

One Creator Lord – He is Realised by the True Guru’s Grace

40 days Jaap/Meditations

Gurbani instructs us to meditate on God at all times: that’s every hour, every minute & every second of every day:

ਦਮਿ ਦਮਿ ਸਦਾ ਸਮਾਲਦਾ ਦੰਮੁ ਨ ਬਿਰਥਾ ਜਾਇ ॥

dham dham sadhaa samaaladhaa dhanm n birathaa jaae |

**With each and every breath, he constantly remembers the Lord in meditation;
Not a single breath passes in vain.**

(Guru Amar Das, Bihaagra, 556)

What is this meditation? It is the devotional repetition of the word “Vaheguru” with every living breath. How can we bring about such meditative poise? Is it even possible? Or is it merely the talk of fables and folklore? This is exactly what Kaljug¹ & his servants would want you to think. But don’t be fooled - it is possible and you, yourself, can achieve such dizzy heights.

“Dizzy heights?” I hear you think. If you’ve been born into a Sikh house, are fit and healthy, have a roof over your head and enough food to nourish yourself – then you have full Kirpa. Full Kirpa? Yes, full kirpa/blessings of the Guru – He has granted you birth in the house of Sikhs, so you already know of the Great redeemer of Kaljug - Dhan Guru Nanak Maharaj. By granting you good health, shelter and food for nourishment – you have no more basic needs to fulfil.

So what’s left? It is now your determination and effort, that will get you to achieve meditation with every breath. He has given you the tools to build your house of meditation – now you must start the most important construction project of your life. You must purify your mind and body to build a fortress that cannot be breached by any invading or marauding force(s). Then, when you have been victorious and the opposing infantry has been defeated, the King will come Himself to your fortress and grant you His presence:

ਚਰਨ ਸਰਨਿ ਗੁਰ ਏਕ ਪੈਡਾ ਜਾਇ ਚਲ

charan saran gur eaek paiddaa jaae chala

The Sikh that takes one step towards the sanctuary and lotus feet of the Guru

ਸਤਿਗੁਰ ਕੋਟਿ ਪੈਡਾ ਆਗੇ ਹੋਇ ਲੇਤ ਹੈ ॥

sath gur kott paiddaa aagae hoe laeth hai |

The True Guru advances millions of steps to receive such a Sikh.

(Bhai Gurdas Jee, Kabit 111)

Now you’ve got the sketch – what can you do to become an architect of your destiny? It’s quite simple, you’ve got to do two things:

¹ Kaljug is the era we live in, it is seen as the era of darkness/sin

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- 1) Meditate on Vaheguru to get fixed concentration – Samadhi²;
- 2) Study, read & contemplate Gurbani to purify your mind. **Retraining** your mind and intellect to the teachings of the Guru’s.

Guru Sahib has written the core syllabus Himself: Dhan Sri Guru Granth Sahib – if you can’t grasp the vast and profound nature of Dhan Sri Guru Granth Sahib Jee, don’t worry, the benevolent Guru has placed His Sikhs nearby to assist you. Read Bhai Gurdas Jee’s Vaars & Kabits, which are the key to Guru Granth Sahib, and if you want to experience the true romance of Sikhi, then you should read Bhai Nand Lal Jee’s writings.

Now that’s the easy part – the philosophy and the golden bullet(s) delivered. The above is a bit like me throwing a bullet at you! What would happen if I did that? The bullet would hit you in line with the velocity at which I threw it at you, but we all know that it wouldn’t even penetrate your body – no matter how hard I threw it.

However, if I were to take that very same bullet and put it in a 9mm Magnum and shot it at you, you’d keel over and need medical assistance.

So what does all this mean? It means that my words above are futile unless you make practical use of them, and start a bloody-minded effort to achieve non-stop meditation. Only then, would the bullet I am trying to create, be fully utilised.

“But I don’t have time?” I hear you complain.

The Great Lao Tzu instructs,

“Time is a created thing. To say ‘I don’t have time,’ is like saying, ‘I don’t want to.’”

Do you really want to meditate with every breath? Do you really want to be freed from consecutive births/deaths? Or, are you happy to accept your lot and swing the roundabout of pain and pleasure?

It’s quite simple – the choice is yours. If you’re reading this, then that means you are a human being and this is your chance in a trillion to do so,

ਫਿਰਤ ਫਿਰਤ ਬਹੁਤੇ ਜੁਗ ਹਾਰਿਓ ਮਾਨਸ ਦੇਹ ਲਹੀ ॥

firath firath bahuthae jug haariou maanas dhaeh lehee |

He has lost aeons in transmigration, wandering from life form to life form, endlessly.

Finally the human body has been obtained.

ਨਾਨਕ ਕਹਤ ਮਿਲਨ ਕੀ ਬਰੀਆ ਸਿਮਰਤ ਕਹਾ ਨਹੀ ॥੨॥੨॥

naanak kehath milan kee bareeaa simarath kehaa nehee |2|2|

Guru Nanak instructs - this is your opportunity to meet the Lord;

² Fixed concentration or Samadhi, is a state when your consciousness submerges with what you are concentrating on, so in this instance, it is a state in which you can only hear the meditation of the word “Vaheguru” and have no knowledge of anything else.

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Why don't you meditate upon Him? ||੨||੨||
(Guru Tegh Bahadur, Sorath, 631)

If you don't make the most of this golden opportunity – then who knows when your next chance will come,

ਲਖ ਚਉਰਾਸੀਹ ਜੋਨਿ ਭ੍ਰਮਿ ਆਇਓ ॥
lakh chouraaseeh jon bhram aaeiou |
After wandering through 8.4 million lives, you came.

ਅਬ ਕੇ ਛੁਟਕੇ ਠਉਰ ਨ ਠਾਇਓ ॥੩॥
ab kae shuttaekae thour n thaeiou |੩|
If you stumble and fall now, you shall find no home or place of rest.
(As you will be thrown into the cycle of reincarnation). ||੩||
(Bhagat Kabeer Jee, Gauree, 337)

So what now? 24 hours, 7 days a week, 30 day months (roughly) and 365 day years. Death keeps no calendar – so we have no idea of when this chance will expire. Make the most of your years, months, weeks, hours, minutes and seconds – there are no second chances in time. Once it is spent – it is spent, expended – gone forever.

Go out – study hard, learn from learned spiritual Sikhs. Make time for meditation and study of Sikhi. But, at all times learn to watch your mind – restrain & retrain it, with any means necessary.

Now, how can you kick start this process? For starters, you should do more meditation/study of Sikhi than you usually would. Doing this for 40 days is a great way to go forward. But be aware of common pitfalls:

- 1) Don't set strict rules, which are likely to be broken and would lead to you feeling failure. Set achievable goals;
- 2) Pace yourself, but do make it a little challenging. You know your limits;
- 3) Don't swear an oath or make an Ardas for something you may later regret.

Why 40 days?

It is a common practice in spirituality, but also in Sikhi as we are supposed to give Dasvand – tithe. Now you might think that's easy – and you're right when it comes to monetary tithe. But, I'm talking about Dasvand of your time for God, which is more important than the monetary. This Dasvand works out to be 8761 hours in a year or simply 2 ½ hours a day. If you already commit this much time seated in meditation, at home or the Gurdwara, then that's great. If you don't, then you can use a 40 day meditation target, to try and recover the lost time &/or build upon this minimum requirement. A 40 day meditation is a good tool for all of us – we all have to keep striving until we are one with God.

Now it's over to you! Get your diary out, schedule some ME & HE time. ME - being the bride, who is going to lovingly caress her Husband God (HE) by saying Vaheguru with every breath.