

ਭਗਤੀ/Bhagti

Devotional Practice



3 weeks workshops

Interactive workshops weekly

A conversation not a lecture series

Format

- Group work, better if you try sticking to the same group weekly
- Best if you attend all 3 weeks, rather than dip in & out, although no one excluded from attending any sessions
- Whatever you write on your desk, in your group, will not be presented from your group in a lot of instances. Your notes/feedback will be given to other groups/tables to read out
- This will give people the opportunity to be more open & honest, without identification
- PLEASE MAKE YOUR WRITING LEGIBLE

3 weeks

We could finish early

Or run out of time

This isn't a fixed cram – to get into the 3 weeks

Free flow with the sangat

More about you all getting the most out of the workshops

How would you measure success?



In an ideal world



You achieved everything
you wanted



What would be the top 3
things that you achieved?



List them

Overview

Aim of Life

What are we doing

Why should we engage in Bhagti

What is Bhagti

Types of Bhagti

Action planning

Q: What's
the human
story?

How did we end up here in
Wolves on a Wednesday
night?

Discuss your
understanding of how we
got to where we are, now.

Past lives, present lives –
put all your ideas on the
flipchart paper

Human Life is Precious

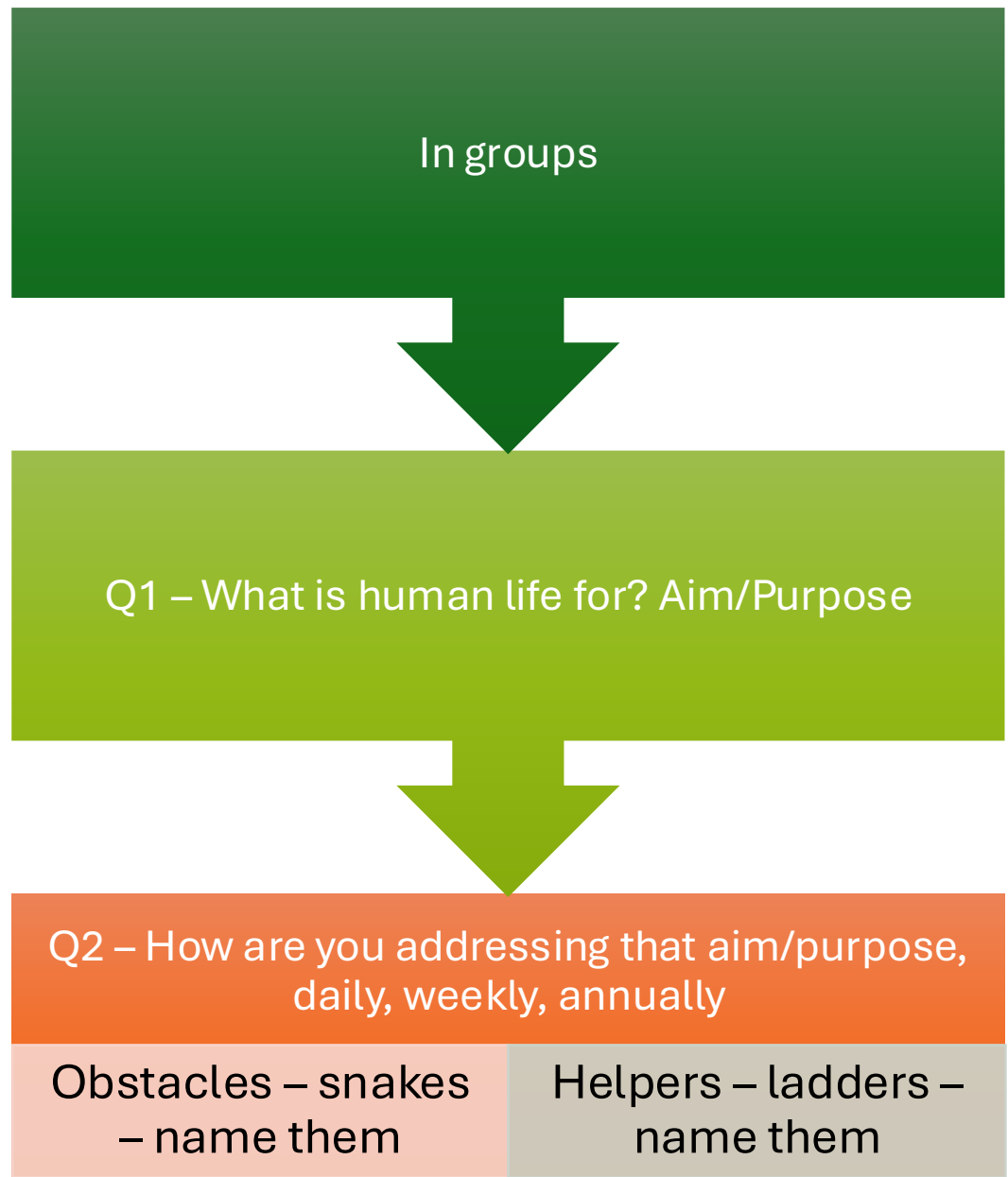
How do we become humans?

