



Concept of Time and Gurbani

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CONCEPT OF TIME IN GURBANI

ACTIVITY

- Give this task to kids
- You have won a lottery of \$86,400 and you have only 24 hours to spend this money
- How will you spend this money and why?

CONCEPT OF TIME IN GURBANI

ACTIVITY OUTCOMES

- 86,400 are the seconds in a day
- With no priority in life and clarity on how to spend the time, I keep wasting the time
- Gurbani brings the awareness about REAL objective of life and how to wisely spend my time
- Time is the most valuable thing that we have in life and Gurbani provides me with so many examples and concepts about time
- Let's learn different concepts about time from Gurbani in this chapter

CONCEPT OF TIME IN GURBANI

- Time is discussed over and over, again and again in Gurbani.
- Gurbani is reminding us that we are here for limited time, and we need to manage it to make best use of it.
- Common words that are used to refer time in Gurbani

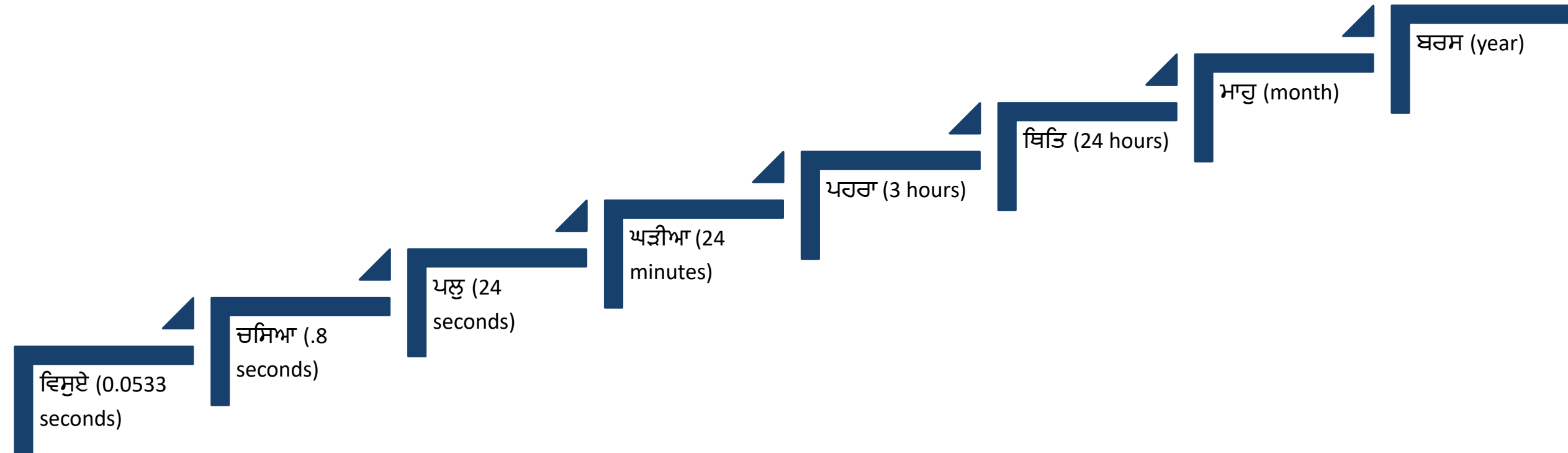
ਜੁਗ (ages)	ਵਖਤੁ (time)	ਬੇਲਾ (time to do something)	ਘੜੀ (time)
ਮੁਹਲਤਿ (allotted time)	ਆਵ (allotted time)		

- Blocks of time used in Gurbani

ਵਿਸੁਏ (0.0533 seconds)	ਚਸਿਆ (.8 seconds)	ਪਲੁ (24 seconds)	ਘੜੀਆ (24 minutes)
ਪਹਰਾ (3 hours)	ਥਿਤਿ (24 hours)	ਖਿਨ (moment)	ਵਾਰੁ (day of the week)
ਤਿਲੁ (moment)	ਮਾਹੁ (month)	ਬਰਸ (year)	ਨਿਮਖ (moment)

CONCEPT OF TIME IN GURBANI

Relationship between time blocks in Gurbani and Modern-Day time blocks



CONCEPT OF TIME IN GURBANI

- Gurbani mentions various aspects of time
- We will go through these various aspects of time through group activities and panktis from Gurbani
- Time is the most important and valuable thing in our life. It's very important to manage time effectively
- Let's learn why it's important to manage time and how can we best manage it with guidance from Gurbani.

