

SOHILA
SAHIB

ਸੋਹਿਲਾ ਸਾਹਿਬ

ਤੁਮ ਗਾਵਹੁ ਮੇਰੇ ਤਿਰਭਉ ਕਾ ਸੋਹਿਲਾ ॥
ਹਉ ਛਾਰੀ ਜਿਤੁ ਸੋਹਿਲੈ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥

ਕਰਉ ਬੇਨੰਤੀ ਸੁਣਹੁ ਮੇਰੇ ਮੀਤਾ ਸੰਤ ਟਹਲ ਕੀ ਬੇਲਾ ॥
ਈਹਾ ਖਾਟ ਚਲਹੁ ਹਰਿ ਲਾਹਾ ਆਗੈ ਬਸਨੁ ਸੁਹੇਲਾ ॥੧॥



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- You have a very close friend, who is always there to help you in every situation.
- Your friend has never let you down, even in the most difficult times of your life.
- Others don't have exactly same feelings as you about this person and at times they can be bit negative about him / her.
- Will you change your views about your friend because of others?
- How would you express your feelings about your friend?



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- Style of singing in Punjabi culture, where song that comes directly from the experience of connectivity with someone or someone I have faith in.
- Musical expression of a feeling that individual is experiencing. Feeling can be of joy or sorrow.
- In Gurbani's context Sohila means Expression of Love (ਪ੍ਰਮ), faith (ਭਰੋਸਾ) for Parmesar (ਪਰਮੇਸਰ).
- In Gurbani, it still follows the cultural definition, which is about expression of an experience in poetic form and this experience can either be Love or faith in our spiritual journey
- At times Gurbani uses some prefixes / adjectives to define positive or negative experiences that are expressed in Sohila. For e.g. at time Gurbani uses words like ਸਾਚਾ ਸੋਹਿਲਾ, ਸਚਾ ਸੋਹਿਲਾ, ਨਿਰਭਉ ਕਾ ਸੋਹਿਲਾ to express positive experience and spiritual faith and words like ਖੂਨ ਕੇ ਸੋਹਿਲੇ to express mental challenges that masses face due to lack of wisdom in their life.



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Basic Information



One of the baanis that comes at start (ਅੰਕ – ੧੨-੧੩) of Guru Granth Sahib Jee.



Composition with 5 Sabads:

3 Sabads from Mahalla 1 (ਮਹਲਾ ੧)

1 Sabad from Mahalla 4 (ਮਹਲਾ ੪)

1 Sabad from Mahalla 5 (ਮਹਲਾ ੫)



Traditionally, part of Nitnem for Sikhs and is recited at night, before going to sleep.

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ਸੋਹਿਲਾ ਰਾਗੁ ਗਊੜੀ ਦੀਪਕੀ ਮਹਲਾ ੧

Identify different components in the pankti above?

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ਸੋਹਿਲਾ ਰਾਗੁ ਗਊੜੀ ਦੀਪਕੀ ਮਹਲਾ ੧

ਸੋਹਿਲਾ

- Name of the Baani (ਬਾਣੀ ਦਾ ਨਾਮ)
- We also call it as Kirtan Sohila (ਕੀਰਤਨ ਸੋਹਿਲਾ) or Sohila Sahib (ਸੋਹਿਲਾ ਸਾਹਿਬ)

ਰਾਗੁ ਗਊੜੀ ਦੀਪਕੀ

- Base Raag – Gaurhi (ਗਊੜੀ)
- Becomes Mishrit Raag (ਮੀਸ਼੍ਰਿਤ ਰਾਗ) by adding Deepaki (ਦੀਪਕੀ) to Gaurhi (ਗਊੜੀ)

ਮਹਲਾ ੧

- Composed by Gur(u) Nanak Dev Jee - ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ

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ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

- **Let's understand this with an example:**
- Imagine your classroom, where the teacher is teaching a subject to everyone with the same enthusiasm and dedication. The teacher treats all students equally and makes sure everyone has the chance to learn.
- Now, in this class, there are different types of students. Some of them always get distracted and don't seem to learn much from the teacher. Others pay attention and ask questions to understand the subject better. And then there are those who go above and beyond, putting in a lot of effort to really grasp the subject. Some of them might even become very successful in the future because of the knowledge they gained in class. They might write books about the subject or become experts in it.
- But here's the important part: no matter how successful they become or how much hard work they put in, they always recognize the help and support they received from their teacher. The teacher's guidance, motivation, and inspiration played a crucial role in pushing some students to do their best in life.
- For people who are humble and appreciate the support of their elders, teachers, and mentors, they understand that these blessings and motivation are of much higher value, than their personal hard work and effort.

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੧੯ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

- **੧੯** – Numeric One is the symbol of ONENESS (same energy) that is driving force behind the universe. It's like the teacher that is giving us the energy and positive thoughts to live human life in the most ideal manner. Onkar – Component of a greater energy (ONENESS) that resides within me and consistently leads me to live the ideal life.
- **ਸਤਿਗੁਰ** – True Wisdom developed from the Guidance of **੧੯** - The energy that is guiding all of us to be best of who we are. The ones who listen to it are able to develop this truthful wisdom.
- **ਪ੍ਰਸਾਦਿ** – Blessings of Waheguru Jee, with whose guidance this Baani has been composed. It's the teachings of Waheguru Jee that Gur(u) Nanak Dev jee is writing in form of this Sabad using the Gurmukhi Script.

Oneness is like the same knowledge that teacher gives and Onkaar is the knowledge that I personally gain from the teacher. Satgur (ਸਤਿਗੁਰ) is the wisdom that I gain by keep practising and experiencing the knowledge I gained from teacher. In the end, blessings (ਪ੍ਰਸਾਦਿ) of teacher or Parmesar are always higher than my personal effort and experience.

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ਸੋਹਿਲਾ ਰਾਗੁ ਗਊੜੀ ਦੀਪਕੀ ਮਹਲਾ ੧
੧੭ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ਜੈ ਘਰਿ ਕੀਰਤਿ ਆਖੀਐ ਕਰਤੇ ਕਾ ਹੋਇ ਬੀਚਾਰੇ ॥ ਤਿਤੁ ਘਰਿ ਗਾਵਹੁ ਸੋਹਿਲਾ ਸਿਵਰਿਹੁ ਸਿਰਜਣਹਾਰੇ ॥੧॥
ਤੁਮ ਗਾਵਹੁ ਮੇਰੇ ਨਿਰਭਉ ਕਾ ਸੋਹਿਲਾ ॥ ਹਉ ਵਾਗੀ ਜਿਤੁ ਸੋਹਿਲੈ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥
ਨਿਤ ਨਿਤ ਜੀਅੜੇ ਸਮਾਲੀਅਨਿ ਦੇਖੈਗਾ ਦੇਵਣਹਾਰੁ ॥ ਤੇਰੇ ਦਾਨੈ ਕੀਮਤਿ ਨਾ ਪਵੈ ਤਿਸੁ ਦਾਤੇ ਕਵਣੁ ਸੁਮਾਰੁ ॥੨॥
ਸੰਬਤਿ ਸਾਹਾ ਲਿਖਿਆ ਮਿਲਿ ਕਰਿ ਪਾਵਹੁ ਤੇਲੁ ॥ ਦੇਰੁ ਸਜਣ ਅਸੀਸੜੀਆ ਜਿਉ ਹੋਵੈ ਸਾਹਿਬ ਸਿਉ ਮੇਲੁ ॥੩॥
ਘਰਿ ਘਰਿ ਏਹੋ ਪਾਹੁਚਾ ਸਦੜੇ ਨਿਤ ਪਵੰਨਿ ॥ ਸਦਣਹਾਰਾ ਸਿਮਰੀਐ ਨਾਨਕ ਸੇ ਦਿਹ ਆਵੰਨਿ ॥੪॥੧॥



Best way to understand the Sabad is to start from Rahao Pankti (ਰਹਾਉ) . Rahao has the central idea of the Sabad and once you understand that all the other panktis become easy to understand.

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ਤੁਮ ਗਾਵਹੁ ਮੇਰੇ ਨਿਰਭਉ ਕਾ ਸੋਹਿਲਾ ॥ ਹਉ ਵਾਰੀ
ਜਿਤੁ ਸੱਹਿਲੈ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥

- Why do I:

- buy toys?
- go to school?
- buy a house?
- do the job?

- Everything is to seek happiness, but nothing gives me happiness forever. I keep seeking one thing after another and this cycle keeps going for whole life but in the end, I never get something that can give me happiness forever.
- Who wants to be happy or at peace forever (ਸਦਾ ਸੁਖੁ)? If yes, then this Sabad guides me on how to do so.



Best way to understand the Sabad is to focus on the Rahao (ਰਹਾਉ) pankti first. Rahao has the central idea of the Sabad and once you understand that, all the other panktis become easy to understand.

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ਤੁਮ ਗਾਵਹੁ ਮੇਰੇ ਨਿਰਭਉ ਕਾ ਸੋਹਿਲਾ ॥ ਹਉ ਵਾਰੀ
ਜਿਤੁ ਸੋਹਿਲੈ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥

- ਤੁਮ – You (My Mind)
- ਗਾਵਹੁ – Sing (Continuous experience)
- ਮੇਰੇ ਨਿਰਭਉ – Good Voice (Jot) within me
- ਸੋਹਿਲਾ – Blissful song based upon experience
- ਹਉ ਵਾਰੀ – I will sacrifice / submission anything to someone
- ਸਦਾ ਸੁਖੁ – Who can give me peace / happiness forever

- How can mind sing the song of Nirbhau?
- How can such a song bring peace forever? What will you give someone, who assures you to give peace forever?
- If you keep singing praises of your friend or parents but never obey them or do backbiting about them, when they are not around. Will you gain anything by singing the songs of their praise?

Can you now relate this pankti to your life and understand what is this trying to guide me?

SOHILA SAHIB

ਤੁਮ ਗਾਵਹੁ ਮੇਰੇ ਨਿਰਭਉ ਕਾ ਸੋਹਿਲਾ

- My mind (ਤੁਮ) is being advised to continually sing the Song (ਸੋਹਿਲਾ) of Fearless (ਮੇਰੇ ਨਿਰਭਉ) – the Jot within Me, which is always guiding me to stay away from distractions and focus on purpose of life.
- Only way I can sing (ਗਾਵਹੁ) this song is by obeying to the message of Jot. I need to adopt the values of Nirbhau (ਨਿਰਭਉ), Nirvair (ਨਿਰਵੈਰ), Love (ਪ੍ਰੇਮ), Patience (ਸਹਿਜ), Detachment from possessions (ਮਾਇਆ ਤੋਂ ਨਿਰਲੇਪ) to really sing the Song (ਸੋਹਿਲਾ)



Message of Jot makes me Fearless. Every distraction, attraction and attachment makes me weak.

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ਹਉ ਵਾਰੀ ਜਿਤੁ ਸੋਹਿਲੈ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥

- In physical world, I give away something (for e.g. money, time) to buy something that gives me temporary happiness. Similarly, my mind must give away something to have happiness forever.
- It must give away all distractions. Mind is being advised to give away (ਹਉ ਵਾਰੀ) all the useless tasks and spend the time on listening to voice of Jot as it gives me peace for ever (ਸਦਾ ਸੁਖੁ).



Aunkar (ਊੰਕਾਰ) symbolizes something to do with Mind. For e.g. in this case (ਸੁਖੁ), it means Mental Peace that mind can have by managing itself.



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- **What is the purpose of house in our life?**
- **How do we make sure our house is strong and it can protect us?**

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Physical House

My family lives here

Make it strong and safe with bricks, cement, security alarms, cameras, etc

Anyone can construct a house, but the unique choices made in decorating it determine the distinct vibes we experience when we're there.



Mental House

My thoughts live here

Make it strong and safe with reading, understanding, adopting Gurbani

Everyone has the equal potential, but the choices we make and the thoughts we allow to reside in our mental space make us all different



Some of the words for house in Gurbani are: ਘਰਿ, ਘਰ, ਘਰੂ, ਕੋਠੜੀ, ਗਿਊ, ਮਹਲ

Key focus of Gurbani is Mental House and that's the context of house most of the times. Very rarely it comes for physical house

Gurbani's focus is to make my Mental house very safe and strong.

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What is the difference
between:

- Speaking from experience
- Speaking by just reading or listening something from someone



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Speaking without Experience

Limited first hand knowledge or practical understanding

Over time people stop believing me as my talks are not coming from experience

I lack confidence when discussing topics as I have limited or no experience

Speaking with Experience

In-depth knowledge and practical understanding of the subject

People take my words very seriously as everything comes from experience and wisdom

Self confidence and persuasive as I understand the topic quite well and I have real life experience of it



Some of the words for speaking in Gurbani are: ਆਖੀਐ, ਆਖਣ, ਬੋਲੁ, ਬੋਲਣਾ, ਕਥਨੀ, ਆਖ

Gurbani's guidance is to only speak when we have experienced the subject. For e.g. no one is allowed to teach or speak on subjects like science, maths, English till they are officially qualified to do so. Similarly, Gurbani is guiding that before speak about Gurbani, we should have spent enough time to understand it and made enough efforts to live as per the teachings of Gurbani.

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ਜੈ ਘਰਿ ਕੀਰਤਿ ਆਖੀਐ ਕਰਤੇ ਕਾ ਹੋਇ ਬੀਚਾਰੇ ॥
ਤਿਤੁ ਘਰਿ ਗਾਵਹੁ ਸੋਹਿਲਾ ਸਿਵਰਿਹੁ ਸਿਰਜਣਹਾਰੇ ॥੧॥

- The mental home (ਘਰਿ) which experiences (ਆਖੀਐ) the message of Jot by implementing (ਕੀਰਤਿ) Gurbani in Life and always does the contemplation on the message of Gurbani.
- Only that mental home (ਤਿਤੁ ਘਰਿ) sings the song of Sohila by keeping the focus (ਸਿਵਰਿਹੁ) on the message of the One who created (ਸਿਰਜਣਹਾਰੇ) me – Jot within me.



ਹਾਰੇ – Means doer in Gurbani, when it comes at the end of any word. For e.g. ਖਿਲਾਵਨਹਾਰੇ, ਜੋੜਨਹਾਰੇ, ਦੇਵਣਹਾਰੇ, ਨਿਬੇੜਣਹਾਰੇ, ਕਰਣਹਾਰੇ, ਮੇਲਣਹਾਰੇ, ਪਨਿਹਾਰੇ, ਬਜਾਵਨਹਾਰੇ

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- Imagine if you have been caring for someone for few years and when they grow up, they don't value your efforts.
- What will be your reaction?



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How does Jot Care for Me?

No Self Interest

Always caring and guiding me to do right things from inside

Even if I ignore the voice of Jot within me, it keeps forgiving and calmly gives me advice for future.

How do I care for Others?

I expect back from others

At times my advice may include self-interest and may not be the best or right advise for the friend.

If someone doesn't work as per my advice or expectation, I start to feel irritated and ignore them moving ahead.



Some of the words in Gurbani for care, which are generally used for Jot : ਸਮਾਲੇ, ਸਾਰ, ਪ੍ਰਤਿਪਾਲ, ਪ੍ਰਤਿਪਾਲੇ, ਸੰਮਾਲਤਾ

Some of the words in Gurbani for attachment, which are generally used for relationships between humans: ਮੇਹ, ਨੇਹ, ਮਮਤਾ, ਪਲੇਟਿਆ

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ਨਿਤ ਨਿਤ ਜੀਅੜੇ ਸਮਾਲੀਅਨਿ ਦੇਖੈਗਾ ਦੇਵਣਹਾਰੁ ॥
ਤੇਰੇ ਦਾਨੇ ਕੀਮਤਿ ਨਾ ਪਵੈ ਤਿਸੁ ਦਾਤੇ ਕਵਣੁ ਸੁਮਾਰੁ ॥੨॥

- Every moment (ਨਿਤ ਨਿਤ) Jot is taking care (ਸਮਾਲੀਅਨਿ) of all forms of life (ਜੀਅੜੇ). Care is in the form of enabling me sustain the life and even in the form of guidance to do the right thing in this life. Jot (ਦੇਵਣਹਾਰੁ) is also witnessing (ਦੇਖੈਗਾ) all my thoughts and actions that I get indulged in.
- The guidance in form of blessings (ਤੇਰੇ ਦਾਨੇ), are unparalleled in comparison to anything else in this world. The value of materialistic possessions fades (ਕੀਮਤਿ ਨਾ ਪਵੈ) in comparison to the blessings of Jot. Consistently, Jot extends to me guidance and wisdom in every moment of life, making above any ranking / numbering (ਕਵਣੁ ਸੁਮਾਰੁ) in this world. In essence, the guidance and resources provided by Jot are the foundation that enables everyone in this world to earn, sustain, and survive.



ਨਿਤ ਨਿਤ – In Gurbani sometimes same word is repeated twice. This is to ensure we focus on these words as it needs our attention to understand some important concept.

Sohila Sahib

- Imagine a scenario where you are stuck in a jungle, and you don't know your way out. You have limited battery on your mobile and currently you don't have network on the mobile.
- There is no electricity, and you don't even have the charger with you.
- How will this change your attitude towards the mobile usage? Will you be using it the same way, the way you use it at home?
- What type of things will you do (or don't do) in this scenario?



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Mobile Battery

Needs charging regularly

Gets consumed with every activity we do. Some activities make it consume faster than others.

Comes one day when battery is no more chargeable. It dies and mobile becomes unusable.

Human Life

Needs food and rest to charge itself regularly

Energy gets consumed with every activity; some consume more energy than others.

Comes the day when energy with us moves on to its journey and no food or rest is able to charge this body any more.

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ਸੰਬਤਿ ਸਾਹਾ ਲਿਖਿਆ ਮਿਲਿ ਕਰਿ ਪਾਵਹੁ ਤੇਲੁ ॥
ਦੇਹੁ ਸਜਣ ਅਸੀਸੜੀਆ ਜਿਉ ਹੋਵੈ ਸਾਹਿਬ ਸਿਉ ਮੇਲੁ ॥੩॥

- This life is my opportunity (ਸੰਬਤਿ) with limited time (ਸਾਹਾ) to experience love and Oneness with Jot (Good Voice). Let's focus (ਮਿਲਿ ਕਰਿ) all our energy (ਤੇਲੁ) to this task and minimise the wastage of human energy on distractions in life. We should be very wisely using the energy of this human life; it's given for a specific purpose.
- Blessings (ਅਸੀਸੜੀਆ) are sought (ਦੇਹੁ) from well-wishers (ਸਜਣ), so that I can achieve the purpose of this life and experience (ਮੇਲੁ) the Oneness with my Eternal Guide (ਸਾਹਿਬ).



ਸੰਬਤਿ ਸਾਹਾ – In hindu tradition date and time of marriage is based upon calculation of star moments and astrology. This date and time is called as 'ਸੰਬਤਿ ਸਾਹਾ' or auspicious time. Once date and time is fixed, it's the opportunity for specific bride and groom to get married; family members then come to give them the blessings for happy married life.

SOHILA Sahib

- You are a spy agent and you have been tasked by your boss to go to another country and get some secret information about that country.
- This is very urgent task and you have to get it done as soon as possible.
- Due to secret nature of the work, boss hasn't informed you about the return date and hasn't given you return ticket yet. All you have been told is that you will get a call at some point and then you will have to return immediately; with no delay.
- What will be your priority as you reach the country from where you need to collect some information? What will you do once you have done the job but still not received the ticket to come back?



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ਘਰਿ ਘਰਿ ਏਹੋ ਪਾਹੁਚਾ ਸਦੜੇ ਨਿਤ ਪਵੰਨਿ ॥
ਸਦਣਹਾਰਾ ਸਿਮਰੀਐ ਨਾਨਕ ਸੇ ਦਿਹ ਆਵੰਨਿ ॥੪॥੧॥

- Everyone (ਘਰਿ ਘਰਿ) will receive (ਪਵੰਨਿ) the summon or order (ਸਦੜੇ) to leave this body one day (ਨਿਤ). It's only matter of time, when I will get the message too and leave the body.
- As long as I am here in this body, it's my opportunity to focus (ਸਿਮਰੀਐ) on the one who is going to summon me (ਸਦਣਹਾਰਾ); O' Nanak the day (ਦਿਹ) of me leaving this body is coming closer by every passing moment (ਆਵੰਨਿ).

 - ਸਿਮਰੀਐ - ਐ in the end of any word, makes it present continuous tense. It's generally a verb / activity which is either happening now or Gurbani is advising me to act now with no delay. For e.g. In this case, I am being advised to focus on the message of Jot or Gurbani, with no delay.

- ॥੪॥੧॥ : ॥੪॥ - means 4th paragraph of this Sabad. ॥੧॥ - means end of first Sabad of Sohila Sahib.

Learnings

Sabad is closely linked to the title '**Sohila**' – Lived experience by adopting teachings of Gurbani. This Sabad primarily focuses on following dimensions of **Sohila**.

- **Rahao – What to do?** Advises me to Sing the Song of 'Nirbhau Ka Sohila', which leads to peace forever
- **Pada 1 –Where to sing this song?** The place to sing this song is within the mental house within me.
- **Pada 2 – Why to sing?** Jot is the one performing the function of unconditional love and care for everyone.
- **Pada 3 – How to Sing?** Bring all your energy together and focus on the message of Gurbani / Jot.
- **Pada 4 – When to start Singing?** Time to learn, apply and focus on Gurbani is now. No one can guarantee how long we will stay in this human body; hence we need to start singing 'Nirbhau Ka Sohila' now.

SOHILA SAHIB

ਰਾਗੁ ਅਸਾ ਮਹਲਾ ੧ ॥

ਆਸਾ

Name of the Raag

ਮਹਲਾ ੧

Composed by Gur(u) Nanak
Dev Jee - ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ

SOHILA SAHIB – SABAD 2

ਰਾਗੁ ਆਸਾ ਮਹਲਾ ੧ ॥
ਛਿਅ ਘਰ ਛਿਅ ਗੁਰ ਛਿਅ ਉਪਦੇਸ ॥
ਗੁਰੁ ਗੁਰੁ ਏਕੇ ਵੇਸ ਅਨੇਕ ॥੧॥
ਬਾਬਾ ਜੈ ਘਰਿ ਕਰਤੇ ਕੀਰਤਿ ਹੋਇ ॥
ਸੈ ਘਰੁ ਰਾਖੁ ਵਡਾਈ ਤੋਇ ॥੧॥ ਰਹਾਉ ॥
ਵਿਸੁਏ ਚਸਿਆ ਘੜੀਆ ਪਹਰਾ ਖਿਤੀ ਵਾਰੀ ਮਾਹੁ ਹੋਆ ॥
ਸੂਰਜੁ ਏਕੇ ਰੁਤਿ ਅਨੇਕ ॥
ਨਾਨਕ ਕਰਤੇ ਕੇ ਕੇਤੇ ਵੇਸ ॥੨॥੨॥



Best way to understand the Sabad is to start from Rahao Pankti (ਰਹਾਉ) . Rahao has the central idea of the Sabad and once you understand that all the other panktis become easy to understand.

SOHILA SAHIB



Family A: Hardly any bonding within family members and they generally end up fighting on everything. Don't think heritage is of any importance and believe they don't need to learn from elders and other sources that their heritage provides.

Family B: Strong bonding, understand each other, help each other and kid understand why parents ask them to do certain things and benefits of staying connected to their culture and heritage.

Question: What will be the difference in culture and vibes in both the families.

SOHILA SAHIB

ਬਾਬਾ ਜੈ ਘਰਿ ਕਰਤੇ ਕੀਰਤਿ ਹੋਇ ॥
ਸੇ ਘਰੁ ਰਾਖੁ ਵਡਾਈ ਤੇਇ ॥੧॥ ਰਹਾਉ ॥

- In Sikh culture Baba (ਬਾਬਾ) is used to address the wise ones (elder or young) and in this case it's the Jot within us. Jot guides us like wise ones. The eternal house (ਘਰਿ) where teachings of wise ones (ਬਾਬਾ) is experienced (ਕੀਰਤਿ) by adopting them in life gets protection (ਰਾਖੁ) from materialistic world and lives a respectful (ਵਡਾਈ) life .
- If we live under the guidance of wise ones it leads to peace, protection and respectful life within the family. Similarly, when mind lives a lifestyle guided by Gurbani or Jot, it leads to protection, peace and positivity within our eternal home.



॥੧॥ ਰਹਾਉ ॥ - Even if Rahao pankti is the second paragraph of the Sabad, it is always numbered as one. There are Sabads that have multiple Rahao panktis and in those Sabads, all Rahao panktis are numbered as one.

