

## Panth Rattan Gurpurvasi Vir Ji Bhai Jasbir Singh Ji Khalsa (Khane Walean) Valon Mili

### AASEES

Gurbani rab de hi bol han te isse kaaran iss de nirne sache te attal han. Agianta te kaleh - kareshan ton mukat karke tapde hirdean nu koi dhand pa sakda hai tan ihe satguru ji di bani hi hai. Bachean nu gurbani nal joriye, ghar- ghar vich gurbani de path aarambh karie. Yatan karie ki satguru ji di bakhshish ate Sri Akal Takhat Sahib Ji di agvaai vich piri nu vapis “ Ghar ”liya sakiye.

### NADAR DE PAATAR

Sri Guru Granth Sahib Ji de assal darshan Sehaj Path rahi hi ho sakde han. Jihra prani “ ੴ ”ton le ke “ Attarah Das Bees ” tak akhar-akhar bani da aap path karda hai te vicharda hai us nu dassan patshaian de darshan prapat hunde han te uh akal purakh di nadar da paatar banda hai.

Bhai Sahib Bhai Davinder Singh Ji Khalsa (Khanne Wale).

# BENTI

Assi sare gurbani guru de charni lagiye ate rozana aapo-aapna sehaj path karye te vichariye. Injh gharaan vich sukh-dukh de moukean te assi akhand path / sehaj path aap vi karan de yog ho javange.

Sare jagruk vir / bhayna te sansathavan aapo-aapne karaj khetar vich iss lehar nu shamal kar lyen. Rasmi Path karvaun naalon Rasmai Path hon lag javega taan guru sahib ji diyan barkataan sanu khushal bana dengiyan. Aao vadh ton vadh hor veeran / bhyena nu sehaj path aarambh karvayiye.

(Jaswinder Singh Khalsa, Manchester, U.K.)

## Pavan Guru Pani Pita Mata Dharat Mahat

Pran sariran layi eyon han jiven guru jeevan di Aatama layi, Prani sabh jeevan da pio hai ate dharti sabh di vadi maa hai. Aaj assi 'Pavan' (vatavaran), pani ate is dhart suhavi nu pardushan tun bachauna hai.

**Jado amrit sarir vich janda hai tan naam da janam hunda hai. Naam di shakti vartadi hai. Manukh guru guru karda hai te guru da ho janda hai. Naam prapat karan layi khande bate da amrit chhak ke guru de school vich dakhla lena zaruri hai.**

**Meri dili reejh hai ki sehaj path karan wale jeeure guru guru karde guru de ho jan. Sada yatan hai ki dhai lakh lorvand bachean nu vajifian rahi madad karke duneyavi ate ruhani vidiya nal otpot kar deyiye ta ju eh aapne peran te khare ho sakan te kourm da naam roshan kar sakan. Aao sare ral mil ke uprale kariye. Ik - lk, do - do, panj - panj ajhhe vidiarathi adopt kar layiye te unhan nu ' Gyan Kharg ' pakra deyiye.**

**Aao, ghar - ghar sehaj path di lehar chalaiye. Koi vi veer / bhen sehaj path rahin sehaj avastha di prapati ton vaanjha na rahe.**

**Jatinder Singh  
Melborn, Australia  
Sikhs Helping Sikhs**

## Dhanvad

Sri Guru Granth Sahib Ji di apaar bakhshish sadka Sikh Helping Sikhs ([www.sikhhelpingsikhs.com](http://www.sikhhelpingsikhs.com)) Australia de modhi sansthapak ate utsahi sirry gurmukh piare Bhai Sahib Bhai Jatinder Singh Ji valon lorvand bacheyan nu ihe sehaj path dairy mukable samey bheta rahit ditti ja rahi hai. Jehre bache Shabadarth ( 4 parts) nahi kharid sakde, unhan nu vi ihe pothian bheta rahit jari kitian ja rahian han. Utshahi ate hoshiar pratiyogian nu railan vi den da prabhandh kita giya hai.

Aaj vadi ginti vich na kewal noujawan sagon buzurag, bibiyan ate veer vi Sri Guru Granth Sahib Ji di tabia beth ke na hukam le sakde han ate na hi sehaj path ja akhand path kar sakde han.

Karib 50 saal pahilan ihe parampara prachlit si ki jadon koi bacha hosh sambhalan uprant parna likhna sikh janda si tan us nu Sri Guru Granth Sahib ji de charni lagaea janda si. Aaj sanu aale duale kai bazurg mil jange jo dasde han ki uho chothi - panjvi - chhevin jamat vich parde samey hi gur charni lag gae san ate ise umar vich uhna pahili var sehaj path de bhog vi pa lae san. Uprant uhu akhand patha te vi sewa kareya karde san. Guru naal sanjh paun da ihe ik suchaja dhang hai.

Lor hai ki assi iss mahan parampara nu dubara surjit kariye ate Gurbani guru naal aap juriye na ke udeek kareye ki koi Bhai ja granthi singh, sanu Sri Guru Granth Sahib da path karke sunave. Assi har roz aap hukamnama layie ate aap sehaj path kariye.