Cycle of births & deaths – 8.4 million lives, 3.5 billion years

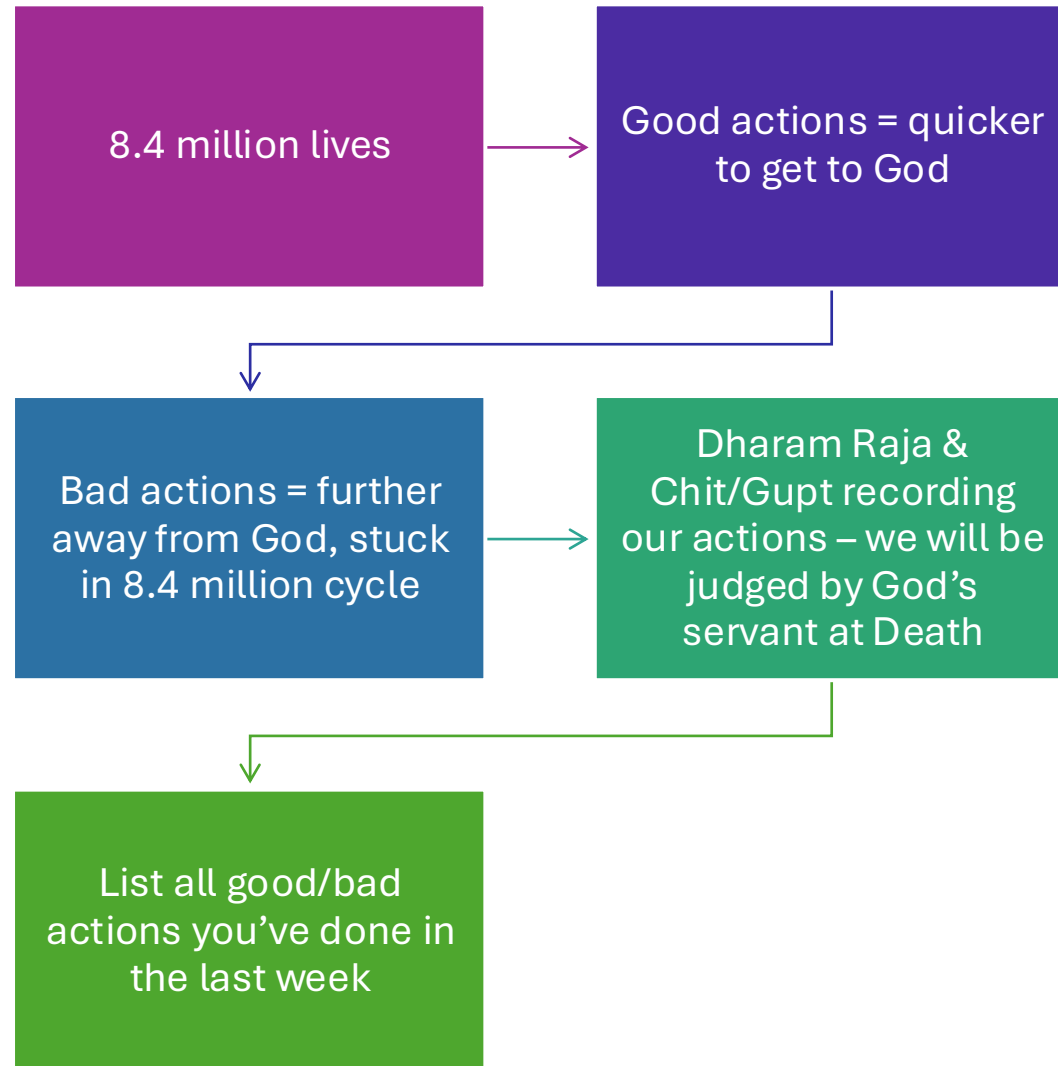
Billions of years becoming animals and even stones and trees

Supreme on earth = human life, why? Only chance of escape, or making the prison sentence of births/deaths any better

What's
human life
for?
But what are
you doing?



God's Game



As Sikhs
what
should we
do?

At birth?

For education/learning?

Committing to the Guru?

Weddings?

At Death?

Brainstorm all above 5

Karam – Actions

3 Types of Actions:

Daily – things we do on daily basis and that we can achieve through effort, e.g. learning to drive, toothpaste used etc

Earned – Past lives reward eg. How much wealth we have automatically or get without effort

Impossible – These are actions we waste in trying to achieve something that is unachievable in this life for us eg. Me becoming a footballer OR Karams we have to undergo eg. Contracting cancer etc.

In Groups:

List examples of:

Daily Karam – things we can achieve through effort

Earned Karam – things we may inherit, without any effort

Impossible Karam – things we may aspire to but never achieve in this life

Aim of Life



- Your aim of life is reflected by how you measure success – which was listed at the start
- The world says:
 - Money, good job, nice house/car, good looking wife, kids etc

Sikhi says:

- Great Karam = born in Sikh families
- Sri Guru Nanak Dev Jee = Motorway
- Only Naam = saviour
- Aim of life = liberation from birth and death



Action = Reaction

*If we don't engross ourselves
in Naam:*

Golden Opportunity – one
chance, billions years to get
human life,

Death keeps no calendar

Birth & Death = biggest
suffering in the world

Fixing your
death

The fluke?

The normal –
what you love
the most

Bhagat Trilochan Jee, Raag Gujri, 526 Ang (SGGS)

ਅੰਤਿ ਕਾਲਿ ਜੇ ਲਛਮੀ ਸਿਮਰੈ ਐਸੀ ਚਿੰਤਾ ਮਹਿ ਜੇ ਮਰੈ ॥

Those who think of money at their last breath,

ਸਰਪ ਜੋਨਿ ਵਲਿ ਵਲਿ ਅਉਤਰੈ ॥੧॥

They are repeatedly born as snakes.

