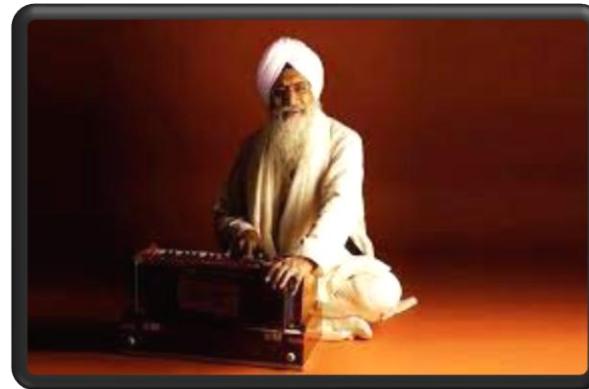


# KIRTAN



# What is Kirtan?

**Common Understanding** - Kirtan is reciting of Gurbani (Kirti - Praises of Parmeshar) using various instruments. It can be done by an individual for themselves, or a group of people may do kirtan with sangat(i)

## Synonyms of Kirtan

**Sabad Chowki** – Chowki means sittings for Kirtan.

**Sabad Gaayan** – Gaayan means singing –  
Singing of Sabad



# What is Kirtan?

**Sabad Chowki** – In most of the historical GurDwara Sahibs, Kirtan is called as Sabad Chowki.

For e.g. At Darbar Sahib, kirtan goes from Early Morning till late night. Kirtan timings are divided into 8 chowkis at darbar sahib.

- *Asa di Var di chaunki* - Early morning
- *Bilaval di chaunki* - After sunrise
- *Aanad di chaunki* - Before noon
- *Sarang di chaunki* - Noon
- *Charan Kamal di chaunki* - Afternoon
- *So Dar di chaunki* - Sunset
- *Arti/Kalyan di chaunki* - Night
- and *Kirtan Sohile/Kanare di chaunki* - Late night

# Instruments for Sabad Gaayan

**What instruments do we use for Sabad Gaayan?**

**1) Wind Instruments (ਸੁਸ਼ਿਰ ਸਾਜ਼) – Instruments in which sound is produced by the vibration of air**



Harmonium



Shehnai



Flute

# Instruments for Sabad Gaayan

2) Percussion Instruments (ਅਵਨ੍ਯ ਸਾਜ਼) - is a musical instrument that is sounded by being struck or scraped by a beater.



Tabla



Jori



Pakhawaj



Drums

# Instruments for Sabad Gaayan

3) String Instruments (ਤੱਤੀ ਸਾਜ਼) - musical instruments that produce sound from vibrating strings



Sarangi



Sitar



Rabab



Guitar

# Instruments for Sabad Gaayan

4) Struck Instruments (ਘਨ ਸਾਜ਼) - instrument that creates sound primarily by the instrument as a whole vibrating



Khartaal



Tali



Rajasthan Khartal

All 4 types of instruments are used in Sabad Gaayan – In our culture the **focus** is on the **message** and **not on the instrument**. They keep changing over the time but the **message and focus on learning should never change**.

# Kirtan Etiquettes

What Etiquettes should we follow while listening to Kirtan

- Sit Crossed Leg
- Focus on the message of Sabad and what is it telling me? How can I get rid of my Bad Voice?
- Don't talk to anyone
- Learn new words of Gurmukhi from Sabad
- Stay attentive

# Kirtan – What Next?

## What if while performing the Kirtan

- I am doing best in pronouncing the Sabad
- I am best at playing the instruments - I am the master of beats, scale
- I follow all the etiquettes that I should be following while doing the Kirtan

## BUT

- Focus is on the material (Money, Fame, Followers)
- There is a feeling that I am really good at Sabad Gaayan (Ego)
- After Sabad Gaayan, I don't even try to stop listening to my bad voice

