

A letter to Sikh Student



Dr. Brij Pal Singh

Sukrit Trust

ਅਧਿਆਤਮਕ ਪੁਨਰ ਜਾਗ੍ਰਿਤੀ ਦਹਾਕਾ
Decade of Spiritual Renaissance
(2008-2018)

ਆਓ!
ਰੋਜ਼ਾਨਾ
ਸਹਿਜ ਪਾਠ
ਕਰੀਏ ਤੇ ਵੀਚਾਰੀਏ



Let us
Daily
Recite & Contemplate
Sehaj Paath
of Sri Guru Granth Sahib Ji

ਆਓ, ਗੁਰੂ ਪਿਆਰਿਓ! ਸਾਰੇ ਗੁਰੂ ਚਰਨੀਂ ਲੱਗੀਏ। ਹਰ ਰੋਜ਼, ਆਪੋ ਆਪਣਾ ਸਹਿਜ ਪਾਠ ਕਰੀਏ।

ਹਰ ਗੁਰਸਿੱਖ ਰੋਜ਼ਾਨਾ ਇਕ-ਦੋ-ਚਾਰ-ਛੇ ਅੰਕਾਂ ਦਾ ਸਹਿਜ ਪਾਠ ਕਰੇ। ਇੰਝ ਹਰ ਰੋਜ਼ ਸਹਿਜ ਪਾਠ ਕਰਨ ਨਾਲ ਅਸੀਂ ਕੁਝ ਮਹੀਨਿਆਂ ਵਿਚ ਭੋਗ ਪਾ ਸਕਦੇ ਹਾਂ। ਬਹੁਤ ਸਾਰੇ ਗੁਰਸਿੱਖਾਂ ਨੇ ਤਾਂ ਸਹਿਜ ਪਾਠ ਕਰਨ ਵੇਲੇ ਕਾਪੀ-ਪੈੱਨ ਵੀ ਨਾਲ ਰੱਖਿਆ ਹੁੰਦਾ ਹੈ। ਜਿਹੜੇ ਗੁਰਵਾਕਾਂ ਤੇ ਮਨ ਟਿਕਦਾ ਹੈ, ਉਹ ਕਾਪੀ ਵਿਚ ਲਿਖ ਲੈਂਦੇ ਹਨ। ਸਾਰਾ ਦਿਨ ਗੁਨ-ਗੁਨਾਉਂਦੇ ਰਹਿੰਦੇ ਹਨ ਤੇ ਕੰਠ ਕਰ ਲੈਂਦੇ ਹਨ।

ਇੰਝ ਉਹ ਬਾਣੀ ਵਿਚਲੇ ਰਤਨ-ਜਵਾਹਰ-ਮਾਣਿਕ ਚੁਗ ਚੁਗ ਕੇ ਆਪਣੇ ਜੀਵਨ ਵਿਚ ਸਹਿਜ ਦਾ ਸੰਚਾਰ ਕਰਦੇ ਹਨ ਤੇ ਸਹਸਾ ਦਾ ਨਾਸ ਕਰ ਲੈਂਦੇ ਹਨ। ਹਰ ਵੇਲੇ ਅਨੰਦ, ਅਨੰਦੇ ਅਨੰਦ ਘਣਾ ਤੇ ਸਦਾ ਮਨਿ ਚਾਉ ਜਾਂ “ਅਬਿਨਾਸੀ ਖੇਮ” ਵਰਗੀਆਂ ਅਵਸਥਾਵਾਂ ਸਹਿਜ ਪਾਠ ਕਰਨ ਵਾਲਿਆਂ ਨੂੰ ਸਹਿਜੇ ਹੀ ਮਿਲ ਜਾਂਦੀਆਂ ਹਨ।

A Request

'Sukrit Trust', was started with the blessings of Panth Ratan Bhai Sahib Bhai Jasbir Singh Ji Khalsa (Khanne Wale). It is striving to rejuvenate 'Kirat' culture in our society.

By purchasing 'Sukrit' products, you are helping in employment of needy youth. We humbly acknowledge and solicit your valuable suggestions.

ਸੁਕ੍ਰਿਤ - 5 ਕਾਰਜ

1. ਕਰੀਅਰ ਸੇਧ (Career Guidance)
2. ਕੋਚਿੰਗ (Coaching for competitive exams)
3. ਕਿੱਤਾ ਮੁਖੀ ਸਿਖਲਾਈ (Vocational Training)
4. ਸਵੈ-ਸੇਵੀ ਪ੍ਰਾਜੈਕਟ (Self Help Project)
5. ਰੁਜ਼ਗਾਰ ਸੇਵਾਵਾਂ (Placement Services)

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Letter To Sikh Student

My very dear Sikh children,

Guru Fateh, God's blessings and my best wishes.