Jekar assi iss val dhiyan na dita ta yakinan aaunde kujh saala vich sari koum path karan lai kujh na kujh lokan te hi nirbhar ho jayegi, jinah ne path karan nu aapna kitta banaya hovega. Koum vich pahilan hi aap kirtan karan di lehar ieeni prafulat nahin ate aaj vi assi gharan vich kirtan karvaun lai professional ragian nu bulande haan. Kai itihask gurduarean vich ta Sri Akhand Path Sahib, Sehaj Path karan lai rate vi neeyat kite gaye han ate jeyun jeyun mehngai vadhadi hai paathan de ratean vich vaadha hunda janda hai. Kite kite ta eh rate vade sare board te likh ke Gurudware de baahar vi lagae jande han ja megzina de vich vi chhape jande han.

## **Gurcharni Lagna Bahut Assan Hai :**

Puratan same vich Sri Guru Granth Sahib Ji de saroop laridar hunde san. Is lai charni lagan wale sikhiarthian nu bahut lama sama lagaatar santhea leni pendi si. Par aaj kal guru sahib de saroop parched han. Koi vi jis nu punjabi parni aaundi hai jelar nuktean nu dhian vich rakhe ta sahije hi ik do dina ja hafte di sikhlai uprant charni lag sakda hai. So saanu sabh nu gur charni lagan lai zarur uprale karne chahide han.

## **Parkash Ate Sukhasan Karna :**

Rozana sawere Sri Guru Granth Sahib Ji de saroop nu kholan nu ate rumalean palkan sahit sjaun nu parkash karma kiha janda hai. Bare adab ate satkar naal Sri Guru Granth Sahib Ji de saroop nu diwan hall vich liyaya janda hai. Uthe chhotian chadran nu khol ke aale duale gadian rakh guru sahib da parkash kita janda hai ate doven pase palkan paiaan jandian han. Uppar sohna savchh rumala paya janda hai.

Diwan di samapati same ja shaam nu har roz guru sahib de parkash nu santokhea janda hai. Bhav saroop nu band karke phir sohane bastaran vich pa ke sukhasan kita janda hai. Guru charni lagan wale veeran/ bhena nu parkash ate sukhasan di kiriya bare gahu naal vekhni chahidi hai. Uprant kise sujhwan di hazri vich aap pahili vari parkash ate sukhasan karna chahida hai.

## **Gurdware Jana Pahilan te Hun :**

Badlade same naal jithe sade jeevan vich hor badlav aa rahe han, uthe naal hi sada gurdware jaan da dhang vi badalda ja riha hai.

Jekar purane bazurgan val dekhiye ta pata lagda hai ki uho jad vi gurdware jande san tan kujh sama zaroor kirtan sunde san ja aap Sri Guru Granth Sahib Ji di tabiya beth ke hukamnama lende san ate aapna sehaj path karde san. Par aaj hukam len ja sehaj path karan di gal ta door assi gurdware kewal matha tek ke hi samajhde han ki saadi zimevari poori ho gai.

## **Aao Nishcha ate Uprala Kariye :**

- 1. Koum Vicho Kane Di Lachari Kadh Sakiye :** Guru Sahib ne Gurbani paran da, vicharan da, hukam kita par assi aaj kal Sri Akhand Path Sahib/ Sehaj Path karvaon lag paye haan. Andesha hai ki gurbani de anubhav ton assi sakhne na ho jayiye.

“ Path Karna” te “ Path Karana” vich ik kana (a) hi phaltoo hai jo “R” akhar lageya hoiya hai. Meri jache is nike jihe kane ne Koum vich ik dosh le aanda hai. Nit dihare kai pathian diyan kamiyan sunan nu mildiyan han. Bahut shardhaluan da man vi dharm-karam ton ise karke udha janda hai. Naal hi path karvaon wale nalon path karan wala vadhere laaha khatda hai.

Aao nishcha kariye ki assi chhote-vade, budhe-bache, bibiyan, saare hi gur charni lagange ate sehaj path kariya karange. Injh sahije sahije desh videsh, harek illake vich ehi muhim chalaun naal Gurbani diyan barkatan nu hasal karan de samrath ho janvange.

- 2. Nitnem Sehaj Path Da :** Charni lagan uprant ihe chahida hai ki har gursikh rozana ik-do-char chhe ankan da sehaj path kare. Injh har roz path karan naal assi kujh mahiniya vich bhog pa sakde han. Bahut sare gursikhan ne ta sehaj path karan vele copy-pen vi naal rakhaya hunda hai. Jihre gurvakan te man tikda hai uhyu copy vich likh lende han. Sara din gun-gunade rehande han te kanth kar lende han.

