

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

Composer – Guru Nanak Dev Jee

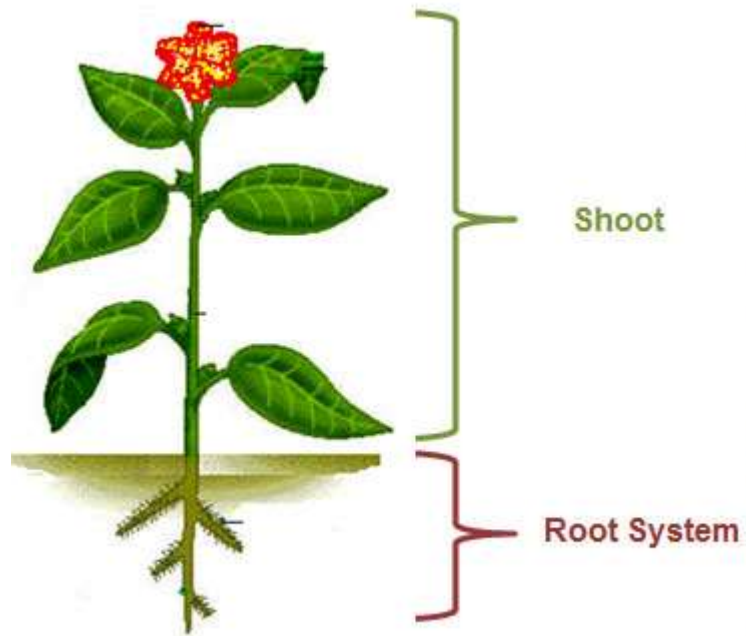
Number of Pauris – 38

Objectives

- How do we connect to our **root**?
- How do we become **better** kids / parents / humans?
- What do we achieve through **practicing** the following in our lives?
 - Love and Sewa
 - Patience and Humility
 - Kindness and politeness

