

Who wants to give the BEST?

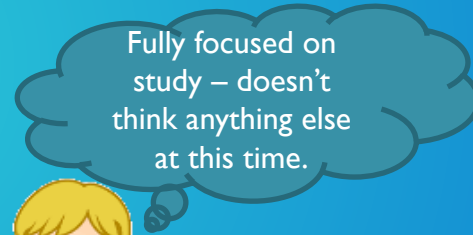


Who wants to learn how to give their best?

Let's all learn together



Giving the Best - Scenarios



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Giving the Best - Scenarios



I practice running because I am
jealous that my classmate is better
than me



I learn drums to
show off to my
friends



Giving the Best - Scenarios








I practice because I know I can do better and improve my game



DO THE BEST – QUIZ

What do we mean by – Do the Best?

- Only do half the work and never complete the task 
- Honestly focus on giving 100% to the task 
- Do things that make me look better than others 
- Do things to improve myself 
- Intent is good and positive 



HOW DO WE GIVE THE BEST - RECAP

100% Focused (Honest
and not distracted)



Good Intent (No
Jealousy / Show Off –
Stay Nirvair)



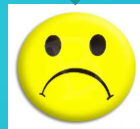
I gave my Best – What Next?



100% Honest Effort



Outcome



Acceptance doesn't mean we stop our efforts – Acceptance means we keep giving our best efforts and don't worry about the outcomes. Happily, accepting the outcome in any form and shape - Chardi Kala

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

We should happily accept the sweet will of Waheguru Jee and Keep Moving Ahead

Let GOD Do the Rest



It seems that in life some time things don't go as we expect



In those time I do feel down and sad



Lets learn from Gurbani - never give up and keep moving on

Rule 1 – Keep Faith - Waheguru Jee always does the best for me.

Waheguru Jee cares for us and always does best for us.

We may think it's not best for us but if we happily, accept what Waheguru Jee gives us and keep giving our 100% - With time we will know how Waheguru Jee was making us Strong and Wise, over the time.

ਤੁਮ ਕਰਹੁ ਭਲਾ ਹਮ ਭਲੇ ਨ ਜਾਨਹੁ ਤੁਮ ਸਦਾ ਸਦਾ ਦਇਆਲਾ ॥

Have faith - Waheguru Jee always does good for us, even if we do not see it as good; Waheguru Jee is kind and compassionate, forever and ever.

ਤੁਮ ਸੁਖਦਾਈ ਪੁਰਖ ਬਿਧਾਤੇ ਤੁਮ ਰਾਖਹੁ ਅਪੁਨੇ ਬਾਲਾ ॥੩॥

Waheguru Jee is the Giver of peace, always takes care of everyone as HIS kids | 3 |



Waheguru Jee always does the best for me.

Lets learn from an Example



Joe practices a lot of cricket for his season of 10 matches



In the first match, it was very windy and he couldn't play the ball and got out at ZERO

He only has two options

Waheguru Jee always does the best for me.

Lets learn from an Example



Option 1 – He doesn't accept the outcome

- Starts to blame the wind
- Becomes angry and even abuses the bowler
- Umpire bans him for next two matches
- Still doesn't learn how to play the ball in windy conditions
- Everyone now knows him as grumpy player

Option 2 – He happily accepts the outcome as Waheguru Jee's will

- Walks out calmly focusing on the lesson that he needs to practice more in windy conditions
- He goes straight to nets and asks his bowler friend to bowl to him (give his 100% again)
- He comes back in next match and scores 50 runs 😊
- He became a better player as a result and everyone appreciated his learning attitude

What did we learn from this scenario?