# Kirtan – What Next?

ਕੋਈ ਗਾਵੈ ਰਾਗੀ ਨਾਦੀ ਬੇਦੀ ਬਹੁ ਭਾਤਿ ਕਰਿ



ਰਾਗੀ ਨਾਦੀ ਬੇਦੀ = Expert of Music and Scripture with focus on outer world

ਬਹੁ ਭਾਤਿ ਕਰਿ = Various Styles

ਨਹੀ ਹਰਿ ਹਰਿ ਭੀਜੈ ਰਾਮ ਰਾਜੇ ॥



ਹਰਿ ਹਰਿ = Just uttering from mouth

ਭੀਜੈ = Pleased

ਰਾਮ ਰਾਜੇ = Good Voice

# Kirtan – What Next?

ਜਿਨਾ ਅੰਤਰਿ ਕਪਟੁ ਵਿਕਾਰੁ ਹੈ ਤਿਨਾ ਰੋਇ ਕਿਆ ਕੀਜੈ ॥



ਅੰਤਰਿ ਕਪਟੁ ਵਿਕਾਰੁ = I follow **Bad Voice**



ਰੋਇ = cry on outcomes of  
following bad voice



ਕਿਆ ਕੀਜੈ = Pointless

In Sikh culture, Good Kirtaniya is not the one who is good at singing alone. He / She has to be **pure at heart and live the life as per Gurbani**.

Focus should be on the **message of Gurbani** and **not the music**. Objective of learning Kirtan is to **adopt Gurbani in life** – not becoming best in playing the instruments. This principle should be applied in anything we do in life.

# Kirtan – Lets dive bit more

There is someone within us who is singing lots of different songs all the time. Examples of these songs:

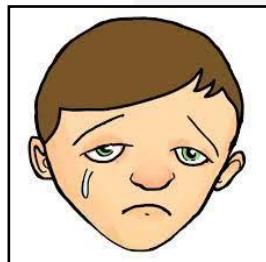
Song of judgement - I am the Best – and judges other being bad



Song of desires – Want one thing after another



Sad Song – when it loses something



# Kirtan – Lets dive bit more

Song of Attachment – This is mine, mine and mine



Song of back biting – talking negative about others on the back



**It's My Mind that's singing all these songs and even more – Can you give more examples?**



# Kirtan – Lets dive bit more

Gurbani's focus is to **fix this song of mind** that is going forever. As per Gurbani, actual Kirtan happens within our mind, when it stops singing all these **songs of ego, jealousy, greed, back biting and other things**.



ਚੀਤਿ ਆਵੈ ਸਦ ਕੀਰਤਨੁ ਕਰਤਾ ॥



ਚੀਤਿ ਆਵੈ - When I **remember** the message of my good voice (Jot)

ਸਦ ਕੀਰਤਨੁ ਕਰਤਾ - I will **always follow the guidance (Sing)** to stay connected.

ਮਨੁ ਮਾਨਿਆ ਨਾਨਕ ਭਗਵੰਤਾ ॥੪॥੮॥੨੧॥



ਮਨੁ ਮਾਨਿਆ - When my **mind willingly obeys** and start to live as per the Guidance of Gurbani



ਨਾਨਕ ਭਗਵੰਤਾ – O **Nanak, Fortunate and blessed** are such individuals

# Kirtan – Lets dive bit more

ਚੀਤਿ ਆਵੈ ਸਦ ਕੀਰਤਨੁ ਕਰਤਾ ॥ ਮਨੁ ਮਾਨਿਆ ਨਾਨਕ ਭਗਵੰਤਾ ॥੪॥੮॥੨੧॥

Remembering the message of good voice at all the times is my real Kirtan. When my mind willingly follows the good things in life, I become a real fortunate person.

What does this pankti mean to me in my life?

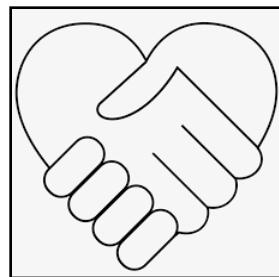
- What distracts me from listening to good voice?
- Do I really do good things willingly or because I am afraid of my parents?

# Kirtan – Lets dive bit more

ਸਦਾ ਸੁਖੁ ਕਲਿਆਣ ਕੀਰਤਨੁ ਪ੍ਰਭ ਲਗਾ ਮੀਠਾ ਭਾਇ ॥



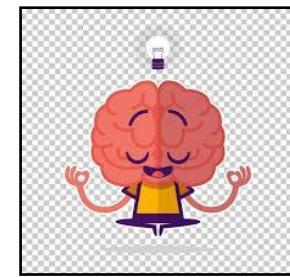
ਸਦਾ - Forever



ਸੁਖੁ - Peace



ਕਲਿਆਣ – Well Being



ਕੀਰਤਨੁ – Singing the song



ਪ੍ਰਭ - Good Voice



ਮੀਠਾ ਭਾਇ – Accept Sweet Will

# Kirtan – Lets dive bit more

ਸਦਾ ਸੁਖੁ ਕਲਿਆਣ ਕੀਰਤਨੁ ਪ੍ਰਭ ਲਗਾ ਮੀਠਾ ਭਾਣ ॥

I will be in peace forever if my mind sings the song of Acceptance – Do your best and Let GOD do the Rest

What does this pankti mean to me in my life?