ਅੰਤਿ ਕਾਲਿ ਜੇ ਇਸਤ੍ਰੀ ਸਿਮਰੈ ਐਸੀ ਚਿੰਤਾ ਮਹਿ ਜੇ ਮਰੈ ॥

Those who think of their wife at their last breath (lustfully),

ਬੇਸਵਾ ਜੋਨਿ ਵਲਿ ਵਲਿ ਅਉਤਰੈ ॥੨॥

They are repeatedly born as prostitutes.

ਅੰਤਿ ਕਾਲਿ ਜੇ ਲੜਿਕੇ ਸਿਮਰੈ ਐਸੀ ਚਿੰਤਾ ਮਹਿ ਜੇ ਮਰੈ ॥

Those who think of their sons at their last breath,

ਸੂਕਰ ਜੋਨਿ ਵਲਿ ਵਲਿ ਅਉਤਰੈ ॥੩॥

Are repeatedly born as pigs.

ਅੰਤਿ ਕਾਲਿ ਜੋ ਮੰਦਰ ਸਿਮਰੈ ਐਸੀ ਚਿੰਤਾ ਮਹਿ ਜੇ ਮਰੈ ॥

Those who think of their property at their last breath,

ਪ੍ਰੇਤ ਜੋਨਿ ਵਲਿ ਵਲਿ ਅਉਤਰੈ ॥੪॥

Are repeatedly born as ghosts.

ਅੰਤਿ ਕਾਲਿ ਨਾਰਾਇਣੁ ਸਿਮਰੈ ਐਸੀ ਚਿੰਤਾ ਮਹਿ ਜੇ ਮਰੈ ॥

Those who think of Vaheguru at their last breath,

ਬਦਤਿ ਤਿਲੋਚਨੁ ਤੇ ਨਰ ਮੁਕਤਾ ਪੀਤੰਬਰੁ ਵਾ ਕੇ ਰਿਦੈ ਬਸੈ ॥੫॥੨॥

Bhagat Tirlochan says Vaheguru abides

in that person's heart & he/she is then liberated.

Bhagat Trilochan Jee,
Raag Gujri, 526 Ang (SGGS)

At time of death if we remember:

- Money = snake over and over again
- Lust = prostitute over and over again
- Children = pig over and over again
- House = ghost
- GOD = Liberation and God abides with them at all times

Golden Opportunity

*The Choice is simple, you can
become:*

One with GOD

Or

Become a DOG?

What's it going to be?



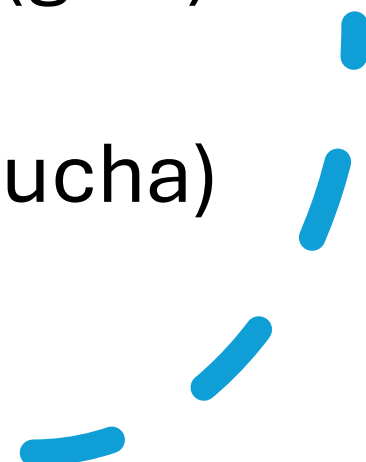
What is Bhagti?

- Bhagti/Devotional worship:
 - ***dedication to your own freedom,***
 - ***dedication to yourself first & foremost,***
 - ***which is then dedicated to God.***
- Everything goes back to where it came from
 - Water flows downhill at all times, goes into streams, rivers & then the sea/ocean. Always aiming to get back to the ocean (it's source of gravity)
 - Heat/fire goes upwards – trying to merge back with the sun
 - We all go back to God who is our source – we are always trying to do this, but are unaware





Natural pull
to these
Godly
qualities

- Humans – gravitational pull is always to God:
 - Immortal (Amrit)
 - Forever happy (sukhy)
 - Knows everything (gian)
 - The boss (sabh te ucha)
- 

MAYA

The worldly illusion
All that you see & touch

The
challenge(s)

