

Spiritual Discipline: A Core Value

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DISCIPLINE IS NEEDED in every area of life and it is most needed in the area of spirituality. The sooner we adopt spiritual discipline in life, we will start reaping enormous rewards. Doing something once does not produce long lasting results, it is only when we do things repeatedly, they become a habit and automatically turn into discipline. Discipline does not produce immediate joy, but is an investment which will pay great dividends in due time.

Need for Spiritual Discipline:

Engaging in daily prayers, reading out his shabad loud, so that it pierces our heart is an important aspect. The Guru's shabad, his word has tremendous power and we have to be faithful to it. The word has should be read with positivity, authority and a strong belief in it, that it has the power to change lives. It is upto us as how to do so. Hence as we discipline ourselves to sit with full concentration day by day, we will soon make it a habit.

Another important aspect is when we read the shabad, we should try to understand the secret meaning hidden behind it. Knowledge of shabad, knowing prayers, baanis is important but is equally important to know what we are reading, or else it would just become a boring exercise for us. Education, knowledge, information is important only if we know how to apply it in our lives and use it practically.

Application of shabad in daily lives:

In our daily prayer, Japji Saheb:

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ ॥ [SGGS: 2]

Get up early in the morning, and sing his praises.

Guruji is saying that morning time is the best because it is the most peaceful time of the day; so if you discipline yourself to banish all laziness, get up and engage in prayers, you will be in bliss throughout the day.

ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ ॥

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥

ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੋ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥ [SGGS: 2]

If you listen to Guru's words, your mind will develop good qualities like precious stones so my Lord, I pray to you that may I never, ever forget you because you are the only giver.

Application in daily life:

Secret meaning hidden here is that if we follow his shabad, apply it honestly in our lives we will automatically develop good qualities which will help us to grow further spiritually and growing spiritually means growing in every aspect of life. And it is because the shabad has a lot of power to uplift a mortal.

ਹੁਕਮੇ ਅੰਦਰਿ ਸਭੁ ਕੋ ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ ॥

ਨਾਨਕ ਹੁਕਮੇ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਹੈ ਨ ਕੋਇ ॥ [SGGS: 1]

All being & things function, behave revolve according to His will. Nothing happens without His will, His hukam. And if we understand this aspect in our life, our ego will automatically go away.

Application of Shabad:

Don't complain, be grateful for all things happening because all things are in his control. He has a plan for us and he cancels some plans because there are better ones in future so don't worry when things don't go your way. Leave all things to him.

ਜੇ ਜੁਗ ਚਾਰੇ ਆਰਜਾ ਹੋਰ ਦਸੁਣੀ ਹੋਇ ॥

ਨਵਾ ਖੰਡਾ ਵਿਚਿ ਜਾਣੀਐ ਨਾਲਿ ਚਲੈ ਸਭੁ ਕੋਇ ॥

ਓਗਾ ਨਾਉ ਰਖਾਇ ਕੈ ਜਸੁ ਕੀਰਤਿ ਜਗਿ ਲੇਇ ॥

ਜੇ ਤਿਸੁ ਨਦਰਿ ਨ ਆਵਈ ਤ ਵਾਤ ਨ ਪੁਛੈ ਕੇ ॥ [SGGS: 2]

If a mortal lives for a very long time, all know him he has name, fame, wealth, etc. But if God does not shower his grace on that mortal, all is useless, no one will care for him, all will be just outwardly.

Application:

Here Guruji tells us that name, fame, wealth are all important but the most important thing is having his grace. How to get his grace? We have to struggle and work hard for it and put in our sincere effort in reading the shabd, reflecting on it and putting it into practice in our daily lives and then we may become one of the candidates for God's grace.

Our Gurbani has tremendous, examples of how to make life easy so it is upto us how we use at least 2-3 hours in a day out of 24 hours we have to read, think and reflect on the shabad. Have faith in yourself and Gurbani and read with positivity and it will bring a tremendous change in your life.

Four points learnt so far to apply in daily life:

1. Banish laziness, be alert, get up early in morning and start your study on Gurbani.
2. Do no complain, crib and blame others for all things happening. All things are in His will. Be thankful.
3. Develop good qualities and pass them on to others.
4. Work hard for His grace. Work hard and start the new year with a promise to cling on to Gurbani.

