

Waheguru ji ka khalsa
Waheguru ji ki fateh
More information visit www.waheguru.ca
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Wahe: means great and greatness, as in wow

Guru: is split in 2 again as in

Gu: mean darkness; our mind is lost in darkness;

Ru: means light, we can find our true selves with that is light of God;

Waheguru: as in whole means the greatest of the greatest that holds the power to eliminate the darkness from mind and turn into light of God. Before we can eliminate we need to what it is that we want to eliminate. What form is darkness; darkness is lust, anger, greed, attachments, ego, hate, anger, back stabbing, steeling, lying, cheating, misleading, misrepresenting.

Ji: is a word of respect like sir, or like we say uncle ji

Ka: means His, who it belongs to, who khalsa belongs to waheguru;

Khalsa: means pure; we can only become pure, if we see God in all, without any of these lust, anger, greed, attachments, ego, hate, anger, back stabbing, steeling, lying, cheating, misleading, misrepresenting and purity belongs to waheguru, khalsa belongs to waheguru.

The waheguru ji ka khalsa mean; purity belongs to waheguru, the creator

Fateh; means victory, we are only victorious if learn, love and follow Guru's order, if we see God in all, without any of these lust, anger, greed, attachments, ego, hate, anger, back stabbing, steeling, lying, cheating, misleading, misrepresenting.

The waheguru ji ki fateh: if we become pure and become khalsa then any victory we attain; we are saying to our Guru Sahib Ji that this victory that He gave us belongs to Him. Once we follow Guru's order and become khalsa, only then we will be blessed with His victory.

<> ik-o^Nkaar

One Universal Creator God

siq nwmu **saṭ naam**

The Name Is Truth

krqw purKu **kaṭaa purakh**

Creative Being Personified (purakh means a person)

inrBau **nirbha-o**

No Fear

inrvYru **o nirvair**

No Hatred

Akwl mUriq **akaal mooraṭ**

Image Of The Undying

AjUnl **ajoonee**

Beyond Birth

sYBM **saibha^N**

Self-Existent

gur pRswid] **gur parsaad**

By Guru's Grace

Simran Meditation Procedure

hir kw iblovnw mn kw blcwrw]

har **kaa bilovanaa** man **kaa beechaaraa** ||

The churning of the Lord is to reflect upon Him within your mind.

har **kaa bilovanaa bilovahu maerae bhaaee** ||
Churn the churn of the Lord, O my Siblings of Destiny.

gur pRswid pwvY AMimRq Dwrw]3]

gur prasaadh **paavai** a(n)mrith dhhaaraa ||3||
By Guru's Grace, the Ambrosial Nectar flows into us. ||3||

shij iblovhu jYsy qqu n jwel]1] rhwau]

sehaj **bilovahu jaisae** thath n **jaae** ||1|| rehaao ||
Churn it steadily, so that the essence, the butter, may not be lost. ||1||

hir kw iblovnw iblovhu myry Bwel]

Sit or lay down in a comfortable position, where knees or angles or any other part of body doesn't hurt.

Start with the following prayer;

- 1) Dhan Dhan Sri Guru Granth Sahib Ji, repeat it twice. Guru Granth Sahib ji is God, Dhan mean Great and greatest, and we are calling on to God; our Great Guru to
- 2) Kirpa kar kai apna naam aap japao; repeat it twice. Naam japao is to remember God Waheguru, Here we are asking God, our Great Guru to help and bless us to remember Him by His name, which is waheguru
- 3) Dhan Dhan Sri Guru Granth Sahib Ji, repeat it twice; Guru Granth Sahib ji is God, Dhan mean Great and greatest, and we are calling on to God; our Great Guru to
- 4) Kirpa kar kai Man takao; repeat it twice, Man is our mind and we asking our Guru to help us control our mind
- 5) Dhan Dhan Sri Guru Granth Sahib Ji, repeat it twice; Guru Granth Sahib ji is God, Dhan mean Great and greatest, and we are calling on to God; our Great Guru to
- 6) Sarbat the bhala karna; sarbat mean the whole world and every creature, Bhala mean wellness, we asking to well wish to all.
- 7) Dhan Dhan Sri Guru Granth Sahib Ji, repeat it twice; Guru Granth Sahib ji is God, Dhan mean Great and greatest, and we are calling on to God; our Great Guru to
- 8) Thouadha shukar hai; Thouadha means yours God; shukar hai; mean thank you. Here we are say Dear Lord God; Guru sahib Thank you for everything you have give to us and for this time that He blessed us for us to remember Him by His name. We are also thanking him for that it is His blessing that we are here in the world to learn about Him and remember Him.

Then just repeat in your mind I am here to remember you lord; so please help me and who are all gathered here.

Start to repeat vocal voice for 15 mins Waheguru, Waheguru then go silent breath in wahe breath out guru. And make sure your mind doesn't run off somewhere else.