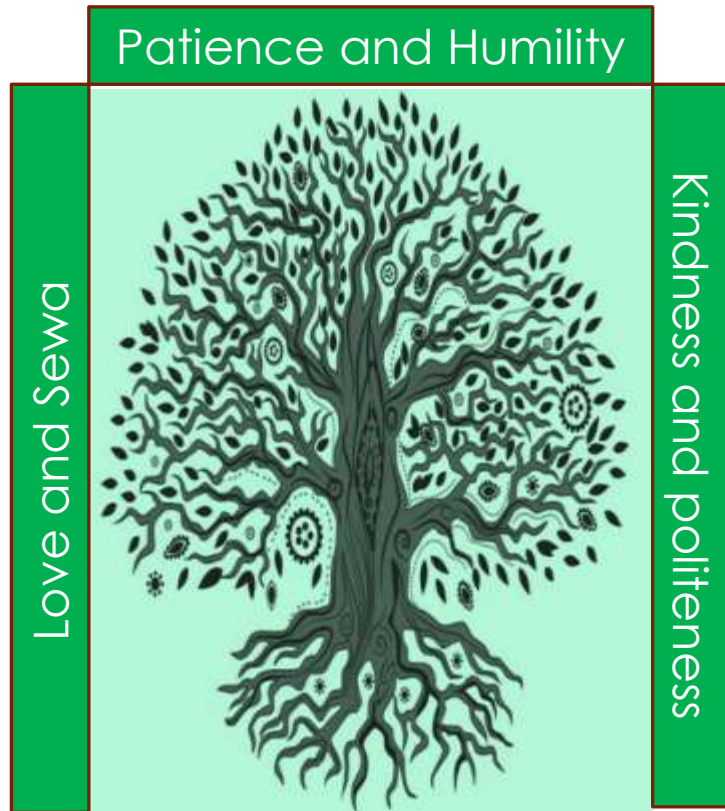


Root and shoot system

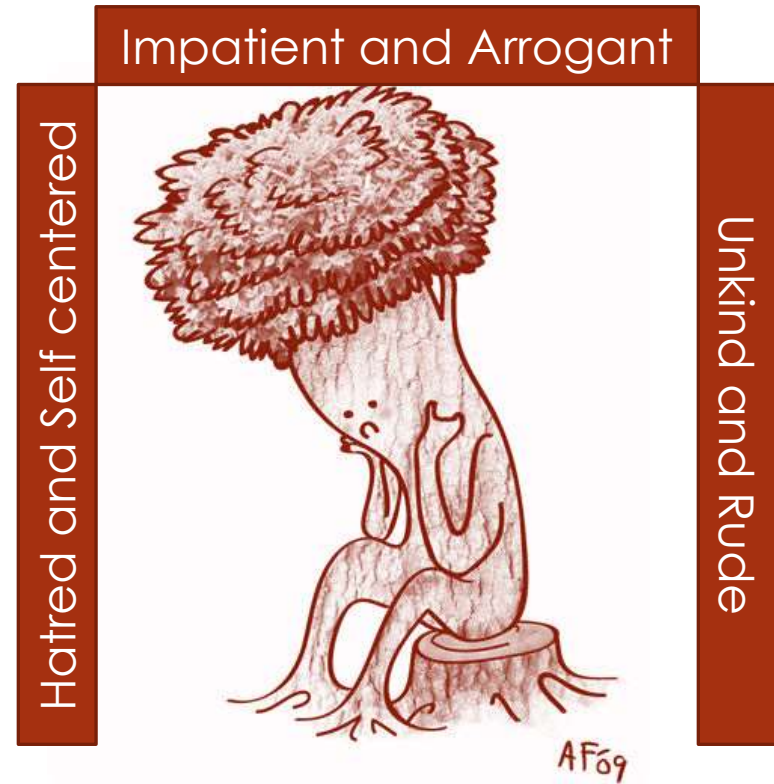


On the simplest level, the **roots** are anything below the ground and the **shoots** are anything above the ground.

Root and shoot system



Happy tree – connected with it's roots



Sad tree – disconnected with it's roots

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

Firstly, Jap(u) jee Sahib defines the **qualities** of our Root – Where did I Start?

ੴ – ONENESS that exists within everyone.



It prevails absolutely equally in everyone – all forms of life.



We all have JOT of Waheguru Jee. Jot within us has similar qualities to Waheguru Jee.
JOT is life within us or Consciousness. JOT is like what Root is to Tree

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਸਤਿਨਾਮੁ – Truthful is the Naam or message of JOT (Root) within us – It always guides us to do **RIGHT** things



Who gets the message from inside to be polite? Who really obeys it?

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਕਰਤਾ ਪੁਰਖੁ – JOT (Root) within us, enables us to **DO** everything



Tree can't do anything if it's uprooted from base – similarly we can't do anything if JOT doesn't exist within us. Tree can survive, if we cut any of it's branch but can't survive if we cut it from root.



Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

Nirbhau ਨਿਰਭਉ – Jot within us is **Fearless** (what makes have fear?)



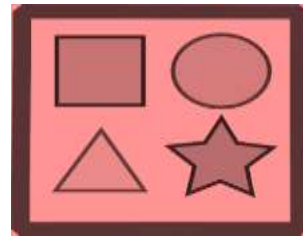
Nirvair ਨਿਰਵੈਰੁ – Jot within us has **No Enmity** within anyone (why do we do vair with someone?)



Aim at friendship not enmity

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਅਕਾਲ ਮੂਰਤਿ – Jot within us is not influenced with **time**; doesn't get old with time – it's **formless and shapeless**;



ਅਜੂਨੀ – anything visible is first created and then destroyed; Jot within us, never has **birth** or **death**; - Jot is in the journey





All that's created will finish one day

Body is created and destroyed one day – JOT doesn't die

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਸੈਭੰ

- Jot within us, is self lightening unlike any other source of light, which needs fuel.  
- It's giving me light (guidance) forever - My distractions in life make me feel disconnected from my ROOT.



Don't want to obey parents, read Gurbani, Do Sewa, Be kind, Humble and Patient

ਗੁਰਪ੍ਰਸਾਦਿ

- The Best thing is we can connect to JOT, through the blessings of GURU (Living the life as per Gurbani)
- For e.g. we go to Gurdwara, read Gurbani, do kirtan, langar sewa and other activities – it's all due to blessings of GURU Sahib)

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਜਪੁ

This is the name of Baani – we call it Jap(u) Jee Sahib with respect.

ਆਦਿ ਸਚੁ – Truth (Waheguru Jee) existed before the start of the time – before the earth every existed.

