



## HALF TERM REVISION PACK 2022

### Key things to do:

Memorise Gurbani

Understand Concepts

Learn Stories

### Create something for our display:

Artwork/Poetry/Storywriting

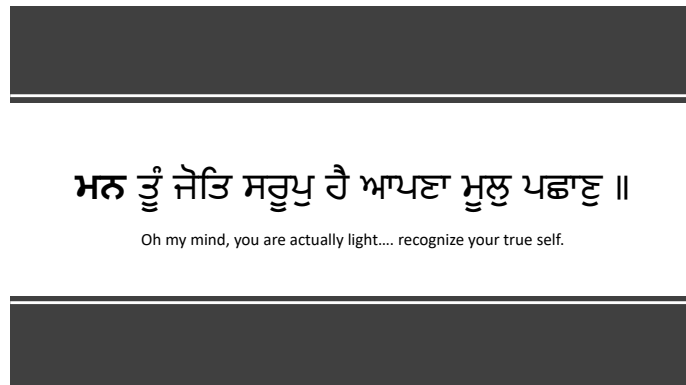
# Term 1 Gurmat Section – Who am I?

*Foundation of our Identity*

## Section 1: I am my Atma

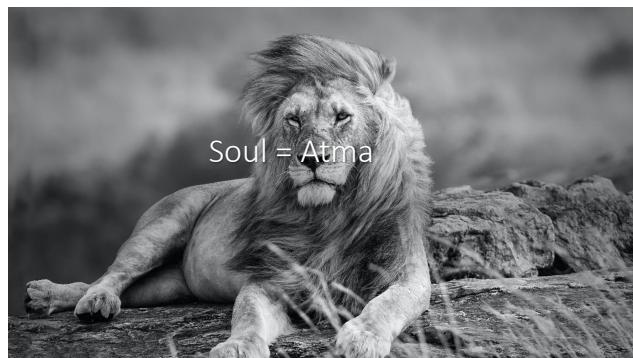
**Man Thoo Joth Saroop Hai; Aapnhaa Mool Pashanh**

Sri Guru Amardas Sahib Jee teaches us that we are actually 'light' and we need to find our 'light' within ourselves.



This light has been called the *Aatma* in Panjabi and the Soul in English.

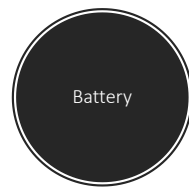
Question: What is the soul?



1. The soul is the king of the body. It rules over all the other parts of the body. It is the strongest part of us that can never be destroyed. In a jungle there may be lots of animals but there is only one 'King of the Jungle' which is the lion. The soul (atma) is like the 'King of our Body'.

Question: How important is the soul?

The soul is what makes our body work/live. Without it the body cannot survive. The soul is a bit like a battery in a toy. We often play with toys but we don't always see the battery. But, without the battery the toy can't work. Without the soul the body cannot work.



Question: Why can't we see the soul?

We all know the toy has a battery inside it – but we get so busy in enjoying the toy we forget about the battery? In the same way we get so busy in the different layers of experience (koshas) we forget about the soul.

Question: What are the different layers of experience?

The different layers of experience are known as the **Koshas** which translates to sheaths/covers.



We consider the red fancy sheath (*myaan*) to be the sword .

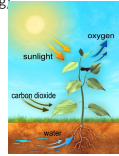
5 Koshas:

Anno-May (Food Drink)



1. Anno-Maye Kosh - I am my food and drink. I eat and excrete (poo). I am obsessed with what I eat and drink.

Praan-Maye (Breathing/Living)

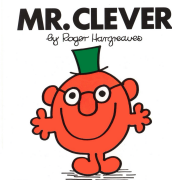


2. Praan-Maye Kosh – I am breathing therefore I am alive. I focus on my breathing, my health and physical body.



lightscat

3. Mano-Maye Kosh – I am my feelings. I am always trying to feel a certain way even though feelings are constantly changing.



4. Vigyaan-Maye Kosh – I am my mind. I am always trying to be cleverer and am proud of my mind.



5. Anand-maye (Bliss) – We are bliss. We can feel extreme bliss when eating something tasty, or on a rollercoaster or some other experience.

### Teaching

We can be in any of these koshas at any time. For example, when we're hungry we could be in *anno-may* kosh and when we are angry we may be in *mano-may* kosh. When we are doing well in a test we could be in Vigyaan-maye Kosh, in the gym we could be in Pran-maye Kosh and whilst eating a delicious ice-cream we may be in Anand-Maye Kosh.