**Injh uho bani vichle rattan- jawahar- maanik chug chug ke aapne jeevan vich sehaj da sanchar karde han te sehsa da nas kar lende han. Har vele anand, anando anand Ghana te sada man chao jaan “Abinasi Khem” vargian avasthavana sehaj path karan valean nu sehaje hi mil jandiab han.**

**Heth likhe banner banva ke harek guru asthan te samagama same pardarshit kariye :-**

- ☆ Aao Gurbani Guru De Charni Lagiye.**
- ☆ Ki Tusi Rozana Sehaj Path Karde Ho?**
- ☆ Nitnem, Sehaj Path Da Vi Kariye Ji.**
- ☆ Akhand/Sehaj Path Aap Kariye Te Vichariye.**
- ☆ Bina Sehaj Path De Jeevan Vich Sehaj Nahin.**

**Bhai Re Gur Bin Sehaj Na Hoe .**

**Shabadye Hi Te Sehaj Upjye Har Paya Sach Soe.1.(Rahao) Ang.68**

**Aao Guru Piyareo, Sare Gur Charni Lagiye. Har Roz, Aapo aapna Sehaj Path kariye.**

**Guru Sahib de saroop ton , sanchiyan ton (2 bhag), shabadarth ton(4 bhag) jan Sri Guru Granth Sahib Darpan ton (das bhag- Prof.Sahib Singh krit), kujh ank zarur samajh ke vichar ke sehaj naal pariye.**

**Renukaa Sarabjeet Singh**

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### **Gurbani Anand de 8 Paraa**

- 1. Listening Gurbani - Gurbani Sunani**
- 2. Reading Gurbani - Gurbani Parani**
- 3. Singing Gurbani - Gurbani Gaouni**
- 4. Understanding Gurbani - Gurbani Samajhani**
- 5. Following Gurbani - Gurbani Kamouni**
- 6. Feeling Gurbani - Gurbani Mehsoos Karni**
- 7. Enjoying Gurbani - Gurbani da Anand Maanana**
- 8. Being Gurbani - Gurbani Roop Bananaa**

### **Gurbani Paran De 5 Dhang**

- **Muskura Ke**
- **Bol Bol Ke**
- **Ruk Ruk Ke**
- **Samajh Samajh Ke**
- **Baar Baar**

## ਗੁਰਮੁਖਾਂ ਦੇ ਵੀਚਾਰ

Poore guru kewal Sri Guru Granth Sahib Ji han jo sanu aapni asliat di sojhi pardaana karde han. Iss lai harek gursikh nu chahida hai ki uho paavan Sri Guru Granth Sahib Ji da sehaj path jari rakhe.

Singh Sahib Giani Ravel Singh ji  
Head Granthi, Sri Harimandar Sahib

Rozana sehaj path karna satguru di apaar bakhshish hai. Rozana gurbani paran naal guru sahib saanu iss tarah pavitar bana dinde han, jis tarhaa suniara, milavat vale sone nu tapaa tapaa ke tezaab laga ke shudh bana dinda hai.

Bhai Pinderpal Singh Ji

Kai veer/ bhena ate bache Sri Guru Granth Sahib Ji de vad- aakaar nu dekh ke ghabra jande han ate dheri dhah bahinde han ki assi baani nahin par sakaange. Bani parni ta sirf bhaian, granthi singhan da hi kam hai. Tan phir peario, je bani pari hi na ta shabad di vichar kive hovegi? Gur shabad de paran ton baad hi vichar hovega ate vichar ne hi saade vikaran nu khatam karke zindgi nu sahi dhang naal jiyoon di “ Jeevan Jugat ” dasni hai.

Sri Guru Granth Sahib Study team

**Guru nu taan guru di gal hi changi lagdi hai. Sehaj Path karke, bani par ke guru maharaja age ardas karni chahidi hai. Sama ghat hove ta ik ang ja ik shabad par ke Sri Guru Granth Sahib Ji di parsanta le sakde han.**

**Gurpurvasi Bhai Joginder Singh Ji Talwara**

# **Mukablean de Sllaybus ate Niyam**

## **1. Sehaj Path**

- 1. Chhevin jamaat to vade vidiyarhi bina kise jaat, dharam nasal de vitkare de shaamal ho sakde han. Pattar vihar jaa private vidiya haasal kar rahe vi shaamal ho sakde han ( umar seema 25 saal ). Vadi umar de veer/bhen vi bina mukable vich shamal hoe sehaj path kar sakde han. Yatan hovega ki aap ji nu vi sanmaan dita ja sake.**
- 2. Sri Guru Granth Sahib Ji samucha sehaj path aap karna hai.**

- 3. Bhven samuchi bani sade man nu prem, shardha te giyan de aniyale teeran naal sarshaar kardi hai, par phir vi path kardean jo vi shabad ja phurmaan ( bhaven ik line ja do liyna ) ik dam samajh aaun te man nu halulan, hirda thar hove , ajehe sare man bhaunde phurman har roz naal di naal vakhri copy te likhne han.**
  
- 4. Dakhla form bharna . Kewal das rupe de ke ih dairy hasil karni hai ate harek mahine baahar dite phone numberan te aapna roll number das ke suchit kariye ki sehaj path kis ang te puja hai ate kiniya baniyan kanth te kiniya banian de arth vichar lae han. Mobile phone te SMS rahin ja post card te likh ke vi bhej sakde ho. Lagaatar ih suchna na den wale nu mukable vich shaamal nahin kita javega.**
  
- 5. Sri Guru Granth Sahib Ji de saroop ton aapne ghar ja gurduara sahib vikhe sehaj path dab hog payiye te phone te suchit kariye.**
  
- 6. Uprant mukable same aap pason Sri Guru Granth Sahib Ji da hukamnama ate path suniya javega. Ih dairy mukable same naal le ke aaoni ji. Judge sahibaan da phesla antim hovega.**
  
- 7. Kewal jetu vidiyarthian nu certificate ate vishesh inaaam ditte jange.**
  
- 8. Kise vi mukable vich bhag len lai sehaj path karna ati zaruri hai ja kewal sehaj path karan wale vidiarthi hi baaki mukablean vich bhag le sakde han.**

## 2. Gurbani Kanth Mukable



Ditti gayi suchi vichon aap ji ne ik ja vadh jiniyan marzi baniyan kanth karniyan han.