Rule 1 – Keep Faith - Waheguru Jee always does the best for me. Gurbani View



ਤੇਰਾ ਕੀਆ ਮੀਠਾ ਲਾਗੈ ॥ ਹਰਿ ਨਾਮੁ ਪਦਾਰਥੁ ਨਾਨਕੁ ਮਾਂਗੈ ॥੨॥੪੨॥੯੩॥

Whatever Waheguru Jee does is sweet and I beg for having the wisdom to accept his Sweet Will

ਜਿਥੈ ਰਖੈ ਸਾ ਭਲੀ ਜਾਏ ॥ ਸੋਈ ਸਿਆਣਾ ਸੇ ਪਤਿਵੰਤਾ ਹੁਕਮੁ ਲਗੈ ਜਿਸੁ ਮੀਠਾ ਜੀਉ ॥੧॥

Whatever Waheguru Jee does is good for me. Those people are wise and honorable to happily accept the HUKUM of Waheguru Jee

ਤੂੰ ਮੇਰਾ ਪਿਤਾ ਤੂੰਹੈ ਮੇਰਾ ਮਾਤਾ ॥ਤੂੰ ਮੇਰਾ ਬੰਧਪੁ ਤੂੰ ਮੇਰਾ ਭ੍ਰਾਤਾ ॥ ਤੂੰ ਮੇਰਾ ਰਾਖਾ ਸਭਨੀ ਥਾਈ ਤਾ ਭਉ ਕੇਹਾ ਕਾੜਾ ਜੀਉ ॥੧॥

Waheguru Jee is like my Father and Mother. He is like my friend and brother. Waheguru Jee protects me everywhere; why should I feel fear or anxiety?



Rule 2 - Acceptance helps us stay positive and improve

Once we start to happily accept the Sweet Will of Waheguru Jee, it helps us look forward.

We can learn this from Joe's example –

- when he didn't accept getting out on ZERO, he lost the chance of moving ahead.
- when he accepted the sweet will (HUKUM), he started to look forward and plan, next steps.

Past can't be changed – All I can do is learn from the past and give my 100% to be even better in future

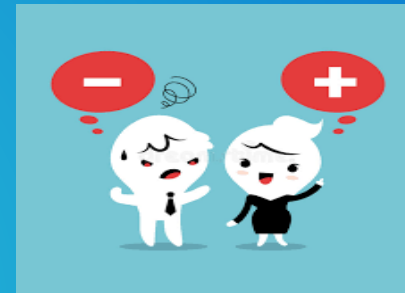


Rule 2 - Acceptance helps us stay positive and improve

Lets learn from Gurbani on how it advises us to always look forward

ਆਗਾਹਾ ਕੂ ਤ੍ਰਾਪਿ ਪਿਛਾ ਫੇਰਿ ਨ ਮੁਹਡੜਾ ॥

Always Look forward; don't keep thinking of the past or negative things



ਪਾਛੈ ਪਾਉ ਨ ਦੀਜੀਐ ਆਗੈ ਹੋਇ ਸੁ ਹੋਇ ॥੧੧੬॥

Do not turn back - keep on going. Whatever will be, will be. ||116||



Once we start to happily accept the sweet Will (Hukum) of Waheguru Jee, we start to think positive and become more progressive

Look Forward - QUIZ



Q- Can anyone tell, what is this image?

A- formal symbol of the Commonwealth of Australia

Q - What animal and bird is in this picture?

A – Kangaroo and Emu

Q – What do kangaroo and emu represent?

A – Both of them can't walk backwards – both of them are symbol of progress and positive thinking.



Rule 3 - Waheguru Jee cares for all the species

Gurbani's provides us with example from nature and other species to help us develop faith in Waheguru Jee and whatever HE does for us is always best.

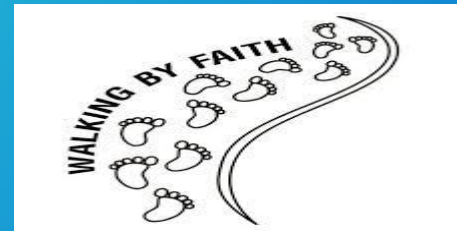
ਨਾਨਕ ਚਿੰਤਾ ਮਤਿ ਕਰਹੁ ਚਿੰਤਾ ਤਿਸ ਹੀ ਹੋਇ ॥

O Nanak, don't be anxious; the Lord will take care of you.