Two things to note:

1. None of these experiences last forever
2. All these experiences are constantly changing

They are **NOT** the soul/Atma. Whilst each *kosh* is a deeper experience than the previous, the soul is even deeper/smaller/subtler. A bit like Russian Dolls:



Or like a gift in a gift:



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## Section 2: I am a Human

8.4 Million  
Species =  
Chaurasee  
Lakh Joon

1. Andaj = From Eggs

2. Jeraj = From the Womb  
(mummy's tummy)

3. Setaj = From inside us

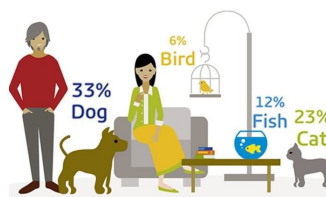
4. Uthbhuj = Plants and Vegetation

Guru Jee teaches us that there are 8.4 million different types of species in the universe and that these are split into four groups.



Humans are only species that have control over their mind, choices and enough power to control other species for example as pets.

Pets



Guru Jee's Teaching (to memorise):

**Avar Jon Theree Panharee. Is Dhartee Maih Teree Sikdhaaree.**

**ਅਵਰ ਜੋਨਿ ਤੇਰੀ ਪਨਿਹਾਰੀ ॥**

All other animals work for you.

**ਇਸੁ ਧਰਤੀ ਮਹਿ ਤੇਰੀ ਸਿਕਦਾਰੀ ॥**

In this world you are the boss.

We have two jobs:

Our Job

Find our Soul

Find  
Vaheguru

There is one big problem that isn't allowing us to do our job and that is our Moh or attachment to worldly things.

Problem = Moh



**Sakhi**

Sri Guru Nanak Dev Jee Maharaj visited a farm where an elderly farmer was helping his sons work. Sri Guru Nanak Dev Jee asked him if he wanted them to send him to Vaheguru in *Sachkhand*. He said no.

He was born again as a bull and he would spend day and night ploughing the fields. Guru Jee visited him and asked him if he wanted to go to Sachkhand? He said no – a bull is very expensive; how will his family replace him?

He was born again as a dog and would guard his family house. Guru Jee came again and asked him whether he would go to Vaheguru now, he said that if he left who would guard the house?

He came back as a snake and would stay in the basement of the house guarding the safe where all the money was kept. One day he heard a child cry. The child would have been his grandson had he still been alive as a human. He went to shush the child and give it love. Snakes can't do this – they can only bite. When the family saw this, they crushed his head with a stick and he died.

He came back as an insect and fell into a puddle of dirty water in the garden. Sri Guru Nanak Dev Jee Maharaj came and told Bhai Mardana to rescue him. He cried out to Guru Jee and said, "I made a mistake – I should have valued my human life".

Teaching: We are lucky to be humans and should use this time to get back to Vaheguru through finding our souls.



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## Section 3: I am my Karma

ਕਿਰਤਿ ਕਰਮ ਕੇ ਵੀਛੁੜੇ ਕਰਿ ਕਿਰਪਾ ਮੇਲਹੁ ਰਾਮ ॥

kirat karam ke veechhuRe kar kirapaa melahu raam ||

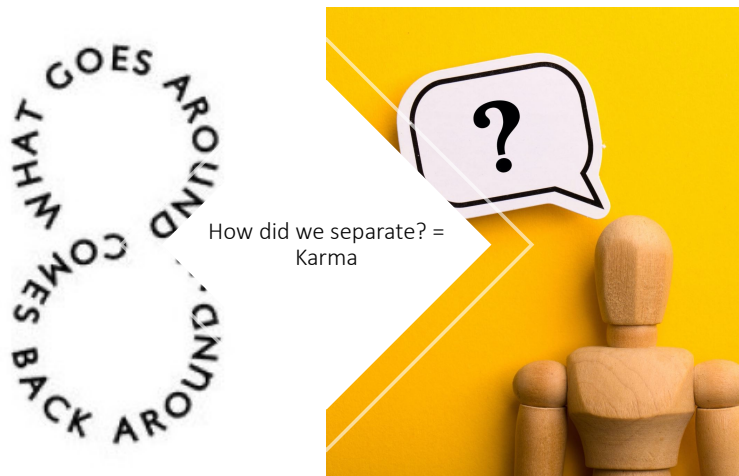
By the actions we have committed, we are separated from You. Please show Your Mercy, and unite us with Yourself, Lord.