Assignment 1

<https://forms.gle/i8yWtvj32bXKicLv8>

CONCEPT 1

GROUP ACTIVITY

Chanchal Singh **hasn't performed well** in his studies for current term at school. He is very keen to improve his performance at school and **promised his parents** to be good in studies from this point onwards. He has set an **objective** / goal to **achieve 'A'** in Maths, Science, English and 'B' in other subjects.

- Do you think he can achieve these outcomes without having a clear objective?
- Can you list the activities that Chanchal Singh will need to do achieve this objective?
- Do you think he can achieve the objective without planning or managing his time?

CONCEPT 1 – Have a Clear Objective

ਭਈ ਪਰਾਪਤਿ ਮਾਨੁਖ ਦੇਹੁਰੀਆ ॥ ਗੋਬਿੰਦ ਮਿਲਣ ਕੀ ਇਹ ਤੇਰੀ ਬਰੀਆ ॥

(ਰਾਗ ਆਸਾ ਮਹਲਾ ੫ – ੧੨)

ਭਈ ਪਰਾਪਤਿ – Got this

ਮਾਨੁਖ ਦੇਹੁਰੀਆ - Human body

ਗੋਬਿੰਦ ਮਿਲਣ - listen to Good voice.

ਕੀ ਇਹ - It is

ਤੇਰੀ ਬਰੀਆ - your chance

What is this pankti guiding to Chanchal Singh (and all of us)?

CONCEPT 1 – Have a Clear Objective

ਭਈ ਪਰਾਪਤਿ ਮਾਨੁਖ ਦੇਹੁਰੀਆ ॥ ਗੋਬਿੰਦ ਮਿਲਣ ਕੀ ਇਹ ਤੇਰੀ ਬਰੀਆ ॥

(ਰਾਗ ਆਸਾ ਮਹਲਾ ੫ - ੧੨)



ਭਈ ਪਰਾਪਤਿ – Got this



ਮਾਨੁਖ ਦੇਹੁਰੀਆ - Human body



ਗੋਬਿੰਦ ਮਿਲਣ ਕੀ ਇਹ ਤੇਰੀ ਬਰੀਆ - It is your chance to listen to Good voice and be a good human.

CONCEPT 1 – Have a Clear Objective

What is this pankti teaching me:

- First concept to manage time is to have a very clear objective
- Like Chanchal Singh set his objective to be better at studies in School. Similarly, as a Human we all have a common objective in life – to follow the good voice and live life as per it's guidance.
- As Chanchal Singh won't be able to manage time without having clear objective. Similarly, if we don't understand the objective of our life, we won't be able to properly manage the time that we have got.

Having clear objective, is only first step in better managing the time. Let's learn other key steps in managing time.

CONCEPT 1 – Having Clear Objective

ASSIGNMENT

- <https://forms.gle/a7sL7XrBEB7bZ7wf9>

CONCEPT 2

GROUP ACTIVITY

- Chanchal Singh has defined the objective to achieve 'A' in Maths, Science, English and 'B' in other subjects. He planned to achieve the results but never works on this plan.
- What will happen if Chanchal Singh does not work as per the plan?

CONCEPT 2 – Time Keeps Moving

ਛਿਨੁ ਛਿਨੁ ਅਉਧ ਬਿਹਾਤੁ ਹੈ ਫੂਟੈ ਘਟ ਜਿਉ ਪਾਨੀ ॥੧॥ ਰਹਾਉ ॥

(ਤਿਲੰਗ ਮਹਲਾ ੯ ਕਾਫੀ - ੧੨੬)

ਛਿਨੁ ਛਿਨੁ - each and every

ਅਉਧ - time/moment

ਬਿਹਾਤੁ - passing away

ਫੂਟੈ ਘਟ - cracked bucket (distractions/losing focus)

ਜਿਉ - like

ਪਾਨੀ - water (valuable time)

What is this pankti guiding to Chanchal Singh (and all of us)?