First of all I have my great regrets and seek your forgiveness that you do not have the same pleasing childhood as we used to have--- fresh air, beautiful, shady peepal and sheesham trees with rustling lush-green leaves, chirping birds, playful swings attached to the trees, sweet fragrance spreading out of flower plants and bushes, large open and airy compounds, soft murmuring springs and streams, scintillating stars at night and blue sky in the day and so many other free natural bounties. These beautiful gifts of nature have been snatched away from you. We, as parents, are the cause of it. You may not feel the absence of nature's beautiful gifts as you never experienced them but we feel heartbroken.

We are trying to provide you the luxuries of life. You have your own rooms; costly toys controlled with remote devices; your uniforms that give you pride and individuality; libraries, full of books; different subjects to study at school; heavy and attractively coloured school bags and special

tuition lessons to learn more. You have become so used to these luxuries that you need cars, buses, motorcycles etc to take you to school and other destinations. Your monthly school-fees amount to what was our total expenditure of our two to three years of study. Statistically and in money terms you all, definitely, seem to be luckier than us!

But I really pity you when I compare your physical strength, mental energy, quickness, personality and shyness of your eyes with those in my childhood. Your obesity, spectacled eyes, anger, hatred, irritating nature, excessive competitiveness, etc force me to think that by snatching air, water, vegetation, earth, sky and stars from you and replacing it with artificiality and false hopes of happiness we have provided you with big vacuums in life. You will never forgive us when you later realize what you gained and lost. For the time being I am happy in your current happiness.

Actually, I love you all as you are my Guru's children. You are our present and future, as also our pride. I sincerely wish that all the luxuries which you are enjoying today would always remain yours. I am also yours, which is why I am writing you this letter to share my views with you. Your Sri Guru Granth Sahib Ji and Guru Nanak Dev ji are

my Guru also. That makes us brothers and friends irrespective of age.

Your aim in life must have been to progress. This you must have been taught in schools and by your parents to progress by bits, to start from nothing and to achieve higher goals. I am, first of all, going to ask you a simple question through this letter what is progress? Is it moving forward in life? To increase what you already have? To accumulate? Is this progress? What's our aim or our destination? Where are we heading towards? Some say that you should follow others or move in such a speed so as to leave all others behind. This world is full of people. Many are ahead of you and many are after you. One single individual is of little significance in this vast world. That's why Guru ji in Japuji Sahib has talked of billions of devotees of God and then talked of billions of wicked people as well. To keep on just moving in the worldly procession is no progress. What has American or European progress given to humanity? Firstly we have extremism, terrorism, fear, instability, weakness of heart and mind, general insecurity and secondly we have polluted environment, where pure water and pure air and even normal temperature on earth are getting scarce. Is this the

future of mankind? So our first question remains, **what is the real meaning of progress?**

You're fortunate, privileged and honoured to be children of Sikh parents. It should be your primary duty to recognize the right Sikh way of life. Have you ever talked and discussed about your Sikh faith with your parents, grand-parents, friends etc? If yes, then it is good and if not, do it today. You can help create their interest in you and make it a regular practice to discuss it every day, may be, after meals. **Ask, understand and identify your heritage.** Let me suggest some questions that you may ask -

what was the real mission of Guru Nanak Dev Ji and nine other Gurus?

How did they spend their lives and how did they guide their Sikhs?

What is the real face of Sikhism, internally and outwardly?

What is *simran*, *pathh*, service to humanity, *kirtan* etc and what is the role or use of each?

What is the relation of Sikh institutions, *sangat*, *gurdwaras*, *langar*, *daswandh* etc to our life?

What is the meaning or value of amrit (Sikh

baptism), marriage, life's last journey etc in Sikhism and why must we seek Guru Granth Sahib in all these ceremonies.

Why do we pray?

Why do we need Guru Granth Sahib's blessings and protection in our success, failure, sorrows, tragedies, happiness etc.?

How should be the life of children, youth and old men as per Sikhism?

What is worldly or material progress and what is spiritual progress in Sikhism?

These questions and their answers do not start and end at once. We should think over them regularly. In this way, you will get your strong character, courage, support-system, culture etc. and you'll attain ultimate inner peace and happiness. These questions are very important and you should have answers that satisfy you.

If your parents, relatives or friends cannot guide you or do not satisfy you, you can ask your *gurmukh* (devoted and practising Sikh) teachers, uncles or aunts. If they too cannot satisfy you then you can visit the libraries and consult good books on Sikhism, spirituality, history and

health. **Do consult Gurbani for final answers to your fundamental questions.** If still you are not able to find the answers you can contact me; my address and telephone number is mentioned at the end of this letter. I am ready to discuss with you all your problems at school or at home.

