



FIVE SENSES AND GURBANI

www.sikhteachings.com

www.facebook.com/gurbanisikhya

www.youtube.com/c/SikhTeachings



GROUP ACTIVITY

ACTIVITY

- Make a group of students and give them this activity – Time 8-10 minutes.
- List the common things between working of Computer and Human Body
- Hints:
 - Both have input and output function
 - Both have processing function

GROUP ACTIVITY – OUTCOMES

- Computer and Human Body have Input, Output and a processing unit
- Computer has input devices as keyboard, mouse, touch screen and output devices as printer, monitor. Processor does the function to process the inputs and depending upon the software in memory it will give us the output.
- Human body has input devices in form of senses and depending upon how my mind is programmed, it will give me outputs in form of my actions and emotions.
- Let's learn this through some examples

GROUP ACTIVITY – OUTCOMES

Input	Program	Output
Address to Google maps	Google Maps	Takes us to the destination
Typing in presentation	Power point	My homework gets done
Touch on game icon on iphone	Game	Enjoy the game
Click the virus program	Virus	Takes control of my computer

- It's the program I click, decides the output I am going to have
- Input to two different programs can be exactly same but output depends upon what is in the program
- Software programs can help to be productive and do good things. They can also be programmed to do bad things – such programs are called virus.

GROUP ACTIVITY – OUTCOMES

Input	Program	Output
Eyes - See someone's racing car	Gurmukh Mindset	Be happy for them and happy for what I have
Eyes - See someone's racing car	Manmukh Mindset	I also need this one
Ear - Listen to backbiting	Gurmukh Mindset	Advise others not to do so. If they continue, excuse themselves from that situation
Ear - Listen to backbiting	Manmukh Mindset	Actively participate in the backbiting

- It's the mindset I have, decides the output I am going to have
- Input to two different minds can be exactly same but output depends upon what is in the mind
- Five senses play a big role in the input my mind takes. My mind needs to be trained to process these inputs in the best way

What will we learn?

- In this chapter we will learn how to best use the input devices – Five Senses, given to us by Waheguru Jee
- We will learn from Gurbani how five senses can help to achieve the purpose of my life.
- We will also learn that if we don't use these senses as Gurbani guides us, then how they can divert us from the purpose of life.
- Gurbani helps us delete the anti virus that keeps getting installed again and again by five senses – if we don't know how to use them.

Assignment 1

- <https://forms.gle/MfxNoxZSCKhE9pvK8>

Group Activity – EYES

- Make groups of 4-5 kids
- Time 8-10 minutes

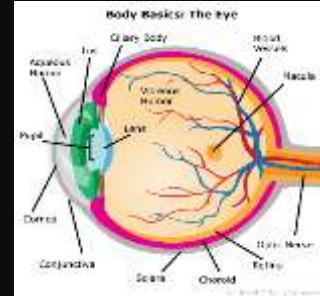
Questions

- What do you think is the real purpose of our eyes?
- Do you think looking and seeing are same or different?
- Do you think eyes contribute to development of our behavior? Please provide an example to support your answer

Role of Eyes – Day to Day Life



- Eyes work with brain to tell us the size, shape, color and texture of an object
- One front part of an eye is visible in a person's face
- All parts of the eye are very delicate – Waheguru Jee gave lot of protection to eye. Inner parts of the eye sit within eye socket in the skull and outer part of the eye is protected by eye lids – which helps to keep out dust, dirt and even harmful bright light.
- Eyes give most input to my body. They are taking input from the time I wake up in the morning till I go to bed in the night.



<https://kidshealth.org/en/parents/eyes.html>

Another Role of Physical Eyes - Develop our Behavior

ਆਇਓ ਸੁਨਨ ਪੜਨ ਕਉ ਬਾਣੀ ॥
ਨਾਮੁ ਵਿਸਾਰਿ ਲਗਹਿ ਅਨ ਲਾਲਚਿ ਬਿਰਥਾ ਜਨਮੁ ਪਰਾਣੀ ॥੧॥ ਰਹਾਉ ॥

ਰਾਗ ਸਾਰੰਗ - ਮ : ੫ - ੧੨੧੯

ਆਇਓ – We came here

ਸੁਨਨ – To listen (mind is involved)

ਪੜਨ – To see (mind is involved)

ਬਾਣੀ – Message of Waheguru Jee

ਨਾਮੁ – Virtues of Waheguru Jee / Gurbani teachings

ਵਿਸਾਰਿ – Forget

ਲਾਲਚਿ – Greed

ਬਿਰਥਾ – Useless

ਜਨਮੁ – Human Life

Can you relate this pankti to Group Activity responses?

Another Role of Physical Eyes - Develop our Behavior

ਆਇਓ ਸੁਨਨ ਪੜਨ ਕਉ ਬਾਣੀ ॥
ਨਾਮੁ ਵਿਸਾਰਿ ਲਗਹਿ ਅਨ ਲਾਲਚਿ ਬਿਰਥਾ ਜਨਮੁ ਪਰਾਣੀ ॥੧॥ ਰਹਾਉ ॥

ਰਾਗ ਸਾਰੰਗ - ਮ : ੫ - ੧੨੧੯



ਆਇਓ ਸੁਨਨ ਪੜਨ ਕਉ ਬਾਣੀ ॥

We came here to engage our mind to **hear** and **listen** to **Gurbani** in such a way that we can adopt it in life.



ਨਾਮੁ ਵਿਸਾਰਿ ਲਗਹਿ ਅਨ ਲਾਲਚਿ ਬਿਰਥਾ ਜਨਮੁ
ਪਰਾਣੀ ॥੧॥ ਰਹਾਉ ॥

When **mind is not focused** on **teachings of Gurbani**, my eyes /ear drive me towards **greed**, and I end up **wasting** my **life**.

What is this Pankti Teaching Me? 🙄

- Apart from seeing things around, another purpose of eyes is to **observe** the teachings of Gurbani – observe in a way that mind is involved while reading the Gurbani – mere **looking** at Gurbani panktis doesn't help
- Eyes help me **see** things around me, but they need to be trained to **see** things in a way that keeps motivating me to become a better human
- When I don't train my mind to use eyes for development of my behavior, they automatically follow the other path and get engaged in greed / jealous activities.

