

Central Gurdwara Resource Centre

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*"The fruit of
your actions
shall you reap"*



Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh

Congratulations to all on The 526th Birth Anniversary of Sri Guru Nanak Dev Ji, the founder of our great religion. This year this important Gurburab falls on the 7th November 1995. Sikhs all over the World are celebrating this event in Gurdwara's and homes from Australia to Zaire. But Guru Nanak has touched the lives of more than just Sikhs. His clear teachings and mild manner have found admirers across many different faiths.

Let us remember not only his life, but his teachings which have made a difference on a day-to-day basis.

Editor

Sikhism on the InterNet

The Internet is a worldwide network of computers that is revolutionising the way that we can communicate. The so-called "Information Superhighway" is really an information exchange. If you have an Email account at university or at work take a look you will not be disappointed, or if you would like to learn more We will be happy to help.

Places to explore:

Newsgroup: soc.religion.sikhism

Web Pages:

<http://www.io.org/~sandeep/sikhism.htm>

<http://www.community.net/~khalsa/>

Watch this space for our very own web page with the the next few weeks.

The Month of Katak

The Guru Granth Sahib has a verse for each of the months of the lunar calendar (Bara Magh). This is not like a horoscope, for Sikhism believes that all days are equal, this Hukam is for us to read and understand and act upon, like all of our Gurbani.

This year Katak began on 17 October and runs to 15 November 1995

Sri Guru Granth Sahib page 135.

The message of Katak is : The fruit of your actions shall you reap;
It is not advisable to impute blame upon any other.

By forgetting the Supreme Lord, all ailments cling to the man.

The non-believers of the Omnipresent Lord Suffer separation from Him, birth after birth. In an instant all the pleasures of wealth (maya) become bitter.

For them none can play the role of an intermediary.

Before whom shall they daily bewail?

Nothing can be done by man's doing.

In the very beginning destiny was recorded.

Though the greatest good luck my lord is met

Then do all the pangs of separation depart

Do thou protect Nanak O' my Lord Master

In Katak by obtaining the society of the mortal depart.

Report on the World Sikh Samelan Amritsar, September 1995

Organised by Sri Akal Thakat Sahib in conjunction with the SGPC (Shiromani Gurdwara Parbandak Committee) the World Sikh Samelan took place on 21-25 September 1995. This was the first time in history that the Sikh nation was called together on a world wide level giving them the opportunity to air their views on certain aspects in the dharma and the difficulties they encounter living with their Rehat (Sikh code of conduct) in their individual countries. Forty Four different countries were represented and some of the

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Guru Nanak's Teachings

Guru Nanak Dev Ji stimulated a new wave of thought in all human beings so that we all may lead a healthy life. He taught us to lead a life of contentment, adjusted to the environment.

He motivated us to acquire information about ourselves:

- 1 Who am I?
- 2 From where have I come and who has sent me?
- 3 Why have I come here?
- 4 Where should I aim to go and why?
- 5 Can I change my wrong path to a righteous one? If so, how?

Guru Nanak Dev Ji taught us:

- To adjust ourselves to the environment on the basis of Truth and reality without sacrificing our own individuality.
- To achieve Oneness with God by living an active life of **Gurmukh**.
- That Righteousness and giving up of vice are the ways to realise the essence of God.

Guru Nanak Dev Ji asked for total commitment to understand that God's presence is felt everywhere and in all spheres

He gave us the concepts of:

Naam Japna - To Remember God at all times, which will bring you contentment, truth, humility and virtue

Kirat Karna - To work and earn a livelihood by honest means which preaches against slavery and injustice.

Wand Chakna - To share wealth, brings the essence of equality to oneself.

The Goal of a Sikh is to live in the Will of God and to remember that *service* and *sacrifice* express love and devotion to God:

"Everything is lower than truth, but higher still is truthful living"

Guru Nanak Dev Ji reminds us in his hymns that:

- "Life is to be full of noble deeds based on the highest moral values"
- "Love is the feature of religious experience with the Loving Creator"

Guru Nanak Dev Ji organised *sangats* to motivate his Sikhs to practice the codes and the principles of Sikhism and a will to defend them. He set out to establish a society based on ethical values which protect freedom and equality and which would protest exploitation.

He wanted people to know their rights and to be fully conscious of them. He observed:

"The people have forgotten their cultural heritage, and are imitating the aliens on their language, dress and manner"

He established a society where all social, economical, political and psychological differences mitigated on the level of equality. He created a society of saint-soldiers, living as householders, engaged in pursuits of daily life, having a sense of responsibility for social and political roles committed to carrying out The Will of the Loving God, and always prepared to resist oppression and to fight injustice.

