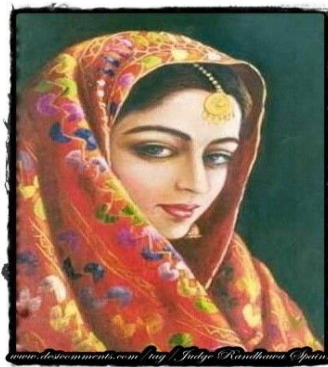


SIKH IDENTITY

DEFINITION (GURMAT LENS)

Challenges & Solutions (in western Context)



SIKH IDENTITY

There are two aspects of SIKH Identity

- Internal (Inner Consciousness)
- External (Outlook)

SIKH IDENTITY – INTERNAL

Internal (Inner Consciousness)

ਸੇ ਸਿਖੁ ਸਖਾ ਬੰਧਪੁ ਹੈ ਭਾਈ ਜਿ ਗੁਰ ਕੇ ਭਾਣੇ ਵਿਚਿ ਆਵੈ ॥
ਆਪਣੈ ਭਾਣੈ ਜੇ ਚਲੈ ਭਾਈ ਵਿਛੁੜਿ ਚੇਟਾ ਖਾਵੈ ॥

- The one who aligns the journey of his/her life as **guided by the Gurbani**.
- The one follows his/her own wishes suffers in separation.



SIKH IDENTITY – INTERNAL

Internal (Inner Consciousness)

ਮਨ ਤੂੰ ਜੋਤਿ ਸਰੂਪੁ ਹੈ ਆਪਣਾ ਮੂਲੁ ਪਛਾਣੁ ॥
ਮਨ ਹਰਿ ਜੀ ਤੇਰੈ ਨਾਲਿ ਹੈ ਗੁਰਮਤੀ ਰੰਗੁ ਮਾਣੁ ॥

- My real identity is the **DIVINE within ME**



ਗੁਰ ਕਾ ਸਿਖੁ ਬਿਕਾਰ ਤੇ ਹਾਟੈ ॥

- Sikh is the one who start to move away from Vikaars. **A journey that is not optional.**



The path of being Sikh starts when my inward journey is kicked off

SIKH IDENTITY – OUTLOOK

- Preserving the natural identity as given to us by Parmeshar i.e. unshorn hair.



- Preserving the concept of Kakaars as introduced by Dasam Patshah



SIKH IDENTITY – SUMMARY

SIKH IDENTITY IS COMBINATION OF INTERNAL VALUES AND EXTERNAL SYMBOLS. EXTERNAL SYMBOLS REPRESENT INTERNAL VALUES.

SIKHI is about making balance of these two inter-dependent core components.

Internal Values - Represents our roots and

External Symbols –Reflected by our outlook. If both are in sync then the tree of life bear fruits (e.g. Gyaan – Spritual Wisdom, Nirbhauta, Nirvair) that are mentioned in Gurbani and a stronger harmonious community is formed.

SIKH IS NOT A NOUN – PRESENT CONTINUOUS TENSE



SIKH IDENTITY

CHALLENGES

SIKH IDENTITY - CHALLENGES

Competing Priorities & Lack of Contemporary Resources

- First generation parents are too busy with worldly affairs and **GURMAT for kids is not even in any priority list**. Parents are too driven to achieve their materialistic goals.
- We adopted same formula that worked in India – Spent money on same infrastructure and adopted same methods of parchar – **with no customization** to needs of next generation
- Lack of Institutions who are actively playing the role to drive the discussions of **Internal drivers of Sikhi**.



SIKH IDENTITY - CHALLENGES

Lack of Passion to Pass the Baton to Generation in West



- We are the generation who understands the **GURMAT perspective and western context** (Whether we follow or not)
- **We are not passionate** to infuse GURBANI (the thread that connects us all) to Kids in western world – we believe its not that important.
- This means we are leading them to follow our traditions with **no in-depth understanding of Gurbani**; this will surely lead to confusion for them in coming years.



SIKH IDENTITY - CHALLENGES

SPLIT FOCUS



- We are constantly trying to revive **external symbols only**. There is less focus on developing the strength of inner consciousness
- Outer is the by product of inner beauty – all our history / shahadats are example of inner strength. This strength made them stand firm and **not compromise the ideology** or physical symbols
- This has the potential to lead us into the situation that was cautioned by one of the Sakhi from Dasam Patshah (**Lion's Skin on Donkey**)



SIKH IDENTITY - CHALLENGES

Variance in Education Style



- **Education Style**

- Everything Kids study at school is value driven or outcome driven.
- Learning is through gamification – JOY in learning



- **Gurbani Education**

- It's the most valuable and value driven knowledge in the world and we still convey this to kids as a thing to just read and memorise opposed to something that **needs to be Lived**
- We are unable to extract the value out of Gurbani and make kids understand why this knowledge supersedes everything else in the world – **how it helps in REAL WORLD.**



SIKH IDENTITY - CHALLENGES

Digital Presence



- **Kids Believe in Google more than Us (Parents)**

- Kids go to Google to solve any problem they have in life – educational, personal, emotional and even religious
- We hardly have any digital presence from kids perspective and GURMAT



- **Simple exercise, we can do in our own time:**

- Search Sikhi and Kids – See if we get anything from Gurbani perspective – Even if we find any website, that will be about external identity (internal identity concept is totally missing)
- Search Christianity and Kids
- We hardly have any articles written for Kids that are written in their language and the perspective they can co-relate with.



