

# THE GAME OF LIFE



# TOOLS FOR GAME OF LIFE

To make sure, we as humans can understand the rules coded within JOT and win this game, Parmeshar has given us some tools that can help us in this journey.

TOOLS ARE:

- ❖ FOCUS
- ❖ BRAIN
- ❖ GURBANI



# TOOLS FOR GAME OF LIFE

At school, after few minutes, I forget what teacher is explaining to me.

I fully remember the movies that I saw few years ago

I don't forget the rules / tricks of video game that I have learnt – In fact, I keep getting better at it

I forget what I have learnt from Gurbani. In fact, there are days when I even forget to do my Path.

Chanchal Singh is same in all the examples – What is making the difference to remember or forget the things?

## FOCUS OR SURT(I)

# TOOLS FOR GAME OF LIFE

## FOCUS OR SURT(I)

Focus is everything that I pay attention to. I can focus on the voice of Mind or JOT and action accordingly.

For e.g. My sibling is teasing me. I can focus on voice of Mind and drive myself to react and be angry OR I can focus on voice of JOT and stay calm, divert the attention away and seek help.



# TOOLS FOR GAME OF LIFE

Where is my FOCUS or SURT(I) in these examples?

- I go to play cricket and don't care about fielders standing around me and talking to each other
- Mom asks me to clean my room and I end up playing game on Ipad
- Dad asks me to do my homework and I get it done without any distraction
- I was about to do Path from Ipad but saw an advert of some game and ended up downloading it and playing it



# TOOLS FOR GAME OF LIFE

## WHO AM I ?



Helps me remember everything – Acts like a hard disk, where all my knowledge is stored.



Helps me manage all the senses and body movements



Helps me process all the information and make decisions for actions. For e.g. I process all the information to solve Maths problems or help you write English sentences

Helps us differentiate from animals and plants – makes us smarter than other species

Can we please help Chanchal Singh identify the Second Tool for 'Game of Life'



## BRAIN or BUDH(I)

# GAME OF LIFE – Tools & Players

This seems to be making sense to me:

- ✓ I can clearly identify the inner voice within me and how it guides me to do right things
- ✓ I understand brain needs to be given with more and more knowledge about good voice, so that I can start to become good person
- ✓ I have experienced it so many times, that I fail to listen to Good Voice and end up following bad voice within me.
- ✓ Focus is very important tool and lack of focus can limit my ability to learn or listen to good voice.

I think I will understand it even better, if this can be explained through examples.



# GAME OF LIFE – Tools & Players

## Context

My parents have told me number of times that I shouldn't get angry. Even before my parents told me that anger was not a good thing, I clearly remember inner voice guiding me about the same.



## Scenario

My younger brother is playing with my favorite toy and I don't like anyone touching my toy. I ask him once to leave my toy and he still keeps playing with it. Within one minute, bad voice attracts my focus, which makes me lose the control and get angry on him. After few hours, I feel sorry for being angry and went and said same to my brother.



# GAME OF LIFE – Tools & Players

## Questions

Which tool had the knowledge this toy is mine and anger is not a good thing – **Focus or Brain?**

Who had all the emotions (attachment) and wanted to make sure my toy shouldn't be shared with anyone. Being angry is the only solution to this problem – **Bad Voice or Good Voice**

The one who was telling brain, not to listen to Bad Voice and don't be angry.  
The one who keeps reminding me afterwards that I could have performed better.  
Encourage me to become better human for next time – **Good Voice / Jot Or Mind / Bad Voice**



# GAME OF LIFE – Tools & Players

## Answers

Which tool had the knowledge this toy is mine and anger is not a good thing – **Brain**

Who had all the emotions (attachment) and wanted to make sure my toy shouldn't be shared with anyone. Being angry is the only solution to this problem – **Bad Voice**

The one who was telling brain, not to listen to Bad Voice and don't be angry.  
The one who keeps reminding me afterwards that I could have performed better.  
Encourage me to become better human for next time – **Good Voice / Jot**



# GAME OF LIFE – Tools & Players

## Context

I fully understand that I should never lie. My parents, teachers and good friends have always advised me to follow the path of truth.

## Scenario

I got test results from school and my teacher advised to get the result sheet signed by the parents. My results were quite bad and I didn't want to share with my parents. I lied to the teacher that I lost my result sheet but I have informed my parents about the result. I knew what I did was wrong and kept getting the feeling of regret from inside. When my teacher caught with parents in the PTM at the end of the term, my teacher found that I was lying 😞.