Assignment 2

- <https://forms.gle/LvUJsJBP6civU2n49>

Group Activity – EYES

- Make Groups of 4-5 Kids. Time for Activity : 8-10 Minutes.
- End of Year exams are coming in 2 months and every kid is advised to prepare for them as these exams are important to get entry into the University
- Manmukh Singh doesn't bother about the timeline and spends most of his time playing games and watching movies. He can't **see** that time is passing by. Even at times when he sits to study, his **eyes** are on the book but his **mind** is in the games. He eventually couldn't get enough marks to make to University.
- Gurmukh Kaur wisely spends the time and could **see** that she must spend time wisely towards the studies. She gives education the highest priority and whenever she sits to study, her mind is also focused on education. She passed with good marks and got subjects of her choice in the University.

Questions

- What is the difference in how:
 - Mind of both the kids is **seeing** the things?
 - Physical eyes of both the kids are **seeing** the things?

What happens when I don't develop my Mental Eyes

ਅੰਧੇ ਏਹਿ ਨ ਆਖੀਅਨਿ ਜਿਨ ਮੁਖਿ ਲੇਇਣ ਨਾਹਿ ॥
ਅੰਧੇ ਸੇਈ ਨਾਨਕਾ ਖਸਮਹੁ ਘੁਥੇ ਜਾਹਿ ॥੧॥

ਰਾਗ ਰਾਮਕਲੀ - ਸਲੋਕ ਮ:੨ - ੯੫੪

ਅੰਧੇ - Blind

ਏਹਿ ਨ ਆਖੀਅਨਿ – Don't call them

ਜਿਨ – The ones

ਮੁਖਿ ਲੇਇਣ ਨਾਹਿ – The ones who don't have
physical eyes

ਅੰਧੇ ਸੇਈ - They are the real blinds

ਖਸਮਹੁ – Good Voice within us

ਘੁਥੇ – Push away

Can you relate this pankti to group activity?

Physical Eyes Vs Eyes of Mind

ਅੰਧੇ ਏਹਿ ਨ ਆਖੀਅਨਿ ਜਿਨ ਮੁਖਿ ਲੇਇਣ ਨਾਹਿ ॥

ਅੰਧੇ ਸੇਈ ਨਾਨਕਾ ਖਸਮਹੁ ਘੁਥੇ ਜਾਹਿ ॥੧॥

ਰਾਗ ਰਾਮਕਲੀ - ਸਲੋਕ ਮ:੨ - ੯੫੪



ਅੰਧੇ ਏਹਿ ਨ ਆਖੀਅਨਿ ਜਿਨ ਮੁਖਿ ਲੇਇਣ ਨਾਹਿ ॥

We can't call blind the ones, who don't have physical eyes.

ਅੰਧੇ ਸੇਈ ਨਾਨਕਾ ਖਸਮਹੁ ਘੁਥੇ ਜਾਹਿ ॥੧॥

Real blinds are the ones who push themselves away from the virtues of good voice

What is this Pankti Teaching Me?

- Blind people find it hard to navigate in the physical world but they still learn how to do basic things in life and may also take help of trained dogs to help them navigate
- As per Gurbani real **blind** are the people who are **mentally blind**. They struggle to navigate through their mental challenges and their bad habits keep increasing
- I can only make best use of my **eyes**, when **mind** behind these **eyes** is trained to make best use of them. Gurbani gives the **eyes** of **knowledge** that help me make best use of **physical eyes**

Gurbani Terms related to Eyes



- ਨੈਨ – Eyes (Mental and Physical)
- ਦ੍ਰਿਸ਼ਟਿ - Vision
- ਅਖੀ – Eyes (Mental and Physical)
- ਦੇਖਿਆ - Experience
- ਲੋਚਨ - Eyes (Mental and Physical)

- ਨੇਤ੍ਰ – Eyes (Mental and Physical)
- ਨੈਣੀ – Eyes (Mental and Physical)
- ਲੋਇਣ - Eyes (Mental and Physical)
- ਦਰਸਨ - Experience
- ਦਿਬ ਦ੍ਰਿਸ਼ਟਿ - Mental Vision / Wisdom
- ਅੰਧ - Mentally Blind

Gurbani's focus is on mental eyes so most of the times it refers to mental eyes. Very rarely it talks about physical eyes.

Eyes - Summary

- **Eyes** are one of my key sensory organs that is bringing highest amount of input to my brain
- Apart from helping me navigate in the physical world, they play a big role in developing my behavior
- Gurbani's focus is to develop the **eyes** of **wisdom** (within mind) that helps me make best use of physical **eyes**. Gurbani says that real blind are the people who don't have **eyes** of wisdom.
- Without mental wisdom – **physical eyes** lead me to develop bad behavior

Assignment 3

- <https://forms.gle/8orGgLcuzSBT22zZ8>

Group Activity – EAR

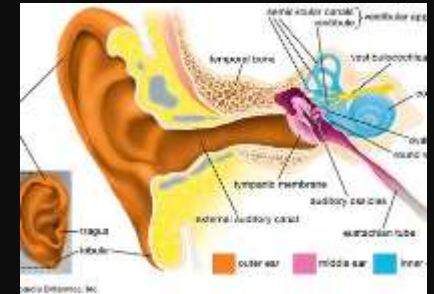
- Make groups of 4-5 kids
- Time 8-10 minutes

Questions

- What do you think is the real purpose of our ears?
- Do you think hearing and listening are same or different?
- Do you think ears contribute to development of our behavior? Please provide an example to support your answer

Role of Ears – Day to Day Life 🗣️👂

- The human ear, like that of other mammals, contains sense organs that serve two quite different functions:
 - Hearing and
 - postural equilibrium and coordination of head and eye movements
- The function of the outer ear is to collect sound waves and guide them to the tympanic membrane. Two layers within the inner ear assist with taking message to brain and other postural equilibrium functions.