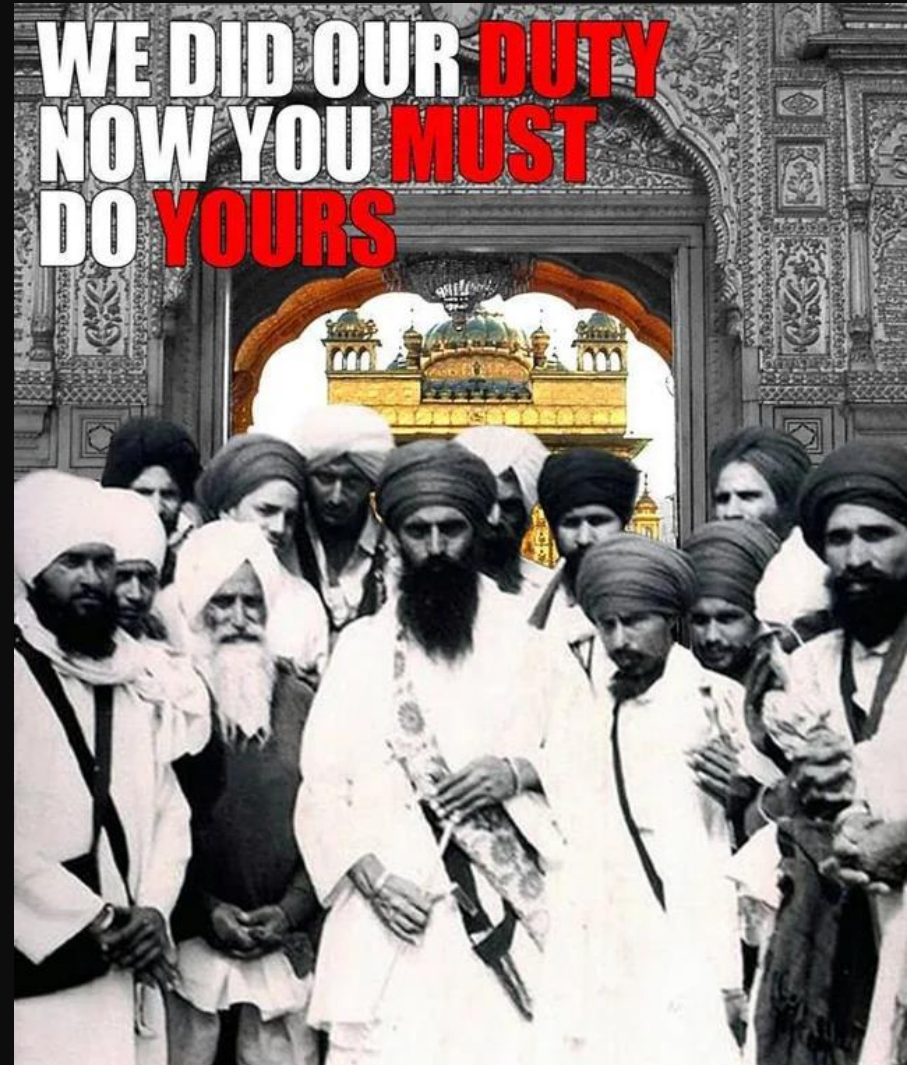


Bhagti is
the
solution to
the illusion



We are the Khalsa

- We are the Khalsa
 - The mighty might Khalsa
 - Everywhere we go
 - People wanna know
 - Who we are
 - So we tell them
 - We are the Khalsa
 - The mighty mighty Khalsa
-





Undeclared Khalsa

- We stand on the shoulders of immortals
- Our Shaheeds & Mahapurakhs
- Had Bhagti
- Did Bhagti
- Lived Bhagti
- That's what made them brave, fearless, & one with God

Recap from last week

- **Karma** – present day karma lead to future rewards & fixed future outcomes
- Sort out the present, it can amend the past & reset the future to be brighter, lighter & smarter.
- God is the source of all happiness
- What is bhagti? Devotional practice
- Bhagti in one word = Love
- If you fall in love with God, you accomplish everything that there is to accomplish.
- Do bhagti, never relinquish it, build upon it, choose your methods of bhagti.
- Source for next slides – Narayan Hari Updesh pothi

Bhagats – people who did bhagti

- They are supreme beings;

ਪਾਤਿਸਾਹੀ ਭਗਤ ਜਨਾ ਕਉ ਦਿਤੀਅਨੁ ਸਿਰਿ ਛਤੁ ਸਚਾ ਹਰਿ ਬਣਾਇ ॥

The Bhagats are given sovereignty (paathshahi),
the effervescent God (Har) gives them the true crown &
canopy.

(590 SGGSJ)

ਤੂ ਭਗਤਾ ਕੈ ਵਸਿ ਭਗਤਾ ਤਾਣੁ ਤੇਰਾ ॥੧੦॥

You are subservient to your Bhagats, they have your strength.

(962 SGGSJ)

9 Types of Bhagti

1. Sarvan – listening
2. Kirtan -
3. Simran – meditation
4. Padsevan – serving the feet of your Guru,
5. Archana – worship
6. Bandana – bowing
7. Das – act like a slave
8. Sakha – best friend
9. Atma nivedan – surrender

1. Sarvan – listening to Kirtan, Katha, Paath

ਪਉੜੀ ੧੬ : ਸੈਣ ਨਾਈ

Sain, the barber

ਸੁਣਿ ਪਰਤਾਪੁ ਕਬੀਰ ਦਾ ਦੂਜਾ ਸਿਖੁ ਹੋਆ ਸੈਣੁ ਨਾਈ।

Hearing of glory of Kabir, Sain also turned to be a disciple.

ਪ੍ਰੇਮ ਭਗਤਿ ਰਾਤੀ ਕਰੈ ਭਲਕੈ ਰਾਜ ਦੁਆਰੈ ਜਾਈ।

In the night (Amrit Vela) he would immerse in loving devotion and in the morning he would serve the king.

ਆਏ ਸੰਤ ਪਰਾਹੁਣੇ ਕੀਰਤਨੁ ਹੋਆ ਰੈਣਿ ਸਬਾਈ।

On one night some sadhus came to him and the whole night was spent in singing the Lord's praises. Bhagat Sain listened to their Kirtan & Katha.

ਛਡਿ ਨ ਸਕੈ ਸੰਤ ਜਨ ਰਾਜ ਦੁਆਰਿ ਨ ਸੇਵ ਕਮਾਈ।

Sain could not leave company of the saints and consequently did not perform the king's service the following morning.

ਸੈਣ ਰੂਪਿ ਹਰਿ ਜਾਇ ਕੈ ਆਇਆ ਰਾਣੈ ਨੇ ਰੀਝਾਈ।

God himself took the form of Sain.

He served the king, curing him of his ailment.

ਸਾਧ ਜਨਾਂ ਨੇ ਵਿਦਾ ਕਰਿ ਰਾਜ ਦੁਆਰਿ ਗਇਆ ਸਰਮਾਈ।

Bidding fairwell to the saints, Sain hesitantly arrived at the palace of the king.