Guru Nanak Dev Ji taught us to lead a truthful life and to nurture love for Truth and Morality in the forms of:

- Love of God - His infinity, wisdom, truthfulness, morality, justice, compassion and forgiveness.
- Listening to the voice of conscience and living up to its values.
- Sence of objectivity against selfishness
- To be consistent, reasonable, adjustable, humble and of sweet nature.

by Paramjit Singh

"Everything is lower than truth, but higher still is truthful living"

The Mul Mantra contains the basic concepts relating to God

ੴ
 ਸਤਿਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰ
 ਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰ
 ਤਿ ਅਜੂਨੀ ਸੈਭੰਗੁ ਪ੍ਰਸਾ
 ਦਿ ॥ ਜਪੁ ॥ ॥ ॥

The Mul Mantra

The Mul Mantra appears at the beginning of the Guru Granth Sahib Ji before the "Jap" (known as Jap Ji Sahib). The Mul Mantra contains the basic concepts relating to Almighty God, Waheguru and is the epitome of the Sikh Faith. We all have read and heard this important Gurbani many times, but we need to understand and think about the important message it conveys and to act upon these teachings in everyday life.

"Ek-Onkaar" - God is One. The fact that the Guru Granth Sahib starts with the numeral "1" (ੴ) emphasises the Oneness of God and the importance of this teaching. It is an Absolute value. The word "Onkaar" means that God manifests himself throughout his creation yet. Ek - God is One, for all people no matter their religion, caste or colour.

"SatNaam" - The True Name. "Sat" means True or Real and everlasting and Naam means Name but also infers the Essence of God. This Divine Essence is formless, colourless and is present in all Creation. So God is True and is immanent in all beings.

"Karta Purakh" - The Supreme Creator. Karta - God is the Creator, and Purakh - is immanent in His Creation and fills all beings. This also represents Power, God is the all Powerful Creator.

Nirbhau. He is without fear. Fear is only possible if there is another being to be afraid of, God is absolute, who is He to be afraid of? There is also no opposite to God (like Satan).

Nirvair. God is inimical to none, God has no enemies, again as he is the sole Supreme being who is he to have hatred or ill-feeling against?

Akaal Murat. God does not die, always exists. God is Eternal, Infinite.

Ajoooni. He is never born. He is above the circle of reincarnation and there is none before him.

Saibhang. He is self-illuminated - he is from himself, is self-existent and self-sufficient.

Gur Prasad. He is realised by the kindness of the True Guru. One cannot claim Him, that is not our right.

This is opening of the Guru Granth Sahib and is followed by the first Salok and then by the Jap.

So the central Sikh teaching about God emphasises again and again the Oneness of God and his unique position in the Universe. It also tells us in the last line that God can be realised by all, and is not unattainable. To find him, one has to absorb oneself in His Name. This is what Guru Nanak calls as "Jap". Call Him with deep love and devotion and He will manifest Himself to you.

Guru Nanak taught us to live within society and criticised those who left society behind to meditate in order to reach God. He said we should all meditate and remember God in our daily lives. This will motivate us to act righteously. As such Guru Nanak has given us a clear purpose of life. This is the Goal of merging with God through truthful living and remembering God's name.

By Bhupinder Singh

Poem of the Month

This month our poem is about one of Guru Nanak's journeys taken from the Janam Sakhis

Pirs of Multan

The Pirs of Multan felt
their livelihood at stake
Guru Nanak was expected
who may share the cake

and on hearing the news
of the Guru's arrival
the Pirs got together
and discussed survival

they met the Guru
with a loaded message
the Pirs had decided
on the rules of passage

they greeted the Guru
carrying a bowl of milk
the milk was brimful
and was about to spill

to the great Guru
the message came clear
The Guru and Mardana
weren't wanted there

Guru Nanak smiled
requested a jasmine flower
he placed it on the milk
it floated up there

the bird of wisdom
as it alighted
the sages understood
felt rather slighted

Nanak was made welcome
by the Pirs of Multan
as the Pirs went through
a moral transformation

by Jaswinder Singh Chadha
London

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topics for discussion were:

- ◆ Sikh Youth and Students
- ◆ Sikh Diaspora
- ◆ Sikh Women
- ◆ Sikh Education
- ◆ Science and Medicine
- ◆ Sikh History

The Samagam was well balanced between the academic and spiritual side. The day would begin with Naam Simran from 4-5am, Asa Di Vaar and kirtan leading onto the conferences in the afternoon followed again by kirtan in the evening. The thirty one ragas contained in the Sri Guru Granth Sahib were completed by the end of the five days. It was a successful event which resulted in several new notions being put forward to enhance the Sikh faith.

Finally a productive step has been taken where we are no longer known as the white/black/Punjabi Sikh but as the **ਗਿਰ** (World) Sikh. We pray that this is the start to many more Sikh Samelans and unifying events of this kind in the future.

Important Dates in Sikh History - November

- Nov. 2 1780 Birthday of Maharaja Ranjit Singh
- Nov. 3 1668 Birth of Bhai Dharam Singh - One of the Panj Payarc
- Nov. 11 1675 Martyrdom of Sri Guru Tegh Bahadur Ji
- Nov. 16 1920 Shiromani Gurdwara Parbandak Committee founded in Amritsar.
- Nov. 22 1848 Anglo-Sikh War at Ram Nagar
- Nov. 26 1708 Banda Singh Bahadur conquered the town of Samane

Scriptures and the heritage of the Sikhs on PC CD-ROM with full translation of Guru Granth Sahib, Interactive History, Shabads animation's, slides show etc.

Very Limited quantity available at £60-00 each
contact: Bhupinder Singh on
0171 460 2020 (day)
all proceeds to the Resource Centre.

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