CONCEPT 2 – Time Keeps Moving

ਛਿਨੁ ਛਿਨੁ ਅਉਧ ਬਿਹਾਤੁ ਹੈ ਫੂਟੈ ਘਟ ਜਿਉ ਪਾਨੀ ॥੧॥ ਰਹਾਉ ॥

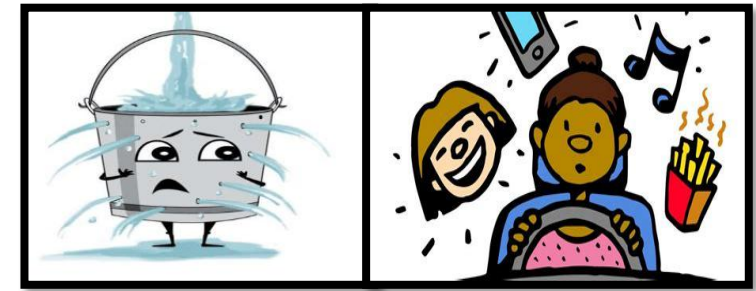
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ਫੂਟੈ ਘਟ - cracked bucket (distractions/losing focus)

ਜਿਉ - like

ਪਾਨੀ - water (valuable time)

Each and every moment, my life is passing away, like water from cracked pitcher. If I lose focus from my objectives / goals, time is not stopping for me.

CONCEPT 2 – Time Keeps Moving

What is Gurbani teaching me:

- Having clear objective is good but it's of no point, if I am not working as per the plan to move towards the Goal.
- I have to work within the time given to me – Time doesn't stop for me. Time doesn't do any discrimination for anyone – It keeps moving for everyone.
- Chanchal Singh needs to work on his plan to achieve his goal.
- In between all the goals for study, sports, fun – we need to understand that time for us to achieve the goal of this human life is also decreasing.

Working on the plan is the second step in time management, lets learn what is next?

CONCEPT 2 – Time Keeps Moving

ਅਉਧ ਘਟੈ ਦਿਨਸੁ ਰੈਨਾਰੇ ॥ ਮਨ ਗੁਰ ਮਿਲਿ ਕਾਜ ਸਵਾਰੇ ॥

(ਰਾਗੁ ਗਉੜੀ ਪੂਰਬੀ ਮਹਲਾ ੫ - ੧੩)

ਅਉਧ ਘਟੈ - time is passing

ਦਿਨਸੁ ਰੈਨਾਰੇ - day and night.

ਮਨ ਗੁਰ ਮਿਲਿ - O Mind, by keep the focus on Good voice

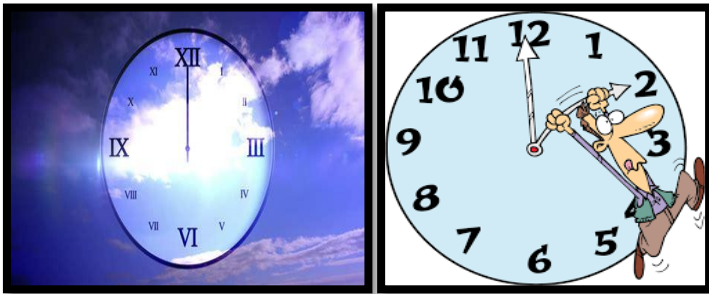
ਕਾਜ ਸਵਾਰੇ - achieve objective.

What is this pankti guiding to Chanchal Singh (and all of us)?

CONCEPT 2 – Time Keeps Moving

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(ਰਾਗੁ ਗਉੜੀ ਪੂਰਬੀ ਮਹਲਾ ੫ - ੧੩)



ਅਉਧ ਘਟੈ ਦਿਨਸੁ ਰੈਨਾਰੇ - The time is passing, day and night.



ਮਨ ਗੁਰ ਮਿਲਿ ਕਾਜ ਸਵਾਰੇ - O Mind, by keeping the focus on the Good voice, I can achieve my objective.