<https://www.britannica.com/science/ear>

Purpose of Physical Ears

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥ ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

ਜਪੁ ਜੀ ਸਾਹਿਬ : ੨

ਨਾਨਕ – O' Nanak

ਭਗਤਾ – The ones who are dedicated to teachings of Gurbani

ਸਦਾ – Forever

ਵਿਗਾਸੁ – State of Bliss / Happy forever

ਸੁਣਿਐ – Listen (to Gurbani or inner voice)

ਦੂਖ – sorrows

ਪਾਪ – Bad habits

ਨਾਸੁ – go away

Can you relate this pankti to Group Activity responses?

Purpose of Physical Ears



ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥ ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

ਜਪੁ ਜੀ ਸਾਹਿਬ : ੨



ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

O' Nanak **Bhagats** (the ones who are dedicated to live as per Gurbani) are always in **Bliss** – their wisdom is always growing



ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

Listening to Gurbani (when ear and mind are willing to listen, learn and adopt) enables us to get rid of our **sorrows** and **bad habits**

What is this Pankti Teaching Me?

- Real purpose of **ears** is to **listen** to teachings of Gurbani – **listen** in a way that mind is involved while **hearing** the Gurbani
- **Ears** help me **listen** to things around me, but they need to be trained to **listen / focus** on things that motivate me to become a better human
- My mind should always be involved while using the **ears** – this helps me stay mindful and alert of what I am **listening**
- I need to keep my **ears** away from **listening** the things that take me away from Good Voice. For e.g. Back biting, jealousy, anger.

Assignment 4

- <https://forms.gle/4K4PVVcBpVXvUYqc9>

Group Activity – EAR

- Jim has always been driven by greed since early childhood. His parents always used to tell him that this is not the ideal way to life. He used to **hear** to them but within a day or so, he used to get back to his old habits.
- As he grew older, his ability to **listen** to his parents started to decrease. He would tell them that he is big enough and doesn't need anyone to advise him. He can make his own decisions.
- Over the time, all his friends and family stopped advising him as he won't **listen** to anyone and his only focus was to keep earning more and more and try to find happiness in money only.
- He is now 40 year old and he is not left with any friend at all. Happiness he was trying to find within money didn't happen. He feels **depressed** as he doesn't have any close friends and always stays **anxious** due to **fear** of losing all this money in future.
- Questions
 - Jim had same ears all his life but why do you think his ability to **listen** is decreasing?
 - If he is not listening to his parents and friends, who is he **listening** to?
 - What problems do you think is he currently facing by **not listening** to advise from others?

Physical Ear Vs Mental Ears



ਮਾਇਆਧਾਰੀ ਅਤਿ ਅੰਨਾ ਬੋਲਾ ॥
ਸਬਦੁ ਨ ਸੁਣਈ ਬਹੁ ਰੋਲ ਘਚੋਲਾ ॥

ਰਾਗ ਗਉੜੀ - ਮ : ੩ - ੩੧੩

ਮਾਇਆਧਾਰੀ – The one who is attached to possessions

ਅੰਨਾ – Blind

ਬੋਲਾ – Deaf

ਸਬਦੁ – Good Voice / Teachings of Gurbani

ਸੁਣਈ – Listen (with mind involved)

ਰੋਲ ਘਚੋਲਾ – Bad voice (that ultimately leads to mental challenges)

Can you relate this pankti to group activity?

Physical Ear Vs Mental Ears

ਮਾਇਆਧਾਰੀ ਅਤਿ ਅੰਨਾ ਬੋਲਾ ॥

ਸਬਦੁ ਨ ਸੁਣਈ ਬਹੁ ਰੋਲ ਘਚੋਲਾ ॥

ਰਾਗ ਗਉੜੀ - ਮ : ੩ - ੩੧੩



ਮਾਇਆਧਾਰੀ ਅਤਿ ਅੰਨਾ ਬੋਲਾ ॥

The one who is attached to materialistic possessions and people is like blind and deaf

ਸਬਦੁ ਨ ਸੁਣਈ ਬਹੁ ਰੋਲ ਘਚੋਲਾ ॥

Such people can't listen to their inner good voice or teachings of Gurbani. They keep listening to noise of bad voice which ultimately becomes reason of their pains.

What is this Pankti Teaching Me?

- **Deaf** people find it hard to understand things that others are wanting to convey but they still learn how to **communicate** using sign language
- As per Gurbani real **deaf** are the people who are **mentally deaf** – the ones who don't **listen** and adopt the message of Gurbani. They struggle to navigate through their mental challenges and their bad habits keep increasing
- I can only make best use of my **ears**, when **mind** behind these **ears** is trained to make best use of them. Gurbani trains the mind to help me make best use of **physical ears**

Gurbani Terms related to Ears



- ਕੰਨੀ – Ear (mental and physical)
- ਕੰਨ - Ear (mental and physical)
- ਸੁਣ - Ear (mental)
- ਕਾਨੀ - Ear (mental and physical)
- ਕਰਨ - Ear (mental)

- ਸੁਣੀ – Ear (mental)
- ਸੁਣੀ - Ear (mental)
- ਬੇਲਾ - Deaf / mentally deaf
- ਡੇਰਾ - Deaf / mentally deaf
- ਬਹਰੇ – Deaf / mentally deaf

Gurbani's focus is on mental ears so most of the times it refers to mental ears. Very rarely it talks about physical ears.