- Do I accept the diversity around me?
- How can I do my best for everything in life and accept the outcome?
- Do I accept the resources I have and try to do best out of them?
- Do I accept that I have to keep improving?
- What things do I struggle to accept in life?

# Kirtan – Lets dive bit more

ਭਲੇ ਭਲੇ ਰੇ ਕੀਰਤਨੀਆ ॥

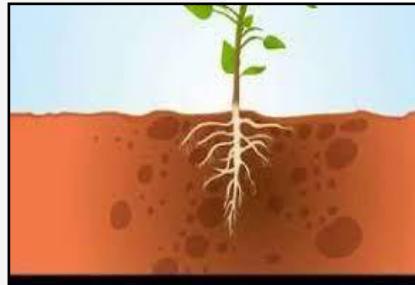


ਭਲੇ ਭਲੇ ਰੇ ਕੀਰਤਨੀਆ –  
Blessed are the Kirtaniyas

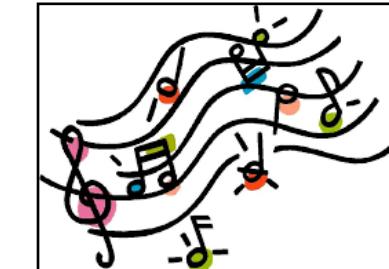
ਰਾਮ ਰਮਾ ਰਾਮਾ ਗੁਨ ਗਾਉ ॥



ਰਾਮ – Good Voice (JOT)



ਰਮਾ – immersed  
within all of us



ਰਾਮਾ ਗੁਨ ਗਾਉ – O Mind sing  
the Song of Good Voice

ਛੋਡਿ ਮਾਇਆ ਕੇ ਧੰਧ ਸੁਆਉ ॥੧॥ ਰਹਾਉ ॥



ਛੋਡਿ - Abandon



ਮਾਇਆ ਕੇ ਧੰਧ ਸੁਆਉ - Materialistic songs driven by Bad Voice

# Kirtan – Lets dive bit more

ਭਲੇ ਭਲੇ ਰੇ ਕੀਰਤਨੀਆ ॥ ਰਾਮ ਰਮਾ ਰਾਮਾ ਗੁਨ ਗਾਉ ॥ ਛੇਡਿ ਮਾਇਆ ਕੇ ਧੰਧ ਸੁਆਉ ॥੧॥ ਰਹਾਉ ॥

Blessed are the Kirtaniyas, who are immersed in good voice and sing its praises. They have abandoned all the songs of Bad Voice.

What does this pankti mean to me in my life?

- As my mind starts to sing the angry song, I remind my mind to stay calm
- As my mind is going to sing the song of ego, remind it to be humble
- Why am I not able to listen to song of good voice, when my mind is stuck into bad voice?

# Kirtan – Lets dive bit more

ਸੇ ਕਿਛੁ ਕਰਿ ਜਿਤੁ ਮੈਲੁ ਨ ਲਾਗੈ ॥



ਸੇ ਕਿਛੁ ਕਰਿ – Do those activities



ਜਿਤੁ ਮੈਲੁ ਨ ਲਾਗੈ – that dirt of bad voice doesn't come to you

ਹਰਿ ਕੀਰਤਨ ਮਹਿ ਏਹੁ ਮਨੁ ਜਾਗੈ ॥੧॥ ਰਹਾਉ ॥



ਹਰਿ - Good Voice



ਕੀਰਤਨੁ – In tune with



ਮਨੁ ਜਾਗੈ – Mind stays alert from bad voice

# Kirtan – Lets dive bit more

ਸੇ ਕਿਛੁ ਕਰਿ ਜਿਤੁ ਮੈਲੁ ਨ ਲਾਗੈ ॥ ਹਰਿ ਕੀਰਤਨ ਮਹਿ ਏਹੁ ਮਨੁ ਜਾਗੈ ॥੧॥ ਰਹਾਉ ॥

Let's do those activities which help me clean my bad voice. By staying alert of bad voice, my mind will be in the state of Kirtan (sing good song).