Time never stops and it always moves forward. If Chanchal Singh loses focus and stops working towards his objective, time will never stop, it will keep going on and on. And when time has passed what will Chanchal Singh have at the end? Will he reach/complete his objective or will he be sorry at the end?

CONCEPT 2 – Time Keeps Moving

ASSIGNMENT 3

<https://forms.gle/dPr1nGvKxE7UXwRb6>

CONCEPT 3

GROUP ACTIVITY

- Chanchal Singh has defined the objective to achieve 'A' in Maths, Science, English and 'B' in other subjects. He planned to achieve the results and made his task list to achieve the plans
- His task list / plan only has activities about study and doesn't have any time for other activities like playing with friends, doing some fun tasks / hobbies, learning new skills like swimming.
- He is starting to become very irritated, annoying and at times misbehaves with people around him.
- He is doing all the right things by his task list and quite hopeful to achieve his objective. Can you help him to fix his attitude? What do you think is going wrong in his case?

CONCEPT 3 – Maintain Variety without Losing the Focus

ਨਾਨਕ ਸਤਿਗੁਰਿ ਭੇਟਿਐ ਪੂਰੀ ਹੋਵੈ ਜੁਗਤਿ ॥

ਹਸੰਦਿਆ ਖੇਲੰਦਿਆ ਪੈਨੰਦਿਆ ਖਾਵੰਦਿਆ ਵਿਚੇ ਹੋਵੈ ਮੁਕਤਿ ॥੨॥

ਰਾਗ ਗੁਜਰੀ : ਮ ਪ : ੫੨੨

ਨਾਨਕ – O' Nanak

ਸਤਿਗੁਰਿ ਭੇਟਿਐ - Staying focused on
Truthful Knowledge (objective)

ਪੂਰੀ ਹੋਵੈ ਜੁਗਤਿ - Complete /
finish the game / task.

ਹਸੰਦਿਆ ਖੇਲੰਦਿਆ ਪੈਨੰਦਿਆ
ਖਾਵੰਦਿਆ - Enables me to do
variety of other tasks.

ਵਿਚੇ ਹੋਵੈ ਮੁਕਤਿ - You still accomplish
your task

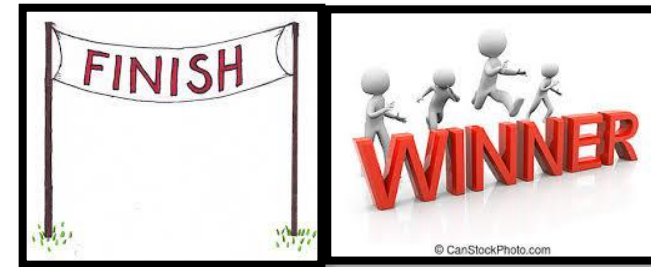
What is this pankti guiding to Chanchal Singh (and all of us)?

CONCEPT 3 – Maintain Variety without Losing the Focus

ਨਾਨਕ ਸਤਿਗੁਰਿ ਭੇਟਿਐ ਪੂਰੀ ਹੋਵੈ ਜੁਗਤਿ ॥



ਨਾਨਕ ਸਤਿਗੁਰਿ ਭੇਟਿਐ - O'Nanak, stay focused
on Truthful knowledge (objective)



ਪੂਰੀ ਹੋਵੈ ਜੁਗਤਿ - Complete / finish the game / task.

To accomplish any task, we need to keep focus on the task. Keeping the focus is the only way to accomplish or finish the task.

Similarly, in this life we can't lose focus from the teachings of Gurbani.

Even Chanchal Singh is not losing the focus but then why is he starting to get irritated?

CONCEPT 3 – Maintain Variety without Losing the Focus

ਹਸੰਦਿਆ ਖੇਲੰਦਿਆ ਪੈਨੰਦਿਆ ਖਾਵੰਦਿਆ ਵਿਚੇ ਹੋਵੈ ਮੁਕਤਿ ॥੨॥



ਹਸੰਦਿਆ ਖੇਲੰਦਿਆ ਪੈਨੰਦਿਆ ਖਾਵੰਦਿਆ - I can be doing variety of tasks.



ਵਿਚੇ ਹੋਵੈ ਮੁਕਤਿ - Doing all variety of tasks, If I don't lose the focus, I can still accomplish the task.