Ears - Summary

- Followed by eyes, **ears** are the next most used sensory organ to get input from outer world
- Apart from helping me in being aware of what is happening around me, they play a big role in developing my behavior
- Gurbani's focus is to develop the ability to **listen to Good voice** within us that also helps me make best use of **physical ears**. Gurbani says that **real deaf** are the people who don't **listen** to their good voice or teachings of gurbani.
- Without the ability to **listen the message of JOT** – physical **ears** lead me to develop bad behavior

Assignment 5

- <https://forms.gle/qS9x9jqpJJcctVMUA>

Group Activity – NOSE



- Joe became good friend with Michael. Joe is impressed with cool gadgets that Michael has and amount of money he spends doing online shopping while in school. Everyone informed Joe that they could **smell** something **fishy** as Michael comes from an average family and having this much of money doesn't sound right
- Joe believed everyone was being jealous and he couldn't **smell** anything **fishy** with Michael. As Joe got really close to Michael, he got to know that Michael steals the money and things from shops. Joe also got attracted to this and started to do the same.
- Finally, Joe's parents caught him of doing these wrong things and he felt ashamed of his friendship with Michael and change in his behavior
- Questions
 - Do you think there was some issue with Joe's nose that he couldn't **smell fishy** things in time? Or issue was something different?
 - What difference would have been made, if Joe **smelled** Michael's **fishy** behavior on timely basis?

Role of Nose – Day to Day Life



- Allows air to enter our body, filters the air and even warms the air
- Gives us the sense of **smell** and provides a balanced view to shape of our face
- In Indian culture **nose** is also the sign of honor. If my mind can't **smell the bad habits** within myself or in the people around me and keeps adopting more and more bad habits; it's believed that such people **don't have a nose or their nose has been shortened** i.e. their **power to smell bad habits** has become weak.
- Gurbani has primarily approached the **nose** from the viewpoint of honor.

<https://my.clevelandclinic.org/health/body/21778-nose>

Nose – Symbol of Honor

ਮਨਮੁਖੁ ਕਾਇਰੁ ਕਰੂਪੁ ਹੈ ਬਿਨੁ ਨਾਵੈ ਨਕੁ ਨਾਹਿ ॥
ਅਨਦਿਨੁ ਧੰਧੈ ਵਿਆਪਿਆ ਸੁਪਨੈ ਭੀ ਸੁਖੁ ਨਾਹਿ ॥

ਰਾਗ ਵਡਹੰਸ - ਸਲੋਕ ਮ:੩ - ੫੯੧

ਮਨਮੁਖੁ – Mindset with bad habits

ਕਾਇਰੁ – Coward

ਕਰੂਪੁ – Ugly

ਬਿਨੁ ਨਾਵੈ – Without virtues aligned to Gurbani

ਨਕੁ - Honor

ਅਨਦਿਨੁ – All the time

ਧੰਧੈ – Bad deeds

ਵਿਆਪਿਆ – Indulged

ਸੁਪਨੈ – Dreams

ਸੁਖੁ – Mental peace

Can you relate this pankti to Group Activity responses?

Nose – Symbol of Honor

ਮਨਮੁਖੁ ਕਾਇਰੁ ਕਰੂਪੁ ਹੈ ਬਿਨੁ ਨਾਵੈ ਨਕੁ ਨਾਹਿ ॥

ਅਨਦਿਨੁ ਧੰਧੈ ਵਿਆਪਿਆ ਸੁਪਨੈ ਭੀ ਸੁਖੁ ਨਾਹਿ ॥

ਰਾਗ ਵਡਹੰਸ - ਸਲੋਕ ਮ:੩ - ੫੯੧



ਮਨਮੁਖੁ ਕਾਇਰੁ ਕਰੂਪੁ ਹੈ ਬਿਨੁ ਨਾਵੈ ਨਕੁ ਨਾਹਿ ॥

Mindset with bad habits is coward and ugly. Without the teachings of Gurbani in life, there is no honor.

*Coward – The one who runs away from fighting bad habits.

ਅਨਦਿਨੁ ਧੰਧੈ ਵਿਆਪਿਆ ਸੁਪਨੈ ਭੀ ਸੁਖੁ ਨਾਹਿ ॥

People with such mindset are always indulged in materialistic thoughts. They never have peace in their life; not even in the dreams.

Nose – Symbol of Honor



- Nose helps in **smelling** and **protects** me by helping me know **foul smell** in the surroundings. Foul smell at times can be dangerous or even life threatening. For e.g.
- **Nose** that can't alert me from **foul smell** in my surroundings, is of no use
- Similarly mind that can't help me **smell** the **bad habits** within me or people around me, is of no use as per Gurbani
- Gurbani guides that **mind** that **can't smell bad habits** is like an ugly and coward. It's like a disgrace or dishonor which is the symbol of **short nose** or **no nose** in Indian Culture.

Gurbani Terms related to Nose



- ਨਕਟੀ – Nose less (symbolic of materialistic world and people with material thoughts)
- ਨਕਟੇ – The ones who are nose less or have done shameful acts
- ਨਕ / ਨਕੀ / ਨਕੁ – Nose – symbol of ability to smell bad thoughts
- ਬਾਸੁ – Ability to smell bad thoughts (or even foul smell in surroundings)
- ਨਾਕੁ – Physical nose

Gurbani's focus is on mental nose so most of the times it refers to mental nose. Very rarely it talks about physical nose.

Assignment 6

- <https://forms.gle/G8SHdwbcjumDTmDfA>

Group Activity – TONGUE



- Make groups of 4-5 kids
- Time 8-10 minutes

Questions

- What do you think is the real purpose of our Tongue?
- Should we eat to live or live to eat? Support your answer with some examples.
- What are the benefits or downsides when we have a food with certain taste all the time (for e.g. sweet)?

Role of Tongue – Day to Day Life



- Tongue plays quite a diverse role in our life. Helps us with:
 - Speech – Tongue can produce more than 90 words per minute using 30+ movements. Speech is the product of air leaving the lungs and its combination of tongue, lips and teeth working together that produce speech.
 - Mastication – term for combining ground up food particles with naturally occurring saliva. Mastication happens simultaneously with grinding, which is when teeth convert large food particles into small ones. So what's the role of the tongue? It positions the food between the teeth for chewing before mixing it with saliva.

