



SUKHMANI SAHIB – PARCHAAR SHEET (English)

Waheguru Ji ka Khalsa Waheguru Ji Ki Fateh

We have just been blessed to listen to Sukhmani Sahib. We now have this rare time to learn together, a little bit about Sukhmani Sahib and why we are so lucky to be here.

Name: Sukhmani Sahib

The word **Sukhmani** finds its root from 2 shorter words: ‘**Sukh**’ (meaning happiness) and ‘**Mani**’ (meaning mind, or jewels/gems). Sukhmani Sahib is a gift, given to us to **bring happiness within our minds**.

Sukhmani Sahib is the Bani of the 5th Guru of the Sikhs, Guru Arjan Dev Ji. The Sangat asked Guru Arjan Dev Ji for a prayer, that when recited would make the 24 hours in a day ‘**Suflaa**’. Roughly translated **Sufla** means **acceptable** in the court of God. Guru Arjun Dev Ji gave the Sikhs the gift of Sukhmani Sahib.

Author: Guru Arjan Dev Ji

A little history about Guru Arjan Dev Ji. Jahangir, who was the Mughal Emperor at the time, thought that he could convince Guru Arjan Dev Ji to convert to Islam. Jahangir failed. Guru Arjan Dev Ji was tortured by sitting on a burning hot metal plate. Guru Arjun Dev Ji chose to take Shaheedi (martyrdom) over conversion to Islam, at the time fearlessly saying to Waheguru (God), ‘**Tera Keea Meeta Laage**’ meaning ‘**Your actions seem so sweet to me**’.

Guru Sahib tells us ‘**Dhur Ki Bani Aayi Tin Sagli Chint Mittai**’, meaning that ‘**Gurbani has come from Waheguru and that through meditating on Gurbani, all anxiety is eradicated**’. What a wonderful gift for all mankind.

Sangat and the Benefits of listening to Gurbani

One of the reasons that we listen to Sukhmani Sahib in the Gurdwara is that the benefit of reciting Gurbani is amplified when recited in the presence of Guru Granth Sahib Ji and the Sangat. How important is it to sit in Sangat? Guru Sahib states ‘**Avar Kaaj Tere Kitte Naa Kaam Mil Sadhsangat Bhaj Keval Naam**’, which



means **'You have no other function on this earth other than to sit in the Sadh Sangat and meditate on Waheguru'**.

The spiritual power of Waheguru manifests in the Sangat, in the presence of Sri Guru Granth Sahib Ji. Guru Sahib is not telling us to abandon our jobs and family. The message is that whilst we must do these worldly things, the real purpose of life is something beyond this; It is to sit in **'The Sadh Sangat'** and **meditate on Waheguru**, as we are so lucky to be doing today.

Simran and Seva

The two pillars of a Sikh's life are **Simran and Seva**. The first pillar, **Simran**, means to chant the name of God, Waheguru, and to experience our inner energy. By doing so, we can experience divinity of Oneness, just as so many Gursikhs have done before us. The other pillar is **Seva** which means to do selfless service.

The Gurdwara

In the Gurdwara, you have the perfect place to practice both, with the added benefit of being in the **Sangat**. Isn't that amazing! In the Langar hall you can serve Langar, help make Langar, even wash the dishes, the list is endless. These acts of selfless service help to cleanse us inwardly and give us some internal peace. Try it and you will see for yourself. **The Gurdwara**, literally meaning **the Guru's door**, is here for this purpose. This could be the first step we take to come towards the Guru.

What can you do?

In this age of high pressure and stress, Gurbani is like a treasure chest, and it can help us deal with the worries and stresses of our own everyday lives.

In fact, the first Astpadi of Sukhmani Sahib starts, **'Simro Simar Simar Sukh Pavou, Kal Kales Tan Mahe Mitavo'**. Guru Sahib is telling us **'Meditate, meditate, meditate in remembrance of Him, and find peace; Worry and anguish shall be dispelled from your body.'**

So next time you are making your way to work, listen to Sukhmani Sahib or 2Simran or Kirtan, to bring bliss into your own self. We are all looking to be at peace and not feel anguish or worry. Let's take the advice of Guru Sahib and take some time to meditate on Gurbani, the words of the Guru.



You could start by doing Simran (meditating) for a few minutes in the morning or after work, at lunch time or while driving. You could meditate on the Gurmantar, which is 'Waheguru' or Mool Mantar: **'Ik Oangkar. Sat Naam, Kurta Purkh, Nirbhau, Nirvair, Akaal Moorat, Ajooni, Saibhang, Gurparsad, Jap, Aad Sach, Jugaad Sach, Hai Bhl Sach, Nanak Hosi Bhi Sach'**.

Another first step may be to listen to sweet explanations of Gurbani by learned Sikhs to obtain a deeper understanding of the Guru's teachings. **This is called Katha**. There has never been a time in history where Gurbani has been more accessible to us all than right now. **Basics of Sikhi** and **SGGS Academy** are providing detailed English translations and katha on YouTube and SoundCloud - making the Guru's message easier for us to engage with.

Summary

In closing, whilst it is nice to see all of you today, it would be even nicer to see you here in the Guru's Sangat next week, or in the morning before work, or even after work. Many of us have come here for family, but try to come regularly for yourself and your union with Waheguru; who resides within all of us. Sangat is a place where we find the meaning of life and to achieve our goal of life.

We are now going to take a moment to mediate on the Gurmantar 5 times, which is Waheguru 5 times. Waheguru means 'The astonishing, the destroyer of the darkness of Maya and bringer of the light of knowledge'. We should all humbly place our focus on Guru Granth Sahib Ji and ask to be blessed so that we may take a step on this path of Sikhi. Either one which we have just considered, or one personal to you which will bring you closer to the Guru, to experience that blissful union.

Please recite together:

WAHEGURU ... WAHEGURU ... WAHEGURU ... WAHEGURU ... WAHEGURU

Please forgive any mistakes we have made today. If you would like to discuss your own journey, please come and speak to us.

Waheguru Ji ka Khalsa Waheguru Ji Ki Fateh