

Rehras A collection of 9 hymns, 4 by Guru Nanak, 3 by Guru Ram Das and 2 by Guru Arjun which are read at sunset as part of Nitnem.

Reht Nama and Reht Maryada Reht Nama is a manual of conduct for Khalsa Sikhs. There are a number of them by various Sikhs dating back to the eighteenth century.

Ramala The cloth which is used to cover Guru Granth Sahib.

Sach Khand The realm of truth, the final stage of spiritual ascent where the believer becomes one with God.

Sadh Sangat The Sikh congregation or community.

Sahibzade The four sons of Guru Gobind Singh who all died as martyrs to the Sikh faith. Ajit Singh, Jujhar Singh, Zorawar Singh, Fateh Singh.

Sahaj Path A non continuous reading of the entire Guru Granth Sahib over any period of time.

Sangat Congregation, surrounding of companions. Sat Sangat is the company of True Devotees of the Guru.

Sant A very pious being, completely devoted to God. Sants are not to be worshipped but respected.

Saropa A gift of honour presented by the Sikh community. Usually a length of cloth for tying a turban or a scarf worn over the shoulders.

Sarovar The pool for bathing found at many gurdwaras.

Satguru The True Enlightener.

Satjug An era in which Truth prevails, the opposite of Kalyug.

Seva Selfless service

Shabad The religious hymns contained in Sikh scriptures.

Shaheed Title used before the name of someone who has died for the Sikh faith as a martyr.

Salok Couplet found in Guru Granth Sahib.

Singh The surname given to Sikh males in the Khalsa initiation ceremony. Singh means Lion, showing they are the sons of the Lion King Guru Gobind Singh

Sukh Aasan The ceremony that takes place at the end of the day when Guru Granth Sahib is formally closed for the night.

Sukhmani Sahib A major composition of Guru Arjun found on page 262 of Guru Granth Sahib.

Swayya A group of hymns composed by Guru Gobind Singh and found in the Dasam Granth.

Takht A seat of Sikh authority, there are five gurdwaras which are designated as takhts.

Zafarnama The Letter of Victory written by Guru Gobind Singh Ji.

THE GREAT BRITISH YOGA FESTIVAL



GURDWARA - The Sikh Temple

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Gur bhetia hai mukat daata. Gur kee-ee hamarai safal jaata.

I have met the Guru, the Giver of liberation. The Lord has made my life's journey fruitful and rewarding (SGGS Ang 801)

Lavan The names of the Sikh marriage ceremony and the name of the four stanza composition by Guru Ram Das read during the ceremony.

Lobh Greed, one of the five emotions.

Mahala Used in Guru Granth Sahib to indicate the author of a composition by the Gurus. Each Guru used the name Nanak, for example Mahala 5 is Guru Arjun, Mahala 3 is Guru Amardas.

Manmukh A person who is self-centered and has forgotten God and Guru; the opposite of a Gurmukh.

Maya Delusion of being wrapped up in and attached to the material world.

Miri & Piri The concept of spiritual and worldly matters. Sikhs are expected to maintain the balance between the two, this idea was introduced by Guru Har-gobind.

Misl A fighting unit of the Sikh armies of the eighteenth century.

Mukti Spiritual liberation from the cycles of birth and death.

Mul Mantr It is the opening lines of the Japji by Guru Nanak and the beginning of Guru Granth Sahib. It is considered the cornerstone of Sikhism.

Naam Name of God. Sikhism places emphasis on the remembrance of God through meditation on God's name.

Naam Simran The remembrance of God through meditation.

Nihang An order of Sikhs who follow the soldier lifestyle of the time of Guru Gobind Singh.

Nirgun Applied to God meaning one without form or material attributes. God is considered beyond human knowledge and comprehension.

Nitnem The daily prayers that Sikhs are expected to read. Nitnem consists of reading Japji of Guru Nanak, Jaap and Ten Swayyas of Guru Gobind Singh in the morning; Rahiras at sunset and Kirtan Sohila at bedtime.

Palki The wooden, golden or marble palanquin in which Guru Granth Sahib is ceremonially installed.