Mukable same aap ji ne form te bharna hovega ki kiniyan baniyan kanth han. Uhna vicho treat liya javega.



Har mahine ik vari, kisse vi din aap ne baahar ditte phone numberan te suchit karna hovega ik iniyan baniyan kanth hi gayian han. Iss da record aapne kol vi akhirle pane anusar daraj karna hai ji.

- Kujh banian pustak ‘ Bani Kanth ’ vichon vi mil sakdian han. (Bheta - 10 Rupees)
- Ludhiana di giyarvin jamaat di vidiyarthan Jasleen Kaur nu kareeb 65 banian kanth han.

## Banian Di Soochi

Jap Ji Sahib	Salok Sekh Farid Ke (Ang 1377)	Pahere Sri Rag (Ang 74)
Jaap Sahib	Barahmaha (Majh) (Ang 133)	Laavan (Ang 773)
Sawaye (Sravag Sudh)	Barahmaha (Tukhari) (Ang 1107)	Kuchaji (Ang 762)
Chopai (Hamri Karo)	Salok Mehla 9 (Ang 1426)	Suchaji (Ang 762)
Anand Sahib (Ang 917)	Raag Jejavanti (Ang 1352)	Gunvanti (Ang 763)
Rehraas Sahib	Raag Berari (Ang 719)	Gaatha (Ang 1360)
Sohila (Ang 12)	Sawaye Mehle Pehle Ke (Ang 1389)	Funeh (Ang 1361)
Sukhmani Sahib (Ang 262)	Sawaye Mehle Duje Ke (Ang 1391)	Ghorian (Ang 575)
Asa Ki Vaar	Sawaye Mehle Tije Ke (Ang 1392)	Ruti (Ang 927)
Shabad Hazare	Sawaye Mehle Chauthi Ke (Ang 1396)	Sadd (Ang 923)
Basant Ki Vaar (Ang 1193)	Sawaye Mehle Panjave Ke (Ang 1406)	Alahnian (Ang 578)
Chobole M.- 5 (Ang 1363)	Salok Sehaskriti M.- 1 (Ang1353)	Onkar (Ang 929)
Mehla 3 Patti (Ang 434)	Salok Sehaskriti M.- 5 (Ang1353)	Akaal Ustat
Din Rain M.- 5 (Ang 136)	Sidh Gost (Ang 938)	Sahabad Hazare Pa.-10
Vaar Kabir Ji (Ang 344)	Bavan Akhari (Ang 250)	Sawaye (Dinan Ki)
Ramkali Ki Vaar (Sate Balvand) (966)	Bavan Akhari Kabir Jio (340)	Chopai (Paranvo Aad)
Thiti Kabir Ji (Ang 343)	Sawaye Sri Mukhbak M.-5 (1385)	Zafarnaama
Salok Bhagar Kabir Ji Ke (Ang 1364)	Pahare Tukhari (Ang 1110)	Aarti De Shabad

### **3. Gurbani Vichar Mukable**

Ihnaan mukablean vich aap ji ne hethan ditte anusar ik ja vadh banian de arth yaad karne honge.

✽	Jap Ji Sahib	✽	Jaap Sahib	✽	Asa Ki Var	✽	Rehraas Sahib
✽	Anand Sahib	✽	Sohilla Sahib	✽	Sukhmani Sahib mukabla likhti hovega.		

### **Sahaiyak Pustakan**

✽	Jap Ji Sawal - Jawab	20/-
✽	Rehraas Ate Sohila Sawal - Jawab	20/-
✽	Sukhmani Sahib Sawal - Jawab	30/-

Baaki banian de arthan lai aap ji Prof.Sahib Singh rachit sateekan le sakde ho.

## 4. Sunder Likhai Mukabla



Pichhle paniyan upar dittian hoiyan banian vicho ik ja vadh banian gutke ton vekh vekh ke likho.



Lagaan, matraavan ate gurbani pothian de satkar da vishesh dhiyan rakhya jave.



Bani likhan vaste sunder copy, project copy, dairy lagga sakde ho ate gurbani de chonven phurmaan chartan upar vi likh sakde ho.

## 5. Gurbani Bolchal Mukable



Pichhle panean upar dittian banian vich Gurbani de shabadan di rozana bolchal di bhasha vich varton karni. Jiven taakat lai “ Taan ” shabad di varton, kam lai “ Aahar” shabad di varton aadi.



Mukabla likhti hovega.