ਜਲ ਮਹਿ ਜੰਤ ਉਪਾਇਅਨੁ ਤਿਨਾ ਭਿ ਰੋਜੀ ਦੇਇ ॥

Waheguru Jee created the creatures in water, and He gives them their nourishment.

Waheguru Jee is the one who is taking care of everyone – **Even the ones who cant speak and earn.** When I have Waheguru Jee caring for me – What do I need to worry about? Like a fish, **I need to keep faith** and accept that Waheguru Jee does best for me - forever



Rule 3 - Waheguru Jee does Best for all the species - Examples

ਕਾਹੇ ਰੇ ਮਨ ਚਿਤਵਹਿ ਉਦਮੁ ਜਾ ਆਹਰਿ ਹਰਿ ਜੀਉ ਪਰਿਆ ॥

O Mind, why do you worry, when Waheguru Jee is always doing best for you and taking care of you?

ਸੈਲ ਪਥਰ ਮਹਿ ਜੰਤ ਉਪਾਏ ਤਾ ਕਾ ਰਿਜਕੁ ਆਗੈ ਕਰਿ ਧਰਿਆ ॥੧॥

Waheguru Jee even takes care of the life that resides in rocks – HE cares for all.



ਉਡੇ ਉਡਿ ਆਵੈ ਸੈ ਕੇਸਾ ਤਿਸੁ ਪਾਛੈ ਬਚਰੇ ਛਰਿਆ ॥

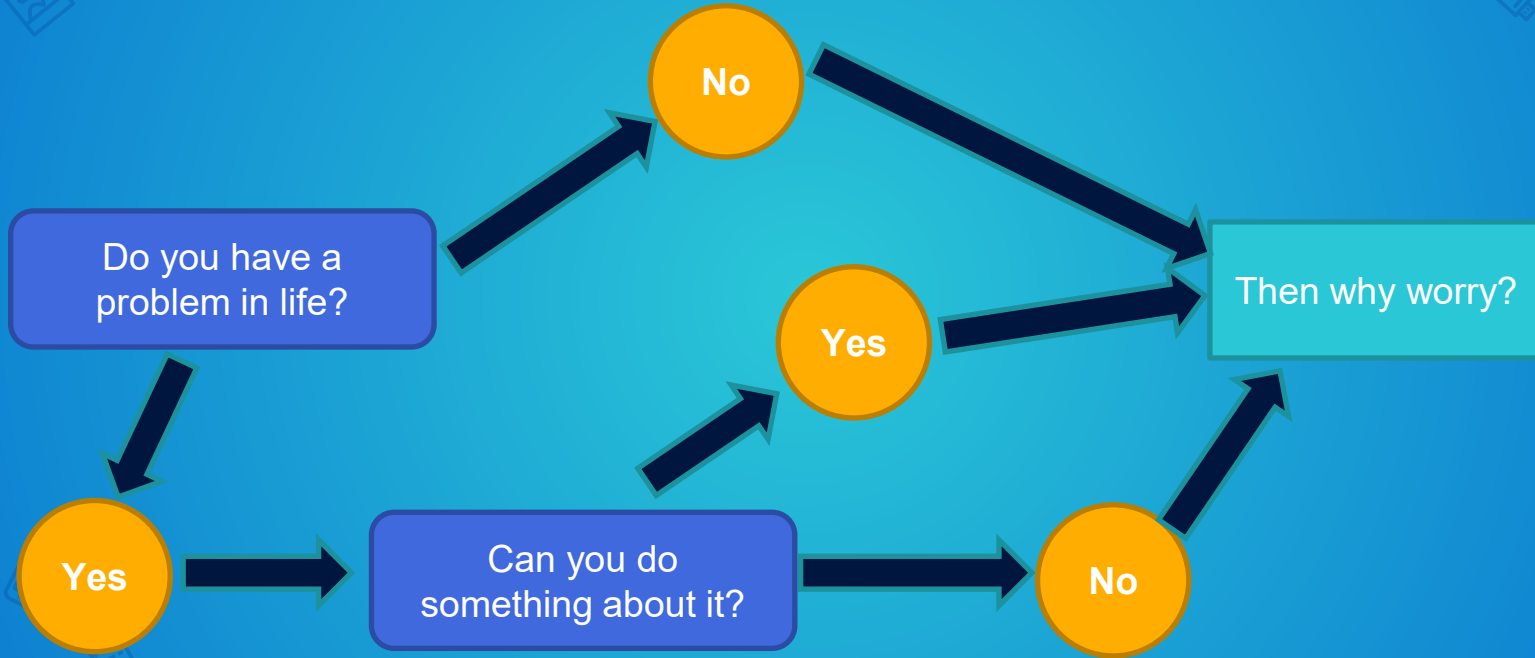
Flamingos fly hundreds of miles, leaving behind their kids / young ones