ਰਾਣੈ ਦੂਰਹੁੰ ਸਦਿ ਕੈ ਗਲਹੁੰ ਕਵਾਇ ਖੋਲਿ ਪੈਨਾਈ।

The king From a distance the king called him nearby. He took off his own robes and offered them to Bhagat Sain.

ਵਸਿ ਕੀਤਾ ਹਉਂ ਤੁਧੁ ਅਜੁ ਬੋਲੈ ਰਾਜਾ ਸੁਣੈ ਲੁਕਾਈ।

‘You have overpowered me’, said the king and his words were heard by one and all.

ਪਰਗਟੁ ਕਰੈ ਭਗਤਿ ਵਡਿਆਈ ॥੧੬॥

God himself manifests the grandeur of the devotee.

(Bhai Gurdas Ji, Var 10:16)

The rewards of listening

- See Japji Sahib Pauria 8-11
- Just keep listening, Parikyat/Parikshit in 7 days
- Listen to the right things

ਸੁਣਿ ਹਰਿ ਕਥਾ ਉਤਾਰੀ ਮੇਲੁ ॥

Hearing God 's discourse, my filth is erased.
(178 SGGSJ)

**ਮੇਰੇ ਮੋਹਨ ਸ੍ਰਵਨੀ ਇਹ ਨ ਸੁਨਾਏ ॥
ਸਾਕਤ ਗੀਤ ਨਾਦ ਧੁਨਿ ਗਾਵਤੁ ਬੋਲਤ ਬੋਲ ਅਜਾਏ ॥੧॥
ਰਹਾਉ ॥**

O my attractive Vaheguru, let me not listen to
the faithless cynic, singing his songs and tunes,
and saying his useless words. ||1||Pause|| (820
SGGSJ)

ਏ ਸ੍ਰਵਣਹੁ ਮੇਰਿਹੇ ਸਾਚੈ ਸੁਨਣੈ ਨੇ ਪਠਾਏ ॥

O my ears, you were created only to hear the
Truth.
(917 SGGSJ)



2. Kirtan – singing Vaheguru's praises with instruments

- To engross oneself in singing, doing Kirtan at all times
- This can be in sangat but also alone
- Alone crying out for God, singing to Him, in a personal way
- The modern day examples, Baba Sham Singh Ji, Bhai Sahib Randhir Singh Ji
- Baba Sham Singh Ji Nishkam Kirtan at Sri Darbar Sahib for 70+ years
- Bhai Sahib Randhir Singh Ji – Kirtan 72 hours, 48 hours etc, just become imbued in it. Not planned. Organic.
- So long as there is breath in the body – do Kirtan.

Even death's messengers fear Kirtan premis

ਜਹ ਸਾਧੂ ਗੋਬਿੰਦ ਭਜਨੁ ਕੀਰਤਨੁ ਨਾਨਕ ਨੀਤ ॥

The judge of the afterlife – Dharamraj says, "Where the saintly people meditate upon God & do Kirtan daily.

ਣਾ ਹਉ ਣਾ ਤੂੰ ਣਹ ਛੁਟਹਿ ਨਿਕਟਿ ਨ ਜਾਈਅਹੁ ਦੂਤ ॥੧॥

Do not go near that place O couriers of death, otherwise neither I, nor you shall escape".

Make it your occupation

ਕਬੀਰ ਕੇਸੇ ਕੇਸੇ ਕੂਕੀਐ ਨ ਸੋਈਐ ਅਸਾਰ ॥

Kabeer, chant the Name of the Beautifully-haired Lord; do not sleep unaware (do not lose this chant even in your sleep).

ਰਾਤਿ ਦਿਵਸ ਕੇ ਕੂਕਨੇ ਕਬਹੂ ਕੇ ਸੁਨੈ ਪੁਕਾਰ ॥੨੨੩॥

Calling out God's Name, night and day,
He will sometime hear your cry (for Him).

- Bhagat Namdev Ji, Mandir turned around

3. Simran – meditation of Vaheguru Gurmantar & Mool Mantar

ਸਿਮਰਉ ਸਿਮਰਿ ਸਿਮਰਿ ਸੁਖੁ ਪਾਵਉ ॥

Meditate, meditate, meditate upon Vaheguru & attain happiness/peace.

(5th Guru, 262 Gauri, SGGSJ)

ਸਿਮਰਹੁ ਏਕੁ ਨਿਰੰਜਨ ਸੋਊ ॥

Meditate on the One Immaculate Vaheguru.

ਜਾ ਤੇ ਬਿਰਥਾ ਜਾਤ ਨ ਕੇਉ ॥

No one is turned away from Him empty-handed.

(5th Guru, 1004 Maru, SGGSJ)

- **Bhagat Prehlad, Dhru Bhagat**

ਗੁਰਮੁਖਿ ਬੇਈ ਭਗਤਿ ਕਰਿ ਜਾਇ ਇਕਾਂਤੁ ਬਹੈ ਲਿਵ ਲਾਵੈ।

Bhagat Beni, a Gurmukh, would sit in
solitude & enter a meditative trance.

ਕਰਮ ਕਰੈ ਅਧਿਆਤਮੀ ਹੋਰਸੁ ਕਿਸੈ ਨ ਅਲਖੁ ਲਖਾਵੈ।

He would perform spiritual activities &
in humility would never tell anyone.

