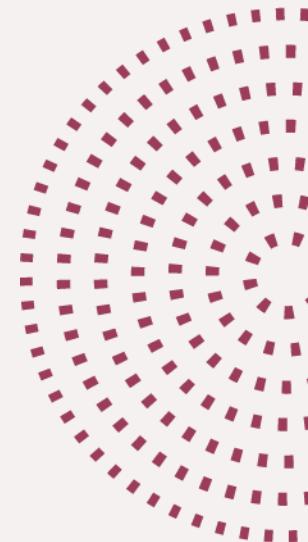
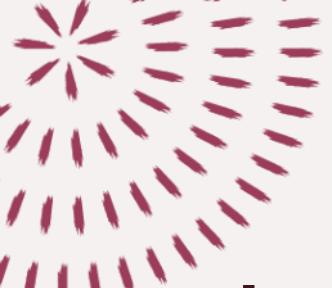


Matha Tekna - Gurbani Concept

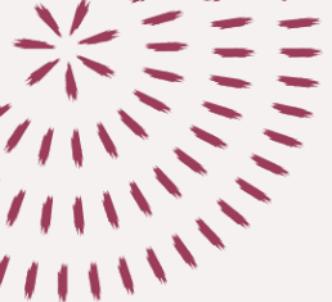




What is Matha Tekna?

- **What is Matha Tekna?**
- **Why only Matha Tekna - Why not Face or Hands?**
- **Why do we only bow in front of Gurbani and not any one else?**
- **Is there any point in Bowing when I am not willing to accept the lesson?**
- **Why is it the First thing, when we enter the GurDwara Sahib?**





What is Matha Tekna?

- Meaning
 - Complete surrender
 - Accept that I can learn / gain knowledge from the one I am bowing to



- Physical Activity
 - Bow our head

Why Only Matha and not Face or Hands?

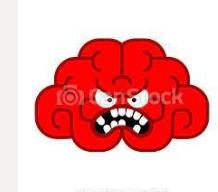
- What is in our head that makes us so different to other species?



- This brain can take knowledge about **good voice** and keep helping me become a better human

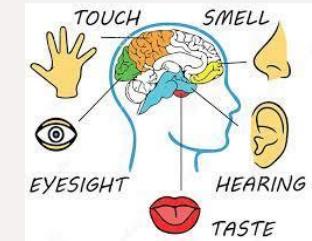


- Matha tekna is the symbol that I am willing to give away my **bad voice**



Why Only Matha and not Face or Hands?

- Face, Hands or other body parts only act as per the guidance from the brain.



- It's the brain that has to keep seeking the knowledge about **good voice** and guide my life in better direction



Why do we only bow in front of Gurbani and not any one else?

- Gurbani is the only source of knowledge that **helps me improve** and be a good human being
- Gurbani **is complete** - it doesn't need any further improvements. Every other knowledge needs further improvement.
- Every other knowledge tells me about things around me - Numbers, Planets, Animals, Food, Water. They help me achieve physical goals
- Gurbani talks about ME and how I can listen to **good voice** within me. Gurbani supports me for **self improvement**.

Is there any point in bowing, if I don't accept the teaching?

ਅਪਰਾਧੀ ਦੂਢਾ ਨਿਵੈ ਜੋ ਹੰਤਾ ਮਿਰਗਾਹਿ ॥



ਅਪਰਾਧੀ = Culprit



ਹੰਤਾ = Hunter



ਮਿਰਗਾਹਿ = Deer

ਦੂਢਾ ਨਿਵੈ = Does extra bowing (pretend)

ਸੀਸਿ ਨਿਵਾਇਐ ਕਿਆ ਥੀਐ ਜਾ ਰਿਦੈ ਕੁਸੁਧੇ ਜਾਹਿ ॥੧॥



ਸੀਸਿ ਨਿਵਾਇਐ = bowing head



ਕਿਆ ਥੀਐ = Useless



ਰਿਦੈ ਕੁਸੁਧੇ = I follow **Bad Voice**

We should have the intent to **improve and pray to leave our bad voice** as we bow in front of Gurbani.

Bowing without good intent is like **Hunter bowing in front of Deer**. His intent is bad (to kill the deer)

Why do we Matha Tek as a first thing in the GurDwara Sahib?

- As we enter GurDwara Sahib, we acknowledge our **bad voice** and submit ourselves to learn from Kirtan / Veechar
- As we do Matha Tek, we are setting our goal of what we are here to learn
- Bowing head helps me to be **humble** at the starting point - it helps me leave my ego and brings mind into learning attitude.

What do I need to do when I do Matha Tek in Future

- As I enter Gurdwara Sahib, think of things where I need to improve
- As I bow my head, do the silent prayer to seek guidance from Gurbani on how I can overcome my **bad voice**
- Stay focused on Kirtan and try to understand how it's guiding to listen to my **good voice**.