Panj Kakkar The five physical symbols which must be worn at all times by Khalsa Sikhs; kachha, kangha, kara, kes and kirpan.

Panj Piaare The five beloved ones, referring to the first five Sikhs initiated into the Khalsa order by Guru Gobind Singh. Five Khalsa Sikhs are required for initiation of a new member.

Panth The entire Sikh community.

Parkarma The walkway around the sarovar (pool) found at many gurdwaras.

Prakash The early morning ceremony when Guru Granth Sahib is formally opened and the day's worship begins.

Paath A reading of Guru Granth Sahib.

Pauri Verses in Guru Granth Sahib, their length and metre are both variable.

Raag A tune or the series of five or more notes upon which it is based.

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. - *Jalal ad-Din Rumi*

Gurbani The writings of the Gurus.

Gurdwara The Sikh place of worship. It means 'Gateway to the Guru'.

Gurmat A general term for Sikhi, including the teachings of the Gurus, as well as the Reht Maryada.

Gurmukh Someone who has become God oriented and God filled instead of self centred (manmukh).

Gurmukhi The written form used in the Sikh scriptures, propagated by Guru Nanak and Guru Angad.

Gurpurb The name for the birth or the passing of one of our Gurus or the anniversary of the day upon which the seat and title of the Guru was passed on.

Gutka Book containing the daily prayers of the Sikhs.

Hankar Pride

Hukam The will of God.

Hukamnama Instructions issued by the Gurus, or another Sikh authority.

Jaap Repetition of the divine name of God, or a scripture.

Jap Sahib A composition of Guru Gobind Singh read every morning.

Kachhera Drawers or briefs worn by Sikhs initiated in to the Khalsa. It is a symbol of self control.

Kaljug An age in which righteousness and godliness is forgotten.

Kaam Lust. One of the five emotions that must be controlled to remain constantly aware of God.

Kanga Comb that is a symbol of hygiene and discipline. It must be kept in the hair by every Khalsa

Kara Iron bracelet worn by all Khalsa, is a symbol of restraint and remembrance of God.

Karah Parshad A sweet dish blessed by God and shared with the congregation.

Kaur The surname given to all Sikh women in the Khalsa initiation ceremony. Kaur means Prince and represents the fact that women are equal to sons of Guru Gobind Singh.

Katha A religious lecture on Sikhi or scripture.

Kes Uncut hair the symbol of spirituality that must be kept by all Khalsa.

Keski Head covering worn between the turban and hair by some Sikhs. Also worn by some boys before they begin wearing turbans.

Kirpan Sword worn by all Khalsa as a symbol and reminder of the fight against injustice and religious oppression.

Kirtan Musical rendering of Sikh gurbani.

Kirtan Sohila Collection of hymns recited as part of Nitnem at bed time and also forms part of the funeral rites.

Krodh Anger, one of the five emotions that must be controlled.

Langar Free community kitchen found in all Sikh Gurdwaras. A cornerstone of the Sikh religion and a symbol of equality instituted by Guru Nanak.

Judge not according to the appearance, but judge righteous judgment.

- John 7:14

Gurdwara and Darbar Sahib

What is Gurdwara?

During the times of the early Gurus, Sikh places of worship were referred to as dharamsalas. They were a place where Sikhs could gather to hear the Guru speak or sing hymns. As the Sikh population continued to grow Guru Hargobind introduced the word Gurdwara, meaning the gateway through which the Guru could be reached. Thereafter all Sikh places of worship came to be known as Gurdwaras. Any place where the Guru Granth Sahib is installed and treated with due respect can be referred to as a Gurdwara, whether it is a room in one's house or a separate building.



The Darbar Sahib is the heart and centre of any Gurdwara. Literally translated Darbar means court, therefore it is considered the court of the Guru. Historically, by instating a Darbar separate to that of the Mughal Raaj Sikhs put forward a separate identity. It showed that Sikhs answered to a different religious and political authority to the rest of India and challenged the power of the rulers of the time.