SOHILA SAHIB



Have you ever experienced that moment your senses react instantly before even brain gets the message. Can you give some examples? Here are few to start with:

- 1) When my eyes see something coming to me, I run for my safety.
- 2) I smell my favorite food in the kitchen and I automatically start to walk towards it.
- 3) I listen to my favorite music and my hands / legs start to dance on the rhythm.

SOHILA SAHIB



Sensory memory is like a quick snapshot of what you sense. It holds onto the details you just saw, heard, or felt for a very short time. This helps your brain to make memories and understand what's happening around you. But unlike a photo album, it doesn't keep these snapshots for long because it doesn't need them to remember things in the long run.

Each of our five senses can briefly hold onto information and use it to react. Our mind is like the boss of these senses, guiding them and using what it learns to make choices and act over time.

For detailed understanding from Gurbani on Five Senses and Mind, please read our chapter:

<https://www.sikhteachings.com/gurmatlessondetails/five-senses-and-gurbani>

SOHILA SAHIB

ਛਿਅ ਘਰ ਛਿਅ ਗੁਰ ਛਿਅ ਉਪਦੇਸ਼ ॥
ਗੁਰੂ ਗੁਰੂ ਏਕੇ ਵੇਸ਼ ਅਨੇਕ ॥੧॥

- 5 senses + Mind = 6 houses or places that store information (ਛਿਅ ਘਰ)
- Type of information I store in these houses becomes my personal knowledge (ਗੁਰ) and the way I interpret or seek guidance (ਉਪਦੇਸ਼) from this knowledge defines my behaviour
- We have six (ਛਿਅ) houses (ਘਰ) to store the information (ਗੁਰ) and guide us (ਉਪਦੇਸ਼) to make decisions of our life. Behind all these external senses and mind is the energy of Jot (ਗੁਰੂ) which is exactly same (ਏਕੇ) within us and driving us to live ideal human life. Depending upon how my senses and mind interpret this message, drives diversity (ਅਨੇਕ) in all of us and make our behaviour (ਵੇਸ਼) unique.
- Gurbani refers my outlook as opposed to my outfit as (ਵੇਸ਼). In material world people understand who is rich and poor through outfit they wear. Gurbani focuses on virtues, which drive outlook of my life and then define rich and poor based upon my thoughts, behaviour and actions.



ਗੁਰ and ਗੁਰੂ are spelt differently in first line and second line. First one **without aunkar makes it plural**. It means the worldly knowledge we all have is different and unique. The **one with Aunkar means singular or identical**; the JOT within us is exactly the same.

SOHILA SAHIB

ਛਿਅ ਘਰ ਛਿਅ ਗੁਰ ਛਿਅ ਉਪਦੇਸ ॥
ਗੁਰੂ ਗੁਰੂ ਏਕੇ ਵੇਸ ਅਨੇਕ ॥੧॥

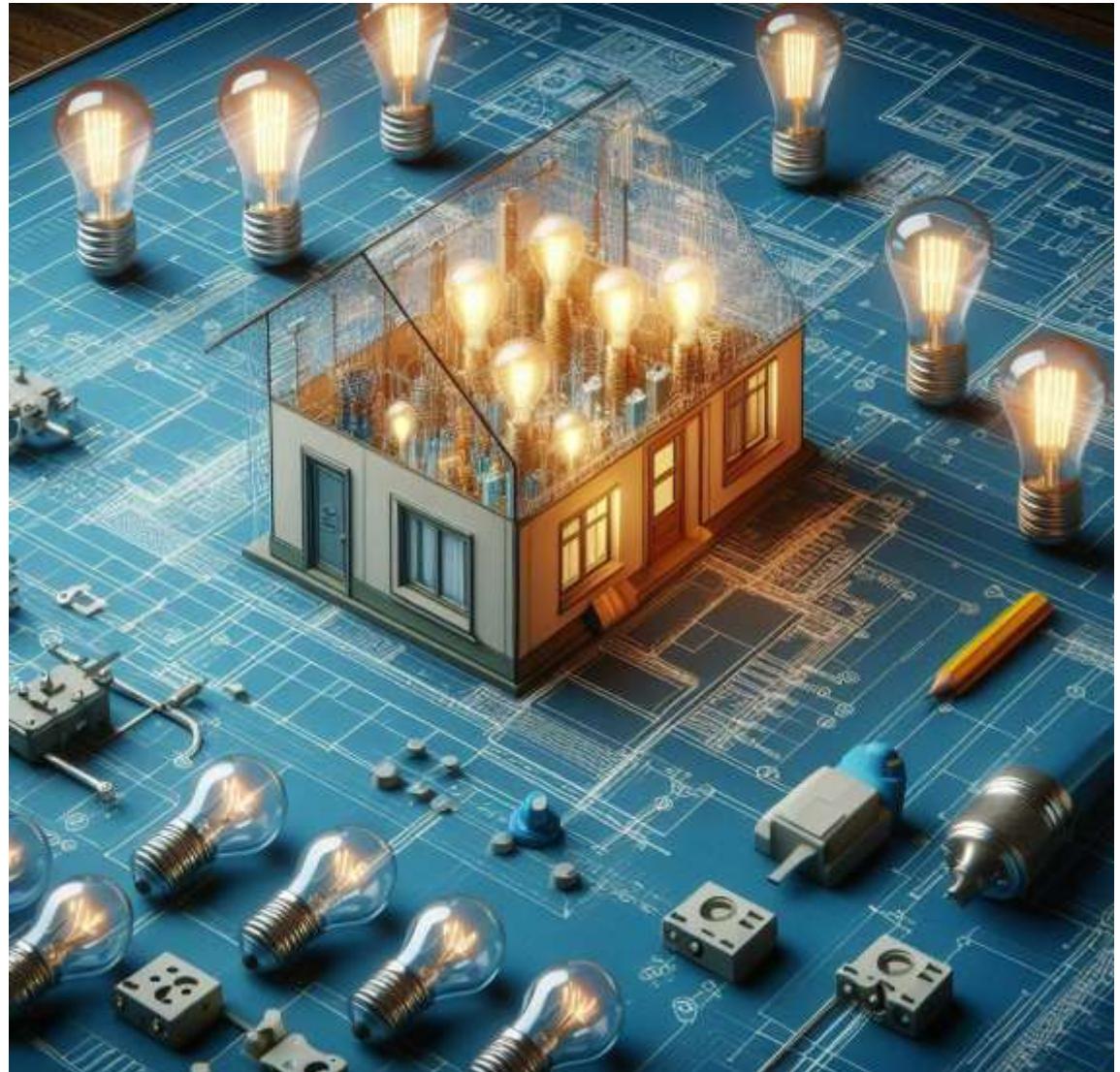
- In first part of the Pankti we are being advised that the ones who are driven by senses will not be able to experience the advise from Jot and will struggle to experience Sohila. Outer senses always drive me towards temporary experiences.
- In second part of the pankti it is guiding me back towards inner experience. Within all of us is the same energy that is guiding us to achieve the purpose of human life. The ones who connect with Inner Energy, experience Sohila or permanent experience (ਸੇ ਘਰੁ ਰਾਖੁ ਵਡਾਈ ਤੇਇ).



ਗੁਰ and ਗੁਰੂ are spelt differently in first line and second line. First one **without aunkar makes it plural**. It means the worldly knowledge we all have is different and unique. The **one with Aunkar means singular or identical**; the JOT within us is exactly the same.

SOHILA SAHIB

- While designing the house / building , where would you spend more time / energy and why?
 - Electricity plan, so that we can make our house safe from dangers of electricity OR
 - Selecting bulbs and color of lights



SOHILA SAHIB

- While designing the house / building most of the time should be spent upon how we make our house safe from dangers of electricity.
- It's the energy that we can't see but it's flowing in our house all the time. By focusing on it during design phase, we can make best use of it.
- We still need to choose right light and colors for home but if our focus is totally on the fittings, we may end up having unsafe house.
- Our life is no different. We have energy of Jot flowing with us. If our focus is on the message of Jot, then we can operate in a very safe manner in this world.
- If our focus is on the bulb (body) for most of the time, then we will end up using the energy within us for wrong purposes.



SOHILA SAHIB

ਵਿਸੁਏ ਚਸਿਆ ਘੜੀਆ ਪਹਰਾ ਬਿਤੀ ਵਾਰੀ ਮਾਹੁ ਹੋਆ ॥
ਸੂਰਜੁ ਏਕੇ ਰੁਤਿ ਅਨੇਕ ॥ ਨਾਨਕ ਕਰਤੇ ਕੇ ਕੇਤੇ ਵੇਸ ॥੨॥੨॥

ਵਿਸੁਏ (0.0533 seconds)	ਚਸਿਆ (.8 seconds)	ਪਲੁ (24 seconds)	ਘੜੀਆ (24 minutes)
ਪਹਰਾ (3 hours)	ਬਿਤੀ (24 hours)	ਖਿਨ (moment)	ਵਾਰੁ (day of the week)
ਤਿਲੁ (moment)	ਮਾਹੁ (month)	ਬਰਸ (year)	ਨਿਮਖ (moment)

- With every passing moment, my time on this planet within this human body is decreasing. This Pankti is a reminder that I need to spend my time and energy very wisely.
- I can either focus on the message of Jot and use this energy in a wise way to achieve purpose of human life or be focused on material world and misuse this energy. Misuse means when I am neither able to fulfil purpose of my human life and nor am I able to make any positive contribution to community around me.



॥੨॥੨॥ - First ੨ Indicates that it's second paragraph (pada) of this Sabad. Second ੨ indicates that it's second Sabad of the Baani Titled 'Sohila'

SOHILA SAHIB

ਵਿਸੁਏ ਚਸਿਆ ਘੜੀਆ ਪਹਰਾ ਖਿਤੀ ਵਾਰੀ ਮਾਹੁ ਹੋਆ ॥
ਸੂਰਜੁ ਏਕੇ ਰੁਤਿ ਅਨੇਕ ॥ ਨਾਨਕ ਕਰਤੇ ਕੇ ਕੇਤੇ ਵੇਸ ॥੨॥੨॥

- **ਸੂਰਜੁ** – Sun. There is sun (light) in the outer world and also Jot within my eternal world that gives my light
- **ਰੁਤਿ** – Seasons. In the external world, the changing seasons are guided by the sun, yet they are confined to just four seasons. However, by following the guidance of my inner light, I can encounter various seasons within my life. Regardless of the external season, my mind exists within its own mental seasons. For e.g., while it may be autumn in the outside world, my mind could be experiencing spring if filled with joy. In the middle of winter season, my mind might be feeling heat through emotions of anger and jealousy.
- Says Nanak Jee, there is common source of energy (**ਸੂਰਜੁ**) behind all of us but depending upon where my focus in life is, we experience different (**ਅਨੇਕ**) seasons (**ਰੁਤਿ**) at mental level. Depending upon how I use the energy (**ਕਰਤੇ**) in my life, my outlook (**ਵੇਸ**) towards life is defined.
- My focus should be to experience the mental season of Sohila / Anand / Bliss as time keeps going by it's pace.



ਸੂਰਜੁ There is **aunkar** in this word, which means the worldly knowledge we all have is different and unique. The **one with Aunkar means singular or identical**; the JOT within us is exactly the same.

Learnings

Sabad is closely linked to the title ‘**Sohila**’ – Lived experience by adopting teachings of Gurbani. This Sabad primarily focuses on motivating us to connect with bigger energy (ਵੱਡਾ ਈ) within me and experience the life through it’s teachings / message.

- **Rahao – Why should we connect?** It’s only the ones who connect with Jot are able to experience the Sohila in life.
- **Pada 1 –What outlook I need to adopt to connect?** Sohila can only be experienced if I adopt the behavior that is guided by Jot. If I follow the behavior that is driven by outer senses, then I will struggle to experience Sohila.
- **Pada 2 – How much time have I got?** With every passing moment my time to experience Sohila is on the decline. I need to focus on the seasons of my mind and ensure I can experience the season of Anand / Sohila during this life.

SOHILA SAHIB – SABAD 3

ਰਾਗੁ ਧਨਾਸਰੀ ਮਹਲਾ ੧ ॥

ਗਗਨ ਮੈ ਥਾਲੁ ਰਵਿ ਚੰਦੁ ਦੀਪਕ ਬਨੇ ਤਾਰਿਕਾ ਮੰਡਲ ਜਨਕ ਮੋਤੀ ॥

ਧੂਪੁ ਮਲਆਨਲੇ ਪਵਣੁ ਚਵਰੇ ਕਰੇ ਸਗਲ ਬਨਰਾਇ ਫੂਲੰਤ ਜੋਤੀ ॥੧॥

ਕੈਸੀ ਆਰਤੀ ਹੋਇ ॥ ਭਵ ਖੰਡਨਾ ਤੇਰੀ ਆਰਤੀ ॥

ਅਨਹਤਾ ਸਬਦ ਵਾਜੰਤ ਭੇਰੀ ॥੧॥ ਰਹਾਉ ॥

ਸਹਸ ਤਵ ਨੈਨ ਨਨ ਨੈਨ ਹਹਿ ਤੇਹਿ ਕਉ ਸਹਸ ਮੂਰਤਿ ਨਨਾ ਏਕ ਤੇਹਿ ॥

ਸਹਸ ਪਦ ਬਿਮਲ ਨਨ ਏਕ ਪਦ ਗੰਧ ਬਿਨੁ ਸਹਸ ਤਵ ਗੰਧ ਇਵ ਚਲਤ ਮੋਹੀ ॥੨॥

ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ ॥

ਤਿਸ ਦੈ ਚਾਨਣਿ ਸਭ ਮਹਿ ਚਾਨਣੁ ਹੋਇ ॥

ਗੁਰ ਸਾਖੀ ਜੋਤਿ ਪਰਗਟੁ ਹੋਇ ॥

ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੁ ਆਰਤੀ ਹੋਇ ॥੩॥

ਹਰਿ ਚਰਣ ਕਵਲ ਮਕਰੰਦ ਲੋਭਿਤ ਮਨੇ ਅਨਦਿਨੁ ਮੋਹਿ ਆਹੀ ਪਿਆਸਾ ॥

ਕ੍ਰਿਪਾ ਜਲੁ ਦੇਹਿ ਨਾਨਕ ਸਾਰਿੰਗ ਕਉ ਹੋਇ ਜਾ ਤੇ ਤੇਰੈ ਨਾਇ ਵਾਸਾ ॥੪॥੩॥



Best way to understand the Sabad is to start from Rahao Pankti (ਰਹਾਉ) . Rahao has the central idea of the Sabad and once you understand that all the other panktis become easy to understand.

Aarti – Background

- Word has it's origins in Sanskrit. Aa means 'Complete' and Rati means 'Love'. Aarti is complete, unflinching love towards Parmesar
- It's one of the most important ceremonies of Hindu faith. Hindu prayers finish with Aarti as a thanks to their God / Goddesses
- Aarti is done using the flames of ghee-soaked wicks which are placed in the large platter. Platter also has incense, water and flowers
- Aarti prayer in Hindu faith accompanies musical instruments like drums, bells, gongs and conch-shell



Aarti – Background

- While on second Udasi, Gur(u) Nanak Dev Jee visited Jagan Nath Puri which is in Orissa (South India)
- He was invited by the priest of local temple to be part of Aarti in the evening
- Gur(u) Nanak Sahib joined the Aarti but as it started in traditional method using lights, incense, water, flower and music; he moved out of the temple
- When asked by priests on why he didn't participate in Aarti, he explained his reasoning through this Sabad on how Aarti is happening within nature all the time



SOHILA SAHIB – SABAD 3

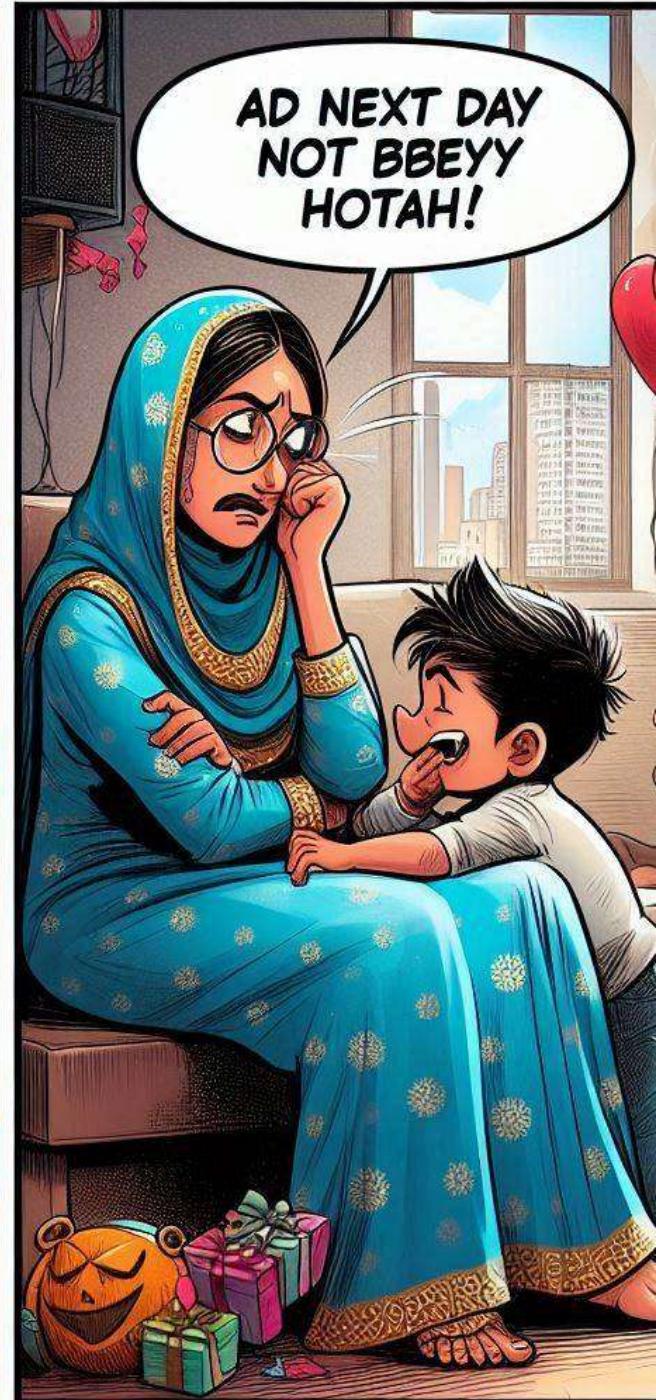
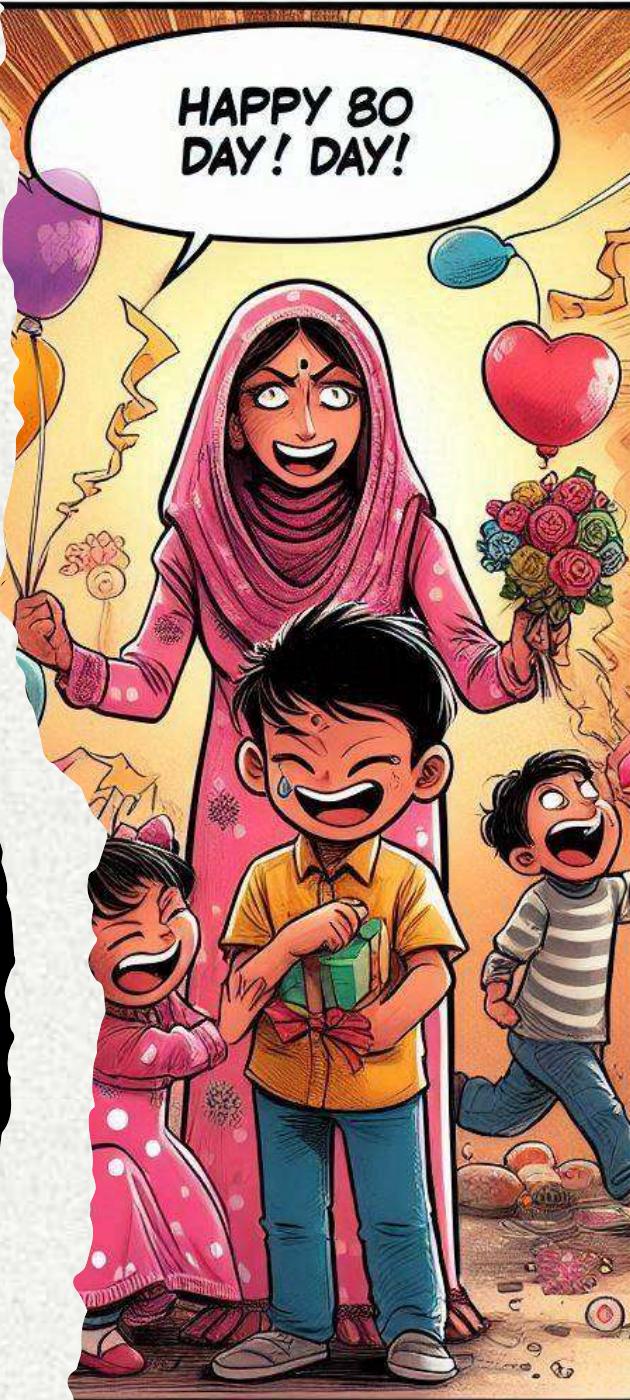
ਕੈਸੀ ਆਰਤੀ ਹੋਇ ॥ ਭਵ ਖੰਡਨਾ ਤੇਰੀ ਆਰਤੀ ॥
ਅਨਹਤਾ ਸਬਦ ਵਾਜੰਤ ਤੇਰੀ ॥੧॥ ਰਹਾਊ ॥



Best way to understand the Sabad is to start from Rahao Pankti (ਰਹਾਊ) . Rahao has the central idea of the Sabad and once you understand that all the other panktis become easy to understand.

SOHILA SAHIB

- Kid brings lots of gifts for mom on Mother Day, spends time with her, cuts the cake and has lot of fun with mother for couple of hours.
- From next day, he gets into regular mode of not obeying mother, annoying her to the level that she even cries at times because of him.
- Doesn't matter how much mother reminds him that what commitments he made on Mother's day, he totally ignores it.
- Do you think:
 - Kid really loves mother?
 - Kid has really celebrated Mothers Day?
 - Is celebration the real way to show love towards Mother? If not, then what is the best way to show you love your mother?



SOHILA SAHIB

ਕੈਸੀ ਆਰਤੀ ਹੋਇ ॥ ਭਵ ਖੰਡਨਾ ਤੇਰੀ ਆਰਤੀ ॥
ਅਨਹਤਾ ਸਬਦ ਵਾਜ਼ਤ ਭੇਰੀ ॥੧॥ ਰਹਾਉ ॥

- ਕੈਸੀ - How	ਆਰਤੀ – Activity of doing physical celebration	ਹੋਇ – act of doing
- ਭਵ – Ocean of bad thoughts	ਖੰਡਨਾ – The one who is breaking bad thought with good voice	
- ਤੇਰੀ - Parmesar	ਆਰਤੀ – Activity of doing physical celebration / praise	
- ਅਨਹਤਾ - Continuous	ਸਬਦ – Message	
- ਵਾਜ਼ਤ – Vibrating in us	ਭੇਰੀ ॥੧॥ ਰਹਾਉ ॥ - Sound of a Drum	



Gurbani quite often uses symbols of physical world to represent things within our internal world. In this pankti Gurbani has the example of sound of a drum to represent Good Voice within all of us.

SOHILA SAHIB

ਕੈਸੀ ਆਰਤੀ ਹੋਇ ॥ ਭਵ ਖੰਡਨਾ ਤੇਰੀ ਆਰਤੀ ॥
ਅਨਹਤਾ ਸਬਦ ਵਾਜੰਤ ਭੇਰੀ ॥੧॥ ਰਹਾਉ ॥

- ਕੈਸੀ ਆਰਤੀ ਹੋਇ ॥ – Nanak Sahib is posing a question to all of us. How can we (ਕੈਸੀ) do Aarti of Waheguru Jee, through an activity for few moments / minutes.
- ਭਵ ਖੰਡਨਾ ਤੇਰੀ ਆਰਤੀ ॥ - The one who is giving us the message of Good voice and enabling us to get rid (ਖੰਡਨਾ) of all our bad thoughts and deeds, which are as big as ocean (ਭਵ). How can that power / energy be thanked by just performing an activity (ਆਰਤੀ) for few moments.
- ਅਨਹਤਾ ਸਬਦ ਵਾਜੰਤ ਭੇਰੀ ॥੧॥ ਰਹਾਉ ॥ - The message (ਸਬਦ) of good voice is constantly (ਅਨਹਤਾ) vibrating (ਵਾਜੰਤ) within all of us at all the times, like a drum (ਭੇਰੀ). The real AARTI is to listen to this voice and live life in it's guidance.

