

Questions and Answers

Q. I have tried to do Simran my mind doesn't stay put?

A. There are all kinds of meditations and yogas available to help control our mind but mind can only be controlled with blessings of a true Guru. True Guru is only Guru Granth Sahib Ji. If we haven't accepted Guru Granth Sahib Ji as our Guru, our mind will not be at ease or at peace.

Q. I do matha take to Guru Granth Sahib Ji is that enough love for Guru Sahib Ji?

A. Love of God is not measured with Matha take, Guru never asked anyone to do Matha take to Guru Sahib Ji.

Q. How do we connect with Guru Sahib Ji?

A. Since Guru is inside all of us, we first have to connect with ourselves, then Guru will Bless us with His wisdom.

Q. What does Guru want from people?

A. Guru doesn't have any needs or wants. He shows us a way to connect with him by Naam Simran.

Q. What is Amrit?

A. Amrit is Naam, name of God. Loving rules of Amrit Naam enables us to connect with the almighty from within. Guru Sahib Ji appointed 5 beloved ones to provide and teach the value and rules Amrit Naam. If we surrender our heads (our thinking) to God, only then we will be blessed with true sense of Amrit Naam with blessings of divine light and knowledge. The rules of Amrit enforces & teaches us, to see God in all, make a truthful living, help the poor and needy, stay humble and realize God.

Q. How important are the 5 Kakars?

A. All the Kakars represent something, they protect us from outside unseen forces, they provide a fence to our soul from the outside unseen forces.

Q. Are only Sikhs saved from the punishments of the next world?

A. No, Only those that follow God's rules will be saved. Sikh means one that follows God's rules.

More Information Visit: www.waheguru.ca

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ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹ ॥

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh

**Purity of all belongs to
Waheguru, God**

**Victory of all belongs to
Waheguru, God**



ਗੁਰੂ ਦੁਆਰੈ ਹੋਇ ਸੋਝੀ ਪਾਇਸੀ॥



Guru duaarai hoae sojhee paaeisee ||

(Human body is the temple for
understanding that Guru's Word is God.
By following the teachings of the Guru we
can obtain wisdom and faith in God)

Feel the Power of God with Naam Simran

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Gurmat Classes:

We teach kids any age above 5 year old, God's True way of life.

In Punjabi / English mix,

One on one discussion,

Share your concerns, comments and experiences.

Kids, teens and adults.

Parents are welcome to come with or without kids.

Feel the Power of God with Naam Simran

Naam Simran Classes:

What is Naam Simran:

ਹਰਿ ਕਾ ਬਿਲੋਵਨਾ ਮਨ ਕਾ ਬੀਚਾਰਾ ॥

har kaa bilovanaa man kaa beechaaraa ॥

The Remembering of the Lord is to reflect upon on Him in our minds and on His qualities into our lives.

ਗੁਰ ਪ੍ਰਸਾਦਿ ਪਾਵੈ ਅੰਮ੍ਰਿਤ ਧਾਰਾ ॥੩॥

gur prasaadh paavai a(n)mrith dhhaaraa ॥3॥

By Guru's Blessing, we can feel the Ambrosial Nectar flows into us. ॥3॥

How are we suppose to do Naam Simran?

ਹਰਿ ਕਾ ਬਿਲੋਵਨਾ ਬਿਲੋਵਹੁ ਮੇਰੇ ਭਾਈ ॥

har kaa bilovanaa bilovahu maerae bhaaee ॥

Remember the Lord with every breath, O my Siblings of Destiny.

ਸਹਜਿ ਬਿਲੋਵਹੁ ਜੈਸੇ ਤਤੁ ਨ ਜਾਈ ॥੧॥ ਰਹਾਉ ॥

sehaj bilovahu jaisae thath n jaanee ॥1॥ rehaao ॥

Slow and steady remember and realize Lord's value into our lives, so that the essence shows in our daily activity. ॥1॥

Naam Simran is remembering of God's Name applying its value into our daily lives.

Guru tells us to connect with your inner self and realize the truth and true image of yourself that is the light of God, according to our Guru Granth Sahib Ji.

ਮਨ ਤੂੰ ਜੋਤਿ ਸਰੂਪੁ ਹੈ ਆਪਣਾ ਮੂਲੁ ਪਛਾਣੁ ॥

man thoo(n) joth saroop hai apanaa mool pashhaan ॥

O my mind, you are the embodiment of the Divine Light - recognize your own origin

The Name of one and only God is waheguru