Previously the Darbar was that of our 10 Guru's and now we consider Guru Granth Sahib Ji our living Guru and our king. The light of Guru Granth Sahib Ji is considered equal to that of our 10 Gurus.

baanee guroo guroo hai baanee vich baanee anmrith saarae |

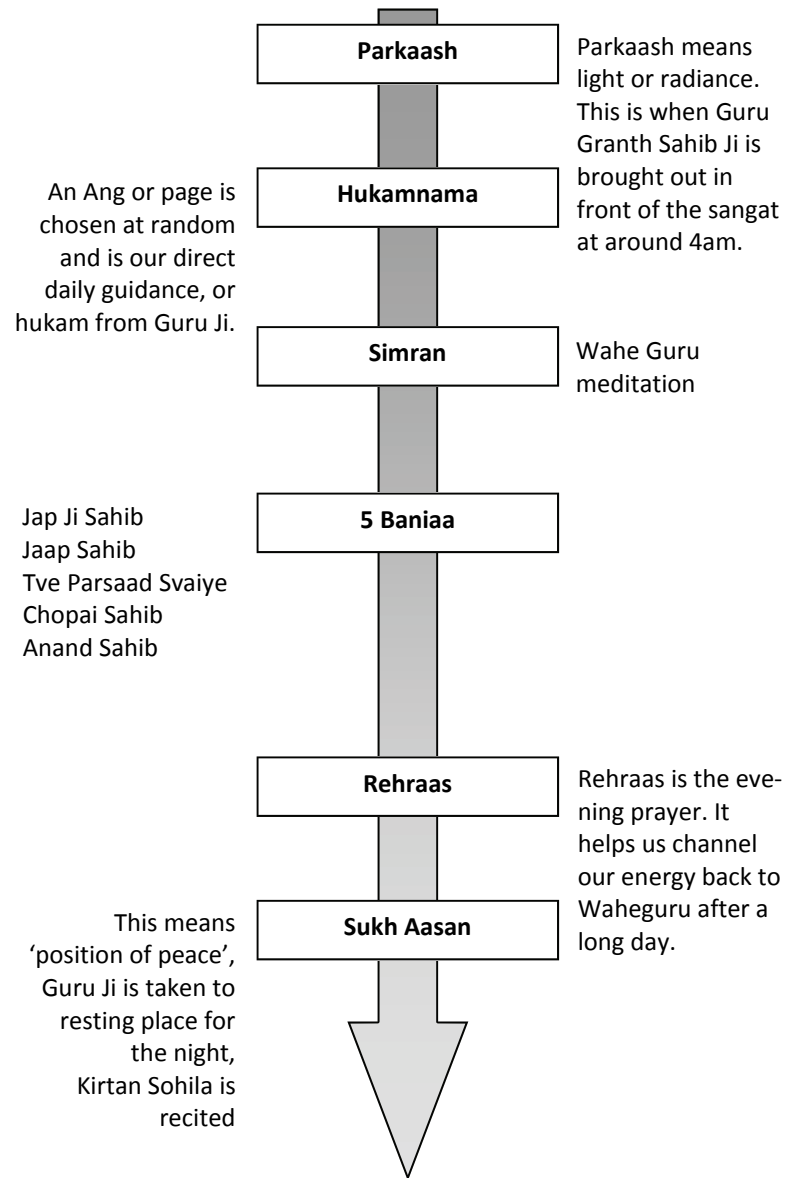
The Word, the Bani is Guru, and Guru is the Bani. Within the Bani, the Ambrosial Nectar is contained.

Our lives are governed by shabad, by the message and word of God, the light given form in the existence of our 10 Gurus and now in Guru Granth Sahib Ji. Our own hearts should be governed by the love and justice of the Guru and our lives should revolve around the one light of Guru Granth Sahib Ji. The darbar of the Guru is where we develop our understanding of this one light and we become closer to God.

mohi rain n vihaavai needh n aavai bin dhaekhae gur dharabaarae jeeo

I cannot endure the night, and sleep does not come, without the Sight of the Beloved Guru's Court. - SGGGS Ang 97

From Dawn till Dusk...