We can become good kid only if we are focused on guidance of parents all the time. By just celebrating couple of days a year but not being sincere in our approach towards parents, doesn't make us good kids.



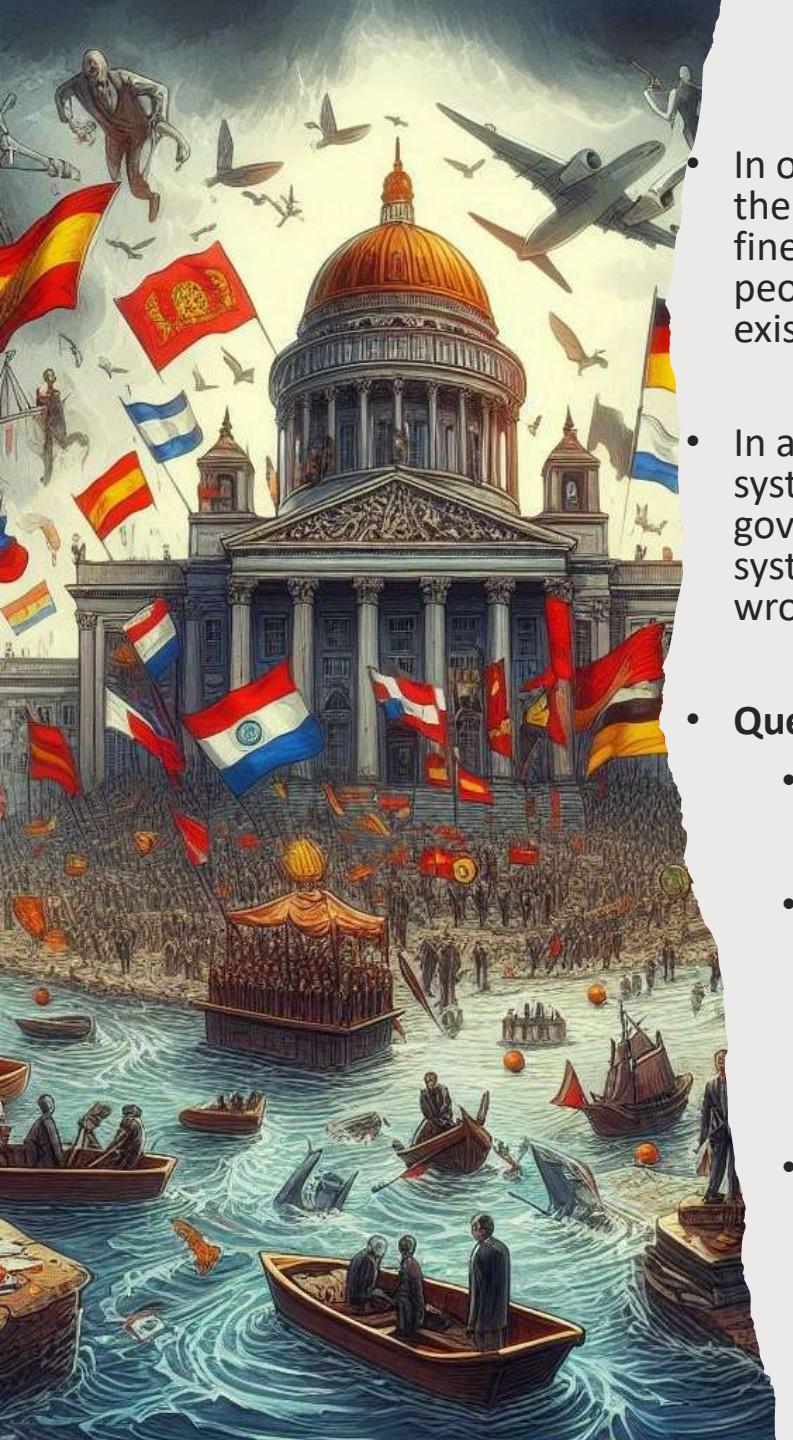
Gurbani quite often uses symbols of physical world to represent things within our internal world. In this pankti Gurbani has the example of sound of a drum to represent Good Voice within all of us.

SOHILA SAHIB – SABAD 3

ਰਾਗੁ ਧਨਾਸਰੀ ਮਹਲਾ ੧ ॥
ਗਰਾਨ ਮੈ ਥਾਲੁ ਰਵਿ ਚੰਦੁ ਦੀਪਕ ਬਨੇ ਤਾਰਿਕਾ ਮੰਡਲ ਜਨਕ ਮੋਤੀ ॥
ਧੂਪੁ ਮਲਅਨਲੇ ਪਵਣੁ ਚਵਰੇ ਕਰੇ ਸਗਲ ਬਨਰਾਇ ਫੂਲੰਤ ਜੋਤੀ ॥੧॥

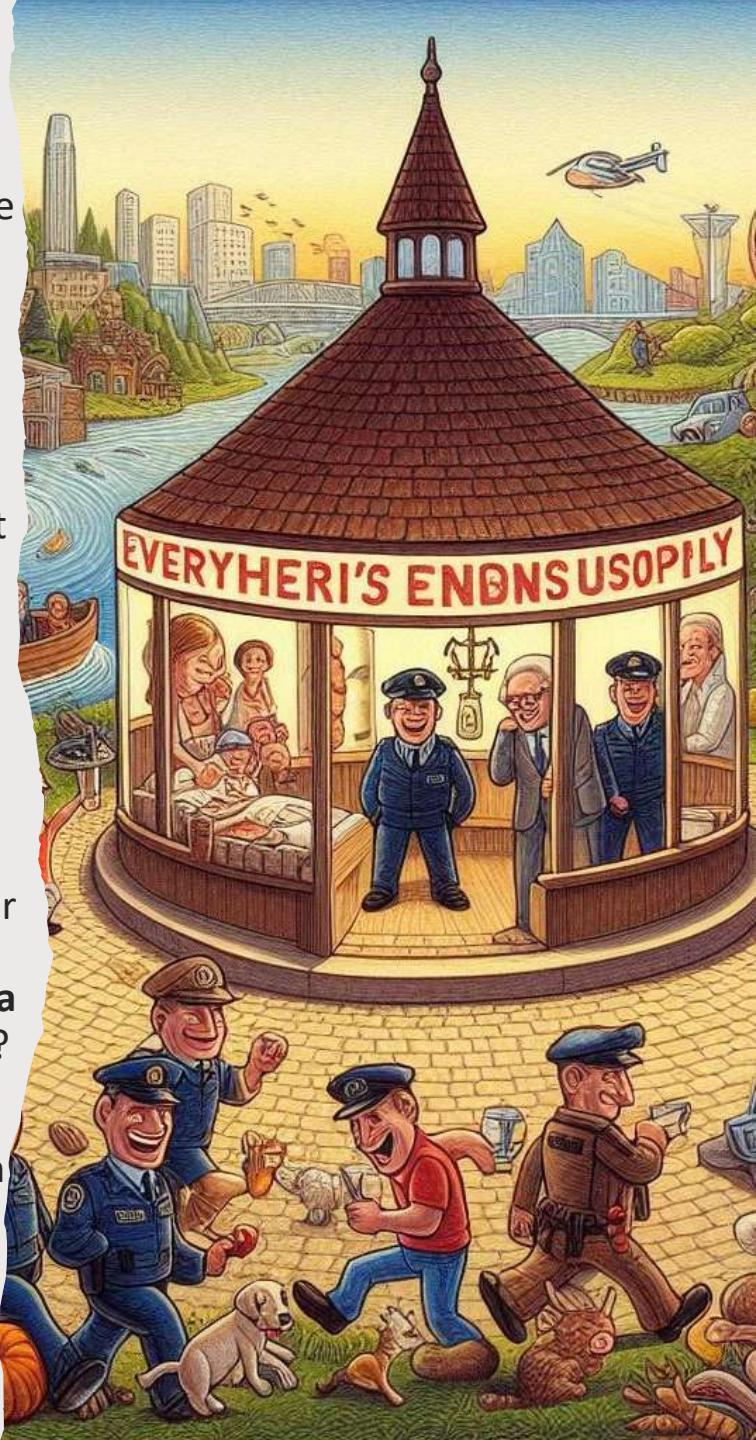


Sabad is in Raag Dhanasari by Mahalla 1 – Gur(u) Nanak Sahib Jee



SOHILA SAHIB

- In one country, leaders constantly claim that their systems are the best. They insist there is no corruption, their courts are the finest globally, and the police and other systems work for the people. However, everything is in chaos because corruption exists at every level of society from top to bottom.
- In another country, leaders don't make any claims about their system being good or bad. Despite this, they have good governance that ensures the country runs smoothly. The court systems are unbiased, and the police effectively apprehend wrongdoers.
- **Questions:**
 - Leaders of which country are better and why?
 - What would you consider **true love** from leaders for their country and citizens? **Merely talking about the system** for one hour every day, **OR actively working to develop a system** and governance that makes people's lives easier?
 - What would you consider **true love for the country** from its citizens? Talking for an hour about **why the system should be free of corruption**, only to engage in corrupt practices when the opportunity arises, **OR consistently refusing to participate in corruption**?



ਰਾਗੁ ਧਨਾਸਰੀ ਮਹਲਾ ੧ ॥

ਗਰਾਨ ਮੈ ਬਾਲੁ ਰਵਿ ਚੰਦੁ ਦੀਪਕ ਬਨੇ ਤਾਰਿਕਾ ਮੰਡਲ ਜਨਕ ਮੋਤੀ ॥



ਗਰਾਨ – Space	ਬਾਲੁ – Big Plate
ਰਵਿ - Sun	ਚੰਦੁ – Moon
ਦੀਪਕ - Lamps	ਤਾਰਿਕਾ – Stars
ਮੰਡਲ - Planets	ਜਨਕ ਮੋਤੀ - Studded Pearls

Space is like a vast plate, with the Sun and Moon serving as large lamps, and the planets and stars resembling pearls on this plate. A **cosmic Aarti** is continuously taking place, with every element in nature **performing its tasks as intended**.

The Sun, Moon, stars, and planets don't perform their tasks for just a few moments before wandering off to do something else. They exemplify how Aarti is about being in **absolute love with something you are committed to**. Everything in nature carries out its duties silently, without noise or distraction. The Sun doesn't complain about being too hot or wish to be like the Moon.



Sabad is in Raag Dhanaasri by Gur(u) Nanak Dev jee. Dhan (Wealth) of Gurbani is Wisdom and Aasra is Support. This raag represents the state of mind that starts to take the support of Wisdom of Gurbani.

ਯੂਪੁ ਮਲਆਨਲੇ ਪਵਣੁ ਚਵਰੇ ਕਰੇ ਸਗਲ ਬਨਰਾਇ ਫੂਲੰਤ ਜੋਤੀ ॥੧॥



ਯੂਪੁ – Incense	ਮਲਆਨਲੇ – Scent of Sandalwood
ਪਵਣੁ – Wind	ਚਵਰੇ – As a sign of respect taking away bad air and create space for fresh air.
ਸਗਲ - Collectively	ਬਨਰਾਇ – Nature
ਫੂਲੰਤ – Sprout / Grow	ਜੋਤੀ - In respect of Parmesar

Sandalwood trees are like incense sticks, spreading their fragrance throughout nature. The wind carries this essence from the trees across the globe, acting like a **chavar to dispel impurities**. In this way, everything in nature blossoms and plays its part in expressing love (Aarti) towards Parmesar.

There is much to learn from nature, where everything **performs its tasks harmoniously**, like individuals playing their roles in an orchestra to create a symphony. In nature, everything functions as part of a system, working as it is meant to. When I immerse myself in Gurbani, I will discover my role in this life and be able to fulfill it calmly and patiently in this world.

Its like a country where everyone is working silently and patiently to perform their function as part of a defined system.

Eternal Aarti

- The pankti, by drawing examples from nature, suggests that I can maintain a constant state of Aarti within myself, staying in love with Waheguru Jee.
- My mind (**ਗਾਗਨ**) resembles an expansive plate (**ਬਾਲੁ**), where spiritual and materialistic thoughts serve as the guiding forces akin to the Sun (**ਰਵਿ**) and Moon (**ਚੰਦ੍ਰ**), illuminating my path like a lamp(**ਦੀਪਕ**).
- Gurbani serves as a North Star (**ਤਾਰਿਕਾ ਮੰਡਲ**) directing me toward life's purpose, and each pankti within it resembles a precious pearl (**ਮੇਤੀ**), imparting wisdom to nurture love and devotion towards Parmesar.



Gurbani employs symbols from the external world to depict aspects of our inner world. The deeper I delve into Gurbani, the clearer the connection between the inner and outer realms becomes apparent.

Eternal Aarti

- Gurbani diffuses the aroma (ਪੂਪੁ ਮਲਅਨਲੇ) of goodness within my mind, and as its thoughts gain strength (ਪਵਣ ਚਵਰੇ) in my consciousness, they begin to dispel the negativity floating within me.
- As I draw nearer to Gurbani and adhere to its guidance in life, the true essence within me begins to flourish (ਫੁਲ੍ਹਤ), leading me towards Parmesar (ਜੇਤੀ).
- Nature consistently instructs me on expressing unconditional love through focus and fulfilling the tasks assigned by Akal Purakh. By actively learning from Nature, I empower myself to actively perform Aarti within, advancing steadily towards the goal of my life with focused determination. Inner Aarti is the symbol of ***Sohila – The Experience.***



Gurbani employs symbols from the external world to depict aspects of our inner world. The deeper you delve into Gurbani, the clearer the connection between the inner and outer realms becomes apparent.

Assignment 14

<https://forms.gle/KG4RG9XJaqv1scZeA>



The Journey of Chanchal Singh with Gurmukh Singh

- **Characters:**

- Chanchal Singh, a curious and brave young boy
- Gurmukh Singh, a mentor figure
- Fluffy, Chanchal Singh's loyal dog

Once upon a time, in a small village surrounded by lush forests and rolling hills, lived a curious boy named Chanchal Singh. He loved exploring new places and learning about everything around him. One sunny afternoon, he and his loyal dog, Fluffy, ventured into the enchanted forest nearby.

As they walked deeper into the forest, they stumbled upon a wise old Gurmukh Singh living in a small hut. He looked at Chanchal Singh with her large, wise eyes and spoke, "Hello, young one. I am Gurmukh Singh, the guardian of the enchanted forest. You seem like a brave and curious soul. Would you like to learn about the powers of your mind?"

Chanchal Singh's eyes sparkled with excitement. "Yes, please, Gurmukh Singh! I want to learn."

Gurmukh Singh led the way and said, "Follow me, and I will show you the four powers that reside within all of us: Mental Eyes, Mental Shape, Mental Feet, and Mental Smell."

Mental Eyes: Vision

They first stopped by a crystal-clear pond. Gurmukh Singh asked Chanchal Singh to look into the water. As he did, the water shimmered and showed him a vision of himself becoming a doctor.

"Mental Eyes are your ability to see dreams and set goals," Gurmukh Singh explained. "What you see in the pond is your vision for the future. We all use our Mental Eyes to open ourselves to the possibilities and dreams that inspire us." He went on to explain that the challenge is that all our mental vision is often used to further our journey in the material world. Undoubtedly, this vision comes from Waheguru Jee, but we are not using it to connect back to the message of the Jot within us. We use it to connect and expand in the material world.

In this sense, all mental vision we have is from Waheguru Jee, but I never develop the vision to connect back to the Jot.



ਸਹਸ ਤਵ ਨੈਨ ਨਨ ਨੈਨ ਹਹਿ ਤੇਹਿ ਕਊ

ਸਹਸ – Thousands

ਨੈਨ- Visions

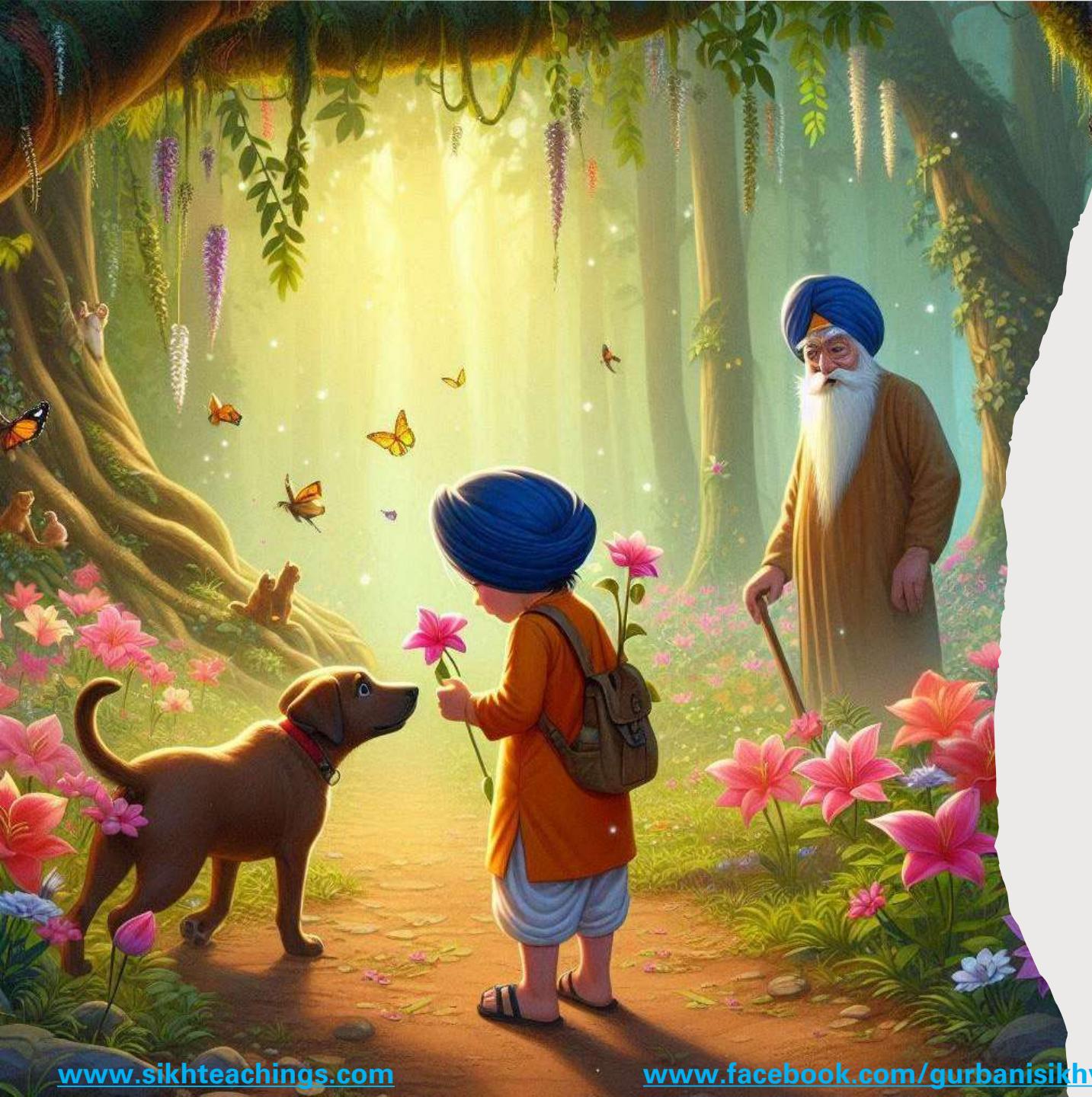
ਨਨ – None

ਤੇਹਿ – Yours

All mental vision we have are from Waheguru Jee. I always use this mental vision to enable me to achieve material success but I never develop the vision to connect back to the Jot and achieve the purpose of life or experience Aarti by having True Love with Parmesar.



Gurbani keeps stressing the need to fix the mental body. External body is only a mechanism to action what my inner mental body wants me to do. Undoubtedly, external eyes are very important, but they see and interpret the things as my mental body guides them.



Mental Shape: Behaviour

Next, Gurmukh Singh led Chanchal Singh to a field of blooming flowers. "Watch Fluffy," Gurmukh Singh said. Chanchal Singh saw Fluffy gently sniffing and playing with the flowers without damaging them.

"Mental Shape is how you behave," said Gurmukh Singh. "Just like Fluffy, who is gentle and kind, your behaviour shapes how others see you and how you interact with the world." Gurmukh Singh continued, "All our behavior comes from the energy of Waheguru Jee within us. However, we often develop behaviours that suit our needs and demands without aligning them with the qualities of Waheguru Jee – Fearlessness, Love, Compassion, Contentment, Truth, and a sense of Universal Family.

Although our behaviours are driven by the energy of Waheguru Jee, none of our efforts are focused on embodying the essence of Waheguru Jee. I never use this energy to shape my behaviour and align myself with the virtues of Waheguru Jee.

ਸਹਸ ਮੂਰਤਿ ਨਨਾ ਏਕ ਤੁਹੀ ॥

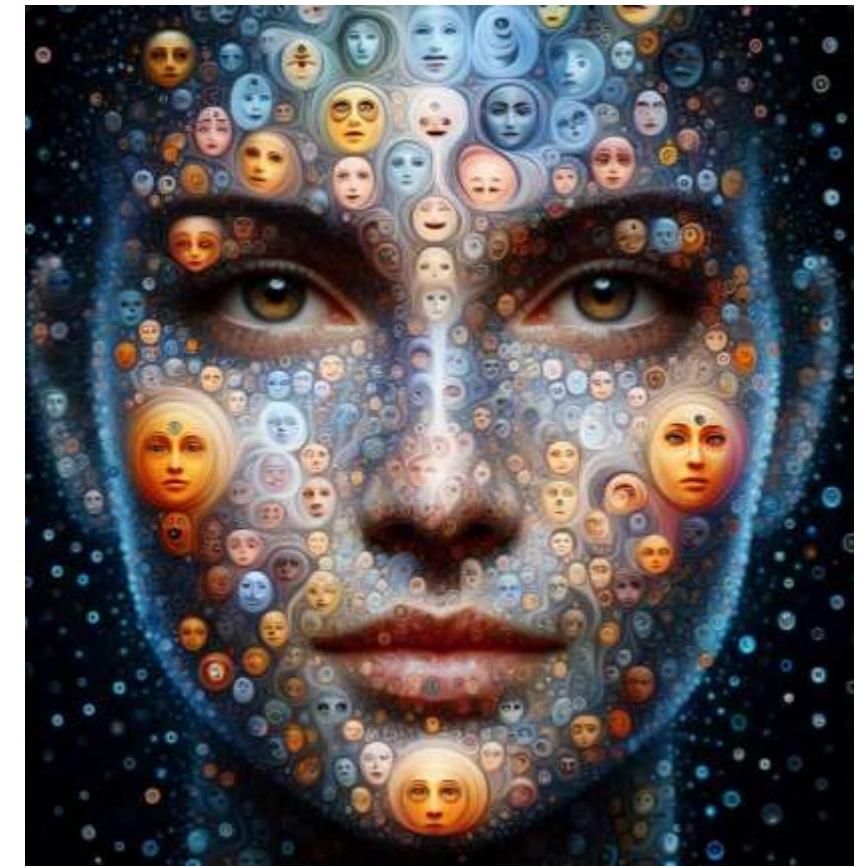
ਸਹਸ – Thousands

ਮੂਰਤਿ – Behaviour (My Real face)

ਨਨਾ – None

ਤੁਹੀ – Yours

All mental vision we have come from Waheguru Jee. I always use this mental vision to achieve material success, but I never develop the vision to connect back to the Jot and fulfill the purpose of life or Experience Aarti (True Love) of Parmesar.



ਤੁਹੀ – Alphabet ਤ has got two matras. We can only pronounce one at a time. We understand the one is meanings and one is to for rhythm and taal for the raag this pankti is in. For e.g. for meaning this word ਤੁਹੀ is and to sing /read it will be ਤੇਹੀ

Assignment 15

<https://forms.gle/PwdGy4WpH8TKnShx7>



Mental Feet: Planning and Execution

They continued their journey until they reached a winding path through the woods. "This path represents your Mental Feet," said Wise Gurmukh Singh. "Each step you take on this path is part of your plan and the actions you take to achieve your goals. "

Chanchal Singh noticed how carefully he needed to step to avoid tripping on roots and rocks. "To reach your destination, you must plan your steps carefully and keep moving forward, even when the path is challenging." Gurmukh Singh added, "We often plan, execute, and walk paths to achieve material objectives and outcomes. Undoubtedly, we cannot walk these paths without the support of Waheguru Jee. "

In this sense, every step / execution of plan do is driven by the energy of Waheguru Jee. However, I never plan and execute to develop a path that I follow to kick off my journey towards inner energy.