SIKH IDENTITY

POSSIBLE SOLUTIONS

SIKH IDENTITY – POSSIBLE SOLUTIONS

VALUE DRIVEN ENGAGEMENT

- **Actively engage kids** with Gurbani through behavioral issues (value driven):
- How does Gurbani help me address **my professional and personal mental challenges**:
 - Greed (contentment)
 - Anger (calmness)
 - Irritated (Acceptance)
 - Attachment (Sharing)
 - Non-forgiving (Forgive and Forget)
- Gurdwara Committees **need to modernize and re-prioritize engagement** with kids on GURMAT – and even styles of parchar
- This needs to be part of **active discussion at home and Gurdwaras** with parents in specific reflecting their behavior that is in alignment to GURMAT.



SIKH IDENTITY – POSSIBLE SOLUTIONS

BRIDGE THE GAP

- Need to **modernize our examples** / metaphors when we engage with kids; still preserving the essence of Gurbani.



OR



- For e.g. To explain attachment, we can work with kids to understand:

- 'Dhan' as Ipad / Apps,
- Dara – Friends
- Sampati – Toys
- This may give them better perspective on pankti Dhan Dara Sampat(i) Sagal Jin apni Kar Maan



OR



- This needs to happen across all the examples within Gurbani – **We need to build the bridge**, before it's too late.



SIKH IDENTITY – POSSIBLE SOLUTIONS

Revive the Spiritual Context of our Concept

- **Revive the Spiritual Context** of our terminology – Help them understand where our concepts originated. Here are only couple of examples:
- We are all aware of the external context of Langar and feel pride in that (and rightly so). Need of the hour is to also **revive the context of Langar within Gurbani** that enabled the continue flow of external langar

The Holy Spirit whispers



With a still, small voice



ਲੰਗਰੁ ਚਲੈ ਗੁਰ ਸਬਦਿ ਹਰਿ ਤੇਟਿ ਨ ਆਵੀ ਖਟੀਐ ॥

Once, I can listen to Good Voice (JOT) within me and enjoy the langar of goodness it serves me – External Langar will never be compromised. That will really make us believe, **NOTHING IS MINE** – Let me serve



SIKH IDENTITY – POSSIBLE SOLUTIONS

Revive the Spiritual Context of our Concept

• Example 2

ਗਿਆਨ ਖੜਗੁ ਲੈ ਮਨ ਸਿਉ ਲੂਝੈ ਮਨਸਾ ਮਨਹਿ ਸਮਾਈ ਹੇ ॥੩॥

ਸਤਿਗੁਰਿ ਗਿਆਨ ਖੜਗੁ ਹਥਿ ਦੀਨਾ ਜਮਕੰਕਰ ਮਾਰਿ ਬਿਦਾਰੇ ॥

In parallel to preserving our external symbols, we need to propagate the **Sword of Wisdom** to our next generation. Once, this is understood, the external will be preserved automatically. Our concepts are always internal first:

Baani & Baana

Sant Sipahi



SIKH IDENTITY – POSSIBLE SOLUTIONS

Development of Digital Platforms

- Need to **develop digital platforms** that are engaging with kids
- Help our next generation understand the message of GURBANI – The one that **strengthens their inner consciousness** and inspire them for internal journey as they do their worldly duties too.
- Provide **examples of how Gurbani** helps them solve real life scenarios of Desires, Greed, Anger, Attachment, Ego.
- **Collaboration of kids** to learn from each other on they are exploring Gurbani in their life



TAKE AWAY POINTS

- **We are value driven faith** – If we don't inculcate value in **ourselves and next generation**, outlook and practices may be reduced to symbols and rituals (called as pakhand in Gurbani)
- We need to **re-think our priorities** and develop strategies to re-engage our next generation to connect them to GURBANI – FOCAL POINT OF OUR FAITH
- We need to **improve our inner strength** through Gurbani and at the same time develop solutions for next generation; the ones that will assist them in their **physical and spiritual journey**.