ਤਿਨ ਕਵਣੁ ਖਲਾਵੈ ਕਵਣੁ ਚੁਗਾਵੈ ਮਨ ਮਹਿ ਸਿਮਰਨੁ ਕਰਿਆ ॥੩॥

Waheguru Jee even takes care of them – Flamingo has faith in Waheguru Jee and understands HE does best for all



How do I train my Mind to accept the outcome?



Rule 4 – Acceptance Leads to Happiness Forever

ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ ॥

Our job is to accept the sweet will of Waheguru Jee

ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ ॥੩॥

Such carefree individuals blossom

ਹੁਕਮੇ ਮੰਨੇ ਹੁਕਮੇ ਵਡਿਆਈ ਹੁਕਮੇ ਵੇਪਰਵਾਹਾ ਹੇ ॥੧੨॥

By accepting Waheguru Jee's sweet will, one becomes happy forever



Example from History

THE BATTLE OF SARAGARHI

12 SEPTEMBER 1897

THE BRAVE DEFENCE OF A SMALL MOUNTAIN OUTPOST BY 21 SIKH WARRIORS

In 1897, one of the most volatile regions of India was the Tirah area in the north-west border. In September, 10,000 tribesmen from the local Pathan provinces taken kindly to British occupation and marched on the forts of Gullistan and Lockhart. The British stationed in the area were caught off guard and unable to summon any reserves to combat the upcoming threat. The tribesmen focused their attack on the small and seemingly impossible Saragarhi outpost between the two forts. What they didn't count on, however, were 21 Sikh soldiers from the 36th Sikh Infantry Regiment, dedicated to defending their ground to the last man.

2 ENTER THE TRIBESMEN
At 9am, 10,000 Pathans assemble ready to take the outpost, and with it the valuable British communication centre. Spotting the enemy, the Sikhs call to Fort Gullistan for aid.

3 BATTLE STATIONS
The assault begins with the Pathans launching themselves at the outpost's walls. Despite having 500 times lower men, the Sikhs fare rather well, picking off the attackers as they attempt to rush the compound.

4 ALL ALONE
As the news filters through, the men of the 36th Regiment turn back to face the oncoming attacking force. Partly to preserve honour, partly because of Saragarhi's importance, the 21 decide to fight to the last.

1 THE DEFENDERS ARRIVE
In the first week of September, 21 members of the 36th Sikh Regiment are entrusted to defend the area after seeing their stripes in previous engagements against Pashtun forces.

5 TERMS OF SURRENDER
Noticing how many men are being lost in the slaughter, the Pashtun commanders offer surrender terms to the Sikhs. This is met with a solid refusal as the battle rages on, but ammunition is running short.