ਸਹਸ ਪਦ ਬਿਮਲ ਨਨ ਏਕ ਪਦ

ਸਹਸ – Thousands

ਪਦ – Mental Feet (The one's I used to plan and execute)

ਬਿਮਲ – Pure (Doesn't have impurity of bad thoughts)

ਨਨ – None

Energy to execute my every plan is coming from Waheguru Jee. This energy is very pure, but I always end up using to achieve or execute my material goals. I never plan to develop a path that I can follow to kick off my journey towards inner energy (Jot).



Gurbani keeps stressing the need to fix the mental body. External body is only a mechanism to action what my inner mental body wants me to do. Undoubtedly, external feet are very important, but they will only follow the advise of my mind.



Mental Smell: Intuition

Finally, Gurmukh Singh brought Chanchal Singh to a spot where the air smelled sweet and fresh. "Close your eyes and use your nose," Gurmukh Kaur instructed. Chanchal Singh inhaled deeply and sensed a mixture of flowers, trees, and something that smelled off.

"Mental Smell is your intuition," Gurmukh Singh said. "It's the ability to sense when something is right or wrong, even if you can't see it. Trust your instincts to guide you through uncertain times." Gurmukh Singh added, "Our intuition comes from inner energy that is guided by Waheguru Jee, but we keep using this intuition to detect challenges and hurdles in the pursuit of our materialistic objectives. We rarely use this power to sense the obstacles on our path to achieving ONENESS with Waheguru Jee.

In this sense, all mental smell comes from Inner Energy, but we do not use it to connect back with our Jot."

ਗੰਧ ਬਿਨੁ ਸਹਸ ਤਵ ਗੰਧ ਇਵ ਚਲਤ ਮੋਹੀ ॥੨॥

ਗੰਧ – Intuition (Mental smell to know good and bad)

ਸਹਸ – Thousands

ਇਵ – In This manner

ਚਲਤ – Plays of Waheguru Jee

ਮੋਹੀ – Amaze Me

I am using the Energy of Jot to smell what more opportunities can I have in material world to progress; even if this progress is coming by compromising my values, belief and ethics, I don't mind.

Gur(u) Nanak Dev Jee is amazed by experiencing this play of Waheguru Jee. We were given this energy to sense the issues / challenges / bad habits that stop me from progressing my purpose of life but I start to use this energy to smell more and more material progression.





The Return Home

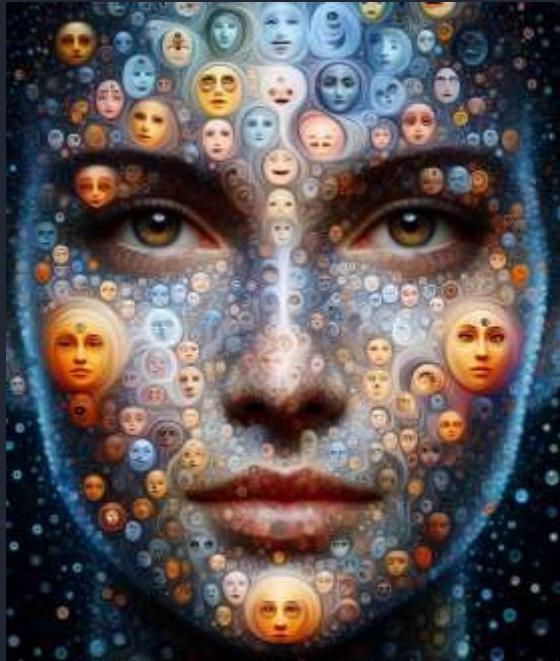
With his newfound knowledge, Chanchal Singh and Fluffy made their way back to the village. Chanchal Singh could now understand why Gur(u) Nanak Sahib didn't participate in the Aarti at Jagannath Puri. He realized that if he truly believed in Aarti, he would use all the gifts of Waheguru Jee in the form of Mental Eyes, Mental Shape, Mental Feet, and Mental Smell to achieve the purpose of life. To do so, he didn't need to participate in any ritual just for the sake of it.

When he participated in Kirtan, he dedicated himself fully. From each Sabad, he learned how to channel his energy to develop spiritual vision, spiritual behavior, and move closer to Waheguru Jee. He learned to sense the challenges of attachment, desires, anger, greed, and ego that could act as hurdles on this path.

The more he sensed these things, the more he was in the act of Aarti all the time.

Chanchal Singh felt empowered and excited to use his Mental Eyes, Mental Shape, Mental Feet, and Mental Smell in his everyday life.

Summary



ਸਹਸ ਤਵ ਨੈਨ ਨਨ ਨੈਨ ਹਹਿ ਤੇਹਿ ਕਉ ਸਹਸ ਮੂਰਤਿ ਨਨਾ ਏਕ ਤੁਹੀ ॥
ਸਹਸ ਪਦ ਬਿਮਲ ਨਨ ਏਕ ਪਦ ਗੰਧ ਬਿਨੁ ਸਹਸ ਤਵੁ ਗੰਧ ਇਵ ਚਲਤ ਮੇਹੀ ॥੨॥

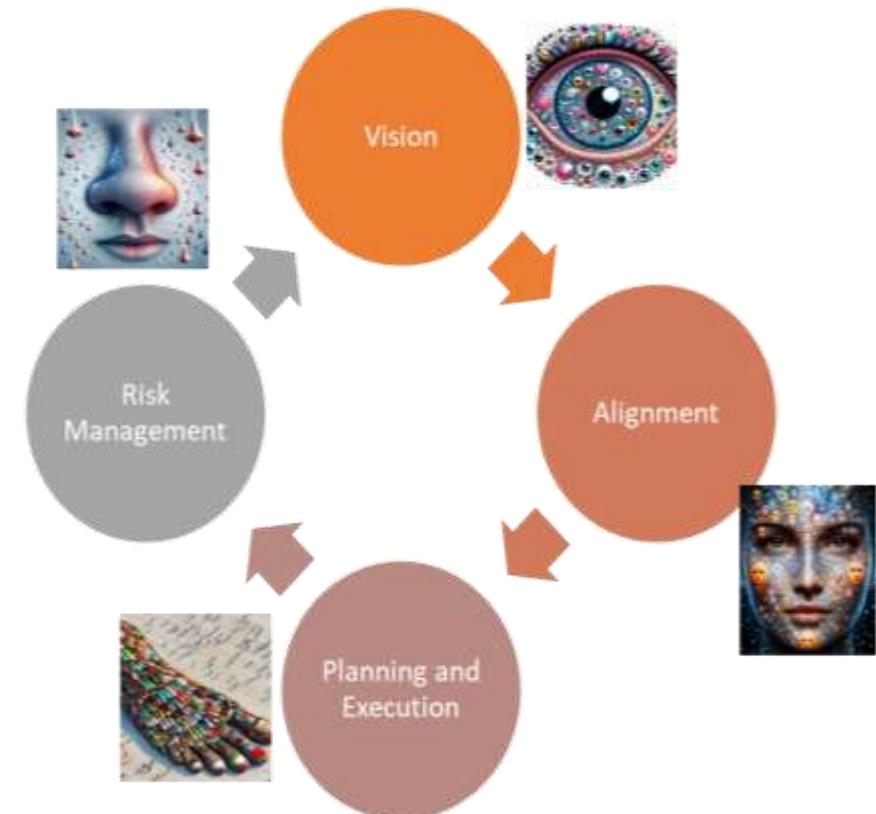
My real Aarti starts when I start to align all my energy of Mind, Body to focus and prioritise the purpose of this life. Gur(u) Nanak Sahib couldn't feel that energy of everyone doing the Aarti in temple was genuinely aligned to the message of Waheguru Jee.

We all need to introspect on our honesty, sincerity towards Gurbani in light of this Sabad. Will Gur(u) Nanak Sahib participate with me in activities related to religion, if I am not displaying the real Aarti within myself?

ਸਹਸ ਤਵ ਨੈਨ ਨਨ ਨੈਨ ਹਹਿ ਤੇਹਿ ਕਉ ਸਹਸ ਮੂਰਤਿ ਨਨਾ ਏਕ ਤੁਹੀ ॥

ਸਹਸ ਪਦ ਬਿਮਲ ਨਨ ਏਕ ਪਦ ਗੰਧ ਬਿਨੁ ਸਹਸ ਤਵ ਗੰਧ ਇਵ ਚਲਤ ਮੋਹੀ ॥੨॥

- Vision – Everything starts with Vision in life. If we don't have vision to align with Gurbani, then we are running directionless in life.
- Alignment – Once we are clear in our vision, then we need to align our behavior to achieve the vision.
- Planning and Execution – Next step is to plan on how we can achieve the vision and then start to work on it.
- Risk Management – We need to smell the risks / challenges on the path to achieve the vision and adjust our plans, accordingly.



SOHILA SAHIB

- Joe and Alicia are teenage siblings who, as they grow older, are beginning to develop strong preferences, behaviors, and a sense of being the best. This mindset causes them to overlook each other's strengths and ignore their own weaknesses.
- Whenever their parents ask them to work on something together, each insists on doing things their way, leading to quick arguments that often escalate into fights. This not only disrupts the positive atmosphere at home, but also wastes time and creates long-term challenges for their relationship and personal development.
- Can you see similar thing happening between yourself and your sibling (or with parents / friends, etc)
- What do you think is the way to fix the situation that now exists within Joe and Alicia
- How do you think Gurbani can practically assist in solving such situation in life. Can you remember any Sabad / Pankti that helps us solve such situations.



SOHILA SAHIB

ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ ॥ ਤਿਸ ਦੇ ਚਾਨਣਿ ਸਭ ਮਹਿ ਚਾਨਣੁ ਹੋਇ ॥
ਗੁਰ ਸਾਖੀ ਜੋਤਿ ਪਰਗਟੁ ਹੋਇ ॥ ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੁ ਆਰਤੀ ਹੋਇ ॥੩॥

- ਸਭ - Everyone
- ਮਹਿ – Within
- ਜੋਤਿ – Guiding light of Waheguru Jee
- ਤਿਸ ਦੇ – From this
- ਚਾਨਣਿ – Guiding Light
- ਸਭ ਮਹਿ ਚਾਨਣੁ – Everyone is Guided

- ਗੁਰ - Gurbani
- ਸਾਖੀ – Teachings
- ਜੋਤਿ – Guiding Light of Waheguru Jee
- ਪਰਗਟੁ – Visible / Experience
- ਤਿਸੁ – Jot of Waheguru Jee
- ਭਾਵੈ – In Alignment

 ਚਾਨਣਿ and ਚਾਨਣੁ – Two words pronounced same but written with different spelling. In first one Sihari (ਣ) signifies the need of verb to understand this word. This mean **through** (ਣ) this Divine light that Waheguru Jee is giving to everyone.

(ਣ) – Aunkar means personal spiritual guidance that every individual is getting to resolve challenges in the personal life. It also symbolises the energy that is driving my behaviour, mind and body.

SOHILA SAHIB

ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ॥ ਤਿਸ ਦੈ ਚਾਨਹਿ ਸਭ ਮਹਿ ਚਾਨਣੁ ਹੋਇ ॥
ਗੁਰ ਸਾਖੀ ਜੋਤਿ ਪਰਗਣੁ ਹੋਇ॥ ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੁ ਆਰਤੀ ਹੋਇ ॥੩॥

- **ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ ॥** – Within each of us resides the same energy and guiding light. Though we may appear different on the outside, the same force drives us from within. This concept can be understood through the example of electricity. A bulb, LED, sparkling lights, and a tube light may all look different and emit various colors of light, but the energy (electricity) powering them is the same.
- **ਤਿਸ ਦੈ ਚਾਨਹਿ ਸਭ ਮਹਿ ਚਾਨਣੁ ਹੋਇ ॥** - This guiding light offers direction to each of us on how to live our lives. The strength of this guidance depends on how aware we are of this inner energy. The more I develop strong behaviors, attitudes, or viewpoints rooted in the material world, the weaker the guidance may seem, though it will still quietly urge me to do the right thing.



Gurbani often uses same word twice. Objective is to bring attention of the seeker and stress on the key concept in these words. For e.g. in this pankti ਜੋਤਿ comes twice. It's very important concept that it's same Jot(i) within all of us; hence it comes twice in same pankti.

SOHILA SAHIB

ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ ॥ ਤਿਸ ਦੈ ਚਾਨਹਿ ਸਭ ਮਹਿ ਚਾਨਹੁ ਹੋਇ ॥
ਗੁਰ ਸਾਖੀ ਜੋਤਿ ਪਰਗਟੁ ਹੋਇ ॥ ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੁ ਆਰਤੀ ਹੋਇ ॥੩॥

- ਗੁਰ ਸਾਖੀ ਜੋਤਿ ਪਰਗਟੁ ਹੋਇ ॥ - It's through the adoption of Gurbani teachings in life, we can experience this guiding light within us and everyone around us.
- ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੁ ਆਰਤੀ ਹੋਇ ॥੩॥ - Only when my behaviour, viewpoints and attitude aligns with the guiding light of Waheguru Jee, the Real AARTI happens.

In practical terms, this pankti teaches me that everyone is driven by the same energy. My focus should be on improving my behavior to align with this guidance of Gurbani, rather than living in the ego that I am the best. Likewise, it will help me recognize that others are also guided by this same energy, and I should develop acceptance for them as they are.

This approach will not only help Joe and Alicia become better siblings but also help all of us cultivate acceptance and work harmoniously with those around us.



In Rahao pankti Gurbani posed a question - ਕੈਸੀ ਆਰਤੀ ਹੋਇ ॥ ਭਵ ਖੰਡਨਾ ਤੇਰੀ ਆਰਤੀ ॥. Question was how can we really do AARTI if it can't be done through physical process. In this pankti, Gurbani guides and gives the answer. Aligning my lifestyle to voice of Jot(i) or Gurbani creates an experience of Bliss, which is the real Aarti. If we stay focused in Gurbani, we will lot many times find such question and answers, which is very unique way of Gurbani to guide me through challenges of life.

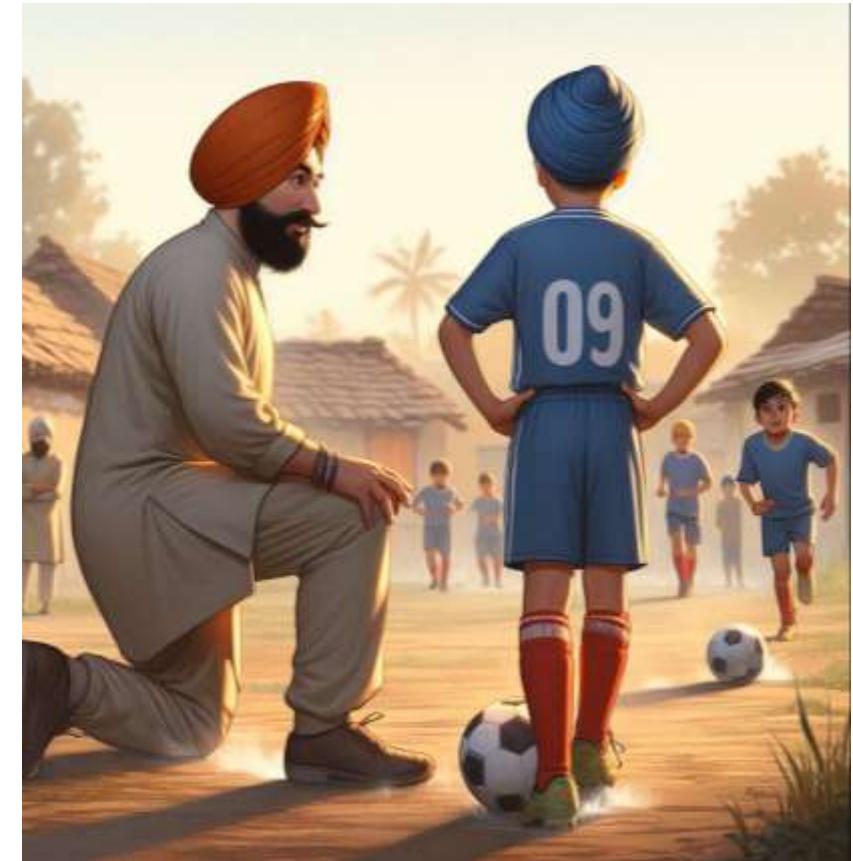
SOHILA SAHIB

- In a quiet village, young Gurmukh Singh lived a simple and at time a **boring** life. One summer his uncle Harjit Singh visited from Australia, bringing with him a gift that would spark a lifelong passion—a soccer ball.
- At first, the soccer ball was just a curiosity to Gurmukh, something bright and new. But the more he looked at it, the stronger his **desire grew** to play with it. Harjit Singh noticed his nephew's **growing interest** and took the time to teach him the basics of soccer. They spent hours in the village field, kicking the ball back and forth. Seeing Gurmukh's excitement, Harjit went a step further and helped him find a coach in a nearby town.
- Gurmukh Singh's dedication to soccer was unwavering. He began waking up early, lacing up his worn-out shoes while the village was still asleep. Each morning, he ran through the fields, practiced his dribbling, and followed the physical training his coach prescribed. The coach was strict but wise man, and Gurmukh Singh was fully dedicated to **follow the path he showed** to improve his physical fitness, **uplift mental state** and soccer skills. **Boring** life seems a thing of past to him.



SOHILA SAHIB

- In months, Gurmukh's skills on the soccer field began to **flourish**. With every step forward came new challenges. The skills he needed to master became difficult, each one pushing him to his limits.
- Yet, Gurmukh's **passion** for soccer only grew stronger. What had started as a simple curiosity had now completely **filled his mind**. He thought about soccer constantly, replaying his coach's advice in his head and eagerly waiting for the next session. The sport had become more than just a game—it was his **purpose**, his drive.
- What once felt like hard work was now a source of joy and fulfillment. The challenges he faced were no longer obstacles, but **opportunities to learn** and grow. Soccer had become his life, filling his thoughts and giving him a deep **sense of satisfaction**.
- Through his journey, Gurmukh discovered the power of passion. He learned that when you dedicate yourself to something you love, even the hardest work becomes sweet and every new skill helps to **quench your thirst** of learning.



SOHILA SAHIB

- Have you ever been **passionate about something**, like Gurmukh Singh was with soccer? Who **showed you the path** (if anyone) and were you able to follow their footsteps? Did it help in **up-lifiting your mental state**?
- Did the desire to **learn increase over time** or did it go down? What did you do (if anything) keep the **desire to learn growing**?
- How do you feel when you have **thirst to learn something** new and you actually learn it? Does it **satisfy your thirst** or **drives you to learn** further?
- Do you believe it was **only your effort** that you could learn new things or was it blessing in form of **Waheguru Jee's energy driving** you learn new thing?
- Can you link this whole story of **Gurmukh Singh to Aarti**?



SOHILA SAHIB

ਹਰਿ ਚਰਣ ਕਵਲ ਮਕਰੰਦ ਲੋਭਿਤ ਮਨੇ ਅਨਦਿਨੇ ਮੇਹਿ ਆਹੀ ਪਿਆਸਾ ॥

Word	Meaning	Symbol
ਹਰਿ	Jot, Prabh	Inner voice that is providing me positive and selfless guidance at every moment in life.
ਚਰਣ	Feet	Walking on the pathway of Good Voice
ਕਵਲ	Lotus	Despite being in swamp, lotus flower blossoms above it; upholds its beauty and provides fragrance to surrounding.
ਮਕਰੰਦ	Fragrance	Positive outcomes / actions driven by following the guidance of Good Voice (Jot).
ਲੋਭਿਤ	Attract	Attraction towards something after experiencing it
ਅਨਦਿਨੇ	Day and Night	When mind is filled with something and that becomes the objective of life
ਪਿਆਸਾ	Thirst	Desire to achieve something in life. Gurbani's desire is about achieving purpose of life.

Can you link the meanings of this pankti to story of Gurmukh Singh learning to play soccer.

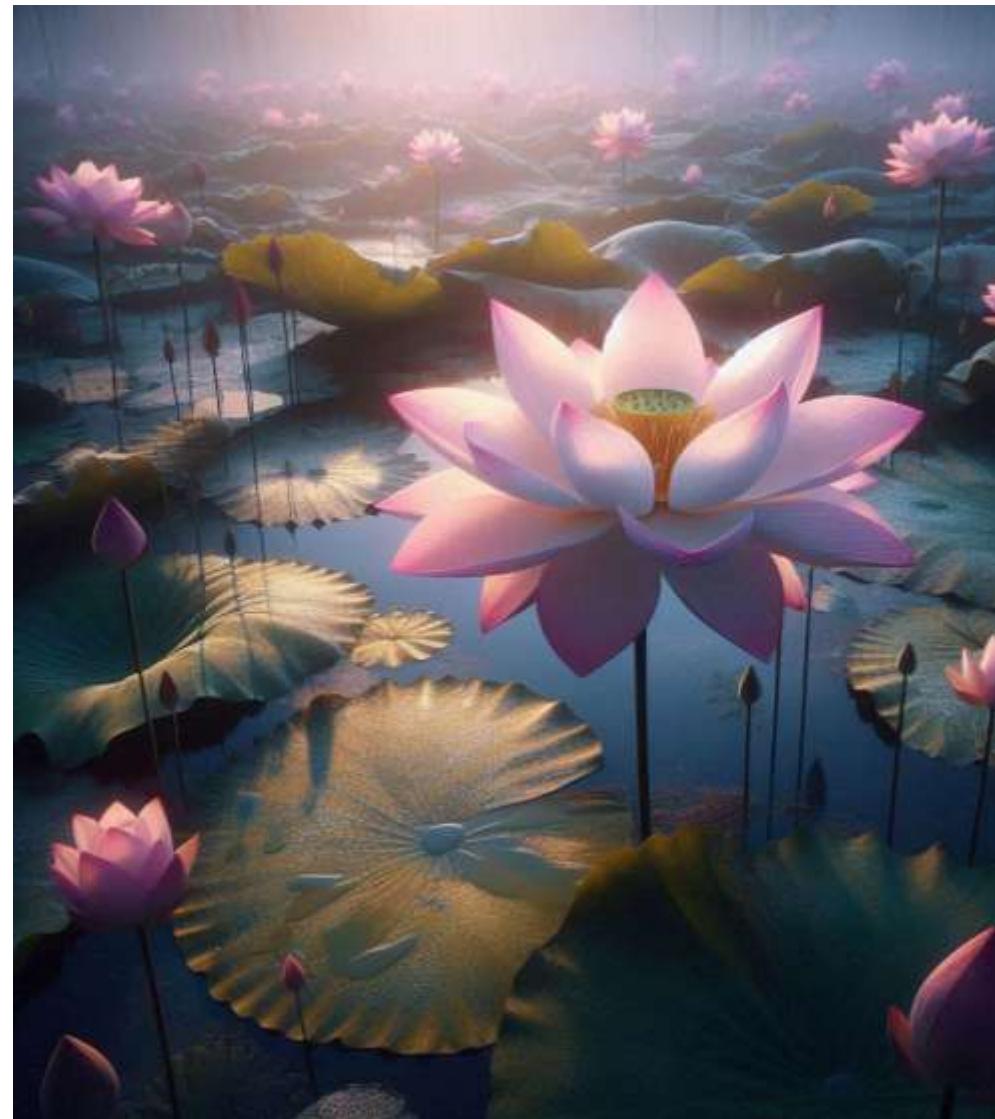
Hints – He had inner connection with soccer, followed the pathway given by coach, had desire to learn more and more.



Focus on each word and see how Gurbani is using metaphors to provide guidance to develop passion, desire towards objective of human life. Look for objects, things in nature around you and see if you can learn something from them that motivates you to do selfless positive actions.

Symbol of Lotus in Gurbani

- The swamp symbolizes a life distracted by material attractions, muddying the true purpose of human existence.
- A swamp also represents how, the more physical effort we make to escape it on our own, the deeper we sink. The only way out is when someone reaches out and pulls us free.
- The lotus, however, teaches us how to thrive in a world that, like a swamp, is full of distractions, yet still blossom and remain mentally untouched by them.
- Not only can we bloom and live a stress-free life, but we can also contribute positively to society and the world around us.
- In Gurbani, the lotus symbolizes a higher state of mind. By listening to the good voice within us, our mindset can rise above distractions and find clarity.
- Gurbani is like a rope; if held onto with sincerity, it can lift us out of the swamp.
- But to become like the lotus, we need passion, desire, dedication, and love for Gurbani.