## **6. Nit Nava Niroa**



**Pichhle saalan vich partiyogiyān valon likhe man bhaunde phurmana vichon kul 365 phurmana da ik sangrah ' Nit Nava Niroa ' tyar kita giya hai.**



**Iss mukable vich shamal hon lai aap ji ne ihh sare phurman kanth karne han te ihna de arth (Punjabi/ Hindi ja Angrezi) vi yaad karne han.**



**Mukabla likhti hovega.**

## **7. Naam Simran Muhim**



**Iss tahat aap ji ne har roz savere ate din vich jadon vi sama lage, ' Waheguru ' gur mantar da jaap karna hai ate dairy vich ankit karna hai.**

- ☀ Pahilan assi rasna rahi gur mantar da jaap karde han phir holly holly saada rom-rom ihh jaap karan lag payega.
- ☀ Iss lai raste vich turde same ik peyer naal 'Wahe' ate duje naal 'guru' japan da abhiyaas karna jio.
- ☀ Parshaada chhan ton pahila mool mantar te gurmantar da jaap kariye, har masheen chalan di aavaz te aapna simran vi seyet kar layiye.
- ☀ Rozana da simran andar neeyat panean te ( ✓ ) karo .

## 8. Khojat Khojat

Sehaj Path kardean gurbani vich heth likhe suaalana de jawab ate vakh-vakh vishiyen bare phurman labhiye. Vakhri copy te ik-ik sawal ja visha likhe te heathan dukaven gurbani furman vadh ton vadh likhiye.

### Sawal :-

- Assi kaun han, assi ki karan aaye han, sadi jaat ki hai ate maran pichhon kithe jaana hai ?

- Sach ki hai, sach kithe hai, sachkhand kithe hai, sachiyar kiven hoyiye ate suche kive hoyiye ?
- Naam ki hai, naam kithe hai, naam kaun bakhashish karda hai ate naam man vich kive vasda hai
- Mann ki hai, ki khurak hai, mann da janam kithon hoyia, kive arog hunda hai ate kive hara hunda hai ?
- Mann kithe suta hoyia hai ? Kive jagda hai, jagan di nishani ki hai, man da ghar kihra hai ?
- Satsangat kis nu aakhde han, tirath kis aakhde han, maya kis nu aakhde han ?
- Amrit ki hai, amrit kithe hai, amrit kive pita ja sakda hai, amrit ras sarir vich kithe hai ?
- Simran kis da karna hai, kadon karna hai, kiven karna hai, kyon karna hai ate ki labh han ?
- Jinhan nu har ras nahi aaya gurbani ki kehndi hai, kehre rasan karke naam nahin vasda ?
- Jo ninda, dubidha (nafrat) , haume rakhde han, gurbani uhana bare ki kehndi hai, ananhad bani ki hai ?

- **Trishna kive bujhdi hai, jam kis de nere nahin aaunda, bhagti kithon shuru hundi hai, bhagat kaun han ?**
- **Jehari rasna naam na jape, gurbani us bare ki kehendi hai, kihre kam ton bina chhutkara nahin ?**
- **Sant mile ta ki karna hai, asant mile tan ki karna hai, asant kaun hai, sadhu kaun hai, sant kaun hai**
- **Kaaraj pure kiven hunde han, kalah kalesh kive door hunde han, bighan ate dukh rog kiven door hunde han ?**
- **Jo gurbani nahin par sakde uhna da jeevan kiven safal hovega , karam kiven kate jange ?**
- **Parbhu ton kiven nere ate kiven door ho jande han, sade change ate mare kaman nu kaun vachda hai ?**
- **Bani di vichar kaun karega, assi kiven vichhre, kiven mile, sanu milan di jugti kaun dasega ?**
- **Man vich naam vasan di ki nishani hai, sant di ki duty hai, murkhan sir murakh kaun hai ?**
- **Guru sahib ne santa nu kehre katha karan lai keha ate kis kirtan nu pardhangi ditti ?**

- Guru sahib de man nu kihra gursikh bhaunda hai ate guru sahib kis gursikh di dhoor mangde han ?

## Vishye

KIRTAN	PREM	MEHNAT	CHINTA,DUKH-SUKH	MAYA
KATHA	DAYA	PAAP-PUN	SACH	SEWA etc.
MAN	SUKRIT	LOBH, MOH	BHANA, HUKAM	
KRODH	VIDIYA	AAHANKAR	NIMRATA	
AALAS	PAROPKAR	MAAN-APMAAN	SHABAD VICHAR	

ਬਾਣੀ ਕੰਠ  
ਸਦਾ ਬੈਕੁੰਠ

## Pichhle same douran sehaj-path karan wale Vidiarthiyan de kujjh anubhav

ਗੁਰਬਾਣੀ ਵੀਚਾਰ  
ਜੀਵਨ ਆਧਾਰ

1. **Mere val vekh ke mere mummy ji ne vi sehaj path aarambh kita hoya hai. Sehaj Path nu mein aapne jeevan da hissa bana liya hai te hun mein hor vi sehaj path karangi.**  
Prabhjot Kaur, Dairy No. 5621
2. **Mere pappa nu bahut changa lagga ki unhan di bachi path kardi hai, uho bahut khush san par uhna di death pahile hi ho gai. Mere bhara mere ton har roz pucchde han ki mein path kithe tak kita hoiya hai.**  
Kulvinder Kaur, Dairy No. 183583
3. **Mein ihhi keh sakdi han ki jis sanstha ne menu siddhe raah paya hai uho din duni raat chugni trakki kare. Path karde same mere man nu bahut shanti mildi hai.**  
Rajvinder Kaur, Dairy No. 4127
4. **Parivar de member hor vi satkar naal bulaun lag paye han. Uho kahinde han ki sada ladka kise changi sanstha da member hai.**  
Bahadur Singh, Dairy No. 4348