6 HELP DOESN'T COME
Lieutenant Colonel John Haughton is in charge of Gullistan, but is unable to come to the aid of the Sikhs. He is low on soldiers, so cannot sanction any relief.

7 VITAL LINK
Bhagwan Singh and Lal Singh are the first to be wounded. The tribesmen change tactic as the compound is breached by toppling a wall in the Sikhs' inner court.

8 LAST STAND
As the attackers swarm in, the Sikhs fall back to the inner courtyard. The regiment's commander, Haridhar Ishar Singh, is the only one to remain in the outer layer. It will be his last stand.

9 THE WALL IS BREACHED
Overwhelmed in what is now hand-to-hand combat, the brave 21 are finally defeated. The last man standing is Gurmakh Singh, who kills 20 Afghans in his final minutes.

10 FINAL DEFEAT
The battle has been raging for seven hours and 600 Pathans lay dead in the now-flaming outpost. For their heroic last stand, all 21 Sikhs were awarded the Indian Order of Merit.

- 21 Sikhs had to defend the fort against 10,000+ afghan soldiers

- They had the option to leave the fort

- What will we do in this case?

- They decided to ***Give their Best and let Waheguru Jee do the Rest***

- All of them gave their lives in this battle but set the example that sikhs don't give up – doesn't matter how big the challenge is

- "It is no exaggeration to record that the armies which possess the valiant Sikhs cannot face defeat in war" - Queen Victoria, British Parliament 1897

- "21 vs 10,000. To the last man, with the last round."

Scenario 1

Manmeet is stuck at home due to COVID 19 lockdown and not allowed to go out at all. He is blaming others for these restrictions and all the time complaining about this situation. He has become very grumpy, not talking to anyone at home and constantly asking his parents to let him go out and play with his friends.

What do you think of Manmeet's attitude? Is he right? If not, how else he could have reacted in this situation?



Scenario 2

Jeeto thinks she is the best artist in the city. She goes to a painting competition and judges give her second prize. Girl who came first deserved and made a really good painting. Jeeto is annoyed with it and believes judges were unfair and made a wrong decision. She also went and spoke harsh words to judges and said wrong things about them to others.

What do you think of Jeeto's attitude? Is she right? If not, how else she could have reacted in this situation?



Scenario 3

Sifat has booked a trip to Europe and due to COVID – 19, her flights got cancelled and she didn't even get all her money back from airlines. She accepted the current situation and she made best use of her holidays by staying home and while at home she:

- 1) Learnt new things from Gurbani
- 2) Studied the subjects she wasn't good at
- 3) Also did exercise to make herself fit and strong

What do you think of Sifat's attitude? Is she right? If not, how else she could have reacted in this situation?



Summary

- Do your work with honesty, 100% focus and with good intent towards others
- Waheguru Jee always does best for us – even if we feel outcomes are not best. Have faith in Waheguru Jee that its all happening to make us stronger
- Acceptance brings us with positive energy and help me improve
- Waheguru Jee takes care and does best for everyone

Acceptance leads us to happiness forever



GUR MERE SANG SADA HAI NAALE

- If we still at times feel low and struggle to accept the outcomes – Please recite the following lines from Gurbani and remind yourself to happily accept the sweet Will of Waheguru Jee.

- ਤੁਮ ਕਰਹੁ ਭਲਾ ਹਮ ਭਲੇ ਨ ਜਾਨਹੁ ਤੁਮ ਸਦਾ ਸਦਾ ਦਇਆਲਾ ॥ ਤੁਮ ਸੁਖਦਾਈ ਪੁਰਖ ਬਿਧਾਤੇ ਤੁਮ ਰਾਖਹੁ ਅਪੁਨੇ ਬਾਲਾ ॥੩॥
- ਆਗਾਹਾ ਕੂ ਤ੍ਰਾਪਿ ਪਿਛਾ ਫੇਰਿ ਨ ਮੁਹਡੜਾ ॥
- ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥
- ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ ॥ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ ॥੩॥