SOHILA SAHIB

ਹਰਿ ਚਰਣ ਕਵਲ ਮਕਰੰਦ ਲੋਭਿਤ ਮਨੇ ਅਨਦਿਨੇ ਮੇਹਿ ਆਹੀ ਪਿਆਸਾ ॥

- ਹਰਿ ਚਰਣ ਕਵਲ ਮਕਰੰਦ ਲੋਭਿਤ ਮਨੇ – I am continually attracted (ਲੋਭਿਤ) to the positive values (ਮਕਰੰਦ) I can cultivate by following (ਚਰਣ) the guidance of the Good Voice / Jot (ਹਰਿ). The more I respect, follow, and embrace its message, the clearer my mind becomes, rising above the swamp of distractions and blossoming like a lotus (ਕਵਲ).
- ਅਨਦਿਨੇ ਮੇਹਿ ਆਹੀ ਪਿਆਸਾ ॥ - The more I experience the benefits of following my inner voice, the stronger my desire (ਪਿਆਸਾ) becomes to seek its guidance continually (ਅਨਦਿਨੇ) . In the material world, the satisfaction of achieving something is temporary, and I soon find myself chasing a new goal. However, the experience of the inner voice is different; once experienced, it brings a deep sense of peace and contentment that stays forever.

We can link this to story of Gurmukh Singh. More he could see the benefit of following the guidance of his coach, more desire he had to learn and be better at playing soccer. He is constantly attracted to learn more and more about soccer. Gurbani is advising to use same passion, desire, love to achieve purpose of life while doing everything else in this human body.



Few words used for Lotus in Gurbani – ਕਵਲ, ਕਮਲੁ, ਕਉਲੁ, ਕਮਲੇਹਿ

SOHILA SAHIB

ਕ੍ਰਿਪਾ ਜਲ੍ਹ ਦੇਹਿ ਨਾਨਕ ਸਾਰਿੰਗ ਕਉ ਹੋਇ ਜਾ ਤੇ ਤੇਰੈ ਨਾਇ ਵਾਸਾ ॥੪॥੩॥

- ਹਰਿ - Good Voice / Inner Voice
- ਚਰਣ – Path it's guiding me to live
- ਕਵਲ – Lotus
- ਮਕਰੰਦ – Smell /
- ਚਾਨਣਿ – Guiding Light
- ਸਭ ਮਹਿ ਚਾਨਣੁ – Everyone is Guided

- ਗੁਰ - Gurbani
- ਸਾਖੀ – Teachings
- ਜੋਤਿ – Guiding Light of Waheguru Jee
- ਪਰਗਟੁ – Visible / Experience
- ਤਿਸੁ – Jot of Waheguru Jee
- ਭਾਵੈ – In Alignment



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SOHILA SAHIB

ਕ੍ਰਿਪਾ ਜਲੁ ਦੇਹਿ ਨਾਨਕ ਸਾਰਿੰਗ ਕਉ ਹੋਇ ਜਾ ਤੇ ਤੇਰੈ ਨਾਇ ਵਾਸਾ ॥੪॥੩॥

Word	Meaning	Symbol
ਕ੍ਰਿਪਾ	Blessings	Blessings of Waheguru Jee that I can experience after aligning my life with Gurbani
ਜਲੁ	Water	Teachings of Gurbani that wash away the shortcomings, distractions of mind.
ਸਾਰਿੰਗ	Bird	Bird that seeks first drop of rain – known as Swati Boond, which satisfies its thirst. It symbolises the blessings that satisfies all the material desires of an individual.
ਨਾਇ	Divine Law	Acceptance of anything and everything that is happening with me and around me.
ਵਾਸਾ	Establish	Establish or develop mental strength by aligning mindset to teachings of Gurbani

Can you link the meanings of this pankti to story of Gurmukh Singh learning to play soccer.

Hints – By following the advise of coach, he is now blessed to have learnt soccer. It's no longer a challenge for him but rather an opportunity to keep growing and learning.



॥੪॥੩॥ - ੪ – is the fourth paragraph of this Sabad and ੩ is the third Sabad of Sohila Sahib.

SOHILA SAHIB

ਕ੍ਰਿਪਾ ਜਲ੍ਹ ਦੇਹਿ ਨਾਨਕ ਸਾਰਿੰਗ ਕਉ ਹੋਇ ਜਾ ਤੇ ਤੇਰੈ ਨਾਇ ਵਾਸਾ ॥੪॥੩॥

- **ਕ੍ਰਿਪਾ ਜਲ੍ਹ ਦੇਹਿ ਨਾਨਕ ਸਾਰਿੰਗ ਕਉ** – It's a humble request (Ardas) of Gur(u) Nanak Dev Jee to seek blessings of Waheguru Jee, like Sarang bird seeks the Swati drop that satisfies its thirst. Blessings are being compared to water because:
 - it helps to satisfy the thirst. Blessings help to satisfy all the distractions and desires of mind
 - It enables to wash away all the dirt. Similarly blessings of Waheguru Jee, help to wash away all the dirt from mind.
- **ਹੋਇ ਜਾ ਤੇ ਤੇਰੈ ਨਾਇ ਵਾਸਾ ॥੪॥੩॥** - Blessings to establish thoughts, belief system and actions that align to Divine Law or Gurbani. Mind that used to enjoy distractions like desires, anger, greed, attachment, ego now seeks contentment, love, care, humbleness, nirbhau, nirvair, truthfulness, compassion, etc.

We can link this to story of Gurmukh Singh. More he does the hard work, more blessings he experiences from coach. Coming under the guidance of coach is the real blessing for him. Every trick he learns, makes him feel satisfied like rainbird. Similarly, when we start to adopt Gurbani in life, we start to experience the blessings of Waheguru Jee and with every distraction we get rid of, we feel satisfied in life.



Some birds used to refer same concept as **ਸਾਰਿੰਗ** – ਬਾਬੀਹਾ, ਚਾਤ੍ਰੂਕ. These birds are symbolic of someone who has the desire to experience the Aarti of Waheguru jee and constantly seeks blessings for the same.

Learnings

Sabad is closely linked to the title '**Sohila**' – Lived experience by adopting teachings of Gurbani. This Sabad takes the example of Aarti (Complete Love or Surrender) and guide us to better understand this very important concept of Gurbani.

- **Rahao – Question** - How can we do Aarti of Waheguru Jee, through an activity for few moments / minutes.
- **Pada 1 – It's actually happening all the time** - There is an external and internal Aarti going at all the times but my distractions don't let me experience it. In external world all things in nature (sun, moon, wind, trees,) are doing the Aarti. Once I am focused then everything within me (jot, mind, thoughts, wisdom of Gurbani) works towards making me experience Aarti at all the times.
- **Pada 2 –What do I need to do** - Aarti can be really experienced by aligning Vision, behavior, planning the pathway towards Waheguru Jee and constantly using Gurbani to smelling bad voice or habits within me.
- **Pada 3 – How do I know I am really in state of Aarti?** Real Aarti is when we apply teachings of Gurbani in life and **witness Jot of Waheguru Jee** in everyone.
- **Pada 4 – What happens once I experience Aarti** – I am constantly attracted towards the teachings of Gurbani and want to keep growing this experience. It gives peace forever and makes us align our life with Divine Law (Teachings of Gurbani).

Gur(u) Nanak Sahib wanted us to experience Real Aarti within us. External Aarti is a physical activity that lasts for few minutes but real experience of Aarti is never ending and always making us grow and become better human.

Assignment 18

<https://forms.gle/pjWacB4gDkYikDHq8>

SOHILA SAHIB – SABAD 4

ਰਾਗੁ ਗਉੜੀ ਪੂਰਬੀ ਮਹਲਾ ੪ ॥
ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥
ਪੂਰਬਿ ਲਿਖਤ ਲਿਖੇ ਗੁਰੁ ਪਾਇਆ ਮਨਿ ਹਰਿ ਲਿਵ ਮੰਡਲ ਮੰਡਾ ਹੇ ॥੧॥
ਕਰਿ ਸਾਧੂ ਅੰਜੁਲੀ ਪੁਨੁ ਵਡਾ ਹੇ ॥
ਕਰਿ ਡੰਡਉਤ ਪੁਨੁ ਵਡਾ ਹੇ ॥੧॥ ਰਹਾਉ ॥
ਸਾਕਤ ਹਰਿ ਰਸ ਸਾਦੁ ਨ ਜਾਇਆ ਤਿਨ ਅੰਤਰਿ ਹਉਮੈ ਕੰਡਾ ਹੇ ॥
ਜਿਉ ਜਿਉ ਚਲਹਿ ਚੁਭੈ ਦੁਖੁ ਪਾਵਹਿ ਜਮਕਾਲੁ ਸਹਹਿ ਸਿਰਿ ਡੰਡਾ ਹੇ ॥੨॥
ਹਰਿ ਜਨ ਹਰਿ ਹਰਿ ਨਾਮਿ ਸਮਾਣੈ ਦੁਖੁ ਜਨਮ ਮਰਣ ਭਵ ਖੰਡਾ ਹੇ ॥
ਅਬਿਨਾਸੀ ਪੁਰਖੁ ਪਾਇਆ ਪਰਮੇਸਰੁ ਬਹੁ ਸੋਭ ਖੰਡ ਬ੍ਰਹਮੰਡਾ ਹੇ ॥੩॥
ਹਮ ਗਰੀਬ ਮਸਕੀਨ ਪ੍ਰਭ ਤੇਰੇ ਹਰਿ ਰਾਖੁ ਰਾਖੁ ਵਡ ਵਡਾ ਹੇ ॥
ਜਨ ਨਾਨਕ ਨਾਮੁ ਅਧਾਰੁ ਟੇਕ ਹੈ ਹਰਿ ਨਾਮੇ ਹੀ ਸੁਖੁ ਮੰਡਾ ਹੇ ॥੪॥੪॥



Best way to understand the Sabad is to start from Rahao Pankti (ਰਹਾਉ) . Rahao has the central idea of the Sabad and once you understand that all the other panktis become easy to understand.

Title: The Tale of Timmy and Ms. Willow

Once upon a time, there was a little boy named Timmy who was very clever—at least, that's what he believed. Timmy was full of pride and thought he was much smarter than anyone else, especially his teacher, Ms. Willow. He would sit in class with his **arms crossed**, barely paying attention to what Ms. Willow was saying. He thought he **already knew everything** and didn't need to listen.

Because of his **ego**, Timmy never did his homework. He believed that doing his homework was a waste of time, and following Ms. Willow's guidance was unnecessary. His **mischief distracted him from learning** and made him stray from the path that would lead him to success.

One day, Ms. Willow gave the class a challenging project. The other students worked hard, following Ms. Willow's advice and doing their best. But Timmy, too busy with **his tricks and games**, didn't even start the project. When it was time to present, Timmy realized he had nothing to show. He felt embarrassed as he stood before the class with empty hands.



Title: The Tale of Timmy and Ms. Willow

Ms. Willow saw the **disappointment on Timmy's face** and said gently, "Timmy, learning isn't just about being smart. It's about being **humble, listening, and following the right path**. Your mischievous ways are like a **road full of distractions**, taking you **farther from where you need to be**. But it's never too late to change."

For the first time, Timmy **really listened**. He realized that his **ego** had been leading him down the **wrong path**. Determined to change, Timmy started paying attention in class, doing his homework, and **following Ms. Willow's guidance**. He found that as he let go of his pride, learning became easier and more enjoyable.

Over time, **Timmy's grades improved**, and he began to understand the value of humility and hard work. He discovered that by following the straight path Ms. Willow had set for him, he was able to grow, learn, and succeed. Timmy no longer saw Ms. Willow as just a teacher **but as a wise guide** who had **helped him find his way**.

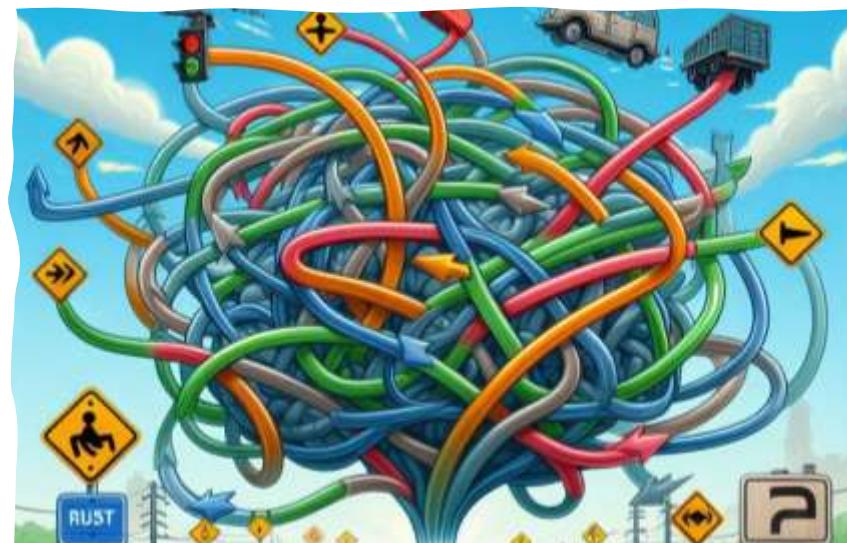
From that day on, Timmy walked the path of learning with **humility, leaving behind the distractions** of mischief. And with Ms. Willow's guidance, he continued to **progress**, always remembering the important lesson he had learned: that **true wisdom comes not from ego**, but from a **humble heart willing to learn**.



Title: The Tale of Timmy and Ms. Willow

Questions

- Why do you think Timmy was not able to learn initially? Did he have any learning disability or there was something wrong with his attitude?
- What is wrong with having distractions in learning process?
- How does humility enable better learning journey for us?
- Was Timmy doing good or bad for himself by being distracted? And Why?



SOHILA SAHIB

ਕਰਿ ਸਾਧੂ ਅੰਜੁਲੀ ਪੁਨ ਵਡਾ ਹੇ ॥ ਕਰਿ ਡੰਡਉਤ ਪੁਨ ਵਡਾ ਹੇ ॥੧॥ ਰਹਾਉ ॥

- **ਕਰਿ** - Advise to action for me
- **ਸਾਧੂ** – Mind conditioned with teachings of Gurbani (Good Voice or Good part of Mind)
- **ਅੰਜੁਲੀ** – When we drink water from tap with hand. It is connection between water source and the one who is thirsty (It's symbol of seeker who bows or surrender with honesty and makes best to develop connection with Gurbani)
- **ਪੁਨ** – Mindset that makes me grow spiritually
- **ਵਡਾ** – Superior
- **ਡੰਡਉਤ** – Straight path (away from distractions)



ਡੰਡਉਤ – In physical world its an activity when someone bows whole body in front of someone they respect and follow. Mentally, it means the mind that has totally surrendered and is willing to follow the straight path with no distractions in life.

SOHILA SAHIB

ਕਰਿ ਸਾਧੂ ਅੰਜੁਲੀ ਪੁਨੁ ਵਡਾ ਹੇ ॥ ਕਰਿ ਡੰਡਉਤ ਪੁਨੁ ਵਡਾ ਹੇ ॥੧॥ ਰਹਾਉ ॥

- **ਕਰਿ ਸਾਧੂ ਅੰਜੁਲੀ ਪੁਨੁ ਵਡਾ ਹੇ** - I am being advised to connect with conditioned part of my mind (ਸਾਧੂ) i.e. Jot or Good Voice. This connection can be developed only by being humble and surrendering to message of Gurbani. There is no bigger or superior act (ਵਡਾ) in this life than making myself grow spiritually (ਪੁਨੁ). Tim was able to grow only by surrendering to teacher. Similarly, I can grow only by surrendering to Gurbani with the objective of connecting to conditioned part of mind, within me.
- **ਕਰਿ ਡੰਡਉਤ ਪੁਨੁ ਵਡਾ ਹੇ ॥੧॥** - Following the straight path towards objective of life is the best (ਵਡਾ) thing we can do. Distractions only make my path towards destination longer and complicated. Mind should become straight (ਡੰਡਉਤ) and always follow the path that directly takes me to my goal. In our story Tim was distracted and was never able to achieve the right outcomes. It's only when his mind could think straight, he was able to achieve right outcomes in his life. There is no bigger act of kindness than being kind to yourself and enabling mind to achieve purpose of this life.
- Real Sohila or experience of Love is when I surrender myself to message of Gurbani and develop a real connection (ਅੰਜੁਲੀ) with it.



Gurbani uses symbols to internalise the meaning of many concepts that exist in outer world. People used to donate money or go to pilgrimage assuming it will help them cleanse their bad thoughts and termed them as Good Deeds (ਪੁਨੁ) . Gurbani internalises the meaning of Good Deed and motivates us to bring mind in company of good voice and cleanse it's bad thoughts. This is the biggest Good Deed (ਪੁਨੁ), we can do for ourselves.

Assignment 19

<https://forms.gle/vgtThjRATHXHoxoH7>

Title: Chanchal Singh and Mental City



Once upon a time, there was a boy named Chanchal Singh. He was always chasing after new toys, games, and gadgets. No matter how many things he had, he always **wanted more**. And when he couldn't get what he wanted, he would feel frustrated and **angry**. His mind was like a busy city, filled with skyscrapers of endless desires and buildings of anger, growing taller each day. He didn't know how to escape this mental city that left him feeling restless.

One day, at a local Gurdwara Sahib, Chanchal Singh met an old and wise man named Gurmukh Singh. Gurmukh Singh had a calm, peaceful aura about him, and Chanchal was curious. "Why are you always so content and happy?" he asked.

Gurmukh Singh smiled and said, "Chanchal, **the mind is like a city**, and if it's full of **desires and anger**, it becomes a place of chaos. But with the help of Gurbani, you can turn this chaotic city into one of peace and compassion. Are you willing to put in the effort to change?"

Chanchal Singh thought for a moment and realized how **unhappy his endless desires and anger made him**. "Yes, I want to change," he said.

Gurmukh Singh began teaching Chanchal how to reflect on Gurbani every day, to focus on gratitude instead of desires, and to let go of his anger by practicing patience. Chanchal worked hard. At first, it wasn't easy. His mind would still race with thoughts of wanting more toys or feeling angry when things didn't go his way. But **slowly**, something **began to change**.

Title: Chanchal Singh and Mental City

With time and effort, Chanchal started to feel a shift inside him. The tall **skyscrapers of desires** in his mental city **began to shrink**, and the buildings of anger slowly disappeared. In their place grew **gardens of contentment**, streets of compassion, and houses of peace. He felt **calm**, and his heart was no longer weighed down by **constant wanting**.

One day, as Chanchal sat quietly, reflecting on his journey, he thought to himself, "Was that really me? It feels like it was **another lifetime** when I was so full of anger and desires." His life had become so different—now filled with contentment and peace, just like Gurmukh Singh had promised.

Chanchal Singh realized that **true happiness didn't come from chasing after endless desires**, but from **finding peace** within himself, guided by the **wisdom of Gurbani**. From that day forward, he lived a life full of contentment, compassion, and joy, forever grateful for the teachings that helped him transform his mental city into a place of peace.

And so, Chanchal Singh became a shining example to everyone in the community, showing them that with effort and the right guidance, anyone can turn their life around and live in harmony.





Title: Chanchal Singh and Mental City

Questions

- Can you reflect and see what skyscrapers have you got in your mental city?
- Do you get angry at times? If yes, why and how do you feel after being angry?
- Can you give an example where you were able to transform your lifestyle? Does it feel like being in a different life after the transformation?
- Do you see Gurbani as something that can transform your personality and make you calm, peaceful and contented? If yes, have you ever tried doing it sincerely and what results did you get?

SOHILA SAHIB

ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥
ਪੂਰਬਿ ਲਿਖਤ ਲਿਖੇ ਗੁਰੁ ਪਾਇਆ ਮਨਿ ਹਰਿ ਲਿਵ ਮੰਡਲ ਮੰਡਾ ਹੇ ॥੧॥

- ਕਾਮਿ - Mind with endless desires
- ਕਰੋਧਿ - Mind full of anger
- ਨਗਰੁ - Mental city
- ਬਹੁ ਭਰਿਆ - filled till top
- ਮਿਲਿ - Meeting (mentally connecting to)
- ਸਾਧੂ - Teachings of Gurbani or Mind that follows Gurbani

ਖੰਡਲ - Shredded

ਖੰਡਾ - Into tiny bits (that can not be constructed again)



ਕਾਮਿ - Means Desires. ਕਾਮਿ - The one who is in the desires all the time. ਕ੍ਰੋਧੁ - Means Anger. ਕਰੋਧਿ - The one who frequently gets angry.

Although we don't pronounce Sihari (ਸਿ, ਧਿ) but it does make difference in meanings.

SOHILA SAHIB

ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥

- **ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ** – I am filled with endless desires (ਕਾਮਿ), and when these desires go unfulfilled, they lead to anger (ਕਰੋਧਿ). Like Chanchal Singh, we are constantly chasing after desires, building an entire mental city (ਨਗਰੁ) within ourselves, overflowing with these cravings. As we grow, so do our desires, and if we don't learn from Gurbani how to manage them or cultivate gratitude for what we already have, it can eventually result in stress and depression.
- **ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥** - It's only when I connect to Gurbani (ਸਾਧੂ) or Good Voice (ਸਾਧੂ), I can learn how to shred (ਖੰਡਲ) my desires and anger into pieces (ਖੰਡਾ). Gurbani constantly guides me to stay focus on self, be contented in what I have, work honestly and be contented with whatever outcomes I achieve from my work. By learning and adopting each pankti of Gurbani, I transform my character and move towards achieving purpose of this life.
- **Apply Chanchal Singh's story to your life. Reflect how there is Chanchal singh living in my mind too and which desires are leading me to construct skyscrapers in my mental city?**



ਨਗਰੁ – Gurbani uses quite a few metaphors to represent my mind like a place to live. For e.g. house, palace, city. Here are some examples: ਘਰਿ, ਮੰਦਰਿ, ਮਹਲੁ, ਕੋਠੜੀ, ਜਮਪੁਰਿ, ਸਹਰ, ਵਤਨ, ਜਗਿ, ਜਗਤੁ

SOHILA SAHIB

ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥

- **ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ** – I am filled with endless desires (ਕਾਮਿ), and when these desires go unfulfilled, they lead to anger (ਕਰੋਧਿ). Like Chanchal Singh, we are constantly chasing after desires, building an entire mental city (ਨਗਰੁ) within ourselves, overflowing with these cravings. As we grow, so do our desires, and if we don't learn from Gurbani how to manage them or cultivate gratitude for what we already have, it can eventually result in stress and depression.
- **ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥** - It's only when I connect to Gurbani (ਸਾਧੂ) or Good Voice (ਸਾਧੂ), I can learn how to shred (ਖੰਡਲ) my desires and anger into pieces (ਖੰਡਾ). Gurbani constantly guides me to stay focus on self, be contented in what I have, work honestly and be contented with whatever outcomes I achieve from my work. By learning and adopting each pankti of Gurbani, I transform my character and move towards achieving purpose of this life.
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Assignment 20

<https://forms.gle/eT1tyNdLEvxxGhNLA>

SOHILA SAHIB

ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥
ਪੂਰਬਿ ਲਿਖਤ ਲਿਖੇ ਗੁਰੁ ਪਾਇਆ ਮਨਿ ਹਰਿ ਲਿਵ ਮੰਡਲ ਮੰਡਾ ਹੇ ॥੧॥

- ਪੂਰਬਿ - Whatever mindset I have developed till date, decides what is coming next. ਲਿਵ – focus of life
- ਲਿਖਤ ਲਿਖੇ – Action from mindset
- ਗੁਰੁ – Wisdom
- ਪਾਇਆ – Experience
- ਮਨਿ – Mind
- ਹਰਿ– Good Voice
- ਮੰਡਲ –mental world / mindset
- ਮੰਡਾ – within



ਪੂਰਬਿ – Past and even East direction. It can be understood as something that mindset I have developed till date, decides what type of light or guidance I will be living my life in future. If I develop Gurbani driven mindset, then my future lifestyle will be of a Gursikh else vice versa. East direction is the symbol of sunrise or what is coming next.