5. Mein jaddon da path karan lagaa haan parai vich bahut hushiyar ho gaya haan. Pahila mere daddy sugar de mariz san. Jad ton mein sehaj path shuru kita tad ton mere daddy bilkul thik han. Menu scooter chalaon da bara shauk si. Rab ne meri uho iccha vi poori kiti. Pahila path kardean mein pyer vich HHAA , RARRA nahin bolda si, hukamnama nahin si lenda. Pher mere mummy ne menu prerna kiti taan sabh kujh karna aa giya.

Jaspal Singh, Dairy No. 4057

6. Sehaj Path karna anokha anubhav hai jis de bahut labh han. Assi sarean nu ihhi keh sakde haan ki assi chhoti umar vich hi sehaj path kar laya hai. Sanu school vich sare dost mittar chheran lag paye par assi sehaj path kari gaye. Iss ton baad sanu kisene nahin chhereya te kai ehh kahe san ki kash ! assi vi sehaj path kar lende.

Amitoj Singh, Dairy No. 4011

7. Mein bahut khush han ki mein dharam nal juran lai yatan kita te hun kujh had tak safal hoi. Mere ghar vich mere pita ji ne vi sehaj path karna shuru kar ditta hai te menu khushi hai ki uh vi mera sath de rahe han. Mein chahangi ki mein dharam da parchar karaan, aapana te hora da jeevan kujh had tak safal karaan. Sehaj Path uchi-uchi karde same sanu bahut khushi hundi si te pata hi nahin lagda si ki samaa kadon beet gaya.

Sandeep Kaur, Dairy No. 4062

8. Path karan uprant assi t.v. dekhna ghat kar ditta hai. Iss ton assi vadean de hukam ate guru sahib ji de adeshan di palna karna vi sikhya.

Rajdeep Singh, Dairy No. 18880

9. Path karan uprant menu iss tarha lagda hia ki jiven mein kujh had tak us param pita de nazdik chali gai hovan. Path karan nal mere parivar vich vi baani prati shardha bhavna vadhi hai.

Baljinder Kaur, (B.A.-I), Dairy No. 18832

10. Mere mata pita ji ne amrit chhak laya hai ate uh singh te singhni saj gaye han.

Prabhjot Kaur (8<sup>th</sup> class), Dairy No. 4256

11. Pahilan mein har saal rakhari bandi si par is sal mein te meri bhen ne rakhari banan ton nah kar ditti te saade ghardean te bharawan ne vi rakhari nahin banvai.

Rajdeep Kaur, Dairy No. : 16131

12. Sehaj Path karan uprant mere parivar vichon meriyan tin bhena ne path shuru kita hai.

Sarabjot Kaur (+2), Dairy No. 4121

**13. Mein pahile kujh vi nahin si karda par hun tan mein kam vi karda han ate naal naal bani vi parda haa.**

**Harjinder Singh ( 6<sup>th</sup>), Dairy No.4296**

**14. Sehaj Path karan de naal-naal mera parai vich vi man lagan lag paya hai. Sehaj Path karan de naal-naal mein jo koi kam kita hai us vich menu safalta hasil hoyi hai.**

**Jasmeet Kaur (10<sup>th</sup>), Dairy No. 5541**

**15. Mein age ja ke hor bachean nu sehaj path karan lai prerna devangi. Tusi lagaatar sehaj path diyan pratiyogtavan karvao ta ki vadh ton vadh bache us vich hissa len.**

**Baljinder Kaur, Dairy No. 5545**

**16. Sehaj Path karan naal mere man vich aatam-vishwas peda hoiya. Mere daddy ji ne shraab chhadi hoi hai te parmatma age ardas hai ki daddy hun kade vi shraab nu hath na laun. Mere vich aatam-vishwas peda hoya hai te mein parmatma nu apne ang-sang paundi han.**

**Manjot Kaur, Dairy No. 14847**

**17. Mein injhhi mehsoos kardi han ki jadon assi sehaj path kar rahe hunde han ta assi guru sahib ji naal vartalap kar rahe hunde han. Jadon menu kise vi samaseya da hal chahida hunda hai ta menu Sri Guru Granth Sahib vicho us da jawab mil janda hai. Jado menu koi vi line samajh nahi aaundi ta mein us da arth aapne mata pita kolo puchhdi haa, iss de naal ghar vich gurbani diyan galan hi hundiyan han.**

**Manpreet Kaur, Dairy No. 15635**

**Bachean de uprokat anbhuvan ton sanu hor vi utsah milda hai ki bache ta gurbani naal juran lai teyar han par aapan vade hi dhil varat rahe han.**

## **SAWAL – JAWAB**

### **1. Charni lagna ki hai ?**

**Sri Guru Granth Sahib ji di tabeya beth ke path karan lai jadon pahili wari ardas kiti jandi hai ta kiha janda hai ki assi Sri Guru Granth Sahib ji de charni lagan lage han.**

