



15MIN Talks

"Keeping the Faith....."





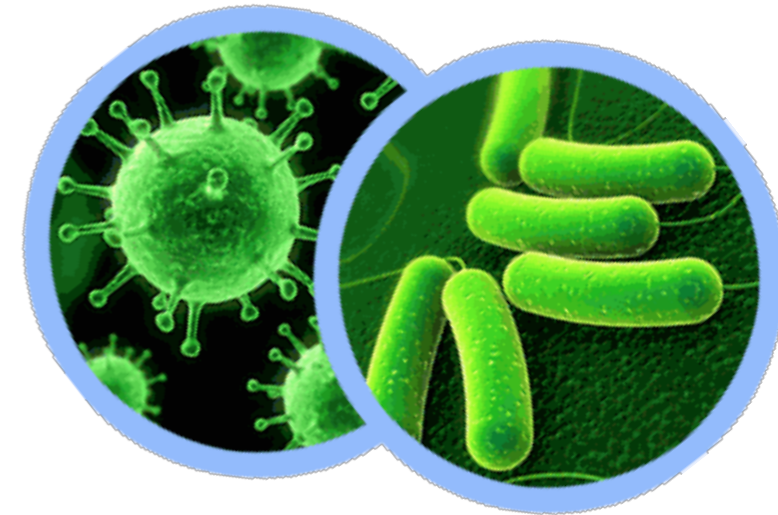
ਨਾਮਧਾਰੀ ਸਿਖ ਸੰਗਤ

Saturday 19th May 2012

Why do we do **Naam Simran?**



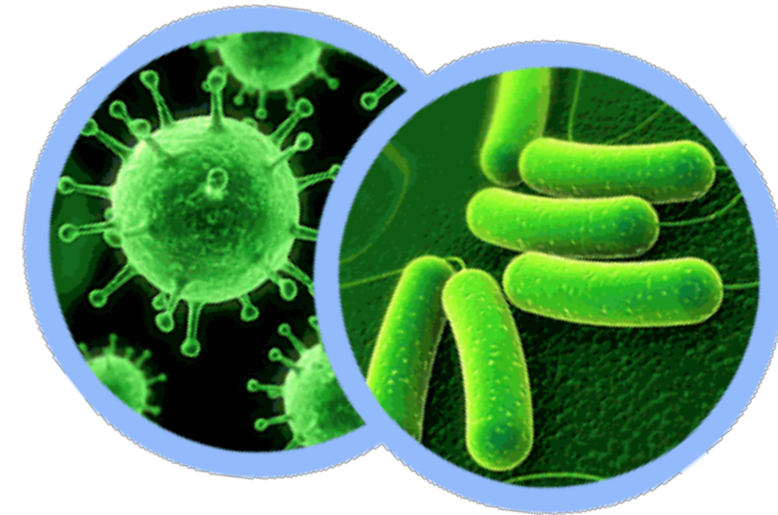
- Why Do You Brush Your Teeth in the Morning?
- Why is there a need to Take a Shower?
- Why do we have internet security on our computers?



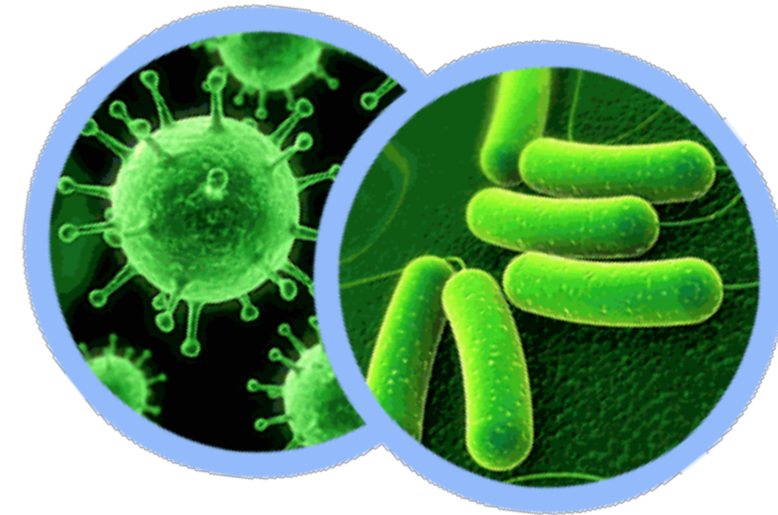
- In our everyday daily life, there is a virus, in some form or another.....,
- We fall ill, we go to a doctor, hoping he has the cure for the virus, infection, illness



- We Humans have 5 Viruses.....



- 1. **ਕਾਮ** – KAAM – Desire, Passion, Lust, aphrodisiac
- 2. **ਕ੍ਰੋਧੁ** – Krohd – Anger
- 3. **ਲੋਭ** – Lohb - Greed
- 4. **ਮੋਹ** – Moh – attachment, attraction, Love
- 5. **ਅਹੰਕਾਰ** – Hunkaar – Proudness, Pride, “me”



- These viruses **Do Not** let you concentrate. They are distractions
- They **Do Not** let you meditate, and search for the true guru..



ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹ ॥

When the hands and the feet and the body are dirty,

ਪਾਲੀ ਧੋਤੈ ਉਤਰਸੁ ਖੇਹ ॥

water can wash away the dirt.

ਮੂਤ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥

When the clothes are soiled and stained by urine,

ਦੇ ਸਾਬੂਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥

soap can wash them clean.

ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥

But when the intellect is stained and polluted by sin,

ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥

it can only be cleansed by the recitation of Naam.



ਪੰਚ ਬਿਖਾਦੀ ਏਕੁ ਗਰੀਬਾ ਰਾਖਹੁ ਰਾਖਨਹਾਰੇ ॥

Panch bikhādī ek garībā rākho rākhanhāre.
The five vicious thieves are assaulting my poor being;
save me, O Savior Lord!

ਖੇਦੁ ਕਰਹਿ ਅਰੁ ਬਹੁਤੁ ਸੰਤਾਵਹਿ ਆਇਓ ਸਰਨਿ ਤੁਹਾਰੇ ॥੧॥

Khēd karahi ar bahut santāvēh āio saran tuhāre.
They are tormenting and torturing me.

I have come, seeking Your Sanctuary.



ਜੀਤਿ ਲਏ ਓਇ ਮਹਾ ਬਿਖਾਦੀ ਸਹਜ ਸੁਹੇਲੀ ਬਾਣੀ ॥

Jīt̄ lae oe mahā bikhādī sahj suhelī baṇī.

I have now conquered those terrible evil-doers, and my speech is now sweet and sublime.

ਕਹੁ ਨਾਨਕ ਮਨਿ ਭਇਆ ਪਰਗਾਸਾ ਪਾਇਆ ਪਦੁ ਨਿਰਬਾਣੀ

Kaho Nānak man bhaiā pargāsā pāiā pad̄ nirbāṇī.

Says Nanak, the Divine Light has dawned within my mind; I have obtained the state of Nirvaanaa.



- Sri Satguru Jagjit Singh Ji requests that we meditate for **one hour a day** as the bare minimum.
- He further goes on and says, he who Prays/Meditates for one hour, Sri Satguru Ji “will be his protector”