<https://www.colgate.com/en-us/oral-health/mouth-and-teeth-anatomy/tongue-functions-and-the-roles-it-plays#>

Role of Tongue – Day to Day Life



- Swallowing – tongue helps round the food you've just chewed into masses known as a bolus. Once the bolus forms, the tongue pushes them toward the esophagus found in the back of the mouth before finding its way to the stomach for digestion.
- Taste – Five types of taste cells within our taste buds in tongue that help to identify – sweet, sour, salty, bitter and savory

As part of this chapter, we will only focus on Taste (Sense) function of Tongue

<https://www.colgate.com/en-us/oral-health/mouth-and-teeth-anatomy/tongue-functions-and-the-roles-it-plays#>

Tongue - Worldly Taste



ਮਿਥਿਆ ਰਸਨਾ ਭੋਜਨ ਅਨ ਸ੍ਵਾਦ ॥

ਰਾਗ ਗਉੜੀ - ਮ : ੫ - ੨੬੮

ਮਿਥਿਆ – Useless

ਰਸਨਾ – Tongue (and the mind driving the tongue)

ਭੋਜਨ – Food

ਸ੍ਵਾਦ - Taste

Can you relate this pankti to group activity?

Tongue – Worldly Taste



ਮਿਥਿਆ ਰਸਨਾ ਭੋਜਨ ਅਨ ਸ੍ਵਾਦ ॥

ਰਾਗ ਗਉੜੀ - ਮ : ੫ - ੨੬੮



ਮਿਥਿਆ ਰਸਨਾ ਭੋਜਨ ਅਨ ਸ੍ਵਾਦ ॥

Useless is the lifestyle in which tongue (and mind) are focused only upon eating food and that too because of pleasures of taste.

Tongue Worldly Taste



- **Taste** as a sense helps us to make sure we are eating the right food and is good for our health and body
- Gurbani advises us that focus of our life is only on pleasures of food then such life is of no use
- Such lifestyle generally leads to health issues over the time. For e.g. if I am too focused on **sweet food** all the time, it may lead to diabetes
- Gurbani extends the definition of pleasures beyond the food and helps us understand that our mental **tongue** (mind) can get addicted to variety of **tastes** / **pleasures**
- In next part of this chapter, we will learn about how mind (mental tongue) can get addicted to tastes beyond food.

Assignment 7

<https://forms.gle/qMYr3zULZzSy1YDU9>

Group Activity – Mental Taste



- Chanchal Singh and Gurmukh Singh have been good friends since primary school. Family of Gurmukh Singh had to move to different town and couldn't go to same high school. This left **bitter taste** for Chanchal Singh
- Chanchal Singh bought PS4 to divert his mind to something else. His mind was now filled with the thoughts of games all the time and that replaced bitter taste of separation with temporary **sweet pleasure (addiction)** he was getting from PS4
- Soon this **sweet pleasure** turned into **sour taste** as he realized that someone had hacked his gaming account and he didn't have credit left to play any more.
- Questions
 - What are the different types of tastes that Chanchal Singh is experiencing?
 - Are his tastes only limited to food?
 - Can you link this to your life and provide some examples of what tastes / pleasures your mind enjoys at times?

Tongue - Mental Taste



ਹਰਿ ਰਸੁ ਛੇਡਿ ਹੇਛੈ ਰਸਿ ਮਾਤਾ ॥
ਘਰ ਮਹਿ ਵਸਤੁ ਬਾਹਰਿ ਉਠਿ ਜਾਤਾ ॥੧॥

ਆਸਾ ਮ:੫ - ੩੭੬

ਹਰਿ ਰਸੁ – taste that comes by following good voice or Gurbani in life

ਹੇਛੈ ਰਸਿ – everything that drives me into pleasure from worldly things

ਮਾਤਾ – addicted

ਘਰ ਮਹਿ – within me

ਵਸਤੁ – treasure that leads to experience the pleasure of peace and bliss

ਬਾਹਰਿ – outside

ਉਠਿ ਜਾਤਾ – outward thoughts

Can you relate this pankti to group activity?

Tongue – Mental Taste



ਹਰਿ ਰਸੁ ਛੇਡਿ ਹੋਛੈ ਰਸਿ ਮਾਤਾ ॥
ਘਰ ਮਹਿ ਵਸਤੁ ਬਾਹਰਿ ਉਠਿ ਜਾਤਾ ॥੧॥

ਆਸਾ ਮ:੫ - ੩੭੬



ਹਰਿ ਰਸੁ ਛੇਡਿ ਹੋਛੈ ਰਸਿ ਮਾਤਾ ॥

I leave the satisfaction, peace and **pleasure** that comes from following **good voice** or Gurbani. Instead I get **addicted** to **temporary pleasures** in the material world. For e.g. Alcohol, Gaming, Greed, Anger, etc.

ਘਰ ਮਹਿ ਵਸਤੁ ਬਾਹਰਿ ਉਠਿ ਜਾਤਾ ॥੧॥

The source of real peace is **within me** – the inner voice within me is the **real treasure of virtues**. Instead I become **outward focus** and mind keeps **going** to physical possessions to seek this peace.

Tongue - Mental Taste



- Gurbani guides us that taste is not limited to food only. Our mind is having **taste** or pleasures from many things in life
- Any pleasure that makes me drift from my good voice or Gurbani needs to be addressed by seeking the guidance from Gurbani
- I need to introspect on daily basis, what pleasures or **taste** my mind is getting addicted to and not letting me spend my time with Path / Kirtan or following Gurbani
- It's my responsibility to keep myself away from worldly **pleasures** / **tastes** and keep adopting message of Gurbani.

Assignment 8

<https://forms.gle/rex2YZwe6TPxXX7W9>

Group Activity – Mental Taste



- Chanchal Singh and Gurmukh Singh have been good friends since primary school. Family of Gurmukh Singh had to move to different town and couldn't go to same high school. This left **bitter taste** for Chanchal Singh
- On the other hand, Gurmukh Singh accepted this as **Sweet** Will of Parmesar. He obviously felt sad for not having same level of access to his friend but understood that things happen for good.
- Gurmukh Singh took this as an opportunity to spend more time with Gurbani. More time he spent with Gurbani and more he adopted the message in his life, he started to get a peaceful feeling. At times, he could **taste** what real peace meant and is now keen to keep moving ahead in this path to **experience**, **smell** and **taste** the real peace for ever.
- Questions
 - What are the different types of tastes that Gurmukh Singh is experiencing?
 - Are his tastes only limited to food?
 - Can you link this to your life and provide some examples of when you experience peace?