Gurbani (memorise):

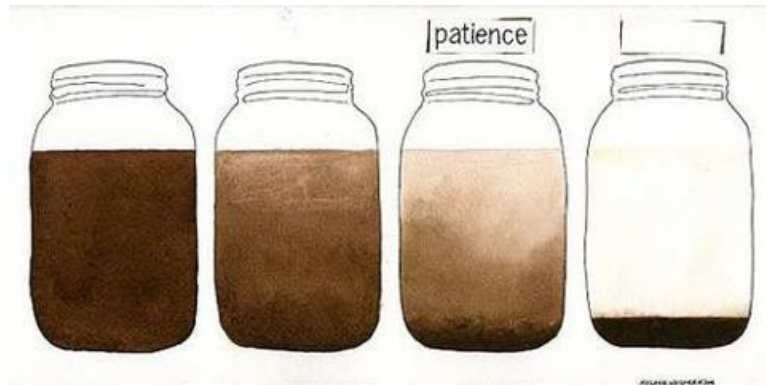
### **Kirath Karam Kee Vichurhey, Kar Kirpa Melo Raam**

Karma is what has led for us to separate from Vaheguru.

Question: What is Karma?



What goes around – comes back around. We commit Karma day and night and we have been doing so for countless lives. In Anand Sahib we are taught that our soul was here since the beginning of the universe. We still haven't found our way to Vaheguru. Why not?



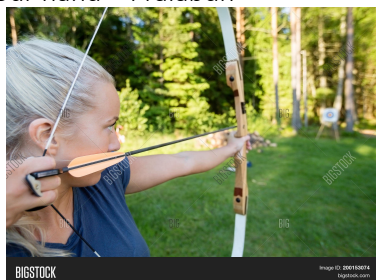
We begin with clear water – this is pure like Vaheguru and this is how Vaheguru made our minds. We commit lots of Karma and add mud to it. The water needs to settle (be still) for it to get clearer again. In the same way we need to *Simran* to clear our minds and see Vaheguru again.

There are three types of Karma and we use the example of an archer to understand these.



1. Sanchit Karam = These are like the arrow bag that an archer carries. These are all the Karma that we have. The bag is on the archers back so he cannot see the arrows. In the same way we cannot see our Karma.

Arrows in our hand = Pralabdh



2. Pralabdh = These are the arrows the archer has picked randomly from the bag. He/she has no choice over which arrows these may be. He just must use these arrows. In the same way we can't choose where we were born, with how much money, and where etc.

Arrow is shot = Kiremaan Karma



3. Kiremaan Karma = These are the arrows we shoot; we can choose how to shoot and what to shoot. These are the choices and Karma we commit now.

Sikhi teaches us that Karma is an endless cycle, and we need to break away from it. We need to burn all our arrows (*karma*) and meet with Vaheguru. The way to do so is through Naam Simran and listening to Guru Jee.

Imagine a huge forest it takes only one matchstick to set it all ablaze. In the same way when we repeat Vaheguru we burn lots of our *Karma*, quickly.



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## Section 4: I am my Gunh

Gurbani (to memorise)

ਤਿਹੀ ਗੁਣੀ ਸੰਸਾਰੁ ਭ੍ਰਮਿ ਸੁਤਾ ਸੁਤਿਆ ਰੈਣਿ ਵਿਹਾਣੀ ॥

tihee gunee sa(n)saar bhram sutaa sutiaa rain vihaanee ||

In the three **Gunas** the whole world is sleeping, and sleeping the whole night passes.

Sri Guru Amar Das Jee explains in Sri Anand Sahib that we are all sleeping because we are stuck in three Gunhas.

What is a Gunh? – Pronunciation challenge

•ਗੁਨ ਗੁਣ

A Gunh is a habit

What are the three Gunhas:

### Tamo Gunh

Habits/Traits: Laziness, anger, destruction, argumentative, disruptive

Foods: Meat, Mushrooms, Garlic, processed foods

Colours: Black, Dark

Positives: Bravery

Animals: Lion

### Rajo Gunh

Habits: Competitive, Indulgent, ambitious, passionate, attached

Foods: fizzy soft drinks, tea, sugary foods and too much chocolate, lots of rich food

Positives: Hardworking

Colours: Red, Bright

## Sato Gunh

Habits: Peaceful, focused, Charitable, intelligent

Foods: Ghee, fruit, milk, fresh foods

Negatives: Showing off, boasting, pride

Colours: White pastel colours

In Sikhi we are taught to rise above the Three Gunhs. How do we do this?

Bhai Gurdas Jee says we are like water. Whatever colour you mix into water it takes on that colour. Good Sangat (Company) can make us Good and Bad Sangat can make us Bad.



Who can remember this story of Guru Nanak Dev Jee? See Clues:

Sakhi Sri Guru Nanak Dev Jee