ਜੁਗਾਦਿ ਸਚੁ – Truth existed at the start of time

ਹੈ ਭੀ ਸਚੁ – Truth prevails even now

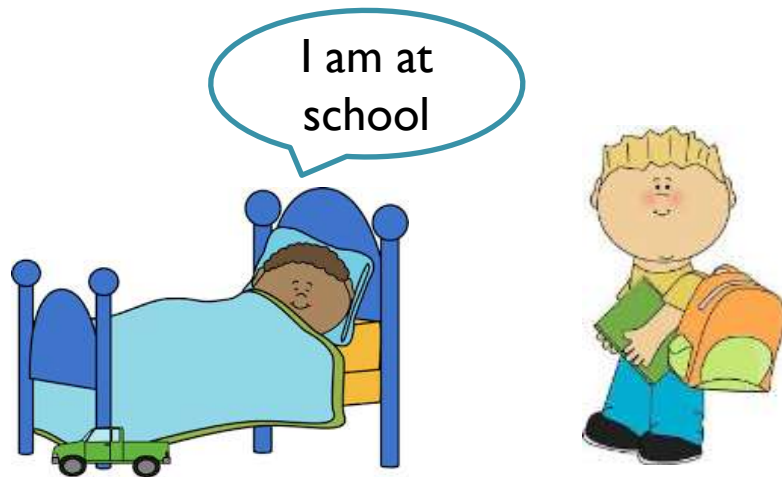
ਨਾਨਕ ਹੇਸੀ ਭੀ ਸਚੁ – Truth will prevail for ever



Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਮੈਚੈ ਮੈਚਿ ਨ ਹੋਵਈ ਜੇ ਮੈਚੀ ਲਖ ਵਾਰ ॥

We cannot improve by just thinking – doesn't matter how many times we think – hundred thousand



Think vs doing



Think vs doing

Hardest thing in life is to improve ourselves – thinking or talking about being good or connecting to our root will never take us anywhere – We need to ACTION – Read Gurbani, Understand Gurbani and Adapt life as per Gurbani.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ ॥

Inner silence can't be achieved by remaining silent from outside and **pretend to focus**



Focus on Inner Silence as opposed to Outer Silence Only – We can listen to the voice of our own JOT (inside us), only if we are silent from inside.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

The hunger of hungry is not appeased even by piling up loads of worldly goods



Need vs Greed



Need vs Greed

Even Piling up all the worldly goods, won't help me connect to my root. Greed further disconnects me from my root.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

We can do hundreds and thousands of clever tricks but none of them will go along in the end

I can cheat and pass forever



Wise vs Dodgy

How can I earn more money



Wise vs Dodgy

How can I trick more people?



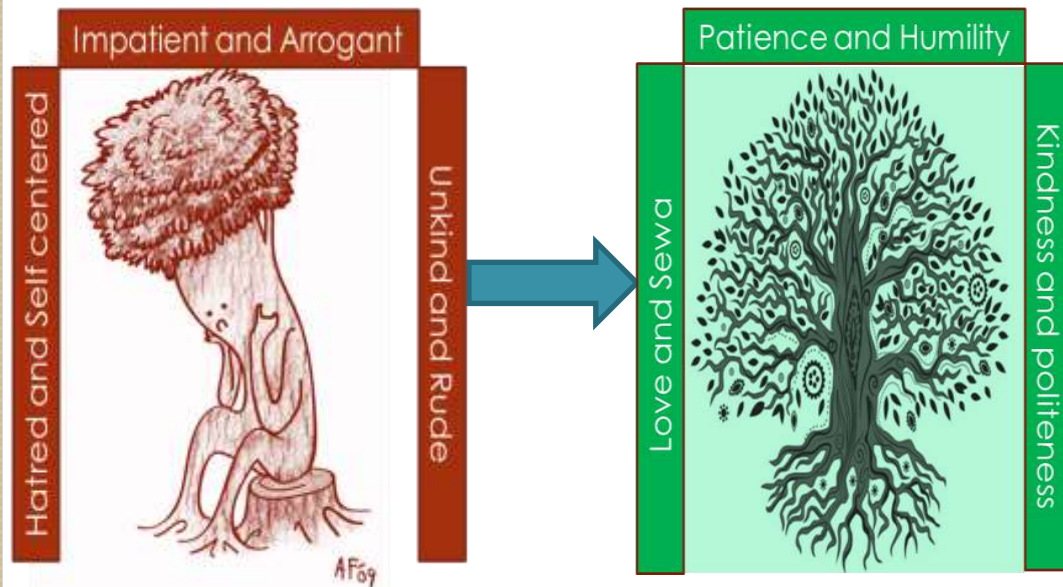
Wise vs Dodgy

By being dodgy, we just fool ourselves. We need to be wise and genuinely improve from inside. Jot within us, knows our real intent.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥

How can we be connected to our own root – Sach? How can I break the wall of Falsehood



This is the objective of human life – Guru Nanak Dev Jee is defining the objective of Gursikh's life. If we can't connect to our root (Sach) by:

- 1) Thinking only
- 2) Being silent from outside
- 3) Accumulating things
- 4) Dodgy

How can we really break the wall of falsehood that stops me from being a better human / parent / kid?

