

# LIFE OF A GURSIKH

## 5 Rehat

### Kesh & Keski



Keep your Kesh uncut and always covered with a Keski.

## 4 Kurehat

### Kesh



You cannot cut, dye, pluck or abuse any hair on your body.

## Routine

### Wake up



Wake up at Amrit Vela daily which is 3 hours before sunrise.

## Naam

### On waking



When you wake up, say the Gurmantar straight away.

## Nitnem

### Japji Sahib



Morning

### Jaap Sahib



Morning

### Tvai Prasad Svaiye



Morning

## Kakaars

### Kashera



Only remove one leg and place in the dry one. Do not remove both.

### Keski-waist



Wrap Keski around the waist to wash hair.

### Kanga-waist



Tuck Kanga in Keski to wash hair. Do not put it away from the body.

### Gatra-head



Wrap Kirpan and Gatra around the Keski to wash your body.

### Cleanliness



Shampoo Kesh weekly and keep Kanga and Kirpan clean.

## Identity

### Family



Father - Guru Gobind Singh. Mother - Mata Sahib Kaur. Birthplace - Anandpur Sahib

### Singh & Kaur



Add Singh to your name if male and Kaur if female.

### Bow to Guru



Bow only to Guru Granth Sahib Jee not to tombstones or people.

### Roti Beti Saanjh



Eat from Gursikhs and ensure your children marry Gursikhs.

### Marriage



You can only marry an Amrit-dharee and must have Anand Karaj.

## Self Control

### Eyes



Do not look at another's wealth or beauty.

### Ears



Do not listen to slander or worldly songs and music.

### Mouth



Do not lie, slander others or backbite.

### Environments



Stay away from lustful and sinful environments including wedding parties.

### Sangat



Do not keep Sangat of those who do not love Naam and Bani.

## Other Rehat

### Fateh



Greet Gursikhs with "Vaheguru Jee Kaa Khalsa! Vaheguru Jee Kee Fateh!" Not "Sat Sri Akal".

### Read extra Gurbani



Learn Bani off by heart and read other Bani and do Sehaj Paath.

### Dasvandh



Give one tenth of your earnings to Guru or selfless service.

### Kurehat



If your partner commits a Kurehat you cannot have an intimate relationship until they go Pesh.

### Ardas



If you have to remove your Kakaar you must do an Ardas for forgiveness (e.g. on a plane or in hospital).

## Kanga



Keep a wooden Kanga in your Kesh and comb them twice a day.

## Adultery



You cannot have any relationship outside of Anand Karaj.

## Ishnaan



Have an Ishnaan daily of the full body including wetting Kesh.

## When bathing



While showering repeat Vaheguru. This is an Amritsar Ishnaan.

## Sitting



Sit down in concentration and repeat Vaheguru with every breath.

## Chaupai Sahib



Morning

## Anand Sahib



Morning

## Rehras Sahib



Evening

## Sohila Sahib



Before Sleeping

## Simran



Give one tenth of your time to Simran daily. This is 2.5 hours.

## Nitnem



Do your Nitnem as the sun is rising and read Gurbani with love.

## In the day



Do your work and daily duties but repeat Vaheguru while doing so.

## In the Sangat



Get a routine of doing Simran with Gursikhs in Sangat Rop too.

## Naam day



Keep repeating the Gurmantar throughout the day.

## Occupation



You cannot sell drugs, alcohol or anything deemed immoral.

## Karra



Keep a Sarab Loh (iron) Karraa on at all times.

## Meat



You cannot eat meat, eggs, fish or food containing animal fats.

## Kirpan



Wear a Sarab Loh (iron) Kirpan. Wear Kirpan on top of clothing at Gurudwara

## Intoxicants



You cannot take drugs, drink alcohol or use intoxicants.

## Kasheraa



Wear a long Kashera that is up to the top of the knees.

# Principles in a Nutshell

## TENETS

- \* Believe in One Immortal God
- \* Belief in the teachings of ten Gurus, from Guru Nanak to Guru Gobind Singh
- \* Accept Guru Granth Sahib as the Guru (no human being)
- \* Belief in the teachings of the ten Gurus and the Amrit bequeathed by the tenth Guru
- \* See all the Human race as equal
- \* Respect for all, irrespective of gender, age, status, color, caste, sexual orientation, etc.
- \* Do not commit the 4 cardinal sins\*
- \* Self-control – kill the Five Evils
- \* No rituals or superstitions
- \* No gambling, tobacco, alcohol, intoxicating drugs, etc.
- \* Self-Improvement – promote the Five Virtues\*
- \* Maintenance of a distinct external image – 5 Ks and Bana
- \* Do not associate with those who have been excommunicated from the Panth

\* Cutting hair, committing adultery, eating animal or by-products, consuming intoxicants  
 \*\* truth, contentment, compassion, righteousness, patience