ਘਰਿ ਆਇਆ ਜਾ ਪੁਛੀਐ ਰਾਜੁ ਦੁਆਰਿ ਗਇਆ ਆਲਾਵੈ।

Reaching back home when asked, he would tell people that he had
gone to the door of his king (the Supreme Lord).

ਘਰਿ ਸਭ ਵਥੂ ਮੰਗੀਅਨਿ ਵਲੁ ਛਲੁ ਕਰਿ ਕੈ ਝੁਤ ਲੰਘਾਵੈ।

When his wife asked for some household material he would avoid
her and thus spend his time performing spiritual activities.

ਵਡਾ ਸਾਂਗੁ ਵਰਤਦਾ ਓਹ ਇਕ ਮਨਿ ਪਰਮੇਸਰੁ ਧਿਆਵੈ।

One day while concentrating on the Lord with single-minded
devotion, a great miracle occurred.

ਪੈਜ ਸਵਾਰੈ ਭਗਤ ਦੀ ਰਾਜਾ ਹੁਇ ਕੈ ਘਰਿ ਚਲਿ ਆਵੈ।

To keep the glory of the devotee, Vaheguru Himself
in the form of King went to his house.

ਦੇਇ ਦਿਲਾਸਾ ਤੁਸਿ ਕੈ ਅਣਗਣਤੀ ਖਰਚੀ ਪਹੁੰਚਾਵੈ।

In great joy, He consoled everyone and made available profuse
money for expenditure.

ਓਥਹੁੰ ਆਇਆ ਭਗਤ ਪਾਸਿ ਹੋਇ ਦਇਆਲੁ ਹੇਤੁ ਉਪਜਾਵੈ।

From there He came to His devotee Beni
and compassionately loved him.

ਭਗਤ ਜਨਾਂ ਜੈਕਾਰੁ ਕਰਾਵੈ ॥੧੪॥

This way He arranges applause for His devotees.

(Bhai Gurdas Ji, Var 10:14)

4. Padsevan – serving the feet of your Guru

ਚਿਤ ਚਰਨ ਨਾਮ ॥

Thy Feet and Thy Name are meditated in every heart.

(10th Guru, Jaap Sahib, Dasam Guru Granth, 19)

ਰਾਜੁ ਨ ਚਾਹਉ ਮੁਕਤਿ ਨ ਚਾਹਉ ਮਨਿ ਪ੍ਰੀਤਿ ਚਰਨ ਕਮਲਾਰੇ ॥

I do not seek power nor liberation. My mind long for love with Your Lotus Feet.

(5th Guru, 534, Dev Ghandari, SGGSJ)

- Bhai Gonda Ji, a Sikh of Sri Guru Har Rai Ji lived in Kabul, Afghanistan
- Bhai Gonda Ji was meditating, in his meditation he was clasping Guru Ji's feet, he entered a nirvakalap Smadhi – a meditative trance in which all thoughts end. He remained in this state from morning until evening. Guru Ji remained seated on their Takhat the whole time not moving or eating, held by the love of Bhai Gonda Ji holding their Charan kamal (lotus feet).

Bheelani

- Bheelani – Pampasar became termite infested. The Rishis asked Sri Ram Chandar Ji to put his Charan (feet) in it to purify the pool, but it didn't work. He said that person who has no duality can purify it. All the Rishis tried & failed
- Bheelani – a low caste female devotee added her feet & it was purified
- She had concentrated on Vaheguru's feet & he purified her in every way.

5. Archana – worship – eg do bhog to your food. Always offer the best to the Guru first

ਪੂਜਾ ਅਰਚਾ ਸੇਵਾ ਬੰਦਨ ਇਹੈ ਟਹਲ ਮੋਹਿ ਕਰਨਾ ॥

This Guru's service is the worship I perform by,
Offerings of flowers, obeisance and devotion in obedience.

(5th Guru, 531 SGGSJ)

- Ishnaan, suche clothes, matha tekna, flowers/scent, jyot, parkarma, arti –sing God's praises, rumallas fresh, nitnem, food bhog, clean, wash, suhagan to Guru/God, washing feet of Gursikhs/Sangat, cleaning their shoes, parkash, sukhasan etc

ਆਸਾ ਮਹਲਾ ੫ ॥

Asa 5th Guru.

ਆਠ ਪਹਰ ਉਦਕ ਇਸਨਾਨੀ ॥ ਸਦ ਹੀ ਭੋਗੁ ਲਗਾਇ ਸੁਗਿਆਨੀ ॥

Twenty-four hours a day, he takes his cleansing bath in water;
the spiritually wise always do bhog at all times (via their
meditation).

ਬਿਰਥਾ ਕਾਹੂ ਛੇਡੈ ਨਾਹੀ ॥ ਬਹੁਰਿ ਬਹੁਰਿ ਤਿਸੁ ਲਾਗਹ ਪਾਈ ॥੧॥

He leaves none without sustenance/help.

Again and again, I fall at His feet.

ਸਾਲਗਿਰਾਮੁ ਹਮਾਰੈ ਸੇਵਾ ॥ ਪੂਜਾ ਅਰਚਾ ਬੰਦਨ ਦੇਵਾ ॥੧॥ ਰਹਾਉ ॥

That Vaheguru that pervades all, I serve Him via such is my
worship, flower-offerings and divine adoration as He illuminates all.

||1||Pause||

(5th Guru, Asa, 393 SGGSJ)

6. Bandana/Namaskar, bowing to the Guru

ਡੰਡਉਤਿ ਬੰਦਨ ਅਨਿਕ ਬਾਰ ਸਰਬ ਕਲਾ ਸਮਰਥ ॥

I bow down, and fall to the ground in humble adoration,
countless times, to the All-powerful Vaheguru, who
possesses all powers.