SOHILA SAHIB

ਕਾਮਿ ਕਰੋਧਿ ਨਗਰੁ ਬਹੁ ਭਰਿਆ ਮਿਲਿ ਸਾਧੂ ਖੰਡਲ ਖੰਡਾ ਹੇ ॥
ਪੂਰਬਿ ਲਿਖਤ ਲਿਖੇ ਗੁਰੁ ਪਾਇਆ ਮਨਿ ਹਰਿ ਲਿਵ ਮੰਡਲ ਮੰਡਾ ਹੇ ॥੧॥

- ਪੂਰਬਿ ਲਿਖਤ ਲਿਖੇ ਗੁਰੁ ਪਾਇਆ – Only if I have adopted and lived (ਪੂਰਬਿ ਲਿਖਤ ਲਿਖੇ) as per Gurbani (ਗੁਰੁ) driven mindset, I can conduct the actions that further drive me to connect with my Good Voice (ਹਰਿ) and have a lifestyle that is humble, selfless and fearless.
- ਮਨਿ ਹਰਿ ਲਿਵ ਮੰਡਲ ਮੰਡਾ ਹੇ ॥੧॥ - By adopting Gurbani lifestyle and living as per it's wisdom, I can develop a permanent mindset that is aligned to good voice (ਹਰਿ) and I can happily live within (ਮੰਡਾ) this mindset (ਮੰਡਲ) forever.

It is my choice to shape a mindset driven by desires and anger, or to fill it with the wisdom of Gurbani. These two paths lead to entirely different lifestyles and outcomes. This concept is reflected in the story of Chanchal Singh, where his choice to build "skyscrapers" of desires and anger in his mind, or alternatively, to fill it with the wisdom of Gurbani, resulted in very different consequences for him.

By applying the lesson of this pankti to your own life, you can reflect on how your current mindset is a direct result of the knowledge, thoughts, and actions you've cultivated over time. Can you recognize the pattern of how your past choices have shaped your present reality?



ਮੰਡਲ – means my mindset and in Punjabi we also use the word ਮੰਡਲੀ, which symbolises the group of people with same thought or mindset.

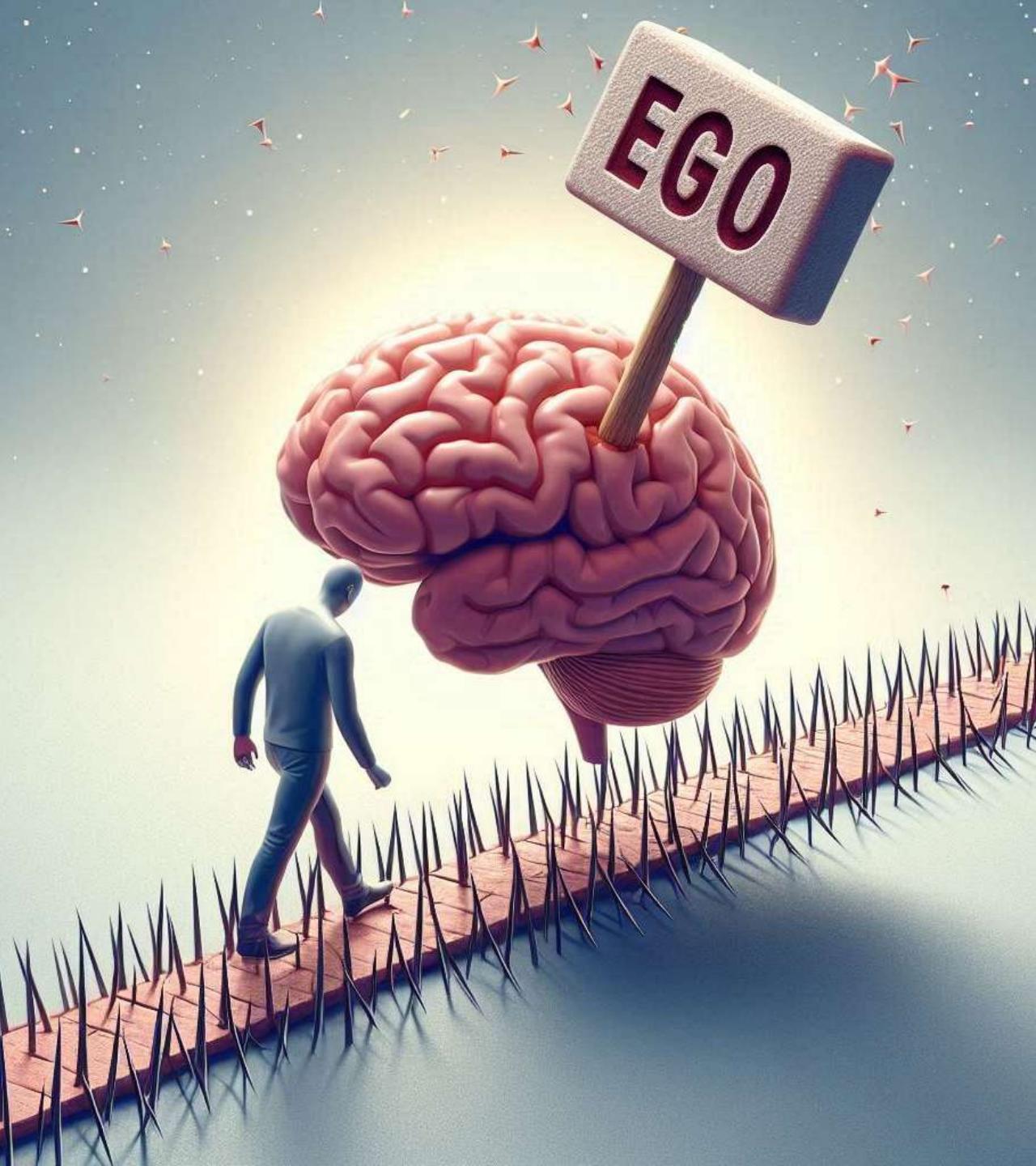
Assignment 21

<https://forms.gle/YzfJuYrMy4fYY9156>

Angela and Thorn of Ego

- Angela was bright, talented, and full of energy, but she had a problem—she thought she always knew best. Whenever her parents tried to guide her, she would roll her eyes and ignore their advice. She was convinced that whatever she was doing was the right thing, and nobody could tell her otherwise.
- Angela loved fancy gadgets and was always on the lookout for the latest phone, tablet, or gaming console. She often bought things beyond what her parents could afford, insisting that they were necessary for her happiness. Her parents, worried about her growing obsession, tried to explain the value of money and the importance of living simply, but she dismissed their concerns as old-fashioned and out of touch.
- Her friends and family noticed that Angela also had a habit of judging others. She spent hours online, scrolling through social media and comparing herself to others. If someone didn't have the latest phone or didn't dress a certain way, she would make harsh remarks, feeling superior to them. She believed that as long as she kept up appearances, she was doing well in life.
- Her parents repeatedly encouraged her to set aside some time for mindfulness and meditation hoping that would help her find balance and peace. But Angela felt it was a waste of time. “What’s the point?” she would say. “I’m too busy with important things.” Her ego kept her from even trying to explore the spiritual path. She believed that her way of living, focused on gadgets, social status, and constant validation online, was the best use of her time.





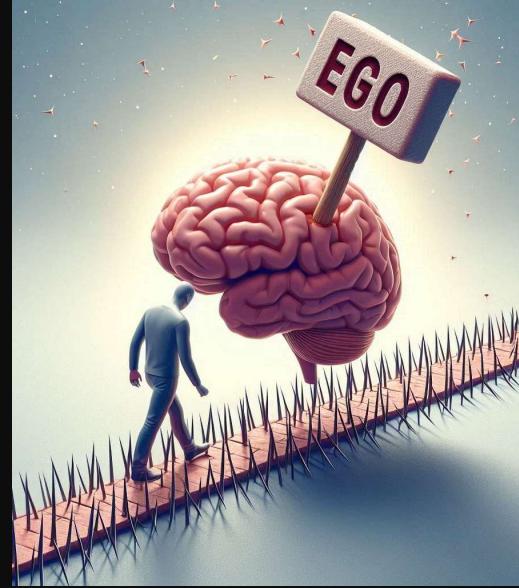
Angela and Thorn of Ego

- As Angela continued on her path, she began to encounter difficulties. The excitement of her gadgets would wear off quickly, leaving her feeling empty. She noticed that despite having everything she wanted, she was never truly satisfied. She also faced problems at school—her grades began to slip, and her friends slowly drifted away, tired of her judgmental attitude. Yet, instead of reflecting on her actions, Angela kept blaming others, refusing to admit she might be wrong.
- The **thorn of ego** started to prick her at every step. Whenever things didn't go her way, she felt angry and frustrated. The more she ignored her parents' advice, the more she found herself in trouble—financial stress from her expensive habits, loneliness as friends grew distant, and constant anxiety from comparing herself to others online.
- Time, like a stick, kept coming back to teach Angela its lessons. She experienced her own lifestyle was killing her peace, contentment, stability and happiness. Despite all her gadgets and distractions, she couldn't escape the feeling that something was missing. Her peace of mind was gone, and deep down, she knew that the path she was on wasn't bringing her any true happiness.

Angela and Thorn of Ego

Questions

- What challenges you see in Angela's behavior?
- Why do you think Ego becomes a big challenge in making us progress in journey of life?
- Do you believe Ego is like a thorn? It can keep going deeper into your lifestyle and hurt your peace, happiness, stability? If yes, what can we do to get it out of our life?



SOHILA SAHIB

ਸਾਕਤ ਹਰਿ ਰਸ ਸਾਦੁ ਨ ਜਾਇਆ ਤਿਨ ਅੰਤਰਿ ਹਉਮੈ ਕੰਡਾ ਹੇ ॥
ਜਿਉ ਜਿਉ ਚਲਹਿ ਚੁਭੈ ਦੁਖੁ ਪਾਵਰਿ ਜਮਕਾਲੁ ਸਹਹਿ ਸਿਰਿ ਡੰਡਾ ਹੇ ॥੨॥

- **ਸਾਕਤ** - Mindset that doesn't follow Gurbani
- **ਹਰਿ ਰਸ** - Experience from following good voice / Gurbani
- **ਸਾਦੁ** – Taste
- **ਜਾਇਆ** – Experience
- **ਅੰਤਰਿ** – Deep inside
- **ਹਉਮੈ** – Ego
- **ਕੰਡਾ** – Thorn

ਜਿਉ ਜਿਉ – As and When

ਚਲਹਿ – Mind walks / progresses in life

ਚੁਭੈ - Hurts

ਦੁਖੁ – Mental Pain

ਜਮਕਾਲੁ – Death of mental peace over time

ਸਹਹਿ - Bear

ਡੰਡਾ - Stick



ਸਾਦੁ, ਦੁਖੁ, ਜਮਕਾਲੁ – See the use of Aunkar with these words to symbolise mental taste (experience), mental pain and mental death. Gurbani has very wisely made use of aunkars to help the seeker understand if particular word has a physical or mental meaning.

SOHILA SAHIB

ਸਾਕਤ ਹਰਿ ਰਸ ਸਾਦੁ ਨ ਜਾਣਿਆ ਤਿਨ ਅੰਤਰਿ ਹਉਮੈ ਕੰਡਾ ਹੋ ॥

- **ਸਾਕਤ ਹਰਿ ਰਸ ਸਾਦੁ ਨ ਜਾਣਿਆ** – A lifestyle (ਸਾਕਤ) that is dominated by ego, anger, judgment, and overthinking cannot truly comprehend or appreciate (ਜਾਣਿਆ) the value (ਸਾਦੁ) of a Gurbani-centered (ਹਰਿ ਰਸ) way of living.
- **ਤਿਨ ਅੰਤਰਿ ਹਉਮੈ ਕੰਡਾ ਹੋ ॥** - Ego (ਹਉਮੈ) is like a thorn (ਕੰਡਾ) that, if not removed early on the journey of life, keeps sinking deeper and deeper (ਅੰਤਰਿ).
- Angela's lifestyle, which did not align with the teachings of Gurbani or the Good Voice, is a clear example of how she distanced herself from finding peace in life. Her ego prevented her from listening to her parents or following any spiritual path, and by ignoring these, her ego only grew stronger.



ਸਾਕਤ – Mindset or thoughts that drive me away from Gurbani. ਸਾਕਤ is not someone else but my own thoughts. I need to keep finding ਸਾਕਤ thoughts within me and keep getting rid of them.

SOHILA SAHIB

ਜਿਉ ਜਿਉ ਚਲਹਿ ਚੁਭੈ ਦੁਖੁ ਪਾਵਹਿ ਜਮਕਾਲੁ ਸਹਹਿ ਸਿਰਿ ਡੰਡਾ ਹੇ ॥੨॥

- **ਜਿਉ ਜਿਉ ਚਲਹਿ ਚੁਭੈ ਦੁਖੁ ਪਾਵਹਿ** – With the thorn of ego stuck in my mind, the further I walk (ਚਲਹਿ), the more painful (ਦੁਖੁ) it becomes. Ego creates obstacles and friction in my life's journey, preventing me from reaching my full potential and achieving positive outcomes.
- **ਜਮਕਾਲੁ ਸਹਹਿ ਸਿਰਿ ਡੰਡਾ ਹੇ ॥੨॥** - Time and again, Ego becomes the reason for death (ਜਮਕਾਲੁ) of mental peace, stability in my life. It's like ego my own ego acts like a whip (ਡੰਡਾ) that keeps hitting me hard over time and I will have to bear (ਸਹਹਿ) this pain.
- Angela began facing difficulties in the long run, struggling with friendships, academic performance, and maintaining mental stability and peace. This is exactly what Gurbani teaches us—to manage ego from an early age. It's the only way to live a peaceful and balanced life.



ਜਿਉ ਜਿਉ – Gurbani at times uses same word twice to stress the point its making. In this case, Gurbani is highlighting the fact when Thorn of Ego is stuck within me, then every step (no exception) I take in life is going to increase my mental pain.

Assignment 22

<https://forms.gle/Z2WodQDaDYymwkhQ9>

Harjot & Grandfather Advise

- Once in a beautiful village near the forest, there lived a young boy named Harjot Singh. Harjot was curious about everything and often had many questions, especially about how to feel calm and happy inside. He noticed that sometimes, even when he was with friends or family, he would feel nervous or worried for no reason.
- One day, he visited Gurdwara sahib with his grandfather. The Gurdwara was quiet, peaceful, and filled with the soothing sounds of Gurbani – Sabad from the Guru Granth Sahib. The words seemed to float through the air like a gentle river, washing away any worries. Harjot felt calmness he had never felt before.
- After the prayer, he asked his grandfather, "Dada ji, why do I feel so peaceful here? How can I feel like this all the time?"
- His grandfather smiled and said, "That calmness you feel, Harjot, comes from connecting to the Divine within. When we listen to Gurbani and follow its wisdom, we connect with the light inside us, the part of us that is always at peace. This way, we can live without constant worries. Gurbani teaches us how to stay close to that inner peace every day."





Harjot & Grandfather Advise

- Harjot Singh was excited and wanted to know more. His grandfather gave him a few simple ideas:
 - Start Your Day with Gratitude and Prayer
 - Listen to Kirtan When You Feel Anxious
 - See the Divine in All Beings
 - Be Honest with yourself and follow good voice (Gurbani)
- Harjot took these practices to heart. Each morning, he would listen to a short line of Gurbani with his grandfather. He learned to listen to Kirtan whenever he felt upset and remembered to treat others kindly and see them as part of the divine. Slowly, he noticed that his mind felt lighter, and his worries started to fade away.
- One day, when he was feeling calm and joyful, he realized that he had become one with the peace his grandfather talked about. He knew now that the divine light was always within him, guiding him with the wisdom of Gurbani.
- From then on, Harjot shared his practices with his friends, so they too could live happily and calmly, connected to the divine light inside them.

Harjot & Grandfather Advise

Questions

- Do you think our decisions and actions in daily life influence our personality? We become what we keep doing or practicing?
- What do you do, when you feel anxious and stressed in your life?
- Do you believe Gurbani can assist to overcome stress, anxiety and make life peaceful? If yes, have you ever done that? Give an example.



SOHILA SAHIB

ਹਰਿ ਜਨ ਹਰਿ ਹਰਿ ਨਾਮਿ ਸਮਾਣੇ ਦੁਖੁ ਜਨਮ ਮਰਣ ਭਵ ਖੰਡਾ ਹੇ ॥
ਅਬਿਨਾਸੀ ਪੁਰਖੁ ਪਾਇਆ ਪਰਮੇਸਰੁ ਬਹੁ ਸੋਭ ਖੰਡ ਬ੍ਰਹਮੰਡਾ ਹੇ ॥੩॥

- ਹਰਿ ਜਨ - Followers of Good Voice (Gurbani)

- ਹਰਿ ਹਰਿ ਨਾਮਿ - Message / Essence of Gurbani / Good Voice

- ਸਮਾਣੇ - Submerge

- ਦੁਖੁ - Mental Pain (Anxiety / Stress)

- ਜਨਮ ਮਰਣ - Cycle of mental pain

- ਭਵ ਖੰਡਾ - Destroy

ਅਬਿਨਾਸੀ - Immortal

ਪੁਰਖੁ - Guide

ਪਾਇਆ - Experience

ਪਰਮੇਸਰੁ - Energy driving all of us and everything

ਬਹੁ ਸੋਭ - Well known

ਖੰਡ - Local sphere

ਬ੍ਰਹਮੰਡਾ - Global sphere



ਸਮਾਣੇ - Gurbani is taking me through the journey where my mind is fully submerged or aligned to good voice. This word symbolises the philosophy of Gurmat that Gursikh is here to fully immerse his / her mind into Good Voice.

SOHILA SAHIB

ਹਰਿ ਜਨ ਹਰਿ ਹਰਿ ਨਾਮਿ ਸਮਾਣੈ ਦੁਖੁ ਜਨਮ ਮਰਣ ਭਵ ਖੰਡਾ ਹੈ ॥

- **ਹਰਿ ਜਨ ਹਰਿ ਹਰਿ ਨਾਮਿ ਸਮਾਣੈ** – Those who follow the Good Voice (ਹਰਿ ਜਨ) – a voice that guides all of us towards kindness, truth, and peace – slowly start to become one (ਸਮਾਣੈ) with it. Their thoughts and actions start to align with the Divine voice (ਹਰਿ ਹਰਿ ਨਾਮਿ) inside them. This is when they experience true happiness and peace, called Sohila. In this state, they no longer feel confused, they live with a clear purpose, letting the Divine message inside lead their actions.
- **ਦੁਖੁ ਜਨਮ ਮਰਣ ਭਵ ਖੰਡਾ ਹੈ ॥** In this state, the mental pain (ਦੁਖੁ) from chasing endless wishes (ਜਨਮ ਮਰਣ) and wants starts to disappear (ਭਵ ਖੰਡਾ). When we want something in the world and get it, a new wish quickly appears. When we don't get what we want, it can make us feel upset or even angry. But when we begin to truly follow Gurbani, or the Good Voice inside us, this cycle of wanting and feeling angry fades away. We feel calmer and happier because we're guided by a deeper, lasting peace instead of temporary desires.
- Harjot Singh followed the advice of his grandfather and started to follow Gurbani in his daily routine, which brought lot of peace in his life and helped him manage anxiety and stress in his life.



ਦੁਖੁ – Aunkar symbolises mental pain which comes from life and death of mental desires.

SOHILA SAHIB

ਅਬਿਨਾਸੀ ਪੁਰਖੁ ਪਾਇਆ ਪਰਮੇਸਰੁ ਬਹੁ ਸੋਭ ਖੰਡ ਬ੍ਰਹਮੰਡਾ ਹੇ ॥੩॥

- **ਅਬਿਨਾਸੀ ਪੁਰਖੁ ਪਾਇਆ ਪਰਮੇਸਰੁ** – Following the inner voice within, Har(i) Jan (ਹਰਿ ਜਨ) experience the Energy that is guiding (ਪੁਰਖੁ) all of us (ਪਰਮੇਸਰੁ). This Energy is beyond life and death (ਅਬਿਨਾਸੀ), and it brings a deep sense of calm and peace. In this state, our mind doesn't get stuck in the endless cycle of wanting things, feeling happy when we get them, and upset when we don't. Instead, we feel steady and strong, connected to something much bigger than just our wishes and worries. This is a peaceful place where we feel balanced, free from the ups and downs of our usual desires.
- **ਬਹੁ ਸੋਭ ਖੰਡ ਬ੍ਰਹਮੰਡਾ ਹੇ ॥੩॥** - People who follow the Good Voice are often respected and known by others in their communities and even around the world. For example, Guru Nanak Dev Ji was known in his hometown for his wise and kind nature. Over time, people all across India and nearby countries learned about him and his teachings. Even today, more than 550 years later, people around the world remember and honor him for his wisdom and goodness. His example shows us that by following the Good Voice, we can make a lasting, positive impact on others.

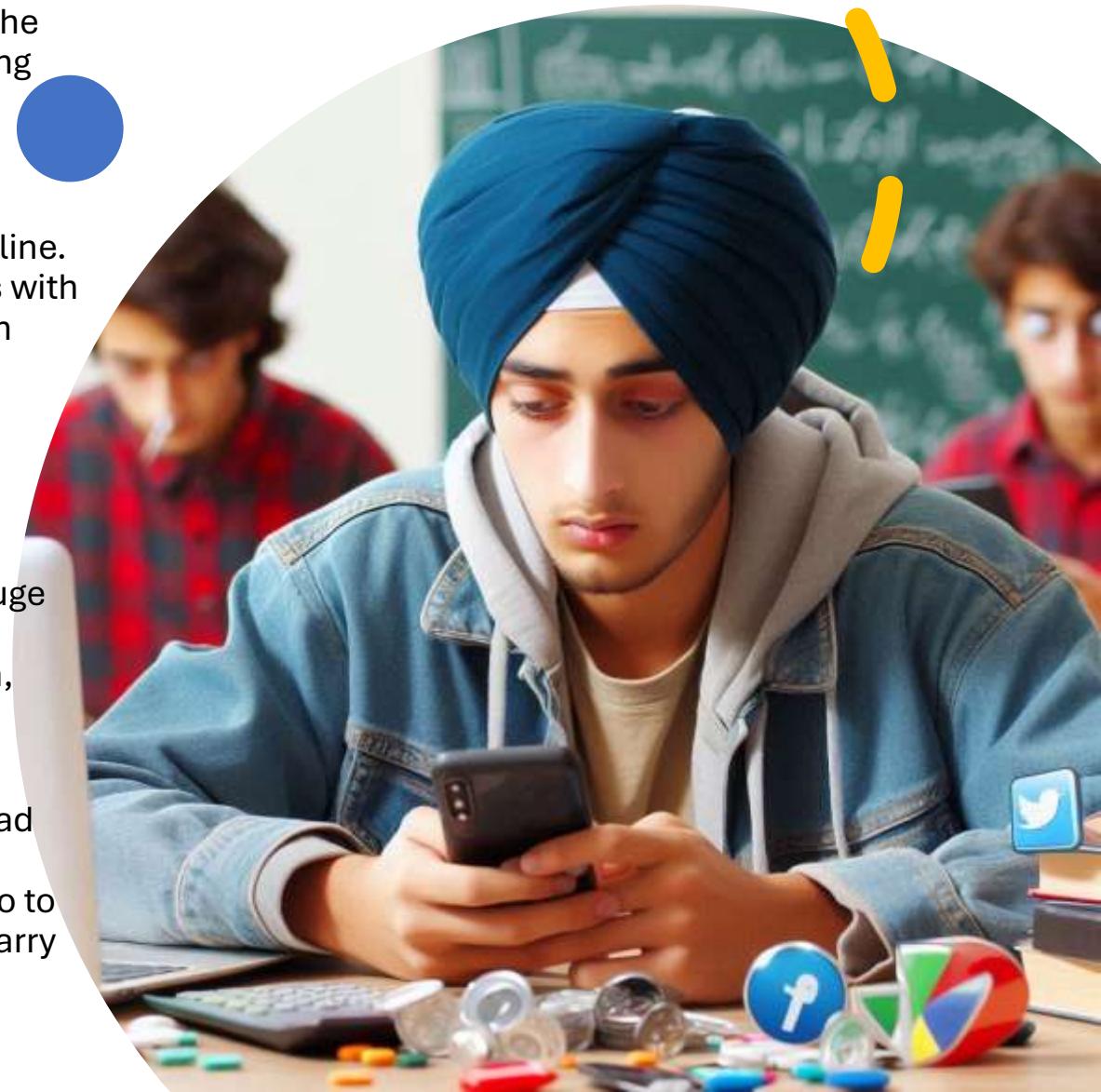
 **ਪੁਰਖੁ**– Gurbani often uses male and female symbols to describe Waheguru Ji, or Divine wisdom. This doesn't mean that Waheguru Ji or Divine wisdom is male or female; it's actually beyond any gender. These symbols are used to help us understand different qualities of Waheguru Ji in the Sabad. For example, in this pankti, the male symbol is used to show Waheguru Ji as a guiding force.