## 3 PRINCIPLES

- \* Kirat Karnee
  - \* Naam Japnaa
  - \* Vand Ke Shaknaa
- 1) Earn an honest living
  - 2) Jap Naam
  - 3) Share earnings with others

## GURDWARA SEVA

- \* Serve water
- \* Serve Langar (food)
- \* Sweep the floor
- \* Wash the floor
- \* Clean the dishes
- \* Fan the congregation
- \* Prepare Langar
- \* General house keeping
- \* Offer provisions
- \* Do Keertan and Paat

## SANSKAR (4 Ceremonies)

- \* Naam Karn
- \* Amrit Sanchaar
- \* Anand Karaj
- \* Antam Sanskar

- 1) Baby naming
- 2) Amrit ceremony
- 3) Marriage ceremony
- 4) Funeral ceremony

## NAAM

- \* Jap with your tongue
- \* Jap with each breath (Saas Giraas)
- \* Jap Naam day and night (Aat Pehar)
- \* Jap so Naam resides in your deepest consciousness (Hirdhaa)
- \* Jap with emotions of fear, bairaag (detachment from ego) and love
- \* Hear Vaheguru's Naam in nature
- \* See Vaheguru's Naam in the hearts of all creatures and beings
- \* See Vaheguru's Naam in His Creation
- \* See Vaheguru in everything visible and all that occurs (Hukam)
- \* Ultimately make Naam your Sangat, Friend, Family and Companion



## GURBANI

- \* Gurbani is your Guru
- \* Read, listen to and sing Gurbani every day
- \* Only Gurbani and Naam will save you in Kaljug
- \* Have utmost respect for Gurbani and where it read or written
- \* When reading cover your head and dress appropriately
- \* Keep learning about Gurbani day by day to get closer to Vaheguru
- \* Try to have Guru Granth Sahib Jee in your home
- \* Learn to read Gurbani correctly and teach your children
- \* The Word of Gurbani is the essence of Vaheguru
- \* Singing Gurbani in this dark age is the most blessed worship
- \* Revere Guru Gobind Singh Jee's Bani
- \* Study Bhai Gurdas Jee's teaching, Bhai Nand Lal Singh's and Rehat

# Daily Checklist

## Nitnem and Naam

- Wake up at Amrit Vela
- Have Ishnaan doing Simran
- Sit down – Saas Giraas Simran
- Do Nitnem
- Add more Gurbani
- Do Simran throughout the day
- Do Rehraas on time
- Sohila Sahib and sleep on time

STARTING ADVANCE TO

3:00 am	12 - 1:00 am
1 hour	2.5+ hours
5 Baniaa	Add more
Weekly	Daily Sehaj Paat
Car journey, lunchtime, breaks	Throughout the day
By 7:00 pm	Add Keertan
By 9:00 pm	

## Self Control

- Remained in good Sangat
- Controlled my eyes
- Controlled my language, spoke sweetly and humbly
- Did not listen to slander
- Avoided songs, dramas and fake entertainment
- Remembered Vaheguru before eating
- I earned my living honestly through hard work
- I was able to control the 5 evils



## DON'T LOSE YOUR SIKHI BY:

- \* Betraying Guru Jee
- \* Lusting for beauty
- \* Wanting fame
- \* Telling lies
- \* Disrespecting family
- \* Disrespecting your partner
- \* Slandering the Sadhsangat
- \* Thinking bad for someone
- \* Hungering riches
- \* Eating/sleeping too much
- \* Swearing and rude speech
- \* Having ego
- \* Not acting in humility
- \* Arguing with fools
- \* Forgetting your goal/focus

## My Targets

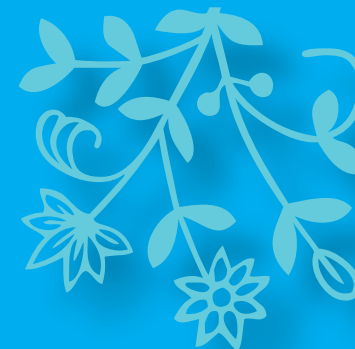
- Learn Gurmukhi
- Gurbani Santhhiyaa
- Learn Larreevaar Paat
- Learn Keertan or Tabla
- Learn Gurbani Grammar
- Learn Shastar Vidhyaa and keep fit
- Regular Amrit Vela in Sangat
- Attend regular Keertan Smagams
- Serve at your local Gurdwara
- Give Dasvandh to a good cause
- Do a project for the Panth (one tenth of time)
- Get others on the path of Sikhi

## My Marriage

- Marry an Amritdhaaree partner
- Make Guru Jee the centre of our life
- Accept each other's family as own family
- Increase love for one another daily
- Live a humble life and help others
- Seek the Guru's help / guidance for problems
- Raise your children as good Gursikhs
- Teach your children Gurmukhi and Gurbani
- Do Ardas before starting any Karaj or task



# LIFE OF A GURSIKH



A practical outline of the day to day living of a Gursikh



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