# GAME OF LIFE – Tools & Players

## Questions:

Which tool knew that I got less score is due to my under preparation and lying creates more issues in the longer run – **Brain or Focus**

Who had all the emotions (fear, embarrassment ) and asked me to lie – **Mind / Bad Voice or Good Voice / Jot**

The one who was guiding the brain, not to listen to mind and tell the truth to parents. It was constantly telling me that there will be bigger problem, if I am caught lying. The one who kept reminding me afterwards that I should have spoken the truth - **Inner Voice / Jot or Bad Voice / Mind**



# GAME OF LIFE – Tools & Players

## Answers:

Which tool knew that I got less score is due to my under preparation and lying creates more issues in the longer run – **Brain**

Who had all the emotions (fear, embarrassment ) and asked me to lie – **Mind / Bad Voice**

The one who was guiding the brain, not to listen to mind and tell the truth to parents. It was constantly telling me that there will be bigger problem, if I am caught lying. The one who kept reminding me afterwards that I should have spoken the truth - **Inner Voice / Jot**



# GAME OF LIFE – Tools & Players

These examples are really helpful, but:

- ✓ How do I learn more about the rules that I already know?
- ✓ How do I validate the things I know – Are they good rules or not?
- ✓ Surely, all the ones teaching me good things won't be around me forever. Where do I keep learning these rules, all over my life?
- ✓ Are all these rules documented somewhere?

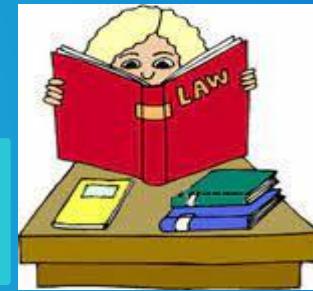


# TOOLS FOR GAME OF LIFE - GURBANI



To be a Doctor, we need to attend the medical college and seek knowledge from medical books

To become a lawyer, we need to attend the Law School and study law books



To be a professional in any field we need to study some knowledge. If we want to be the best professional, then we need to keep learning whole life - **keep self improving**

# TOOLS FOR GAME OF LIFE - GURBANI

Similarly, in life we need a text that helps us become a Good Human. We need to be guided by someone to understand the difference between Good and Bad Voice.

We have a challenge to ignore our Bad Voice and at times we keep following bad voice assuming it's a Good Voice



Gurbani is the collective experience of individuals from different backgrounds who followed the good voice and documented it's message for us – **GURBANI IS OUR GUIDE TO BE GOOD HUMAN**

# TOOLS FOR GAME OF LIFE - GURBANI

Gurbani helps us understand the message of GOOD VOICE / JOT. It also has the teachings to help us understand what will be the consequences of listening to bad voice / mind.



We are fortunate to have the message of JOT written in very simple language that can help us train our Mind to obey these rules and **keep self improving**



# TOOLS FOR GAME OF LIFE - GURBANI

Here are some of the examples from Gurbani that guide us to keep self improving

ਮਨ ਸਮਝਾਵਨ ਕਾਰਨੇ ਕਛੂਅਕ ਪੜੀਐ ਗਿਆਨ ॥੫॥

To make our mind understand good things,  
we need to study the text that has wisdom

ਬੰਦੇ ਖੋਜੁ ਦਿਲ ਹਰ ਰੋਜ ਨਾ ਫਿਰੁ ਪਰੇਸਾਨੀ ਮਾਹਿ ॥

Search your own heart every day, then you  
won't end up in trouble.



# TOOLS FOR GAME OF LIFE - GURBANI

Here are some of the examples from Gurbani that guide us to keep self improving

ਗੁਰੂ ਮੇਰੀ ਜੀਵਨਿ ਗੁਰੂ ਆਧਾਰੁ ॥

My life should be aligned to teachings of Gurbani and I should take support of Gurbani at all the times.

ਸਤਿਗੁਰ ਕੀ ਬਾਣੀ ਸਤਿ ਸਰੂਪੁ ਹੈ ਗੁਰਬਾਣੀ ਬਣੀਐ ॥

Gurbani is the message about TRUTH and we need to follow this message. This will help us lead a TRUTHFUL Life.



# TOOLS FOR GAME OF LIFE - GURBANI

## HOW DO THESE TOOLS COME TOGETHER

ਮੈਨੇ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥

I need to keep my focus (SURTi) and follow (Mane) the teachings of Gurbani. Listening to Gurbani will make My Mind (Man) and Brain (BUDHi) Wiser.



Teachings  
of Gurbani



- FOCUS (SURTi)
- BRAIN (BUDHi)
- GURBANI