Sikhism is not another system or thought of life. It is the right way to live a life. Try leading your life according to Guruji's advice. This is going to give you the real happiness and a life full of purpose as also the real love of God, life, people and environment.

Sikhism doesn't stop you from materialistic progress. It is not an obstacle in the progress but it helps you to attain your real goal of life. A Sikh is a successful person on the earth. A Sikh is always ahead of others in his business, service or in his educational career. He equips himself with best education, training and technology within his means. Sikh, due to his Guru's blessings, is always in first position. Let yourself, with the grace of Sri Guru Granth Sahib Ji, be an ideal for others. Let you be always progressing in all activities of school (studies, sports and other co-curricular or extracurricular activities). But be a guard on yourself and be a true devoted Sikh also, in form and content. Let us not be a blot on the name of Sikhism.

Your parents and relatives normally help you in this. They are always happy to see you progressing.

But the question still remains what is the real meaning of progress, a personal progress? **Progress must not be limited to the materialistic field only.** This alone is not the complete achievement in Sikhism. Sikhism goes far beyond. Professional and material success is a very small part of total or complete life of a Sikh.

Let me, first, clear even this part, the material progress, from the Sikh point of view. Professional training, labour and success in earnings from them are all right and everyone tries in that direction. Sikhism, however, emphasizes "**dharm di kirt**". It literally means righteous labour, as per Sikh tenets. Cheating in examinations or tests, cheating in studies, and using unfair means to get good marks in studies is not the right labour for a Sikh student. Using unfair or exploitative means to go ahead in studies, sports, in business or in service are not "**dharm di kirt**"! You must progress in life with hard work, sincerity and high principles of Sikh faith. Any cheating with anyone, parents, teachers or fellow students or colleagues is not allowed. If you think you can progress leaving Sikhism behind, then you are wrong. Keeping only the form and not the content,

that is, by deviating from the righteous path, you put a blot on Guruji name and the community. Surely, you are away from “**dharm di kirt**”. **Less material progress but achieved through right means is much more satisfying than more progress by wrong means.**

There is another important point. If you achieve worldly success due to your excellence in studies, skills, hard labour and honesty but at the cost of your daily duties as a Sikh, *like nitnem- pathh, sewa, simran, keertan and satsang*, you are not a real devoted and true Sikh. You are inadequate and not fully acceptable to Guruji because you have not taken the initial steps to seek the real thing of Sikhism that is spiritual devotion, love of God and perennial inner peace. A Sikh has to be a complete human being in this universe. **Please do not forsake the real gold to carry the brittle pebbles alone.**

Guru and God have the first claim on our time right in the morning, every day. Remember GOD and Guru as you wake up. Remember Guruji's *MOOL MANTAR (IKONKAR....to GURPRASD)*. Chant God's name, say, *WAHEGURU*. Try to be ready for school well in time. Take care of your personal hygiene and take care of your body. Have your bath. Dress up.

Nitnem pathh (devotional recitation of prescribed five *banis* for a Sikh) is must every day for every Sikh before one takes the breakfast .One can recite more *pathh* and do it any time. But *nitnem* is must and is minimum necessary for a Sikh. Rather it must be done at '*Amrit Vele*' (wee hours of the morning). This is the process of linking yourself mentally and spiritually to Guruji's Godly message. Starting with *Japji Sahib*, you should steadily move towards all the five *banis* as you grow. This is the real start of your living day. You have now the blessings of Guru and God. There is no such difficulty which cannot be solved with Guru's blessings or pat. There is no need to expect anything from anyone else. You have now Guru Nanak at your side!

Pathh really means talking to God. You will enjoy internal happiness if you do *shudh* (correct on all counts) *pathh*. Meaning of *shudh pathh* is to read the text exactly as it is written. Please do it at a slow and steady pace. Slowly and over time, you will learn the real pronunciation. Don't add or delete any letter, or *lag-matra* (vowel symbols in Gurmukhi script) on anybody's saying. Read what Guruji has written and let your ears listen carefully and the mind comprehend the meaning. Read with love and fondness! In

this way, Guruji's words and their meaning will always stay and ring in you mind. No other treasure is better than this.

Now the question is of time. It takes, usually, an hour to recite properly the complete *nitnem*. Plan getting up in the morning in such a way that you have sufficient time to do your *nitnem* correctly and with proper comprehension, at a slow pace. Remember, you have not got this life for studying, working, earning and consuming only. Your life is meant to give you the spiritual bliss, and to love and serve God and His creation, which is our entire environment. This learning comes from Guruji and *Gurbani pathh*. We need Guruji's blessings and God's bliss always, everyday. Learning has to be imbibed in our inner-being. It has to become a part of our thoughts and actions. Daily *nitnem* motivates us, cleanses our thought process itself and spurs our action with Godly energy. A Sikh without *nitnem* is clearly an incomplete or a 'fake' person. Surely we want to be genuine and true followers of our Guru. Our early morning is committed to *nitnem*. So do not waste Godly time in studying, newspapers, games, TV, gossip etc. The first priority on our time has to be seeking Guruji's blessings and talking to him and listening to him. Those who say that they have little time for *nitnem-pathh* are really saying Guru and

Gurbani are not their priority. My dear Sikh children cannot be part of this animal flock.

