten Apple?

*<https://pets.webmd.com/dogs/rabies-dogs#1>

**<https://www.healthline.com/health/rabies>

DOG (ਕੁਤਾ) – MAD DOG

ਲੇਭ ਲਹਰਿ ਸਭੁ ਸੁਆਨੁ ਹਲਕੁ ਹੈ ਹਲਕਿਓ ਸਭਹਿ ਬਿਗਾਰੇ ॥ (ਨਾਨ ਮਹਲਾ ੪ : ੩੩)

ਹਲਕੁ – Rabies is an incurable virus that attacks brain and spinal cord*

Animals with rabies transfer the virus to other animals and humans via a scratch or saliva following a bite**
DOG with rabies is called **ਹਲਕਿਆ ਕੁਤਾ** in Punjabi



ਲੇਭ ਲਹਰਿ ਸਭੁ ਸੁਆਨੁ ਹਲਕੁ ਹੈ

The waves of greed are like the **DOG** with **Rabies**.

ਹਲਕਿਓ ਸਭਹਿ ਬਿਗਾਰੇ ॥

Not only impacts the one who is suffering with Rabies but anyone who keeps coming in their contact, they also become **mad (greedy)**.

*<https://pets.webmd.com/dogs/rabies-dogs#1>

**<https://www.healthline.com/health/rabies>

DOG (ਕੁਤਾ) – Mad DOG – Learning

What can I Learn from Mad Dog:

- Mad DOG – Not only infected by fatal disease but also infects others, whoever comes in their contact.
- When my mind is in extreme greed, it starts to influence others too and drives everyone around me to become greedy.
- Greed is like rabies – it's infectious disease. We need to make sure that we take **vaccination from Gurbani** to make sure this doesn't impact us. Once, we have greed to extreme level, it's difficult to manage – same as Rabies.

DOG (ਕੁਤਾ) – Mad Dog– Assignment

<https://forms.gle/XA9bjp6vyBnJJAVr8>

DOG (ਕੁਤਾ) – Overall - Assignment

- Find the word ਕੁਕਰ, ਸੁਆਨ੍ਤ and ਕੁਤਾ using the Gurbani App. Read at least 5 panktis and note down what meanings of these words you see in these panktis.
- What have you learnt about DOG's behavior?
- Can you list any other animal that is loyal like DOG?

TURTLE - ਕੁੰਮੀ

- They are ancient – at least 120-million-year-old.
- Can hold their breath underwater for as long as 5 hours.
- Leather back turtle is the largest of all living turtles and can weigh as much as 900 kg.
- Male turtles spend almost whole their life swimming, unlike females, who have to come to land to lay the eggs.
- Turtles have magnetic sense to know the directions.
- We will learn one of the aspects of Turtle's nature from Gurbani.

<https://www.barrierreef.org/news/blog/10-fascinating-facts-about-sea-turtles#:~:text=1.,around%2065%20million%20years%20ago.>

TURTLE – कुमी (GROUP ACTIVITY)



- Show kids this video or ask them to watch this before coming to the session
<https://www.youtube.com/watch?v=lpf0fehg5os>
- Make their groups to discuss:
 - Who tells new born turtle the way to sea?
 - Who tells the birds that new born turtles will be going to sea?
 - The ones who watch their siblings being prey of birds; do they stop going towards their target?
 - What else do you learn from this video?

TURTLE – ਕੁੰਮੀ

ਕੁੰਮੀ ਜਲ ਮਾਹਿ ਤਨ ਤਿਸੁ ਬਾਹਰਿ ਪੰਖ ਖੀਰੁ ਤਿਨ ਨਾਹੀ ॥

ਪੂਰਨ ਪਰਮਾਨੰਦ ਮਨੋਹਰ ਸਮਝਿ ਦੇਖੁ ਮਨ ਮਾਹੀ ॥੨॥

ਰਾਗ ਆਸਾ (ਭਗਤ ਧੰਨਾ ਜੀ) (੪੮)

ਕੁੰਮੀ - Mother Turtle

ਜਲ ਮਾਹਿ - in the sea

ਤਨ ਤਿਸੁ ਬਾਹਰਿ - eggs are layed in the sand

ਪੰਖ - wings

ਖੀਰੁ - milk to feed themselves.

ਪੂਰਨ ਪਰਮਾਨੰਦ ਮਨੋਹਰ - inner voice, which is full of wisdom and always in bliss.

ਸਮਝਿ ਦੇਖੁ ਮਨ ਮਾਹੀ - O Mind' please learn.

- What do you understand from the pankti above?
- Can you link it to the story of Turtle?

TURTLE – ਕੁੰਮੀ

ਕੁੰਮੀ ਜਲ ਮਾਹਿ ਤਨ ਤਿਸੁ ਬਾਹਰਿ ਪੰਖ ਖੀਰੁ ਤਿਨ ਨਾਹੀ ॥

ਪੂਰਨ ਪਰਮਾਨੰਦ ਮਨੋਹਰ ਸਮਝਿ ਦੇਖੁ ਮਨ ਮਾਹੀ ॥੨॥

ਰਾਗ ਆਸਾ (ਭਗਤ ਧੰਨਾ ਜੀ) (੪੮੮)



ਕੁੰਮੀ ਜਲ ਮਾਹਿ ਤਨ ਤਿਸੁ ਬਾਹਰਿ ਪੰਖ ਖੀਰੁ ਤਿਨ ਨਾਹੀ ॥

Mother Turtle is in the sea and eggs are laid in the sand. When turtles are born from these eggs, they don't have any wings to swim or milk to feed themselves.

THERE IS A
VOICE THAT DOESN'T
USE WORDS. LISTEN.

Don't shush your
INNER VOICE
It's who you really are.

ਪੂਰਨ ਪਰਮਾਨੰਦ ਮਨੋਹਰ ਸਮਝਿ ਦੇਖੁ ਮਨ ਮਾਹੀ ॥੨॥

O Mind' learn from the inner voice within you, which is full of wisdom and always in bliss. This same inner voice is guiding the Turtle and turtle has full faith in it.

What can I Learn from Turtle:

- **Unconditional faith in Waheguru Jee. Waheguru Jee is always doing best for me.**
- **I need to do my role or my tasks with best effort and never worry about the outcome.**
- **When I have already set the expectation in mind, it keeps thinking about outcome and takes my focus away from the task I need to do. By having faith that Waheguru Jee will provide me with best outcome my 100% focus will be on the task in hand.**

TURTLE – ਕੁੰਮੀ - Assignment

<https://forms.gle/sEtNFfRknpbN7LwB6>