Tongue - Mental Taste



ਹਰਿ ਰਸੁ ਜਿਨਿ ਜਨਿ ਚਾਖਿਆ ॥
ਤਾ ਕੀ ਤ੍ਰਿਸਨਾ ਲਾਥੀਆ ॥੨॥

ਗਉੜੀ - ਮ:੫ - ੨੧੧

ਹਰਿ ਰਸੁ – taste that comes by following good voice or Gurbani in life

ਜਨਿ – The ones who live in guidance of Gurbani (Gursikhs)

ਚਾਖਿਆ – Taste (mentally)

ਤ੍ਰਿਸਨਾ – Greed and addiction of worldly pleasures / tastes

ਲਾਥੀਆ – goes away

Can you relate this pankti to group activity?

Tongue – Mental Taste



ਹਰਿ ਰਸੁ ਜਿਨਿ ਜਨਿ ਚਾਖਿਆ ॥
ਤਾ ਕੀ ਤ੍ਰਿਸਨਾ ਲਾਥੀਆ ॥੨॥

ਗਉੜੀ - ਮ:੫ - ੨੧੧



ਹਰਿ ਰਸੁ ਜਿਨਿ ਜਨਿ ਚਾਖਿਆ ॥

The ones (Gursikhs) who experience the taste (or peace) that comes by following the inner voice or Gurbani.



ਤਾ ਕੀ ਤ੍ਰਿਸਨਾ ਲਾਥੀਆ ॥੨॥

Their greed, addiction to any worldly pleasure or attachments go away. They enjoy the experience that comes by following good voice; never go back to bad voice.

Tongue - Mental Taste



- Gursikhs make an effort to experience the **taste** peace, love and contentment by adopting Gurbani.
- The ones who taste and enjoy the **bliss** by following Gurbani, don't get addicted to worldly tastes and pleasures
- Gurbani's guidance is not limited to just managing the **tastes** of physical **tongue** but also extends to all the **tastes** that **mind experiences** through materialistic **attachments** and **addictions**
- Keep learning from Gurbani on how to train **mind** and **tongue** to not indulge in **tastes** that take me away from Gursikh lifestyle.

Gurbani Terms related to Tongue / Taste

- ਜੀਭੈ – Physical Tongue
- ਜਿਹਵਾ – Mostly Mental Tongue
- ਰਸਨਾ – Mostly Mental Tongue
- ਜੀਭ – Tongue (Physical and Mental)
- ਰਸਨ – Mostly Mental Tongue

- ਰਵਨੀ – Physical Tongue
- ਚਾਖੁ – Experience
- ਚਾਖਿਆ / ਚਾਖੈ / ਚਾਖਹਿ / ਚਾਖੀਐ - Experience
- ਰਸੁ – Mental Taste

Gurbani's focus is on mental tongue / taste so most of the times it refers to mental tongue / taste.

Assignment 9

<https://forms.gle/Y3TzxkrR4KVn4L8F9>

Group Activity – Touch



- Chanchal Singh's mother was expecting some guests in 10 minutes. She gave him \$10 to bring snacks from the market and instructed him to come back as soon as possible.
- At the shopping center Chanchal Singh saw the magic show. His mind got **touched** with the amazing tricks that magician was showing. He converted piece of cloth into pigeon by a simple **touch** of his fingers. Everything magician was **touching** was changing into something different.
- He forgot why did he come to shops. More he saw the magic, more his mind was **blown away** by the magician's skills. By the time magic finished, it was too late, and he realized that guests would have left the home by now and mom won't be happy with him.

Questions

- What type of **touch** is magician doing to different things? Is he doing physical **touch** to Chanchal Singh? If not, then how is Chanchal Singh getting **touched** by the magician?
- What do you understand by the phrase **blown away** in this context?

Role of Touch – Day to Day Life

- Skin is the largest organ in our bodies and send good and bad **touch** sensations to our brain
- Early in life **touch** is important in building relationships and **bonding** through stimulation of oxytocin. **Touch** can reduce heart rate and blood pressure and help us to feel calmer and less stressed. **Touch** seems to have a beneficial role in our immune response.
- Not everyone enjoys human **touch** in the same way. For many people, trust is important before they can allow and enjoy **touch**.
- **Touch** can convey a whole range of emotions – reassurance, empathy, comfort, care, compassion and sadness.

<https://amavic.com.au/news---resources/stethoscope/the-importance-of-touch-in-medicine#:~:text=Early%20in%20life%20touch%20is,role%20in%20our%20immune%20response.>

Mental Touch

ਜੇਨਿ ਛਾਡਿ ਜਉ ਜਗ ਮਹਿ ਆਇਓ ॥
ਲਾਗਤ ਪਵਨ ਖਸਮੁ ਬਿਸਰਾਇਓ ॥੧॥

ਰਾਗ ਗਉੜੀ - ਭਗਤ ਕਬੀਰ ਜੀ - ੩੩੭

ਜੇਨਿ – Womb, where I was focused

ਛਾਡਿ – Leaving

ਜਗ – World that drives me into distractions

ਆਇਓ – Came

ਲਾਗਤ – Touched by

ਪਵਨ – Thoughts that keep pushing me towards bad voice

ਖਸਮੁ – Good Voice

ਬਿਸਰਾਇਓ – Ignored

Can you related this pankti to Mental Touch?

Mental Touch 🖱️

ਜੇਨਿ ਛਾਡਿ ਜਉ ਜਗ ਮਹਿ ਆਇਓ ॥
ਲਾਗਤ ਪਵਨ ਖਸਮੁ ਬਿਸਰਾਇਓ ॥੧॥

ਰਾਗ ਗਉੜੀ - ਭਗਤ ਕਬੀਰ ਜੀ - ੩੩੭



ਜੇਨਿ ਛਾਡਿ ਜਉ ਜਗ ਮਹਿ ਆਇਓ ॥

In **womb** I was very focused on myself and the energy giving me life. My mind is in the **world of distractions**, the moment I am **out of the womb**.