What does this pankti mean to me in my life?

- What dirt (mail) does my mind have?
- What sort of shower can I take to clean my mind?
- What tips can you share to stay alert?

# Kirtan – What have we learnt so far

- Kirtan is the singing of Gurbani using various instruments – I can do kirtan for myself or for sangat(i)
- Kirtan is the remembrance (following) of Good voice in my life
- Kirtan is all those tasks that keep my mind clean
- Kirtan (singing the song of acceptance) brings peace and well being to me
- Blessed are the ones who can sing the song of good voice

# Kirtan – Lets dive bit more

## Homework

Here is the original definition of Kirtan that we started with:

Kirtan is reciting of Gurbani (Kirti - Praises of Parmeshar) using various instruments. It can be done by an individual for themselves, or a group of people may do kirtan with sangat(i)

Reword this definition as per your understanding of Kirtan from Gurbani – You can even do an artwork (poem, drawing, story, painting) to support your definition.

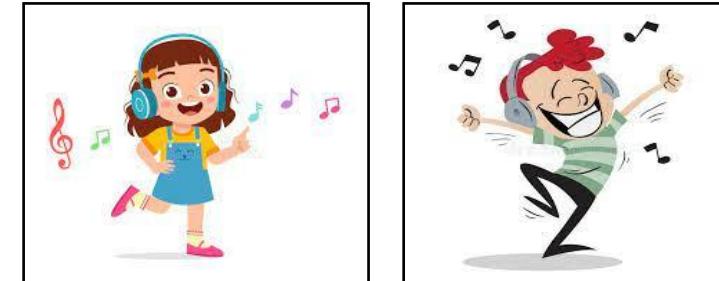
# Music and It's Impact on Us

- Music is powerful and can impact our thinking and choices we make in life.
- One thing is limited in this life – TIME
- We need to spend this time wisely as no money can ever buy back the time.
- We need to make informed choices and decisions about music as it can impact what I think and what I become
- Lets learn how music can impact my thoughts and physical actions. This may help us decide on what music is good for me.

# Music and It's Impact on Us (Physical)

What is common in any type of music? There are certain things we do, when listen to music (doesn't matter what type of music it is)

1. When we understand, we enjoy more. We want to listen it again and again.

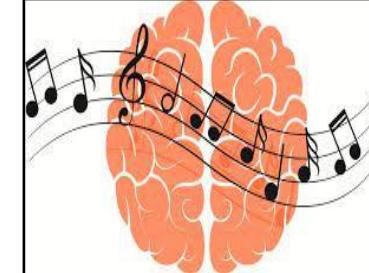
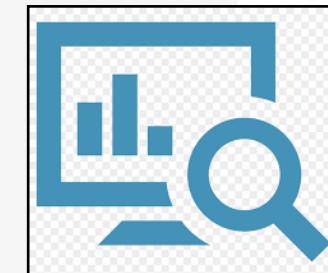
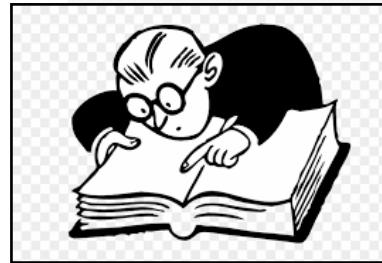


2. Depending upon my preferences – I will like certain kind of music.

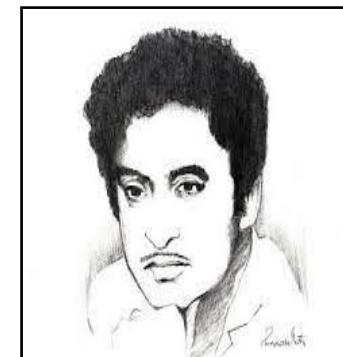
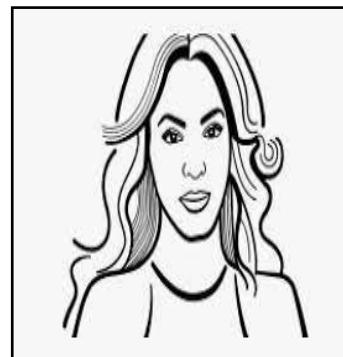