Assignment 23

<https://forms.gle/uK7EmyjCDKvyYJwo9>

Simran's Wake Up Call

- Simran, a confident 16-year-old, thought he knew everything. “I don’t need your advice,” he often told his parents. He felt independent and ready to take on the world. His parents, though loving and concerned, warned him about spending too much time on social media. “Be careful, Simran,” his mother said. “Not everyone online has good intentions.” Simran rolled his eyes. “You don’t understand, Mom. This is how people connect these days.”
- As time passed, Simran became more involved in chatting with strangers online. He enjoyed the attention and felt grown-up discussing his dreams and ideas with people who seemed friendly and supportive. One day, someone he had been talking to offered him a way to “earn easy money” by investing in an online business. The person sounded so convincing; Simran decided not to tell his parents. “They’ll just say no and lecture me,” he thought.
- Without consulting his parents, Simran sent her savings to this “business partner.” A few days later, he discovered he had been scammed. The person disappeared, taking his money with them. Simran realized he had made a huge mistake, but it didn’t end there. The scammers had tricked him into sharing personal details, which they used to create fake accounts in his name. Soon, Simran’s phone was flooded with angry messages, and his friends started questioning him about strange posts he hadn’t made.
- Devastated and ashamed, Simran felt like everything was falling apart. He had lost his savings, his peace of mind, and even the trust of his friends. He felt isolated and didn’t know where to turn. The last thing he wanted to do was go to his parents, who had warned him all along. But after some time, unable to carry the burden on his own, Simran finally approached his mother in tears.



Simran's Wake Up Call

- “Mom, I made a mistake. I didn’t listen to you, and now everything is a mess,” he confessed, his voice shaking.
- His mother gently hugged him. “Simran, we’re not here to control you, but to protect you. We need your trust to guide you.” His father joined them, his voice calm but firm. “Simran, we don’t know everything, but we do have experience and wisdom. When you reject guidance, you lose the protection that comes with humility and trust. A humble heart is open to learning and seeking help when needed.”
- Simran sat silently, realizing the truth in their words. He had let him pride and ego blind him to the wisdom his parents offered. He had believed that he didn’t need help and that he could figure everything out on his own. But now, he understood how much he had lost by refusing to listen.
- From that day forward, Simran decided to change. He started to ask for his parents’ advice before making decisions and worked on limiting his time on social media. He began focusing on developing qualities like humility, patience, and gratitude—virtues that helped him find the peace and clarity he had been missing.
- Simran learned a valuable lesson: true strength doesn’t come from knowing everything, but from being humble enough to seek guidance from those who care about you. With his parents’ support and his new mindset, he began living a wiser, more peaceful life, knowing he wasn’t alone on her journey.



Simran's Wake Up Call

Questions

- Why do you think Simran refused to listen to his parents' advice, even though they were trying to protect him? What do you think this teaches us about the role of fake pride and independence in decision-making?
- How can recognizing and acknowledging our mistakes help us grow? In Simran's case, how did admitting his error lead to positive changes in his behavior?
- Simran learned the importance of humility and seeking guidance. How do you think humility can help in making better decisions, especially when we face challenges or make mistakes?



SOHILA SAHIB

ਹਮ ਗਰੀਬ ਮਸਕੀਨ ਪ੍ਰਭ ਤੇਰੇ ਹਰਿ ਰਾਖੁ ਰਾਖੁ ਵਡ ਵਡਾ ਹੈ ॥
ਜਨ ਨਾਨਕ ਨਾਮੁ ਅਧਾਰੁ ਟੇਕ ਹੈ ਹਰਿ ਨਾਮੇ ਹੀ ਸੁਖੁ ਮੰਡਾ ਹੈ ॥੪॥੪॥

- **ਹਮ** – My Inner Self
- **ਗਰੀਬ** – Acknowledge lack of Divine Virtues
- **ਮਸਕੀਨ** – Humble
- **ਪ੍ਰਭ** – Good voice within us
- **ਰਾਖੁ ਰਾਖੁ** – Protect
- **ਵਡ ਵਡਾ** – Great (the one who has all virtues)

- **ਜਨ** – Genuine Seeker
- **ਨਾਮੁ** – Essence of Gurbani
- **ਅਧਾਰੁ** – Base / Driver of lifestyle
- **ਟੇਕ** – Support
- **ਹਰਿ ਨਾਮੇ** – Message from Good Voice
- **ਸੁਖੁ** – Eternal Peace
- **ਮੰਡਾ** – Immersed



ਵਡ ਵਡਾ – Sometimes, Gurbani repeats a word to show how important a concept is. For someone who is full of pride, it can be very hard to accept that something or someone is greater than them. That's why Gurbani uses this word twice here—to remind us that the Inner Voice (Jot) is much bigger and more powerful than we are.

SOHILA SAHIB

ਹਮ ਗਰੀਬ ਮਸਕੀਨ ਪ੍ਰਭ ਤੇਰੇ ਹਰਿ ਰਾਖੁ ਰਾਖੁ ਵਡ ਵਡਾ ਹੈ ॥

- **ਹਮ ਗਰੀਬ ਮਸਕੀਨ ਪ੍ਰਭ ਤੇਰੇ** – This Sabad begins by explaining how getting stuck in endless desires and anger causes the thorn of ego to grow in our lives. In the last line, it teaches us that we can only find peace when we recognize that we lack (ਗਰੀਬ) divine values and humbly (ਮਸਕੀਨ) turn to Gurbani or our Inner Voice (ਪ੍ਰਭ) for guidance.
- **ਹਰਿ ਰਾਖੁ ਰਾਖੁ ਵਡ ਵਡਾ ਹੈ ॥** When I understand my mental weaknesses and challenges, I realize how fragile I truly am. At this point, I sincerely ask Prabh (the Good Voice) to protect me from all distractions and give me the courage I need to walk the path towards Waheguru Jee.
- In his ego, Simran ignored his parents' advice, even though they had more experience and understanding of life. By doing so, he put himself in danger, falling prey to scammers and facing other challenges. We should take a moment to reflect: Are we also ignoring our parents' or Gurbani's advice? If so, what difficulties might we be bringing into our own lives?



ਰਾਖੁ ਰਾਖੁ – The mind full of ego doesn't want to admit that it needs help or protection. That's why Gurbani repeats the word twice, to remind us of the importance of seeking protection from Gurbani or the Good Voice.

SOHILA SAHIB

ਜਨ ਨਾਨਕ ਨਾਮੁ ਅਧਾਰੁ ਟੇਕ ਹੈ ਹਰਿ ਨਾਮੇ ਹੀ ਸੁਖੁ ਮੰਡਾ ਹੇ ॥੪॥੪॥

- **ਜਨ ਨਾਨਕ ਨਾਮੁ ਅਧਾਰੁ ਟੇਕ ਹੈ** – I need to sincerely live my life according (ਅਧਾਰੁ) to the teachings of Gurbani. The more I follow its guidance, the more protected (ਟੇਕ) I will be from the mental challenges and distractions of the material world.
- **ਹਰਿ ਨਾਮੇ ਹੀ ਸੁਖੁ ਮੰਡਾ ਹੇ ॥੪॥੪॥** - Those who follow the teachings of Gurbani eventually become one with the Divine Voice (ਹਰਿ ਨਾਮੇ) and experience (ਮੰਡਾ) eternal peace (ਸੁਖੁ). This Sabad shows me the bigger picture of the choices I have in life. I can either let endless desires and anger drive me, causing mental pain, or I can humbly seek guidance and protection from Gurbani, leading to mental peace.
- **When Simran listened to his parents and took their support, he felt a sense of inner peace. Similarly, when we seek guidance from our elders and Gurbani, it brings peace and harmony into our lives.**

 **ਟੇਕ**– I often focus on growing in the material world, thinking that the things I own or the relationships I have will protect me one day. But I forget that my true and lasting support is my own character and the divine within me. Gurbani keeps reminding me to rely on the Divine Message and Waheguru Jee—this is the only support that will stay with me forever.

Learnings

Sabad is closely linked to the title '**Sohila**' – Lived experience by adopting teachings of Gurbani. This Sabad takes the example of various choices we can make in life and how they can impact my experience of Sohila in life.

- **Rahao** – Advise for me to connect with Gurbani as this is the best thing I can do myself.
- **Pada 1 – What I normally do** – My mind is generally engaged in desires, anger and its only through effort I can take mind towards Gurbani.
- **Pada 2 –What does it lead to-** Behavior driven by anger and desires leads to growth of thorn of ego within me and as I keep progressing in life with this thorn, the pain keeps growing.
- **Pada 3 – What choices can I make to get rid of this pain** – If I stay focused on Gurbani and Good voice, I can merge myself with positivity and get rid of mental death / pain that I constantly experience.
- **Pada 4 – What happens once I come close to Gurbani** – Humbleness and acknowledgement that I need to change my life choices enables me to get protection from Gurbani. Living life as per the teachings of Gurbani gives us the peace forever i.e. experience Real Sohila.

Assignment 24

<https://forms.gle/vttofWqsHVsGmHHb8>

SOHILA SAHIB – SABAD 5

ਰਾਗੁ ਗਊੜੀ ਪੂਰਬੀ ਮਹਲਾ ੫ ॥
ਕਰਉ ਬੇਨੰਤੀ ਸੁਣਹੁ ਮੇਰੇ ਮੀਤਾ ਸੰਤ ਟਹਲ ਕੀ ਬੇਲਾ ॥
ਈਹਾ ਖਾਟਿ ਚਲਹੁ ਹਰਿ ਲਾਹਾ ਆਗੈ ਬਸਨੁ ਸੁਹੇਲਾ ॥੧॥
ਅਉਧ ਘਟੈ ਦਿਨਸੁ ਰੈਣਾਰੇ ॥ ਮਨ ਗੁਰ ਮਿਲਿ ਕਾਜ ਸਵਾਰੇ ॥੧॥ ਰਹਾਉ ॥
ਇਹੁ ਸੰਸਾਰੁ ਬਿਕਾਰੁ ਸੰਸੇ ਮਹਿ ਤਰਿਓ ਬ੍ਰਹਮ ਗਿਆਨੀ ॥
ਜਿਸਹਿ ਜਗਾਇ ਪੀਆਵੈ ਇਹੁ ਰਸੁ ਅਕਥ ਕਥਾ ਤਿਨਿ ਜਾਨੀ ॥੨॥
ਜਾ ਕਉ ਆਏ ਸੋਈ ਬਿਹਾਸਹੁ ਹਰਿ ਗੁਰ ਤੇ ਮਨਹਿ ਬਸੇਰਾ ॥
ਨਿਜ ਘਰਿ ਮਹਲੁ ਪਾਵਹੁ ਸੁਖ ਸਹਜੇ ਬਹੁਰਿ ਨ ਹੋਇਗੇ ਫੇਰਾ ॥੩॥
ਅੰਤਰਜਾਮੀ ਪੁਰਖ ਬਿਧਾਤੇ ਸਰਧਾ ਮਨ ਕੀ ਪੂਰੇ ॥
ਨਾਨਕ ਦਾਸੁ ਇਰੈ ਸੁਖੁ ਮਾਗੈ ਮੇ ਕਉ ਕਰਿ ਸੰਤਨ ਕੀ ਧੂਰੇ ॥੪॥੫॥



Best way to understand the Sabad is to start from Rahao Pankti (ਰਹਾਉ) . Rahao has the central idea of the Sabad and once you understand that all the other panktis become easy to understand.

The Value of Time: Manmeet's Realization



Manmeet Singh was in Year 10, but he never truly valued time. His days were spent playing video games, sleeping till noon, hanging out with friends, and watching movies late into the night. His textbooks gathered dust on his desk, and school felt like a distant responsibility.

When the midterm results arrived, reality hit hard. He had failed miserably. His teachers were disappointed, his parents were worried, and for the first time, Manmeet felt lost. He had always thought there would be time to catch up, but now, that time was gone.

Feeling restless and ashamed, he decided to visit the **Gurdwara**. He sat quietly in front of Guru Granth Sahib Ji, listening to the peaceful Kirtan. The shabads spoke of wisdom, self-discipline, and the fleeting nature of life. Something inside him stirred.

As he walked outside, an old wise man, with a flowing white beard and kind eyes, noticed Manmeet's troubled face.

"What brings you here, son?" the man asked gently.

Manmeet hesitated but then poured out his worries—how he had wasted time, failed his exams, and now felt lost.

The Value of Time: Manmeet's Realization



The old man nodded thoughtfully. **"Time is like flowing water, Manmeet. It never stops. Every moment that passes is one we will never get back. Guru Sahib teaches us that our mind must always be guided by wisdom, learning, and self-improvement. If we let time slip away, we lose the chance to grow."**

Manmeet listened intently.

"Each day is a new opportunity," the old man continued. **"Spend it wisely. Read, learn, improve. Just as you feed your body, you must nourish your mind. Make each moment count, and you will never feel lost again."**

Manmeet felt a deep sense of realization. He had wasted enough time. He folded his hands and silently prayed for strength.

From that day on, he made a promise to himself—to value time, to study diligently, and to seek knowledge daily. Slowly but surely, he turned his life around.

His next exam results? Much better. But more importantly, he had learned a lesson that would stay with him forever—the true value of time.

The Value of Time: Manmeet's Realization

Questions

- Why do you think Manmeet failed his midterm exams? How did his daily habits affect his studies?
- What lesson did the wise old man teach Manmeet about time? How can we apply this lesson in our own lives?
- If you had a whole day free, how would you spend it in a way that balances fun and learning?



SOHILA SAHIB

ਅਉਧ ਘਟੈ ਦਿਨਸੁ ਰੈਣਾਰੇ ॥ ਮਨ ਗੁਰ ਮਿਲਿ ਕਾਜ ਸਵਾਰੇ ॥੧॥ ਰਹਾਉ ॥

- ਅਉਧ - Time
- ਘਟੈ – On the decline
- ਦਿਨਸੁ – Spiritual day (Enlightenment)
- ਰੈਣਾਰੇ – Spiritual darkness (Ignorance)
- ਮਨ – Thoughts that don't align with Gurbani
- ਗੁਰ – Wisdom of Gurbani

ਮਿਲਿ – Mental Connection

ਕਾਜ – Task (Objective of Human Life)

ਸਵਾਰੇ - Accomplished



ਦਿਨਸੁ – In simple word ਦਿਨਸੁ means day but with Aunkar (ੴ) , we can also extend its meaning to Mental Enlightenment or Spiritual Light within us.

SOHILA SAHIB

ਅਉਧ ਘਟੈ ਦਿਨਸੁ ਰੈਣਾਰੇ ॥ ਮਨ ਗੁਰ ਮਿਲਿ ਕਾਜ ਸਵਾਰੇ ॥੧॥ ਰਹਾਉ ॥

- **ਅਉਧ ਘਟੈ ਦਿਨਸੁ ਰੈਣਾਰੇ ॥** - Every moment of life is precious and passing by. If I spend too much time on distractions, I may feel sad, worried, or stressed. But if I use my time wisely, I can discover the light of wisdom and peace within me. This light will guide me to true happiness that lasts forever.
- **ਮਨ ਗੁਰ ਮਿਲਿ ਕਾਜ ਸਵਾਰੇ ॥੧॥** - Distracted mind needs to develop a connection with Gurbani and follow its guidance to achieve the purpose of this life.
- We can train our minds by setting small, simple goals—like staying healthy, studying well, and doing our best in sports. The key is to avoid distractions (misuse of technology, backbiting, doing things without clear objective, ego, desires, etc) that pull us away from what's important. Just like Manmeet Singh in the story, who wasted time on movies and his phone, we too can get distracted. But if we guide our minds to follow the wisdom of Gurbani, we can stay focused on spiritual path, make good choices, and live a happier life



I feel like I am growing older with each passing moment, but Gurbani teaches me that my time in this human life is actually running out. Every day that passes means I have less time to achieve the true purpose of life—connecting with Waheguru Jee and living with wisdom and goodness.

Assignment 25

<https://forms.gle/fauE2uCtdrzTdh669>

The Precious Gift of Time and Divine Values

- Aman loved playing video games. Every evening, he spent hours on his console, telling himself he would study later. Days turned into weeks, and his exams were near. When he finally opened his books, he realized he had wasted precious time. He struggled to catch up, but his mind felt restless, and stress took over.
- One evening, his grandfather noticed his worry and sat beside him. “Time is like water—once it flows away, you can’t bring it back,” he said. “Use it wisely for things that help you grow, not just in school, but as a good human being.”
- Aman reflected on this and decided to change. He made a schedule, balancing his studies, sports, and family time while still playing games in moderation. He also started waking up early for Nitnem, helping others, and being more honest in his actions. At first, it was difficult to adjust, but soon he noticed a change—not only was he doing well in school, but he felt more peaceful, focused, and happy.



The Precious Gift of Time and Divine Values

- One day, his teacher praised him, saying, “You seem more confident and responsible lately.” His grandfather smiled and said, “Success isn’t just about passing exams. When you live with divine values like honesty, discipline, and kindness, you don’t just succeed today—you build a strong foundation for life and beyond.”
- Aman now understood that using time wisely and living with divine values gave him something much more valuable than just good grades—it gave him inner strength, clarity, and lasting success.
- Now, whenever he has to make a choice between wasting time or using it wisely, he asks himself: Will this help me grow, not just today, but for life?



The Precious Gift of Time and Divine Values

Questions

- What was Aman's attitude towards time to start with?
- Do you think Aman could have developed good habits without any hard work and making good use of time?
- What do you think is most important thing that I need to develop to change my attitude and behavior towards time and focus on developing positive habits?



SOHILA SAHIB

ਕਰਉ ਬੇਨੰਤੀ ਸੁਣਹੁ ਮੇਰੇ ਮੀਤਾ ਸੰਤ ਟਹਲ ਕੀ ਬੇਲਾ ॥
ਈਹਾ ਖਾਟਿ ਚਲਹੁ ਹਰਿ ਲਾਹਾ ਆਗੈ ਬਸਨੁ ਸੁਹੇਲਾ ॥੧॥

- ਕਰਉ - Do
- ਬੇਨੰਤੀ - Ardaas (Beg)
- ਮੀਤਾ - Friend (who really cares of me)
- ਸੰਤ - Truth
- ਟਹਲ - Serve (Obey, Adopt)
- ਬੇਲਾ - Opportunity

- ਈਹਾ - In this moment
- ਖਾਟਿ - Earn
- ਚਲਹੁ - Walk the pathway of life
- ਹਰਿ - Good voice
- ਲਾਹਾ - Profit (benefit of adopting message of good voice)
- ਆਗੈ - In coming times
- ਸੁਹੇਲਾ - Pleasant (stress free)



ਚਲਹੁ - Gurbani uses symbols of physical world to represent our inner world. As we walk and progress in physical world using our feet, similarly we walk a pathway of life using the knowledge, wisdom and mindset we develop.

SOHILA SAHIB

ਕਰਉ ਬੇਨੰਤੀ ਸੁਣਹੁ ਮੇਰੇ ਮੀਤਾ ਸੰਤ ਟਹਲ ਕੀ ਬੇਲਾ ॥
ਈਹਾ ਖਾਟਿ ਚਲਹੁ ਹਰਿ ਲਾਹਾ ਆਗੈ ਬਸਨੁ ਸੁਹੇਲਾ ॥੧॥

- **ਕਰਉ ਬੇਨੰਤੀ ਸੁਣਹੁ ਮੇਰੇ ਮੀਤਾ ਸੰਤ ਟਹਲ ਕੀ ਬੇਲਾ ॥** – Do sincere Ardaas (ਬੇਨੰਤੀ) in collaboration with friends (ਮੀਤਾ) who really care about my wellbeing and seek strength from Gurbani. This is my opportunity (ਬੇਲਾ) to walk the pathway of Truth (ਸੰਤ), and I need strength from Waheguru Jee to walk on this pathway of honesty, humbleness, contentment, care for humanity and free from judgements.
- Just like Aman, I need to surround myself with good company—friends or relatives who encourage me to stay on the right path, rather than those who lead me toward distractions or actions that don't help me live truthfully.
- True friends are the ones who help me become a better person, not the ones who only support me in doing what is easy or fun in the moment.
- By choosing the right company, praying sincerely, and seeking wisdom from Gurbani, I can stay on the path of Truth and righteousness, making the best use of this precious life.



ਟਹਲ – literal meaning of ਟਹਲ is serve. In Gurbani this refers to internal Sewa, which is about developing mindset as per the teachings of Gurbani. Real Sewa of Gurbani is adopting teachings of Gurbani and then reflecting that in outer world to assist humanity.

SOHILA SAHIB

ਕਰਉ ਬੇਨੰਤੀ ਸੁਣਹੁ ਮੇਰੇ ਮੀਤਾ ਸੰਤ ਟਹਲ ਕੀ ਬੇਲਾ ॥
ਈਹਾ ਖਾਟਿ ਚਲਹੁ ਹਰਿ ਲਾਹਾ ਆਗੈ ਬਸਨੁ ਸੁਹੇਲਾ ॥੧॥

- ਈਹਾ ਖਾਟਿ ਚਲਹੁ ਹਰਿ ਲਾਹਾ ਆਗੈ ਬਸਨੁ ਸੁਹੇਲਾ ॥੧॥ - This is the moment (ਈਹਾ) for me to change and focus on developing (ਖਾਟਿ) good habits, stop wasting time and prepare myself to walk (ਚਲਹੁ) on the path of TRUTH. More I invest my time and energy to develop divine values now, more peaceful (ਸੁਹੇਲਾ) will be my life (ਬਸਨੁ) in future (ਆਗੈ).
- Learn from the example Aman Singh. He listened to advise of grandfather and developed good habits, that made his life easy and peaceful. As per Gurbani, divine values are the real money and wealth. Physical money has a role to play in life but it can never be more important than values in life. If we have money but no values, we will lose all the money due to our bad habits.
- Reflect in your life and see if you have developed or earnt any values in last 2, 3 or 4 years. If yes, then share with others to motivate them. Also, reflect on your own mental challenges of the past are making your life hard as of today. For e.g. If I was lost a friend because of jealousy and today I miss them.



ਲਾਹਾ – In worldly terms ਲਾਹਾ means making profit from money I invest somewhere. In Gurbani it means when I make best of my time and use it to develop truthfulness and honesty in my life. These virtues help me to live a peaceful life.

Assignment 26

<https://forms.gle/fauE2uCtdrzTdh669>

Sailing: Uncharted Waters



- Captain Arjan had sailed the seas for over a decade. He had mastered the art of navigation—reading the winds, understanding the currents, and sensing the moods of the ocean. Yet, he knew one truth: no matter how much a captain trained, one day, the sea would present waters that no map could chart.
- On his ship, Ekta, Arjan had a peculiar habit. While his crew relaxed in calm waters, he would study the waves, adjust the sails, and challenge himself to read the sea's whispers. His men often chuckled. "Captain, why struggle when the waters are kind?" they would say.
- Arjan would smile and reply, "The sea does not announce when it will change. A captain must always be ready." One day, as Ekta sailed through familiar waters, a thick mist rolled in, and the waves turned restless.
- The crew scrambled as an unexpected storm raged, twisting their course into the unknown. The compass faltered, and the stars hid behind angry clouds. Panic spread among the men.

Sailing: Uncharted Waters

- But Arjan remained steady. His hands gripped the wheel with confidence, his mind unshaken. He read the wind's scent, felt the waves' rhythm, and guided the ship without hesitation. Where others saw chaos, he saw a path.
- After hours of battle, the storm subsided, and Ekta emerged into open, calm waters once again. The crew, exhausted yet safe, marveled at their captain. "How did you not waver?" they asked.
- Arjan gazed at the horizon and said, "I was already sailing in the storm before it arrived." The crew frowned. "But the waters were calm before today!" Arjan nodded. "Yes, but I did not waste those calm waters. I used them to prepare. A captain who learns only in the storm will drown. One who learns every day, even in peace, will never fear the storm."
- The same is true for life. Those who immerse themselves in Gurbani while working, studying, playing, and living are not merely following a practice; they are training for the storms ahead. When tough times hit—losing someone close, friends turning their backs, or feeling lost about the future—they are not shaken. The storm does not feel like a storm to them; it is merely another test. Because they were already sailing through it before it arrived.