If we stay focused on the task, then we can be doing variety of tasks but we will never lose the balance. For e.g. I won't spend too much of time playing or watching TV that it makes me compromise on my study (the actual goal). We need to keep variety in our life but never lose the focus from actual objective and it will make us accomplish any goal in life.

Similarly, doesn't matter what we are doing – playing game, be at birthday party or even at school – we can't lose the focus from becoming a better human being.

CONCEPT 3 – Maintain Variety without Losing the Focus

What is Gurbani teaching me:

- We can and should do variety of tasks but never lose the balance in life. Variety helps to keep us fresh but if we lose focus and get busy doing the activities that don't take us to our goal, we will fail
- If we don't lose focus and keep doing variety of things, we will achieve all our targets
- This is not only the case with our goals for studies, games or anything else we may want to achieve in our career. It's also true for becoming a better human. Our primary objective should be to become a better human but it doesn't mean we stop doing everything else except reading Gurbani. At the same time we can't be busy doing everything else and ignore Gurbani in our life.
- Chanchal Singh will be a much happier person, if he does variety of tasks and still achieve his physical goals and mental happiness – provided he keeps the balance between all the activities.

CONCEPT 3 – Maintain Variety without Losing the Focus

ASSIGNMENT 4

- <https://forms.gle/8dzcFn6BnWvRaNvN6>

CONCEPT 4

GROUP ACTIVITY

- Now imagine Chanchal Singh is 80 year old – he is not a teenage.
- What problems will he have in achieving his objectives?
- Why do you think he may have problem in achieving his objectives?

CONCEPT 4 – My Ability to Learn Decreases with Time

ਦਸ ਬਾਲਤਣਿ ਬੀਸ ਰਵਣਿ ਤੀਸਾ ਕਾ ਸੁੰਦਰੁ ਕਹਾਵੈ ॥

ਚਾਲੀਸੀ ਪੁਰੁ ਹੋਇ ਪਚਾਸੀ ਪਗੁ ਖਿਸੈ ਸਠੀ ਕੇ ਬੇਢੇਪਾ ਆਵੈ ॥

ਦਸ - 10

ਬਾਲਤਣਿ - Childhood

ਬੀਸ - 20

ਰਵਣਿ - Youth

ਤੀਸਾ - 30

ਸੁੰਦਰੁ - handsome

ਚਾਲੀਸੀ - 40

ਪੁਰੁ - full of life

ਪਚਾਸੀ - 50

ਪਗੁ ਖਿਸੈ - Foot slips -
starts to lose balance

ਸਠੀ - 60

ਬੇਢੇਪਾ - Old Age

CONCEPT 4 – My Ability to Learn Decreases with Time

ਸਤਰਿ ਕਾ ਮਤਿਹੀਣੁ ਅਸੀਹਾਂ ਕਾ ਵਿਉਹਾਰੁ ਨ ਪਾਵੈ ॥

ਨਵੈ ਕਾ ਸਿਹਜਾਸਣੀ ਮੂਲਿ ਨ ਜਾਣੈ ਅਪ ਬਲੁ ॥

ਸਤਰਿ – 70

ਮਤਿਹੀਣੁ - loses intellect

ਅਸੀਹਾਂ - 80

ਵਿਉਹਾਰੁ ਨ ਪਾਵੈ - can not perform duties

ਨਵੈ – 90

ਸਿਹਜਾਸਣੀ - lies in
bed

ਮੂਲਿ ਨ ਜਾਣੈ ਅਪ ਬਲੁ- can not understand **weakness**

What is this pankti guiding to Chanchal Singh (and all of us)?

CONCEPT 4 – My Ability to Learn Decreases with Time

ਦਸ ਬਾਲਤਣਿ ਬੀਸ ਰਵਣਿ ਤੀਸਾ ਕਾ ਸੁੰਦਰੁ ਕਹਾਵੈ ॥
ਚਾਲੀਸੀ ਪੁਰੁ ਹੋਇ ਪਚਾਸੀ ਪਗੁ ਖਿਸੈ ਸਠੀ ਕੇ ਬੇਢੇਪਾ ਆਵੈ ॥



ਦਸ ਬਾਲਤਣਿ ਬੀਸ ਰਵਣਿ ਤੀਸਾ ਕਾ ਸੁੰਦਰੁ ਕਹਾਵੈ ॥
- At the age of 10 we are in childhood, at 20 we are in youth and handsome by 30.