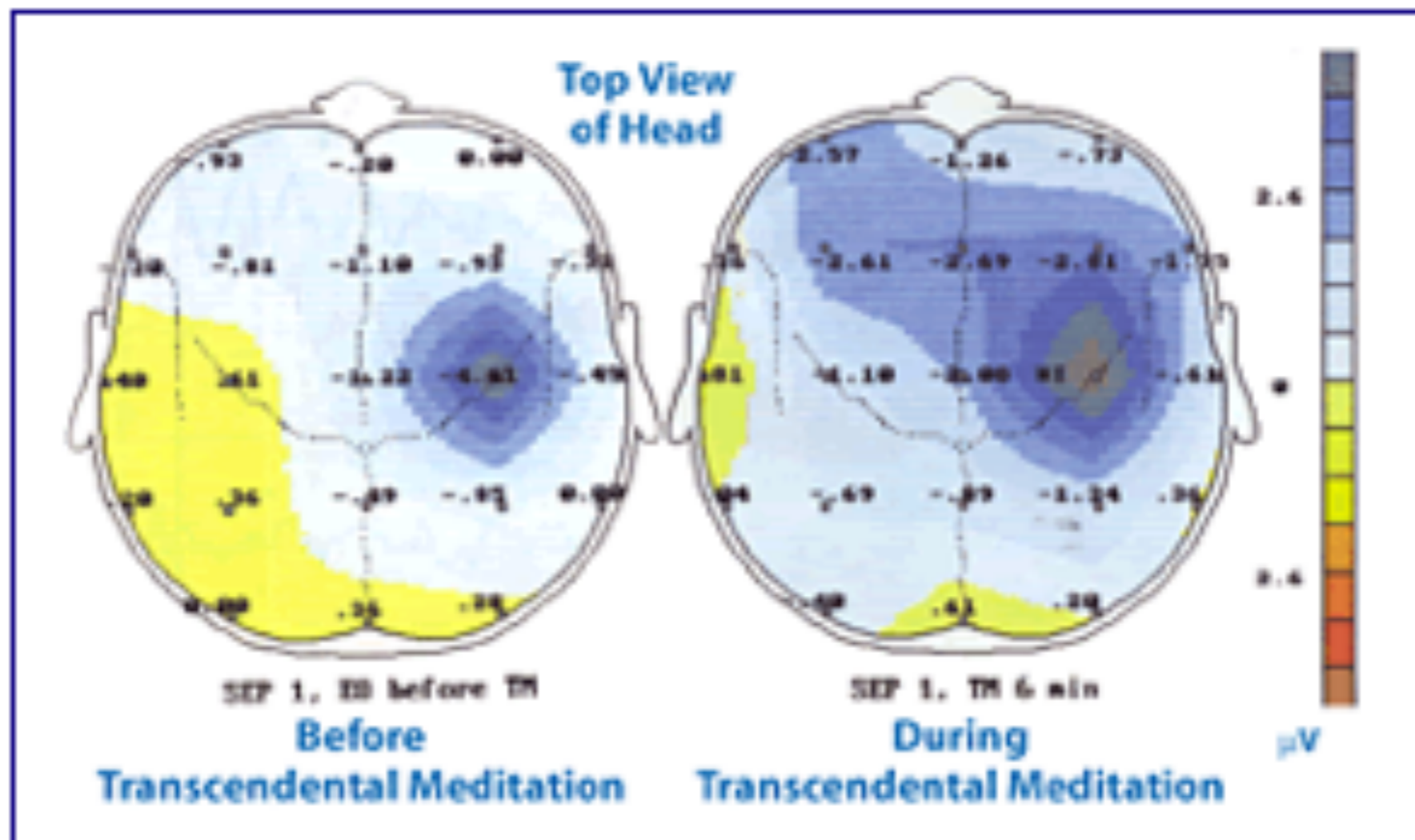


- It washes away our Sins
- Meditation helps you focus
- Meditation helps you to stay calm
- Meditation improves the way you think
- Meditation helps you relax
- ਸਰਬ ਰੋਗ ਕਾ ਅਉਖਦੁ ਨਾਮੁ ॥
Sarab Rohg ka Auhkad Naam.
- The Naam is the solution, the medicine to cure all illnesses.



Increased Use of Hidden Brain Reserves

THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM



Reference: *Human Physiology* 25: 171-180, 1999



ਭੈ ਨਾਸਨ ਦੁਰਮਤਿ ਹਰਨ ਕਲਿ ਮੈ ਹਰਿ ਕੋ ਨਾਮੁ ॥

Bḥai nāsan dṛmatṯ haran kal mai har ko nām.

In this Dark Age of Kali Yuga, the Name of the Lord is the Destroyer of fear, the Eradicator of evil-mindedness.

ਭੈ ਨਾਸਨ ਦੁਰਮਤਿ ਹਰਨ ਕਲਿ ਮੈ ਹਰਿ ਕੋ ਨਾਮੁ ॥

Nis dṛin jo Nānak bḥajai safal hohi ṯih kām. ॥20॥

Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition. ॥20॥



ਜਿਹਬਾ ਗੁਨ ਗੋਬਿੰਦ ਭਜਹੁ ਕਰਨ ਸੁਨਹੁ ਹਰਿ ਨਾਮੁ ॥

Jihbā gun gobind bhajahu karan sunhu har nām.

Vibrate with your tongue the Glorious Praises of the Lord of the Universe; with your ears, hear the Lord's Name.

ਕਹੁ ਨਾਨਕ ਸੁਨਿ ਰੇ ਮਨਾ ਪਰਹਿ ਨ ਜਮ ਕੈ ਧਾਮ ॥੨੧॥

Kaho Nānak sun re manā parēh na jam kai dhām. ॥21॥

Says Nanak, listen, man: you shall not have to go to the house of Death. ॥21॥



ਗਿਆਨ ਵਿਹੁਣਾ ਕਥਿ ਕਥਿ ਲੁਝੈ ॥

Without spiritual wisdom, they babble and argue

ਗੁਰਮੁਖਿ ਗਿਆਨੁ ਨਾਮਿ ਮੁਕਤਿ ਹੋਈ ॥

By becoming the Gurmukh, one acquires Giaan (Spiritual Wisdom), and through the Naam gets liberated (Mukti-ਮੁਕਤੀ)

By Meditating, one remains calm, and in control. He/
She does not let Anger prevail.



ਪੈਜ ਰਾਖਹੁ ਹਰਿ ਜਨਹ ਕੇਰੀ ਹਰਿ ਦੇਹੁ ਨਾਮੁ ਨਿਰੰਜਨੋ ॥

Paij rākḥo har janah kerī har deh nām niranjano.

Please save the honour of Your humble servant, O Lord;
please bless him with Your Immaculate Naam.

ਅੰਤਿ ਚਲਦਿਆ ਹੋਇ ਬੇਲੀ ਜਮਦੂਤ ਕਾਲੁ ਨਿਖੰਜਨੋ ॥

Ant chaldīā hoe belī jamdūt kāl nikḥanjano.

At this time of final departure, it is our only help and support; it
destroys death, and the Messenger of Death.



Conclusion

Satguru Ji's Hukam

Naam washes away our sins

Naam helps cleanse our minds

Naam helps us reach **God**



Thank **You** for your time.....

15 MINTalks

"Keeping the Faith....."