Sailing: Uncharted Waters

Questions

- What challenges Arjan would have faced, if he had very casual approach in the normal sea waters which navigating the ship?
- Why is it important stay focused on learning even when we are not facing hard times in life?
- List some of the examples, where I am not able to navigate the mental challenges smoothly. For e.g. what makes me go angry, make judgements, regrets, suppression, etc.



SOHILA SAHIB

ਇਹੁ ਸੰਸਾਰੁ ਬਿਕਾਰੁ ਸੰਸੇ ਮਹਿ ਤਰਿਓ ਬ੍ਰਹਮ ਗਿਆਨੀ ॥
ਜਿਸਹਿ ਜਗਾਇ ਪੀਆਏ ਹਰਿ ਰਸੁ ਅਕਥ ਕਥਾ ਤਿਨਿ ਜਾਨੀ ॥੨॥

- ਸੰਸਾਰੁ - My mental world
- ਬਿਕਾਰੁ – Useless Tasks
- ਸੰਸੇ – Illusion
- ਤਰਿਓ – Swim (stress free)
- ਬ੍ਰਹਮ ਗਿਆਨੀ – One who has lives by Gurbani

- ਜਗਾਇ – Awakened (constantly focused on Gurbani)
- ਪੀਆਏ – Experience
- ਹਰਿ – Good voice
- ਰਸੁ - Guidance
- ਅਕਥ – Something that can't be narrated in words
- ਕਥਾ – story / narrative



ਸੰਸਾਰੁ – Sansaar means my mental world. Gurbani teaches that what I bring into it shapes my life. If I'm drawn to distractions, I will face struggles. But if I seek the values of Jot (divine light), I will navigate life's journey with clarity and ease.

ਇਹੁ ਸੰਸਾਰੁ ਬਿਕਾਰੁ ਸੰਸੇ ਮਹਿ ਤਰਿਓ ਬ੍ਰਹਮ ਗਿਆਨੀ ॥
ਜਿਸਹਿ ਜਗਾਇ ਪੀਆਏ ਹਰਿ ਰਸੁ ਅਕਥ ਕਥਾ ਤਿਨਿ ਜਾਨੀ ॥੨॥

- ਇਹੁ ਸੰਸਾਰੁ ਬਿਕਾਰੁ ਸੰਸੇ ਮਹਿ ਤਰਿਓ ਬ੍ਰਹਮ ਗਿਆਨੀ ॥ – My mind (ਸੰਸਾਰੁ) stays occupied with worldly distractions (ਬਿਕਾਰੁ), creating the illusion of control (ਸੰਸੇ) and leading to unhappiness. But those who embrace Gurbani's wisdom learn to navigate (ਤਰਿਓ) life's challenges smoothly, like effortlessly swimming through a vast ocean.
- Just like Captain Arjan, I need to stay focused and learn from everything around me while guiding my life with the wisdom of Gurbani.
- Good times in life are the best time to learn from Gurbani and get ready for bigger challenges ahead. When my mind is clear and happy, I can learn fast. But if I miss this chance, it will be much harder to learn when things get tough—just like I can't prepare for a test while taking it! My test results will show how well I studied when I had time.
- I get to choose what fills my mind—worldly worries or the wisdom of Gurbani. But whatever I choose, I must also accept the results of my choices.



ਬ੍ਰਹਮ ਗਿਆਨੀ – It means someone who truly understands who they are and why they are here in this world. We spend our whole lives trying to understand everything around us, and based on that, we build relationships with people and things. But Gurbani teaches that our main focus should be to understand our true self. When we do that, we can form deeper and more meaningful connections with everything around us.

ਇਹੁ ਸੰਸਾਰੁ ਬਿਕਾਰੁ ਸਹਸੇ ਮਹਿ ਤਰਿਓ ਬ੍ਰਹਮ ਗਿਆਨੀ ॥
ਜਿਸਹਿ ਜਗਾਇ ਪੀਆਏ ਹਰਿ ਰਸੁ ਅਕਥ ਕਥਾ ਤਿਨਿ ਜਾਨੀ ॥੨॥

- **ਜਿਸਹਿ ਜਗਾਇ ਪੀਆਏ ਹਰਿ ਰਸੁ ਅਕਥ ਕਥਾ ਤਿਨਿ ਜਾਨੀ ॥੨॥** - Those who train themselves (ਜਗਾਇ) to listen to the guidance of Gurbani and their inner voice (ਹਰਿ) learn how to navigate life's challenges with ease. At first, this may seem like an unreachable state (ਅਕਥ) of mind, but with focus and discipline in Gurbani, it becomes possible—turning what once felt impossible into reality.
- It's hard to believe that Captain Arjan confidently and smoothly guided the ship through rough waters. For others, it may have seemed impossible, but because he had prepared for difficult times, he was able to handle the challenge with ease.
- In the same way, if we train our minds to make decisions based on Gurbani's wisdom, what once seemed impossible can become achievable. History is filled with Gursikhs who effortlessly overcame even the toughest challenges. While this may seem out of reach today, we too can develop the same mindset—because we still have the same guide as they did: Gurbani.



ਅਕਥ – It means a story that seems too unbelievable to be true. If I am always angry, judging others, or feeling too attached to things, people might think I could never change. But Gurbani gives us confidence that anyone can live a peaceful, stress-free life—if they fully trust and follow their inner voice.

Assignment 27

<https://forms.gle/M7VgdEUS96VdRQVu8>

The Cost of Distraction

Chanchal Singh had always been carefree. He never understood why people fussed so much about focus. Life, to him, was meant to be enjoyed, not spent worrying about tasks and deadlines.

One evening, guests arrived at his home unexpectedly. His mother, busy preparing tea, handed him some money and said, "Beta, go quickly and buy some sweets from the market."

Chanchal nodded and stepped out. The market wasn't far, but as he walked, he heard the rhythmic tune of a flute. He turned his head and saw a snake charmer surrounded by a small crowd. The cobra swayed hypnotically to the music, its hood flared, mesmerizing everyone. Chanchal, too, found himself drawn in. Just for a minute, he told himself.

But minutes turned into much longer. He watched the snake charmer's tricks, laughed at the antics, and clapped along with the crowd. For that time, nothing else existed. The sweets, the guests, his mother—all forgotten.

It wasn't until the show ended and the crowd dispersed that reality struck him like a thunderbolt. Oh no! The sweets! The guests!



The Cost of Distraction

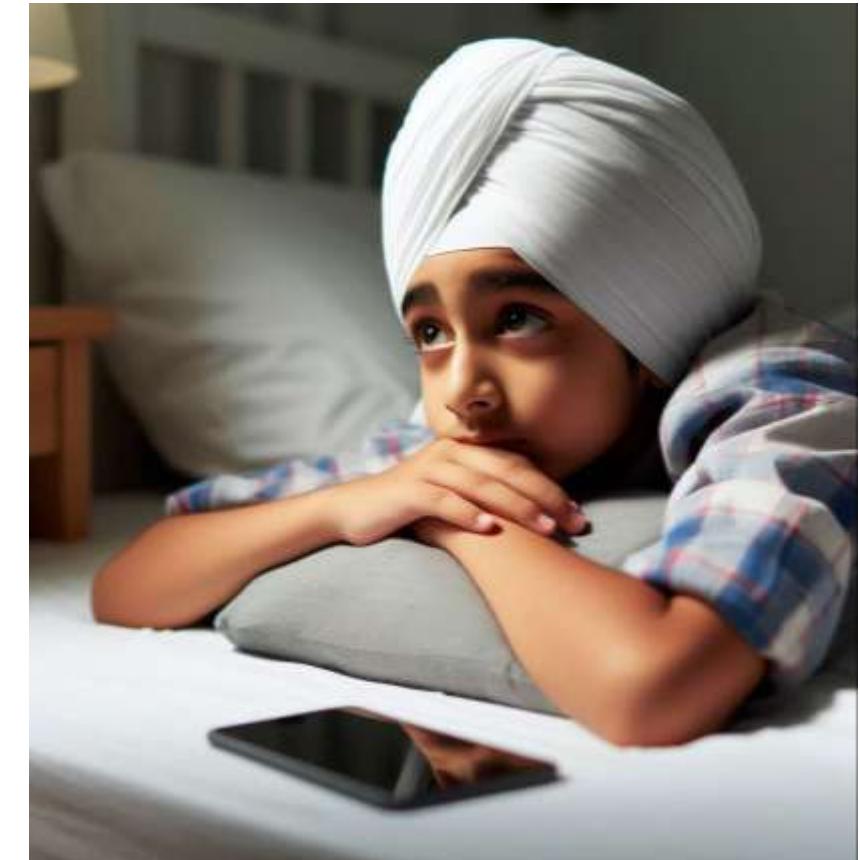
He ran to the market, his heart pounding. By the time he bought the sweets and rushed home, the guests had already left. His mother stood at the door, her arms crossed, disappointment written all over her face.“

You had just one job, Chanchal.” Her voice was calm but firm.

He lowered his gaze, guilt gnawing at him. He had let a simple distraction cost him something important.

That night, as he lay in bed, he thought deeply. Wasn’t this what life being like? Getting distracted by temporary pleasures, losing sight of what truly matters? He remembered hearing in the Gurdwara how Gurbani teaches one to rise above distractions and focus on the divine voice within. Until his focus turned inward, towards his real self, he would never find true peace and calm.

Chanchal realized that just as a strong fortress remains unshaken by external forces, the mind, fortified by Gurbani, becomes immune to distractions. It was an expensive mistake, but also a valuable lesson—one that would stay with him forever.



The Cost of Distraction

Questions

- Why do you think Chanchal Singh got distracted, and how did it affect him and his family?
- Have you ever been distracted from an important task like Chanchal? What happened, and what did you learn from it?
- What role does social media and technologies like mobile phone, ipads make in reducing our attention span (focus)?



SOHILA SAHIB

ਜਾ ਕਉ ਆਏ ਸੋਈ ਬਿਹਾਝਹੁ ਹਰਿ ਗੁਰ ਤੇ ਮਨਹਿ ਬਸੇਰਾ ॥
ਨਿਜ ਘਰਿ ਮਹਲੁ ਪਾਵਹੁ ਸੁਖ ਸਹਜੇ ਬਹੁਰਿ ਨ ਹੋਇਗੇ ਫੇਰਾ ॥੩॥

- ਜਾ ਕਉ ਆਏ - The reason why am I here
- ਬਿਹਾਝਹੁ - Earn / Do the task
- ਗੁਰ - Wisdom of Gurbani
- ਮਨਹਿ - Within my mind
- ਬਸੇਰਾ - Reside
- ਨਿਜ - Within me

- ਘਰਿ - Home / House
- ਮਹਲੁ - Fort
- ਪਾਵਹੁ - Achieve
- ਸੁਖ - Peace
- ਸਹਜੇ - Effortlessly
- ਬਹੁਰਿ - Again
- ਫੇਰਾ - Cycles of distraction

 ਬਿਹਾਝਹੁ - In simple word ਬਿਹਾਝਹੁ means to earn. In Gurbani it translates to earn wisdom and values that enable me to achieve the purpose of this life.

SOHILA SAHIB

ਜਾ ਕਉ ਆਏ ਸੋਈ ਬਿਹਾਝਹੁ ਹਰਿ ਗੁਰ ਤੇ ਮਨਹਿ ਬਸੇਰਾ ॥
ਨਿਜ ਘਰਿ ਮਹਲੁ ਪਾਵਹੁ ਸੁਖ ਸਹਜੇ ਬਹੁਰਿ ਨ ਹੋਇਗੇ ਫੇਰਾ ॥੩॥

- **ਜਾ ਕਉ ਆਏ ਸੋਈ ਬਿਹਾਝਹੁ ਹਰਿ ਗੁਰ ਤੇ ਮਨਹਿ ਬਸੇਰਾ ॥** – Human life has a special purpose (ਜਾ ਕਉ ਆਏ)—to learn and live by divine values (ਬਿਹਾਝਹੁ) while filling (ਬਸੇਰਾ) our minds (ਮਨਹਿ) with the wisdom of Gurbani (ਗੁਰ). This wisdom helps us stay focused and makes us better at everything we do, whether it's studying, working, building friendships, or playing sports.
- When Chanchal Singh got distracted, he didn't even realize what Gurbani was trying to teach him. His wandering mind couldn't focus on a simple task like buying sweets from the market. Just like that, when our minds are filled with too many thoughts—worrying about what others think, remembering the past, stressing about the future, spending too much time on social media, or comparing ourselves to others—we lose focus on what truly matters.
- That's why it's important to check in with ourselves every day. Am I being kind? Am I staying focused on my goals? Am I improving my attitude toward others? By working on these things daily, I can stay on the right path and move closer to the real purpose of life

 ਬਸੇਰਾ— means residing. Gurbani's reference generally is about what is residing in my mind. It's either Divine or Worldly desires that can reside in my mind. It's what resides in my mind, drives my objectives, relations, choices and actions in the physical world.

ਜਾ ਕਉ ਆਏ ਸੇਈ ਬਿਹਾਝਹੁ ਹਰਿ ਗੁਰ ਤੇ ਮਨਹਿ ਬਸੇਰਾ ॥
ਨਿਜ ਘਰਿ ਮਹਲੁ ਪਾਵਹੁ ਸੁਖ ਸਹਜੇ ਬਹੁਰਿ ਨ ਹੋਇਗੇ ਫੇਰਾ ॥੩॥

- **ਨਿਜ ਘਰਿ ਮਹਲੁ ਪਾਵਹੁ ਸੁਖ ਸਹਜੇ ਬਹੁਰਿ ਨ ਹੋਇਗੇ ਫੇਰਾ ॥੩॥** - My (ਨਿਜ) heart is like a house (ਘਰਿ) where my thoughts, worries, stress, and distractions live. But now, that house is filled with peace (ਸੁਖ) and calm. My mind will become like a strong fortress (ਮਹਲੁ) where negative things—like distractions, ego, anger, and unhealthy attachments—cannot enter anymore. I will no longer be trapped in the endless cycle (ਫੇਰਾ) of feeling happy one moment and sad the next or being excited and then anxious.
- This is what Chanchal Singh realized after learning his lesson the hard way. He had a choice—to keep living with a distracted mind or to use his time wisely by learning from Gurbani and strengthening his focus. Many people spend their whole lives searching for peace, but it always seems to slip away.
- Gurbani shows us the effortless way to find true peace, but we still need to take the first step. Just like we put effort into everything else in life without any guarantee of happiness, making a daily effort to learn and live by Gurbani does guarantee peace—no matter how big the challenges we face.



ਫੇਰਾ – In simple terms means cycle and Gurbani uses this metaphor to represent the state of my mind that's in constant cycles of desires, effort, expectations, happiness and sadness. Gurbani replaces material desires with the desires of having values in life and once this is achieved, there is no expectation from efforts in material world. This saves us from cycle of happiness and sadness.

Assignment 28

<https://forms.gle/M7VgdEUS96VdRQVu8>

Jagmeet's Choice

Jagmeet Singh, a young Sikh boy, was surrounded by friends who constantly urged him to try vaping.“

It's not smoking—it's totally safe!" they claimed. "Everyone's doing it. You don't want to be left out, do you?"

The temptation was strong. Jagmeet wanted to fit in, to be accepted. But deep inside, a quiet voice reminded him of the values his parents and Gurbani had taught him. "Avoid distractions. Stay true to yourself."

That night, he sat alone, thinking. Was it worth it? Could he justify going against his beliefs just to follow a trend? After much inner debate, he made his decision—he would not vape.

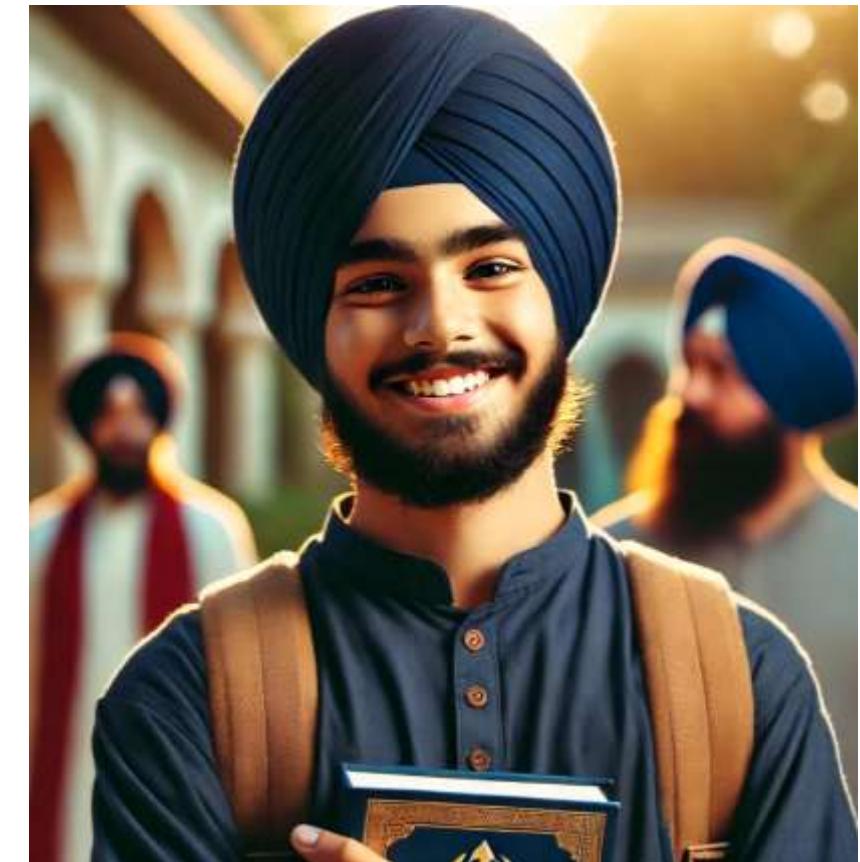


Jagmeet's Choice

Days later, shocking news spread among his peers. Some of them had been caught stealing money to sustain their habit. At the same time, news reports revealed the serious health dangers of vaping.

Jagmeet felt a deep sense of relief. He had trusted his inner voice, and it had guided him well. His faith in his values grew even stronger, reinforcing what Gurbani had always taught him—true strength comes from within.

With gratitude in his heart, he smiled, knowing he had made the right choice.



Jagmeet's Choice

Questions

- What role does peer pressure play in our life?
- What do you see as guidance force when you face peer pressure? Peers, Parents or someone else?
- What role does social media and technologies like mobile phone, ipads make in reducing our attention span (focus)?



SOHILA SAHIB

ਅੰਤਰਜਾਮੀ ਪੁਰਖ ਬਿਧਾਤੇ ਸਰਧਾ ਮਨ ਕੀ ਪੂਰੇ ॥
ਨਾਨਕ ਦਾਸੁ ਇਹੈ ਸੁਖੁ ਮਾਗੈ ਮੇ ਕਉ ਕਰਿ ਸੰਤਨ ਕੀ ਧੂਰੇ ॥੪॥੫॥

- ਅੰਤਰਜਾਮੀ – The one who knows what is going inside me
- ਪੁਰਖ – Guide
- ਬਿਧਾਤੇ – Energy that constructed my body and universe
- ਸਰਧਾ – Knowledge based Faith (not blind faith)
- ਪੂਰੇ – Fulfil
- ਦਾਸੁ – Humble servant who surrenders unconditionally
- ਸੁਖੁ – Peace that is not dependent on anything
- ਮਾਗੈ - Seek
- ਸੰਤਨ – Truth
- ਧੂਰੇ – Pathway of Truth

॥੪॥੫॥ – ੪ means 4th paragraph of this Sabad and ੫ means fifth Sabad of Sohila Sahila has finished here.



SOHILA SAHIB

ਅੰਤਰਜਾਮੀ ਪੁਰਖ ਬਿਧਾਤੇ ਸਰਧਾ ਮਨ ਕੀ ਪੂਰੇ ॥
ਨਾਨਕ ਦਾਸੁ ਇਹੈ ਸੁਖੁ ਮਾਰੈ ਮੇ ਕਉ ਕਰਿ ਸੰਤਨ ਕੀ ਧੂਰੇ ॥੪॥੫॥

- **ਅੰਤਰਜਾਮੀ ਪੁਰਖ ਬਿਧਾਤੇ ਸਰਧਾ ਮਨ ਕੀ ਪੂਰੇ ॥** – The good voice inside me (ਅੰਤਰਜਾਮੀ) is like a guide (ਪੁਰਖ) that always helps me choose the right path. It knows everything about me because it gives me the strength to do everything. The more I listen to it, the more I trust it, and my mind stays clear and free from distractions.
- Jagmeet Singh had the choice to listen to inner voice, follow Gurbani or listen to peers. Inner voice knew what is right and what will make Jagmeet happy in long run. By following the message of this voice or teachings of Gurbani, he could experience much more relaxed and happy life in long run.
- Vaping may have given him 'fun' for short time but in long run it would have led into some difficult discussions with parents and behavioral issues.



ਅੰਤਰਜਾਮੀ – It means the divine energy inside me that knows everything I'm thinking. People around me only know my thoughts when I say them or act on them, but this divine energy knows what's in my mind, even if I don't say or do anything.

SOHILA SAHIB

ਅੰਤਰਜਾਮੀ ਪੁਰਖ ਬਿਧਾਤੇ ਸਰਧਾ ਮਨ ਕੀ ਪੂਰੇ ॥
ਨਾਨਕ ਦਾਸੁ ਇਹੈ ਸੁਖੁ ਮਾਗੈ ਮੈ ਕਉ ਕਰਿ ਸੰਤਨ ਕੀ ਧੂਰੇ ॥੪॥੫॥

- **ਨਾਨਕ ਦਾਸੁ ਇਹੈ ਸੁਖੁ ਮਾਗੈ ਮੈ ਕਉ ਕਰਿ ਸੰਤਨ ਕੀ ਧੂਰੇ ॥੪॥੫॥**- Nanak Jee seeks (ਮਾਗੈ) peace (ਸੁਖੁ) that lasts forever, and the way to do that is by listening and following the guidance of good voice inside us. Nanak Jee humbly follows the path (ਧੂਰੇ) of Truth (ਸੰਤਨ) because it leads to true and lasting peace.
- Jagmeet chose to follow the path of Truth, and in the end, he found peace. If he keeps making this choice throughout his life, his mind will stay clear, and he won't be troubled by distractions.
- But his friends, who didn't follow the path of Truth, got caught in trouble and had to face the results of their choices.



ਧੂਰੇ – In simple word **ਧੂਰੇ** means dirt. In Gurbani it means dirt or pathway (like dirt road) that Truth asks us follow.

Learnings

Sabad is closely linked to the title '**Sohila**' – Lived experience by adopting teachings of Gurbani. This Sabad takes the example of various choices we can make in life and how they can impact my experience of Sohila in life.

- **Rahao** – Guides me that my time in this body is reducing by every passing moment and I need to experience the divine within me, before it's too late.
- **Pada 1 – What should I do** – Earn the divine values of Gurbani as they will make my remaining life easy. Need to experience or have Sohila in my life at this moment to have peaceful life in coming times.
- **Pada 2 –Who gets what** – The ones who are not following the Divine message keep getting into distractions and sink deep into their thoughts i.e. depression. The ones who get knowledge or wisdom of Divine, easily float through the sea of distractions.
- **Pada 3 – Where is the peace**– The peace is within me and I am wasting time in the outer world and trying to seek this peace by creating experiences in material world.
- **Pada 4 – What can I do**– I can do Ardaas in a humble way to seek guidance from the divine within me. If I stay humble and follow the guidance of inner divine, then I can get peace forever and will make my journey in this human life much better and fruitful.

Learnings from Sohila Sahib

- Every Sabad in Sohila Sahib is enabling me to experience the Truth within me and provides me guidance on how to stay away from distractions.
- Sohila Sahib makes me learn through variety of examples and symbols. It takes example from:
 - My life and how life is approaching an end with every passing moment
 - Human body and it's six senses to motivate us to use these senses to experience the Truth
 - Nature and how everything in outer nature is doing the Aarti (in Love with Parmesar). This helps to motivate me to use my inner nature to experience the same
 - Human behaviour to highlight how anger, greed, ego don't let me experience the Divine message that resides within me
 - Human behaviour to earn profit and money. We need to exploit same nature to earn divine values and progress towards goal of life.

Assignment 29

<https://forms.gle/pCbeAutM1yhPLrCc9>