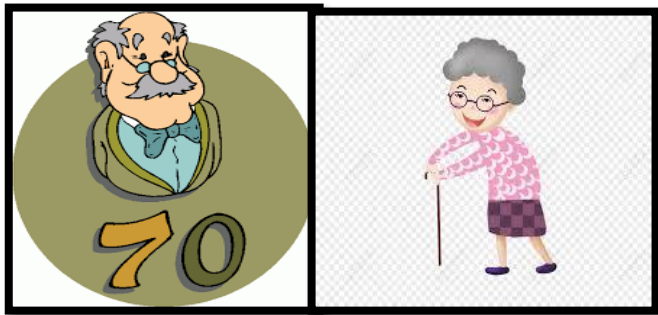


ਚਾਲੀਸੀ ਪੁਰੁ ਹੋਇ ਪਚਾਸੀ ਪਗੁ ਖਿਸੈ ਸਠੀ ਕੇ ਬੇਢੇਪਾ ਆਵੈ ॥ - At the age of 40 we are full of life. By 50 we start to lose the balance and by 60, we enter old age.

As we grow, in the initial years our capacity to learn also grows. With time we start to get old – It's not that just our body grows old our brain also starts to get old and our ability to learn new things starts to go weak.

CONCEPT 4 – My Ability to Learn Decreases with Time

ਸਤਰਿ ਕਾ ਮਤਿਗੀਣੁ ਅਸੀਹਾਂ ਕਾ ਵਿਉਹਾਰੁ ਨ ਪਾਵੈ ॥
ਨਵੈ ਕਾ ਸਿਹਜਾਸਣੀ ਮੂਲਿ ਨ ਜਾਣੈ ਅਪ ਬਲੁ ॥ Raag Majh



ਸਤਰਿ ਕਾ ਮਤਿਗੀਣੁ ਅਸੀਹਾਂ ਕਾ ਵਿਉਹਾਰੁ ਨ ਪਾਵੈ ॥
- At the age of 70 we start to lose intellect, at 80 we are in unable to perform day to day duties.

ਨਵੈ ਕਾ ਸਿਹਜਾਸਣੀ ਮੂਲਿ ਨ ਜਾਣੈ ਅਪ ਬਲੁ ॥
- At the age of 90 we are on bed. And start to lose the balance.

As we start to cross the age of 60, we start to lose the intellect and our ability to do day to day activities starts to become limited. Even our ability to learn starts to become limited. Time needs to be managed properly because our ability to learn with time starts to decrease.

CONCEPT 4 – My Ability to Learn Decreases with Time

What is Gurbani teaching me:

- In the early years of my life, I can learn a lot and even change my habits
- After certain age my ability to learn starts to decrease and even changing the habits becomes harder
- I need to learn how to manage time from very early age.
- Chanchal Singh (and all of us) needs to make sure we starts to manage time from very early age.

CONCEPT 4 – My Ability to Learn Decreases with Time

ASSIGNMENT 5

https://docs.google.com/forms/d/10e7vgXS0FXQI-E0W81lsJChoZxK9hRI_08jZd7rD_-Y/edit

CONCEPT 5

GROUP ACTIVITY

- Chanchal Singh has learnt to manage time from very early age
- He continues to keep learning new things and improve his attitude throughout his life
- He keeps self reflecting and keep learning from Gurbani on how to be a better human through out his life
- Do you think he will have a challenge to learn new concepts or things, when he is old?

