



15 MIN Talks

"Keeping the Faith....."



ਨਾਮਧਾਰੀ ਸਿਖ ਸੰਗਤ

Saturday 2nd June 2012

Why is it important to get up **early** in the **morning**?



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Namdhari Sikh Gurdwara Birmingham, UK



- Sri Satguru Jagjit Singh Ji's pavitar updesh
- Satguru Ji has told us to take a bath before sunrise, and sit down and do naam simran
- Satguru Ji says; "the early morning time is the time when we can reach him the easiest"



SavaaMahnMotiDaanKeetedaFal,praapat hondha...(sri satguru jagjit singh ji)

- Early morning, your “chakra’s” open, like flowers, as they connect the environment to your body.... Which energises your body!!
- Some gurbani paats are only made to be read in the early hours of the morning, before sunrise..



ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ

amrith vaelaa sach naao vaddiaaee veechaar

In the Amrit Vaylāa, the ambrosial hours before dawn, chant the True Name, and contemplate His Glorious Greatness.



ਫਰੀਦਾ ਰਾਤਿ ਕਥੂਰੀ ਵੰਡੀਐ ਸੁਤਿਆ ਮਿਲੈ ਨ ਭਾਉ ॥

fareedhaa raath kathooree vanddeesai suthiaa milai
n bhaao |

Fareed, musk is released at night. Those who are sleeping do not receive their share.

ਹੇ ਫਰੀਦ ! (ਉਹ ਤਿਆਰੀ ਰਾਤ ਨੂੰ ਹੀ ਹੋ ਸਕਦੀ ਹੈ) ਰਾਤਿ (ਦੀ
ਇਕਾਂਤ) ਵਿਚ ਕਸਤੂਰੀ ਵੰਡੀਦੀ ਹੈ ਜੋ ਸੱਤੇ ਰਹਿਣ ਉਹਨਾਂ ਨੂੰ
(ਇਸ ਵਿਚੋਂ) ਹਿੱਸਾ ਨਹੀਂ ਮਿਲਦਾ ।



- ਜਿੰਨਾ ਨੈਣ ਨੀਦ੍ਰਾਵਲੇ ਤਿੰਨਾ ਮਿਲਣੁ ਕੁਆਉ ॥੮੦॥
- jinnaa nain naaeedhraavalaee thinnaa milan kuaao
|80|
- Those whose eyes are heavy with sleep - how can they receive it? ||80||
- ਜਿਨ੍ਹਾਂ ਦੀਆਂ ਅੱਖਾਂ (ਸਾਰੀ ਰਾਤ) ਨੀਂਦ ਵਿਚ ਘੱਟੀਆਂ ਰਹਿਣ,
ਉਹਨਾਂ ਨੂੰ (ਨਾਮ ਦੀ ਕਸਤੂਰੀ ਦੀ) ਪ੍ਰਾਪਤੀ ਕਿਵੇਂ ਹੋਵੇ? ।੮੦।



**“Early to bed and early to rise makes
a man **healthy, wealthy and wise**”**

Ben Franklin, famously



Benefits

Sunrise. People who wake late miss one of the greatest feats of nature, repeated in full stereovision each and every day.

Breakfast. Rise early and you actually have time for breakfast. Breakfast, is one of the most important meals of the day



Benefits

Commute. No one likes rush-hour traffic, Commute early, and the traffic is much lighter, and you get to work faster, and thus save yourself more time.

Appointments. It's much easier to make those early appointments on time if you get up early.



- ਗੁਰ ਸਤਿਗੁਰ ਕਾ ਜੇ ਸਿਖੁ ਅਖਾਏ ਸੁ ਭਲਕੇ ਉਠਿ ਹਰਿ ਨਾਮੁ ਧਿਆਵੈ ॥
- One who calls himself a Sikh of the Guru, the True Guru, shall rise in the early morning hours and meditate on the Lord's Name.
- ਉਦਮੁ ਕਰੇ ਭਲਕੇ ਪਰਭਾਤੀ ਇਸਨਾਨੁ ਕਰੇ ਅੰਮ੍ਰਿਤ ਸਰਿ ਨਾਵੈ ॥
- Upon arising early in the morning, he is to bathe, and cleanse himself in the pool of nectar.



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

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