ਡੋਲਨ ਤੇ ਰਾਖਹੁ ਪ੍ਰਭੂ ਨਾਨਕ ਦੇ ਕਰਿ ਹਥ ॥੧॥

Please protect me, and save me from wavering, extend
your hand of support. ||1||

(5th Guru, 256 SGGSJ)

- **Jaap Sahib - namaskar**

Examples/ methods of Bandana

- Akroor bandana when going to meet Krishan Bhagwan as a messenger of Kamsa
- Bowing in everything you do, Ardas etc
- Bowing at everything as the form of God



7. Das – act like a slave to the Guru, serve Him

- Bhai Lehna – Sri Guru Angad Dev Ji Maharaj
- Sri Guru Amar Das Ji

ਸੇ ਸੇਵਕੁ ਹਰਿ ਆਖੀਐ ਜੇ ਹਰਿ ਰਾਖੈ ਉਰਿ ਧਾਰਿ ॥

Those who keep Vaheguru enshrined within their hearts are said to be His servants.

ਮਨੁ ਤਨੁ ਸਉਪੇ ਆਗੈ ਧਰੇ ਹਉਮੈ ਵਿਚਹੁ ਮਾਰਿ ॥

Placing mind and body in offering before the Lord, they conquer and eradicate egotism from within.

ਧਨੁ ਗੁਰਮੁਖਿ ਸੇ ਪਰਵਾਣੁ ਹੈ ਜਿ ਕਦੇ ਨ ਆਵੈ ਹਾਰਿ ॥੩॥

Blest and acceptable is the pious person who never suffers defeat.

(3rd Guru, Sri Raag, 28 SGGSJ)

**ਸੇਵਕ ਕਉ ਸੇਵਾ ਬਨਿ ਆਈ ॥
ਹੁਕਮੁ ਬੂਝਿ ਪਰਮ ਪਦੁ ਪਾਈ ॥**

The servant's purpose is to serve; obeying
Vaheguru's Command, achieving the supreme
status.

(5th Guru, Gauri, 292 SGGSJ)

ਨਾਨਕ ਸੇਵਕੁ ਸੇਈ ਆਖੀਐ ਜੋ ਸਿਰੁ ਧਰੇ ਉਤਾਰਿ ॥

O Nanak, he alone is called a selfless servant, who surrenders his
head/ego, and offers it to Vaheguru.

ਸਤਿਗੁਰ ਕਾ ਭਾਣਾ ਮੰਨਿ ਲਏ ਸਬਦੁ ਰਖੈ ਉਰ ਧਾਰਿ ॥੧॥

Accepting the Will of the True Guru, and enshrining the Shabad within
his/her heart. ||1||

(3rd Guru, 1247 SGGSJ)

8. Sakha – treat God/Guru like your best friend

- Friends – true friends
- Also your friends circle/sangat to get you closer to God = Gurmukhs

ਸਾਜਨੜਾ ਮੇਰਾ ਸਾਜਨੜਾ ਨਿਕਟਿ ਖਲੋਇਅੜਾ ਮੇਰਾ ਸਾਜਨੜਾ ॥

Friend, my Friend - standing so near to me
is my Friend (the all pervading Vaheguru).

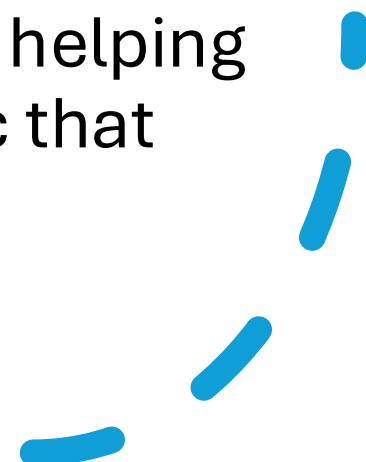
(5th Guru, 924 SGGSJ)

- Bhai Mardana Ji
- Sudama Ji in 2 slides



6

Characteristics true friends

1. Stop you sinning
 2. Help you to love God
 3. Hide your demerits
 4. Publicise your virtues
 5. Helping your friend in any hardship, not relinquishing them
 6. In times of hardship, helping with food, money etc that may be needed
- 

ਬਿਪੁ ਸੁਦਾਮਾ ਦਾਲਿਦੀ ਬਾਲ ਸਖਾਈ ਮਿਤ੍ਰ ਸਦਾਏ।

Sudama, a poor brahman, was known to be a friend of Krishna from childhood.

ਲਾਗੂ ਹੋਈ ਬਾਮੁਣੀ ਮਿਲਿ ਜਗਦੀਸ ਦਲਿਦ੍ਰ ਗਵਾਏ।

His brahmin wife always pestered him as to why he did not go to Lord Krishna to alleviate his poverty.

ਚਲਿਆ ਗਣਦਾ ਗਟੀਆਂ ਕਿਉ ਕਰਿ ਜਾਈਐ ਕਉਣੁ ਮਿਲਾਏ।

He was perplexed and pondered over how he could get re-introduced to Krishna, who could help him meet the Lord.