CONCEPT 5 – Time Management Keeps Mind Young Forever

ਗੁਰਮੁਖਿ ਬੁਢੇ ਕਦੇ ਨਾਹੀ ਜਿਨ੍ਹਾ ਅੰਤਰਿ ਸੁਰਤਿ ਗਿਆਨੁ ॥
ਸਦਾ ਸਦਾ ਹਰਿ ਗੁਣ ਰਵਹਿ ਅੰਤਰਿ ਸਹਜ ਧਿਆਨੁ ॥

ਸਲੋਕ ਵਾਰਾਂ ਤੇ ਵਧੀਕ - ੧੪੧੩

ਗੁਰਮੁਖਿ – The ones who follow the message of Gurbani

ਬੁਢੇ - Old Age

ਕਦੇ ਨਾਹੀ - Never

ਅੰਤਰਿ - Deep Inside

ਸੁਰਤਿ - Focus

ਗਿਆਨੁ - Message of Gurbani

ਸਦਾ ਸਦਾ - Forever

ਹਰਿ ਗੁਣ - Qualities of Good Voice

ਰਵਹਿ - Deep within

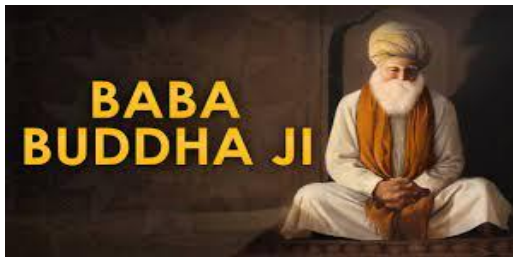
ਸਹਜ ਧਿਆਨੁ - Effortless focus

What is this pankti guiding to Chanchal Singh (and all of us)?

CONCEPT 5 – Time Management Keeps Mind Young Forever

ਗੁਰਮੁਖਿ ਬੁਢੇ ਕਦੇ ਨਾਹੀ ਜਿਨ੍ਹਾਂ ਅੰਤਰਿ ਸੁਰਤਿ ਗਿਆਨੁ ॥
ਸਦਾ ਸਦਾ ਹਰਿ ਗੁਣ ਰਵਹਿ ਅੰਤਰਿ ਸਹਜ ਧਿਆਨੁ ॥

ਸਲੋਕ ਵਾਰਾਂ ਤੇ ਵਧੀਕ - ੧੪੧੩



ਗੁਰਮੁਖਿ ਬੁਢੇ ਕਦੇ ਨਾਹੀ ਜਿਨ੍ਹਾਂ ਅੰਤਰਿ ਸੁਰਤਿ ਗਿਆਨੁ ॥ -
The ones who focus inside and keep improving
(gurmukh) through teachings of Gurbani, never
become mentally Old



ਸਦਾ ਸਦਾ ਹਰਿ ਗੁਣ ਰਵਹਿ ਅੰਤਰਿ ਸਹਜ ਧਿਆਨੁ ॥
Forever, they effortlessly stay focused on the message of
good voice and live their life in it's guidance.

Gurmukh – the ones who keep learning and adopting new habits as per Gurbani. They never get old with time, which means their art to learn new things doesn't go anywhere. They don't even have to do any effort to manage the time and keep learning; it becomes part of their behavior.

CONCEPT 5 – Time Management Keeps Mind Young Forever

What is Gurbani teaching me:

- I need to keep my focus on the objective of human life – keep learning from Gurbani
- At the same time I have to keep doing all my activities and variety in my life to keep myself mentally and physically healthy
- If I keep learning forever and keep working on my bad habits forever, my mind will always stay young. It will never forget the art to learn new things. Our body will get old with time but mind will stay young forever
- Chanchal Singh needs to keep working on his learning and manage time effectively from very young age.

CONCEPT 5 – Time Management Keeps Mind Young Forever

ASSIGNMENT 6

<https://forms.gle/QK8pZpigi23BNjFRA>

Lets Bring all the concepts together



What is Gurbani teaching me:

- Having clear goal is important part of time management. Above all the goal should be to keep learning from Gurbani
- Time keeps decreasing
- Have variety of tasks in your daily plan
- With time our ability to learn goes down
- Constant learning from Gurbani keeps mind young forever.

Lets Bring all the concepts together



How Can I really manage time

- Develop daily task lists
- Make sure reading and learning Gurbani is part of every day
- Work towards all your goals on daily basis
- Reflect on your tasks on daily basis and think how you can improve
- Try not to waste time on things that you can't change. Think positive.