If your parents, relatives or friends stop you from doing *nitnem* or consider it unimportant, do not heed them. You tell them lovingly and patiently that there is none and nothing above Guru and *nitnem*. Nothing is more important than belonging to Guru Nanak and his Sikh path.

My dear children, I am not telling you to disrespect your elders and your friends. But I am asking you to guide them to Guru's way and the blissful life. And believe me they will all be with you, once you are with Guru. You are children of Sikh parents. They all never distract you from Guru's path. They want you to be up to the mark in your health and studies. This is what Guru also wills. You only assert that Guru has to be the option number one. This means, school work, homework, sports, entertainment etc. must be completed at right time so that you can be fresh and alert for your Sikh path easily in the morning before going to school.

My dear children, Guruji has advised us to share what we have with others also. You are good and intelligent, so help other students in their studies. Share your food and belongings with others especially those who are our less

privileged brethren. But the greatest thing to share is your views, love, your history, *gurbani*, your do's and don'ts of Sikhism. *Aap japo, avreh naam japavo...*

One very important thing before I close this letter. You are Sikh by your parentage. You are Sikh by your conviction. You are Sikh by your practice in seeking Guruji's blessings and spiritual bliss. I am sure you are not afraid of being called or known as a Sikh. A Sikh is the ambassador of God in this universe. He is special. He loves Sikhism and he lives Sikhism. He leads others in good, healthy, happy and holy life. He is open, transparent and honest in what he is. Guruji gave to Sikhs a special and befitting disposition and appearance as well. It means unshorn and complete hair, the same natural way as God bestows us with. We keep them clean and healthy. We adore them as Guru's order and His being as our perpetual companion. We do not take them as a plaything. The hair are called *keshas* in our language. They are the legacy and inheritance that Guruji bestowed us with. They are not subject to the vagaries of fashion of the day. They are not and were not an historical need or an accident. They are our love-token from God and Guru. We adorn them by a special cover, called TURBAN or *dastar* for the head when the Sikh

males move out from the homes. Sikh females adorn their hair by a suitable long *dupatta* or a scarf. These are now the identification of Sikhs to the world at large. Sikh males, similarly, love and display their unshorn beards. A Sikh, whether a commoner or a prime minister, feels proud of his being a Sikh and known as such.

My dear children, do take your *keshas*, turban and *dupatta* as love-legacy of Guruji most seriously. Own your Guru openly and declare openly and proudly that you are a Sikh. Do not play with your hair or your head-covers. Our history provides hundreds of thousands of examples where Sikhs preferred death and even barbaric torture to parting with their hair. Now in this democratic and open world, Sikhs are respected for their unique identity. Never, yes never, shorten them or remove them for the sake of fashion or so-called convenience. Do not try to behave like the crowd. Guruji has made you special persons, leaders and ideals to the world. Do not lose your identity by joining the crowd like a lost or a forsaken child. Be the captain, be the chief, be the head-covered hairy Sikh, be the lion in the jungle!

Yes, a Sikh is a saint and a soldier at the same time. Hold on to amrit-vela, to imbibe the fragrance and sweet

nectar of *nitnem* and *Gurbani*. Spread and share the spiritual treasure. Be worldly success and share it by helping other Sikhs and all others too. But you are a lion-like soldier too. So, be a protector of your Sikh personality, faith, spirit, identity and well-laid customs and duties. Face like a saint-soldier to anybody who tries to misguide you. Don't fear a mistaken opponent or an enemy who tells you not to keep *kesh*, not to read *gurbani* or tells you not to be an honest practicing Sikh in today's world. My dear children be guards/protectors on the ground level in the discussions, debates and teachings. Guide the astray. But be like Bhai Bachittar Singh, Baba Deep Singh, Akali Phoola Singh and Hari Singh Nalwa to all who prove themselves as obstacles in your Sikh way. Tell them clearly that they may do anything they feel like in their own spheres at their own homes but if they try to destroy us, they won't be spared. My dears, may you all remain intelligent, strong, healthy, successful, prosperous and proud children of Sikhism till your last breath.

This is the motive of my letter. This is my request. These are also my blessings. Our Guru's hand is always on our heads to protect us all and always. Waheguru is yours and you are of Waheguru.

Waheguru ji ka khalsa. Waheguru ji ki fateh.

I wish and pray to live in your love and the service of the Sikh faith.

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