*je so chandaa ougavehi sooraj charre hazaar. eatae chaanan hodhiaa gur bin ghor andhaar .
If a hundred moons were to rise, and a thousand suns appeared, even with such light, there would
still be pitch darkness without the Guru. - SGGGS Ang 463*

Glossary

The following glossary will provide a useful starting point. While using this glossary, please note that the descriptions are brief and in many cases will not convey the context, history and richer meaning behind some of the terms. There may also be multiple viewpoints held on specific areas which are not reflected below.

Adi Granth Adi means first, Adi Granth is the first compilation of Guru Granth Sahib by Guru Arjun in 1604.

Akal Purukh It means Timeless One, or The Being Beyond Time and is applied as a name of God.

Akhand Path An uninterrupted continuous reading of Guru Granth Sahib. It is undertaken by a team of readers and takes approximately 48 hours.

Amrit means nectar. It is sugar water which is used during the Khalsa initiation ceremony.

Amrit Vela The early morning hours of dawn. This is considered the best time for meditation and prayer as stressed by Guru Nanak.

Amritdhari A Sikh who has undergone the Khalsa initiation ceremony

Anand A state of bliss or contentment which defies description.

Anand Karaj Sikh marriage ceremony defined by the Guru's teachings.

Anand Sahib Composition by Guru Amar Das found on Ang 917 of Guru Granth Sahib. It is sung and read during many services.

Atma The soul which is considered immortal.

Bani An abbreviation of Gurbani, applied to any of the writings which appear in Guru Granth Sahib.

Benti An appeal for assistance.

Bhog The ceremony marking the end of a Patah.

Chaupai A four line stanza form used by some of the Gurus.

Chaur A fan made of Yak hair or manmade fibre that is waved over Guru Granth Sahib as a symbol of respect.

Dasam Granth The book of writings of Guru Gobind Singh compiled after his death by Bhai Mani Singh and finished in 1734.

Daswandh Giving of one-tenth of ones income to charity.

Dharam Religion, teaching or lifestyle.

Divaan Congregational worship where Guru Granth Sahib is present.

Giani A person of spiritual knowledge.

Granthi One who performs the reading of Guru Granth Sahib at religious occasions, it may be a man or a woman.

hamaree karo haath dhai raashaa | pooran hoe chth kee eshiaa |

O God! give me your hand and protect me, so that the desire of my mind may be fulfilled.

- Guru Gobind Singh, Dasam Granth

Websites

Kirtan & Katha

www.sikhstudent.org
www.ikirtan.com
www.proudtobesikh.com
www.sikhnet.com
www.sikhsoul.com
www.kirtan.com
www.keertan.org
www.gurmatveechar.com
www.sikhvibes.com

History

www.sikh-history.com
www.allaboutsikhs.com

Translations

www.sikhitothemax.com
www.sridasam.org
www.sikhnet.com

Heritage

www.ukpha.org
www.warriorsaints.com
www.internationalgatka.org

News

www.sikhtimes.com
www.saldef.org
www.tribuneindia.com
www.sikhspirit.com

mohi mashulee thum neer thujh bin kio sarai |

I am the fish, and You are the water; without You, what can I do? - *SGGS Ang 847*

Respect of Siri Guru Granth Sahib & Gutka

Why do we treat Siri Guru Granth Sahib Ji with respect?

Do you find yourself asking this question? Guru Granth Sahib Ji is our **'living guru'**, containing the jot (light) of our previous ten gurus.

Just imagine walking into the Darbar (court) of Guru Gobind Singh Ji, seeing Guru Ji on a throne surrounded by sangat, amidst beautiful kirtan. A being of such power, wisdom and humility. Now think all of the gurus are in front of you: how would you act?

The main point we want to get across here is to respect Guru Ji. We should all ensure that we remove our socks and check our feet are clean before entering the Darbar. Also remember there may be times when you're sitting for quite a long time, so make sure your clothes are comfortable and decent!

It is important we also treat our Gutka (*prayer book*) with utmost respect and humility. As a start, we can ensure that we always wash our hands thoroughly before picking up a Gutka, and try not to touch anything else other than the Gutka whilst we are holding it and doing path (like touching your face and scratching your head!) For this reason many people choose to wear a hazooria (*white material put around the neck*) to prevent hands from touching anything else.