ਪਹੁਤਾ ਨਗਰਿ ਦੁਆਰਕਾ ਸਿੰਘ ਦੁਆਰਿ ਖਲੇਤਾ ਜਾਏ।

He reached the town of Dwaraka and stood before the main gate (of the palace of Krishna).

ਦੂਰਹੁ ਦੇਖਿ ਡੰਡਉਤਿ ਕਰਿ ਛਡਿ ਸਿੰਘਾਸਣੁ ਹਰਿ ਜੀ ਆਏ।

Seeing him from a distance, Krishna, the Lord, bowed and leaving his throne came to Sudama.

ਪਹਿਲੇ ਦੇ ਪਰਦਖਣਾ ਪੈਰੀ ਪੈ ਕੇ ਲੈ ਗਲਿ ਲਾਏ।

First he circumambulated around Sudama and then touching his feet he embraced him.

ਚਰਣੇਦਕੁ ਲੈ ਪੈਰ ਧੋਇ ਸਿੰਘਾਸਣੁ ਉਤੇ ਬੈਠਾਏ।

Washing his feet he took that water and made Sudama sit on the throne.

ਪੁਛੇ ਕੁਸਲੁ ਪਿਆਰੁ ਕਰਿ ਗੁਰ ਸੇਵਾ ਦੀ ਕਥਾ ਸੁਣਾਏ।

Then Krishna lovingly enquired about his welfare and talked about the time when they were together in the service of the guru (Sandipani).

ਲੈ ਕੈ ਤੰਦੁਲ ਚਬਿਓਨੁ ਵਿਦਾ ਕਰੇ ਅਗੈ ਪਹੁਚਾਏ।

Krishna asked for the rice sent by Sudama's wife and after eating, came out to see off his friend Sudama.

ਚਾਰਿ ਪਦਾਰਥ ਸਕੁਚਿ ਪਠਾਏ ॥੯॥

Though all the four boons (righteousness, wealth, fulfilment of desire and liberation) were given to Sudama by Krishna, Krishna's humbleness still made him feel totally helpless.

(Bhai Gurdas Ji, Var 10:9)

9. Atma nivedan – surrender to the Guru in everything you do

- Panj Pyare – gave their heads never left the side of the Guru, gave Shaheedia & stayed until Hazur Sahib

ਤਨੁ ਮਨੁ ਧਨੁ ਸਭੁ ਸਉਪਿ ਗੁਰ ਕਉ ਹੁਕਮਿ ਮੰਨਿਐ ਪਾਈਐ ॥

Surrender body, mind, wealth, and everything to the Guru; obey the Order of His Will, and you attain Him.

(3rd Guru, 917 SGGSJ)

- Relate everything to your Atma
- The power of God within
- That never changes
- Brainwash yourself – jnana yoga, be a witness – Sakshi
- Dry, intellectual process – but burns your ignorance

9 types of Bhagti

9 to choose from

Do 1

Do them all

Try them all

Prema Bhagti

ਕਬਿਤੁ:— Couplet (Persian in Gurmukhi):

ਆਸ਼ਕਾਰਾ ਨਵ ਨੀਸ਼ਾਨੀ ਐ ਪਿਸਰ,

"O son, the nine signs of a lover are evident:

ਆਹ ਸਰਦੇ,

* Drawing cold sighs due to being separated from the Beloved.

ਰੰਗ ਜਰਦੇ,

* The complexion turning pale/yellow from separation from the Beloved.

ਚਸਮਤਰ ॥

* Constant tears trickling down the eyes from separation from the Beloved.

ਕਮਗੁਫਤਨੇ,

* Speaking very little from separation from the Beloved.

ਕਮ ਖੁਰਦਨੇ,

* Eating very little from separation from the Beloved.

ਖੁਆਬਸ਼ ਹਰਾਮ,

* Inability to sleep from separation from the Beloved.

ਇੰਤਜ਼ਾਰੀ,

* Constantly waiting and longing for the Beloved due to separation.

ਬੇਕਰਾਰੀ,

* Deep anxiety and restlessness seizing the heart from separation from the Beloved.

ਦਸ਼ਤਸਰ ॥

* Sitting down overcome with grief, head held in one's hands due to separation from the Beloved.

Source

* Text: Amir Bhandar Teeka (ਅਮੀਰ ਭੰਡਾਰ ਟੀਕਾ), Part 6 (Bhag 6), an exhaustive Nirmala/traditional commentary authored by Sant Kirpal Singh Ji (Satto Gali).

The challenge to become undefeatable

- You need to engross yourself in bhagti

Maya	Bhagti
Death, the body dies – why attach yourself to it	Immortal God Amrit – immortal nectar, obtained via Gurbani Just Shak It!
You are the body	Your true identity is Godly awareness, you are not the body, you are the soul
Visible world – experienced with ease, but you know it is perishable	Invisible/spiritual world, has to be experienced via practice God's existence – super power, your fingerprints, your dna
Sadness, rejection, dejection, defeat	Happiness, peace, bliss, Change your mind Toleration of all the world throws at you True warriors

Maya	Bhagti
Limited knowledge, sensory limitations	All wisdom Contained in Gurbani Experienced via bhagti All realms known, all wisdom/knowledge comes to be known
The body is inert, powerless without Godly Atma/Spirit in it	You are the Atma – not the body, which is a mere vehicle for it
A slave – only exists when God creates, doesn't exist when God destroys it	The boss – God is the boss of all The sovereign of all Sikhs needs to realize their sovereignty & join God at his court/throne
Limited powers	Unlimited powers

Thanks for listening

Any questions?