### **2. Kis umar de bache charni lag sakde han ?**

**Hun ton karib 50 saal pahila ehye parmpara prachlat si ki jadon koi bacha hosh sambhalan uprant parna likhna sikh janda si, ta us nu Sri Guru Granth Sahib ji de charni lagaya janda si. Aaj vi sanu alle dualle kai buzurag sajjan mil jange jo dasde han ki uho chothi-panjvi-chhevin jamat vich parde same hi guru charni lag gaye san ate iss umar vich uhana pahili var sehaj path de bhog vi pa laye san. Uprant saal do saal bat uhu akhand pathan ate sehaj pathan di sewa kareya karde san. Guru naal sanjh paun da ihi ik suchja dhang hai.**

### **3. Ki panth parvanat rehat maryada vich iss da jikar hai ?**

**Ji han panth parvanat rehat maryada vich daraj hai ki :-**

- 1. Har ik sikh sikhni, bache bachi nu gurmukhi par ke Sri Guru Granth Sahib ji da path sikhna chahida hai.**
- 2. Changa ta ihe hai ki har sikh aapna sadharan path (sehaj path) jari rakhe te mahine do mahine magron (jaa jitne same vich ho sake) bhog pave.**

### **4. Ucharab sabhandhi ki mukh nukte han ?**

**Ucharan sabhandhi kujh zaruri galan :-**

- 1. Kise vi shabad de akhirla akhar nu lagi sihari jan onkar da ucharan nahin karna bhav “ “Nanaku ” ate “ Nanake ” dohan da ucharan “ Nanak ” hi hovega. Bhaven ihna de arth vakh-vakh hi hon.**
- 2. Kise vi shabad nu lagian dulavan ja dulankar nu iss tarike naal ucharan karna hai- Bhav “ Sochyee ” nu “ Sochyee ” hi pariye “ soche ” nahin. “ Saboon ” nu “ Saboon ” hi pariye “ Sabun ” nahin.**
- 3. Kisse vi akhar nu lage kane nu zarur pariye - Bhav “Aapna” nu “Aapna” hi pariye “apna” nahin.**

4. Jahere shabadan de akhirle akhar te tippi lagi hai us nu chhooho dhuni (awaz) vich pariye :- Bhav “Dharamang” nu “Dharamanng” pariye.
5. Hor nukte saheje – saheje sujhwana di sangat vich path kardean aap muhare hi spashat hoyi jande han.

## 5. Hukamnama kive laida hai ?

Sikh Rehat Maryada anusar ‘ Hukam len lagean khabe pane de uttle passion shabad jo jari hai , mudh ton parna chahida hai. Je us shabad da mudh pichhle pane ton shuru hai taan patra palat ke parna shuru karo ate saara shabad paro. Je vaar hove taan pauri de sare salok te pauri parni chahidi hai. Shabad de ant vich jithe “Nanak” naam aa jave taan jis tuk ton baad dusra shabad shuru ho jave us tuk te bhog paya jave.

## 6. Ki rozana sehaj path karna zaruri hai ?

Ehhe changi gal hai ki har gursikh rozana ik-do-char-chhe ankaan da sehaj path kare. Injh har roz sehaj path karan naal assi kujh mahiniya vich bhog pa sakde han. Bahut sare gursikhan ne taan sehaj path karan vele copy-pen vi naal hi rakhya hunda hai. Jehare gurvakan te man tikda hai uho copy vich likh lende han. Saara din gun gunade han te kanth kar lende han. Par jekar kisse karavash sehaj path reh jave taan bharam nahin karna chahida.

**7. Ki Sainchian ton Sehaj Path kita ja sakda hai ?**

Haan ji ! Ghar vich assi sainchian ( do bhag, char bhag ja das bhag) rakh sakde han. Satkar naal har roz ihana ton sehaj path kita ja sakda hai. Yaad rahe, sangat vich kewal pawan puran guru saroop da hi prakash kariye.

**8. Ki Sainchian ton Hukamnama liya ja sakda hai ?**

Nahin ji ! Hukamnama kewal Sri Guru Granth Sahib ji de saroop ton hi lena chahida hai. Han, sainchian ton shabad paran da abhiyas kar sakde ho.

**9. Ki vakh vakh saroopan ton path kita ja sakda hai ?**

Ji Haan, sehaj path bhaven jithe vi shuru kita hove, assi kise vi hor saroop ton path jari rakh sakde haan. Jekar kisse hor shaher gaye ho taan uthe ja ke vi sehaj path jare rakhea ja sakda hai.