SIKH IDENTITY

**EXAMPLES OF WHAT WE
ARE DOING**

EXAMPLES

- Engaging kids ranging from Year 2- Year 8, where we discuss the **concept of Self Improvement** from Gurbani's lens – Kids are from most of the metro cities of Australia and it's all through digital channels
- We try to **understand their issues** and what they think; It helps us better understand their viewpoints on various challenges they face at mental level and how they try to resolve (or not) at their level
- Then we first introduce them the **concepts of Gurbani in plain English** and step by step introduce them to Gurmukhi words
- Work all these concepts through scenarios, use cases and collaboration between the kids. We are just facilitators or **in fact learning from them.**

EXAMPLES

Gurmat homework		
MONDAY MATH TEST THURSDY	GOOD: STUDY OTHERWISE YOU WILL FAIL BAD: YOU WILL BE OK	✓
TUESDAY		
WEDNESDAY TAKE LUNCH BOX OUT OF BAG	GOOD: TAKE OUT OTHERWISE MOM AND DAD WILL BE ANGRY BAD: IT IS FINE I CAN TAKE OUT LATER	✗
THURSDAY HELP MUM	GOOD: HELP OUT OTHERWISE MOM WILL BE ANGRY BAD: IT IS FINE I CAN TAKE OUT LATER	✓
FRIDAY		
SATURDAY HAVE ICE CREAM	GOOD: NO ICE CREAM DO NOT NEED IT BAD: IT IS FINE YOU CAN HAVE ONE SPOON	✗
SUNDAY CLEAN ROOM	GOOD: YOUR ROOM IS MESSY YOU SHOULD CLEAN IT BAD: IT IS FINE YOU CAN CLEAN LATER	✓

		Good	Bad	Score
Mon	Wanted to go to a birthday party but had no time	It's ok we didn't have time that's mums choice	No I want to go today	+1 I listened to mum
Tue	Found chocolates in my room	Dont eat it	Eat it nothing will happen	-1 I did eat it
Wed	Dad and mum went out to someone's house and I found food	Dont watch mum will be mad	Watch for 5 mins nothing will happen	+1 I did not watch iPad I knew it was bad
Thurs	Had a path at my house and kids are gong into my room	Dont worry they wont do anything	Tell then off they can break something beautiful	-1 I told them to get out
Fri				
Sat				
Sun	Wanted to buy tintam (mum said no)	It's ok maybe next time	I cant wait till next time I want it today	+1 I waited till next Sunday and I got it

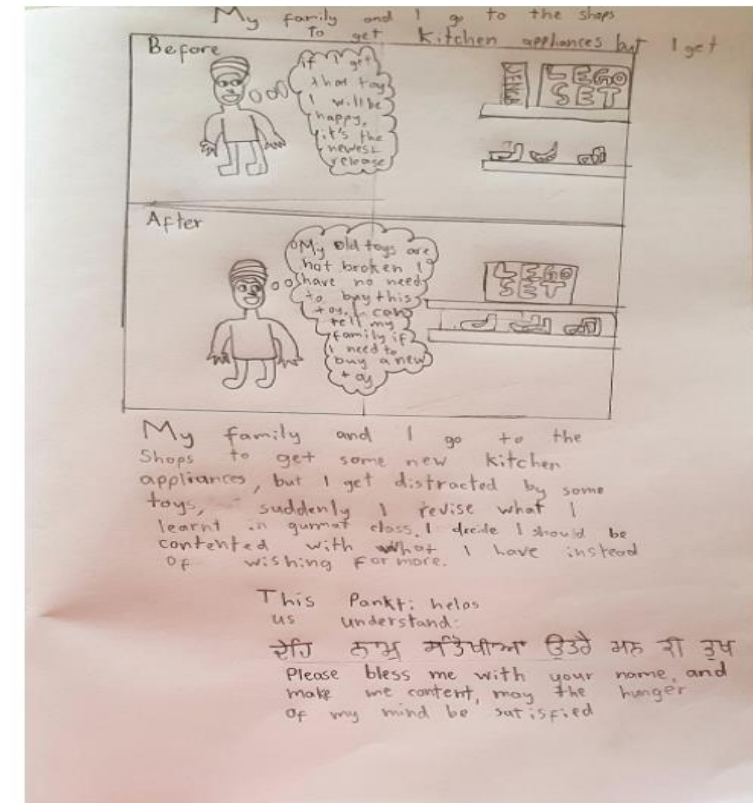
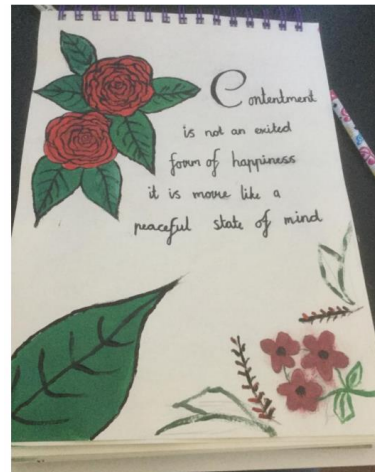
Objective of life : To live a happy and adventurous life.

Players : My good and bad voice.

Tools : Good education, good friends, good parents & Gurbar

Rules: Understand Gurbani and follow its path.

15:



THANKS & QUESTIONS