A Gutka contains the infinite shabad of God; to have complete sucham (purity), satkaar (respect) and shardaa (humility) for bani is a form of bhagti (loving devotion to Waheguru) in itself. So, it is important to keep a gutka in a clean cloth, preferably at the highest point in any room, and remember to keep those hands clean!

Agya payee akal kee, tabhe chalayo panth, sabh sikhian ko hukam hai, guru maneo granth

As was ordained by the Timeless, thus was established the Panth. To all Sikhs, let this be the order, recognize the Granth as your Guru...

Personal Hukamnama



This is your **time to connect with your guru** and receive personal guidance in the form of a '**personal hukamnama**'. These will be done throughout festival; speak to Gurdwara team to arrange a time.

What will happen? First an Ardaas, a standing prayer, will be done with the help of a sevadaar. Nearing the end of

the prayer you will have an opportunity to silently put forward your questions or thoughts to Guru Ji requesting guidance, then your hukamnama will be taken and explained to you in English. We will save this for you, and you will receive a copy of your Hukamnama, which we must request you treat with respect.

Seva you can get involved in....

Chaur Sahib (roay/whisk) - Anyone can do Chaur Sahib, it doesn't require any skill, only love and respect for Guru Granth Sahib Ji. You will be able to watch people do this throughout the week but if you're still unsure speak to the Gurdwara team.

Hukamnama - This seva requires you to be able to read Gurmukhi but everyone will be given the chance to take a personal hukamnama during the week.

Parkaash/Sukh Aasan - See previous page for details on how this is done. If you wish to participate please speak to Gurdwara sevadaar.

Prashaad - If you want to help make the prashaad one morning let Gurdwara sevadaars know.

Ardaas - There will be many opportunities to do the Ardaas during the week for anyone who would like to take on this seva.

Gurbani paath - everyone will get to join in with the paath but if you wish to lead it please speak to the Gurdwara sevadaars.

Kirtan - Everyone that wants to do kirtan will be given a chance at some point during the week, so get practising!



Guru Granth jee manio pragat gura kee deh. Jo prabh ko milbo चाहि खोज sabad meh leh. The Guru Granth is the visible body of the gurus. Those that seek to meet Vaaheguru, delve into the Shabad - Guru Gobind Singh Ji

Langar

Other than being the most fantastic food you will ever eat, langar as a concept was started by Guru Nanak Dev Ji and later formalised by Guru Amar Das Ji. It was started with the intention of being a way that the needy received food and individuals could share their earnings in a spiritual and practical way, but also as a stand against the caste system in India that dictated higher castes could flaunt their status by eating separately. Today we see langar being served around the world, upholding the principles set in place by our Gurus.



Langar promotes some of the basic principles of Sikhi. The most obvious examples are those of equality and humility. Sitting with others on the floor not only gives you a sense of ekta (oneness) but also of simplicity. Even the most simple action such as sitting on the floor at the same level as others can have a great impact on our thought processes and how we view and treat other people. During the festival everyone will eat together and there will be a rota so that each group gets a chance to serve langar and wash the many many dishes!

Prashaad

Prashaad is regarded as food blessed by the Guru and is something that the Sangat shares in the presence of Maharaaj. Have you ever wondered how it is made? Take a look at this recipe.

- 1 tikki of butter (500g)
- 1 steel glass of plain flour and 1 steel glass of fine semolina (or 2 of flour)
- 1 steel glass of sugar
- 3 steel glasses of water

Recite Jap Ji Sahib throughout this process:

- Melt the butter and add the flour/semolina mixture
- In a separate pan, boil the sugar and water
- When the butter/flour mixture starts to brown and the butter starts to separate add the sugar and water
- Stir continuously to cook evenly, until the butter or oil starts to separate from the prashaad mixture

langar chalai gur sabadh har thott n aavee khatteeai

The Langar - the Kitchen of the Guru's Shabad has been opened, and its supplies never run short.—SGGS Ang 967