ਲਾਗਤ ਪਵਨ ਖਸਮੁ ਬਿਸਰਾਇਓ ॥੧॥

As I come to this world, the **touch** of **materialistic thoughts**, **blows** me away from my **good voice**.

Mental Touch



- Our mind is constantly getting **touched** by variety of thoughts that are driven by what I see, listen, smell, taste and even physical **touch**
- These thoughts are like wind, when they **touch** my mind, they can take me away or closer to my good voice or Waheguru Jee
- Generally, we are **touched** by the bad thoughts, which makes us ignore our good voice
- Depending upon what thoughts **touch** my mind, drives my physical touch and other senses in the real world.

Assignment 10

<https://forms.gle/f17ru5NoGaw5CRux9>

Group Activity – Touch



- Gurmukh Kaur is a very gentle and she is always **touched** by seeing the people who are in need. She will do everything to support the people around her.
- She has **touched** lots of lives with her selfless sewa and helped people move on with their life
- Inside her heart, Gurmukh Kaur is really **touched** by the message of Gurbani and always does her best to live by Gurbani. This enables her to **touch** the lives of many people by doing selfless seva.

Questions

- What type of **touch** is Gurmukh Kaur having from Gurbani?
- How is Gurmukh Kaur **touching** other people's lives?
- Do you think you are **touching** the lives of your siblings, and friends around you? If yes, what type of **touch** are you giving to them?

Mental Touch

ਦਰਸਨਿ ਪਰਸਿਐ ਗੁਰੂ ਕੈ ਜਨਮ ਮਰਣ ਦੁਖੁ ਜਾਇ ॥੧੦॥

ਸਵਯੇ ਸ੍ਰੀ ਮੁਖ ਬਾਕ ਮਹਲਾ ੫ - ੧੩੯੨

ਦਰਸਨਿ – Experience

ਪਰਸਿਐ – Mental Touch

ਗੁਰੂ – Good Voice within all of us

ਜਨਮ ਮਰਣ – cycle of bad thoughts – one after another

ਦੁਖੁ – the pain that these thoughts give me

ਜਾਇ – go away

Can you related this pankti to Mental Touch?

Mental Touch

ਦਰਸਨਿ ਪਰਸਿਐ ਗੁਰੂ ਕੈ ਜਨਮ ਮਰਣ ਦੁਖੁ ਜਾਇ ॥੧੦॥

ਸਵਯੇ ਸ੍ਰੀ ਮੁਖ ਬਾਕ ਮਹਲਾ ੫ - ੧੩੯੨



ਦਰਸਨਿ ਪਰਸਿਐ ਗੁਰੂ ਕੈ ਜਨਮ ਮਰਣ ਦੁਖੁ ਜਾਇ ॥੧੦॥

When my mind gets **touched** by the **message of Gurbani**, I **experience** a life which takes away the pain that comes from **cyclical nature*** of bad thoughts that I live in.

***Cyclical nature** – I am constantly into cycle of thoughts that drive me for one thing after another. I am never at peace.

Gurbani's touch to my mind brings the experience of peace.

Mental Touch



- My mind is forever in cycle of thoughts. It's getting **touched** by one material possession after another
- My wants, desires are never ending, and they bring me the **experience** of temporary happiness
- It's only when my mind gets the **touch** of Gurbani and it's real message, I experience peace
- This **touch** of Gurbani to my mind brings a positive change to outer world through me – I then feel the pain of others; I work for Sarbat Da Bhalla and do Selfless Sewa of Humanity. Sewa that sees no discrimination of caste, color, religion, ethnicity, etc.

Gurbani Terms related to Touch

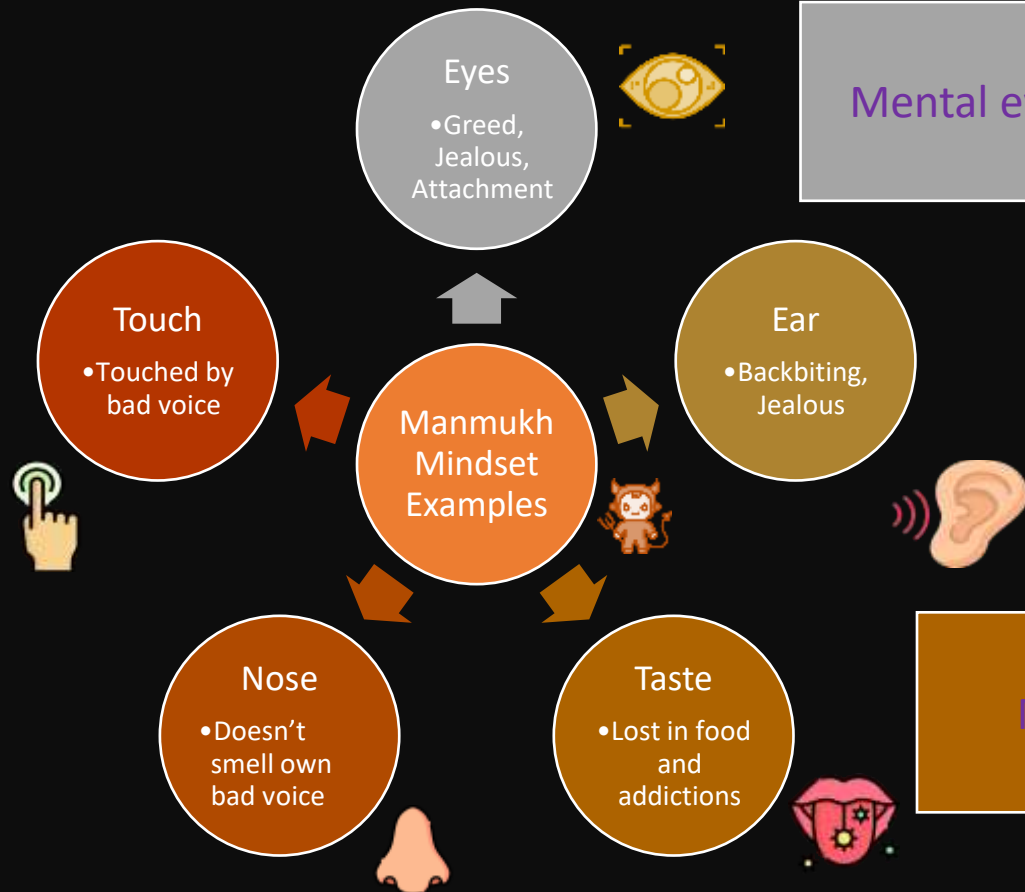
- ਪੇਹਿ / ਜੇਹੈ – Mental touch
- ਲਾਰੈ – Mental touch
- ਪਰਸ – Mental touch