**10. Sehaj Path karan vaste sainchian kithon prapat kariye ?**

**Sharomani Gurdwara Prabhandhak Committee valon samuchi gurbani char bhagan vich shabadarth sahit chhapi gai hai. Ik passe bani da poora pana hai te duje passe kewal aokhe akharan de arth han. Eh sett Amritsar ton jaan kise itihasuk gurdware de gurmat literature house ton jaan Sukrit Trust – 3454, Phase -2, Dugri, Ludhiana ton prapat kita ja sakda hai. Do bhagan walian sainchian vi laian ja sakdian han.**

## **11. Sehaj Path kive aarambh kariye te kive bhog payiye ?**

**Sri Guru Granth Sahib Ji di hazoori vich karah prashad deg saja ke, Anand Sahib (chhe paurian) da path karke ardas kariye te hukamnama layiye. Sehaj Path aarambh karan lai guru sahib ji de saroop ton hi ghto ghat 5 paorian da path kariye. Uprant bhaven sara path sainchian ja shabadarth ton kar laya jave. Bhog paun lai Ang. No. : 1426 ton ( Salok Mahla 9 ) 1430 tak phir samucha path Sri Guru Granth Sahib Ji de saroop ton kita jave te ardas karke deg vartai jave. Injhh sehaj path da arambh te bhog doven guru sahib de saroop ton hi kariye.**

**Kujh Zaroori Galan**

- 1. Hath – muh dho ke satkar nal path arambh kariye.**
- 2. Path uchi-uchi bol ke bare aaram te sehaj nal samajh – samajh ke kariye.**

- 3. Guru Sahib ji de saroop ton path kardean :**  
**Jad vi rumala utariye, Hukamnama zaroor laiye phir sehaj path arambh kariye.**  
**Hukamnama len ton pahilan pare jan wale kujh shabadan de sujha :-**
- Bani guru guru hai bani vich bani amrit sare.**  
**Gur bani kahe sewak jan mane partakh guru nistare.**
  - Su kaho tal gur seviye ahanis sehaj subhae.**  
**Darsan parsiye guru ke janam maran dukh jaye.**
  - Gyan dhian kichh karam na jana sar na jana teri.**  
**Sabh te vada satgur nanak jin kal rakhi meri.**

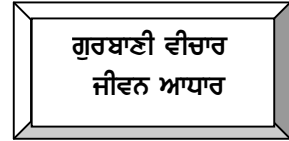
**Path karan ton baad rumala paun, utaran ja ang partaon lageyan dhian rakhiye ki koi ang phate ja muchre na.**

**Vapas rumala paun ton pahilan yatan kariye ki dove pase ang baraabar hon. Bhav andajan 550 ton 800 tak ang te hi rumala vapis payiye. Jekar ik pase vadh ang hongte duje pase ghat taan dhik nahin lagda.**

**Path karan ton baad Sri Guru Granth Sahib Ji angan vich koi vi nishani (jive kagaz etc.) na rakhiye.**  
**Ang ate pankati kewal vakhri copy vich note kiti jave.**



ਮਨਭਾਉਂਦੇ ਫੁਰਮਾਨ



Bhave samuchi baani sade man nu prem, shardha te gyan de aniale teeran naal sarshar kardi hai, par phir vi path kardean jo vi shabad ja phurman (Bhave ik line ja do linan) ik dam samajh aaun te man nu halulan, hirda thar hove, ahehe sare phurman har roz naal di naal ik vakhri copy, rejister ja dairy te likhane han ate ihna panktian nu kanth karna hai.

Mukable same ihe sunian jangian ate arth vi puchhe jange.

## Jiven Udharan

Mitti 26-7-2009

Jin bani seau chit laya se jan nirmal parvan.

.....  
Nanak naam tina kade na vissre se dar sache jaan. (Ang 429)  
.....

Mitti 27-7-2009

Vanjan mere aalsa

Har paas benti.

(Ang 460)

ਸਹਿਜ ਪਾਠ ਲਹਿਰ

1. Sabh ton pahila aap gur charni lagiye te rozana sehaj path karna te vicharna aarambh kariye.
2. Aapne parivar ate andh – guandh de bachean, vadean nu prerna te training de ke charni lagvaiye te sehaj path aarmbh karvaiye.
3. Schoolan / collejan ate gurdwarean vich ihe lehar chalaiye. Ik soukha karaj ihe ho sakda hai :  
Harek school ate gurdware vich 5 sainchian 5 railan rakh daiye.  
Sevadar veer / bhen aapne same di sahalat anusar roz 2- 4 ghante os school ate gurduware vich jaan. 5 – 5 bache vari vari bulaun, santhea den ate prir agle bachean nu bula len. Injhh jinha da path

shudh hoi chale, uhna de naam not kar lai jaan. Mahine – do – mahine uprant pure de pure school de sare bachean ja jinha ne santhea safita sahit lye lai hove uhna nu charni lageya jave. Bahut chhote bachean nu shardha naal kol bitha ke utshah banaye jave.

4. Char bhagan walian sainchian ( Path de naal naal auokhe shabadan de arth vi daraj han) ja do bhagan walian sainchian vadh ton vadh vandiye te kharidan di prerna dayiye. Pothian di sanbh sambhal te varton bare zarur dhiyan rakhiye.

## Zaroori Bention

Vadh mukablean vich vadh ton vadh syllabus cover karan wale jetuan nu sanmanat kita javega. Dasvi ton vade vidiarthian lai ucheri vidiya hasal karan lai saal bhar jaan vadh same lai vajife ditte jange ate carrier sedh, rozgar / swe rozgar lai madad kiti javegi.

1. Saal vich chhe camp lagaye jange. Partiyogian lai ghaton - ghat tin campa di shmuliat ate A grade hasal karna zaroori hovega.
2. Harek camp te ehaye dairy naal le ke aauni zaroori hai g.

