

Let's Get Back to Basics

The majority of us are Sikhs by sheer accident of birth - simply because we are born into a Sikh family. **We are unaware of the real bliss that the Gurus have bestowed upon us by their universally true teachings.** Being generally ignorant of the basic principles of this unique way of life, when we hear preachers in the Gurdwaras, we return more confused than informed. To my mind the basic teachings are:

'Nirankar' is all pervasive Supreme Power: '*Sarv Shaktiman*' and '*sarv vyapi*'. 2. Only Guru's dictates can show the way to merge with 'Him'. 3. Recitation of Guru Mantra "Waheguru" is the prime message of Guru Granth Sahib. This will still the mind, bring happiness bliss's contentment. 4. Be totally content with what is bestowed upon you. What you haven't you do not need. 5. Share His blessings with others. 6. Gurus have forbidden blind belief in superficial customs, fasts & tirath yatras.

A beautiful incident in the life of Bhai Vir Singhji comes to mind: Bhai Sahib happened to meet a learned and busy doctor who could not find any time of '*Nam Simran*'. On being asked how long it took the doctor to drive down to the hospital, he replied it was about forty minutes. Bhai Sahib suggested to him that, while driving, he should switch the radio off and simply recite 'Wahe Guru'. This would give him about hour and half for Simran every day. He was urged to follow this practice for the next 30 days and feel the difference.

After about two months Bhai Sahib received a letter from the doctor saying the '*Nam*' recitation now comes automatically to him when he switches on the ignition. It has become a habit. A general happiness has dawned upon him. The stress level has come down, he feels less irritable and is even attending to his patients better.

Basically the attitude of mind changes, one seen the positive side of life which makes one feel better and even healthy.

It has come to be borne in mind that Guru Granth Sahib was completed for an ordinary, simple uneducated person of every faith and creed. Some 'Kathavachaks' and 'pracharaks' make it look so complicated that the sangat goes back mostly blank and people who have been attending gurdwaras for years do not experience any change in themselves which makes them frustrated with the advancing years. A single 'Sikhovani' of the Guru can work wonders.

ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ

ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ ॥

The adherence to Guru's teachings is the key, one 'pracharaks will have to stress on an easy simple path. Once the listener starts practicing these unique teachings and experience in basic transformation, the faith would come by itself. The stress on 'Amritpan' and 'Panch Kikars' is good but without faith nothing will happen. We hear of lacs of people doing 'Amrit Pan' but they are not seen in the Gurdwaras and elsewhere. If Guru Nanak was to be physically present in one midst today, he would be very disappointed and annoyed with us for we have gone too faraway from what he preached and practiced.

Our Pracharaks and Sant sahibans have a great role to play in today's deteriorating environments. Compared to our part history, the Sikhs today are for more resourceful and financially comfortable and if we cannot rise to the occasion, we have ourselves to blame. Let us take advantage of the available electronic and print media. There is no lack of enthusiasm among the community. The universal message of our great 'Gurus' who have done supreme sacrifices should not be lost to the world.

B.P. S. SOIN

C-35, Sashunt Lok - 1

Gurgaon. 122002