Gurbani's focus is on mental nose so most of the times it refers to mental nose. Very rarely it talks about physical nose.

Assignment 11

<https://forms.gle/4G7s2CpJ9BwHxYUj7>

SUMMARY



ਨੈਨਹੁ ਨੀਦ ਪਰ ਦ੍ਰਿਸਟਿ ਵਿਕਾਰ ॥

Mental eyes are in deep sleep and adopt bad habits by looking at things in the world.

ਸੁਵਣ ਸੋਏ ਸੁਣਿ ਨਿੰਦ ਵੀਚਾਰ ॥

mental ears are sleeping and enjoy listening to bad things about others.

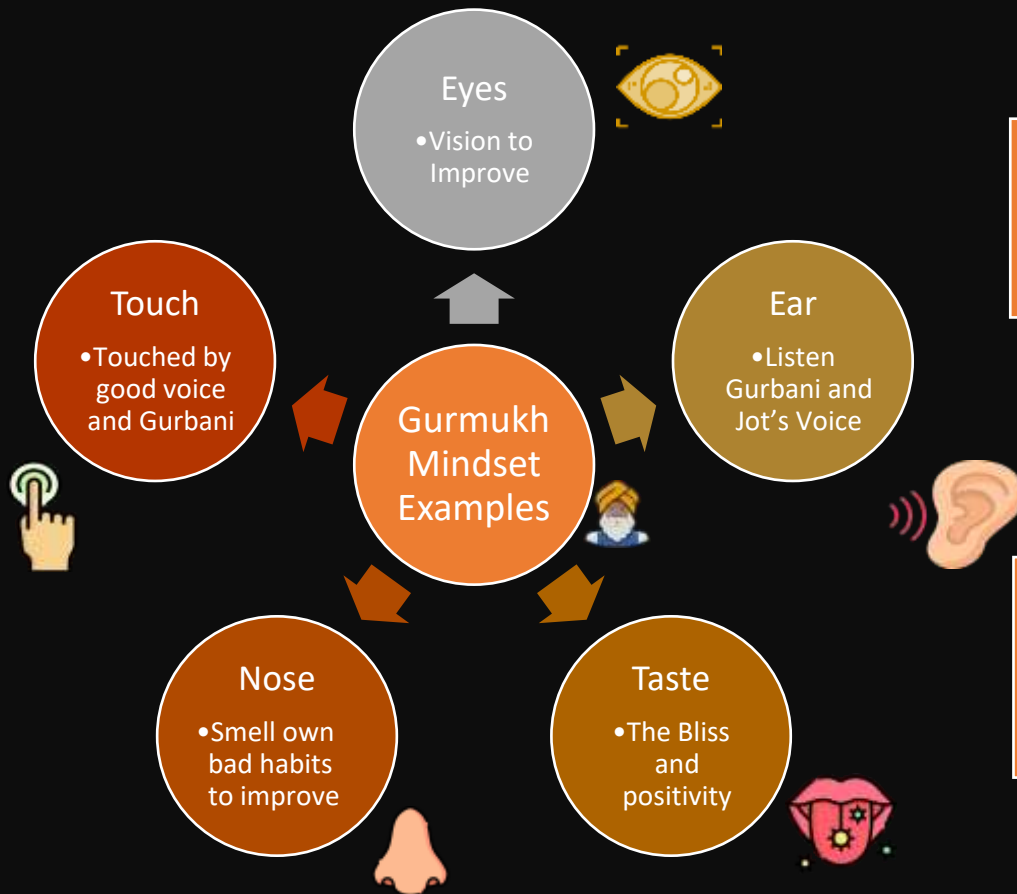
ਰਸਨਾ ਸੋਈ ਲੋਭਿ ਮੀਠੈ ਸਾਦਿ ॥

Mental tongue is sleeping in the taste of greed and feeling sweetness in the tastes of materialistic things.

ਮਨੁ ਸੋਇਆ ਮਾਇਆ ਬਿਸਮਾਦਿ ॥੧॥

Manmukh Mindset, who doesn't live as per Gurbani is sleeping by being fascinated or impressed by material objects

SUMMARY



ਇਸੁ ਗ੍ਰਿਹ ਮਹਿ ਕੋਈ ਜਾਗਤੁ ਰਹੈ ॥

Rare are the ones who stay alert within their internal home (mind)

ਸਾਬਤੁ ਵਸਤੁ ਓਹੁ ਅਪਨੀ ਲਹੈ ॥੧॥ ਰਹਾਉ ॥

They become eligible for receiving full gift of human life i.e. there is no bad voice left at all.

We have a beautiful gift in form of body with 5 senses from Waheguru Jee. Let's keep learning from Gurbani on how to make best use of this mind, 5 senses and body to not only keep moving towards Waheguru Jee but also serve the society in the best possible way.

SUMMARY

- In this chapter we have learnt how to best use the input devices – Five Senses, given to us by Waheguru Jee
- We have learnt from Gurbani how five senses help to achieve the purpose of my life.
- We have also learnt that if we don't use these senses as Gurbani guides us, then how they can divert us from the purpose of life.
- Gurbani helps us delete the virus that gets installed again and again by five senses – if we don't know how to use them.