# Music and It's Impact on Us (Physical)

3. Stays in mind – we do further research
  - a. About musician
  - b. Who wrote the song
  - c. What does it mean

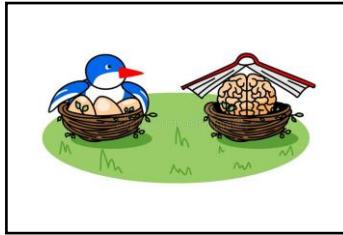
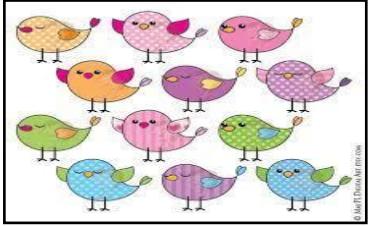


4. Develop personal bonding – we appreciate their skills (Point about when we are constantly thinking virtues)
  - a. How good this musician is
  - b. We want to be like them
  - c. We want to mimic them (dance like them, sing like them)



# Music and Its Impact on Us (Mental)

ਕਬੀਰ ਮਨੁ ਪੰਖੀ ਭਇਓ ਉਡਿ ਉਡਿ ਦਹ ਦਿਸ ਜਾਇ ॥

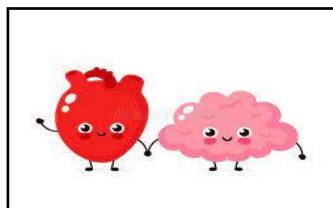


ਮਨੁ ਪੰਖੀ ਭਇਓ – Mind is like a bird

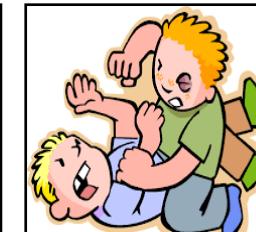


ਉਡਿ ਉਡਿ ਦਹ ਦਿਸ ਜਾਇ – It keeps flying in different directions (thoughts)

ਜੇ ਜੈਸੀ ਸੰਗਤਿ ਮਿਲੈ ਸੋ ਤੈਸੇ ਫਲੁ ਖਾਇ ॥੮੬॥



ਜੇ ਜੈਸੀ ਸੰਗਤਿ ਮਿਲੈ – According to the company my Mind (Bird) Keeps



ਸੋ ਤੈਸੇ ਫਲੁ ਖਾਇ – so are the fruits (outcomes of life)

# Music and It's Impact on Us (Mental)

Music provides the company (ਸੰਗਤਿ) to my Mind. Depending upon the type of Music and Lyrics I listen, my mind will get those fruits (outcomes) in life.

When my bird (ਮਨੁ) is in the company (ਸੰਗਤਿ) of Gurbani; it gets the fruits like:



Peace – Gurbani brings me the fruit of peace and patience. if I listen to music that is too heavy and fast, it may disturb my mind – can make me aggressive.



Focus – Gurbani brings my focus back to self improvement. Some lyrics and music drive me to keep chasing the things in material. For e.g. clothing, cars, money.



Choices – Gurbani helps me make right choices in life. Some lyrics and music drive me to make choices that lead me to drugs, alcohol and addictions

# Music and It's Impact on Us (Mental)



Love – Gurbani brings me the fruit of love for all – I become compassionate towards everyone. Some lyrics and music drive me towards violence, hatred.



Strength – Gurbani keeps making me strong in following my good voice. Some lyrics and music lead me to listen to my bad voice.



Community – We develop a better community and society, if listen to Gurbani (and even other teachings) that drives good values within us. We should stay away from the music and lyrics that drive society towards bad things.

# Sikh Culture - Music

ਸਤਿਗੁਰ ਕੀ ਬਾਣੀ ਸਤਿ ਸਰੂਪੁ ਹੈ ਗੁਰਬਾਣੀ ਬਣੀਐ ॥

- In Sikh culture the primary purpose of music is to keep moving towards Truth or becoming better human being.
- Kirtan is not about just being best at singing. It's about adopting values of Gurbani in life – listening to good voice and singing the song of Good Voice
- I need to be mindful of what I listen as it does impact my thoughts and physical actions
- Choice of what I listen is mine – Let's use our time in best way and make the right choices of music we listen.