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ॐ ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

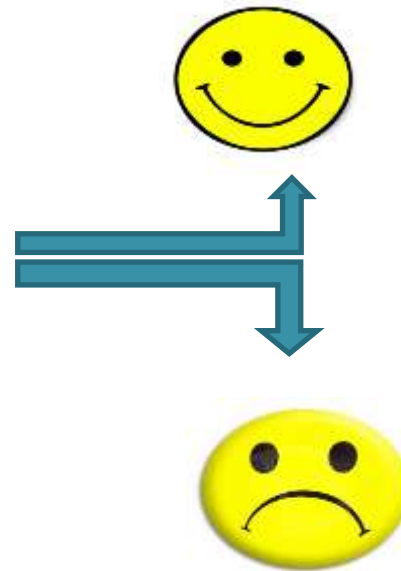
To connect with our Root, we need to accept Hukam and live life in sweet will of Waheguru Jee



Effort



Outcome



ME



Acceptance doesn't mean we stop our efforts – Acceptance means we do our best efforts but don't worry about the outcomes. Accepting the outcome in any form and shape - Chardi Kala

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

In Next Pauri GURU Nanak Dev Jee explains us 'HUKUM' or Sweet Will of Waheguru Jee.

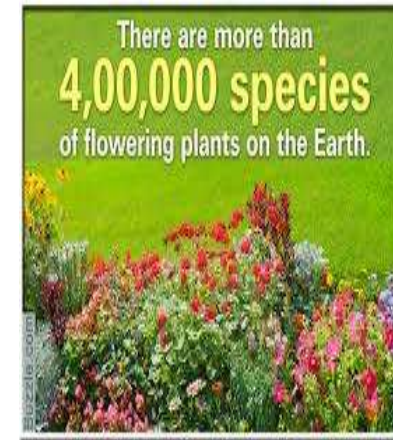
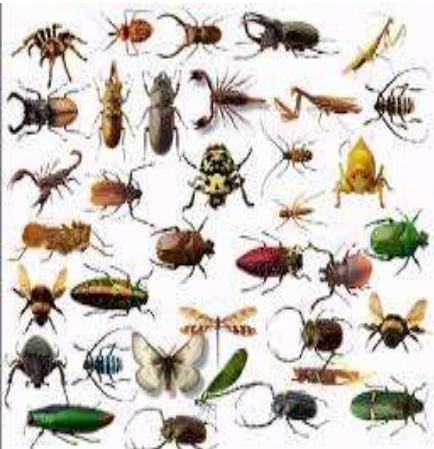
What all is happening within the Sweet Will? What happens if I don't accept it?

How does accepting 'Sweet Will of Waheguru Jee' really takes us closer to our own Root?

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ਦੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ ਦੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

Waheguru Jee (Sweet Will), created so many shapes in nature – Just the shapes created by Waheguru Jee's Sweet Will can not be explained in words



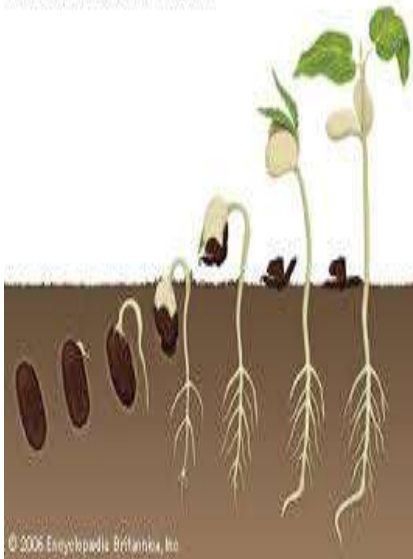
Can any one define all the shapes? More than 7 Billion people and no has same shape / face; add into this millions of species of plants, animals, sea life and variety of shapes of fruits. It's endless

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

Hukum creates lives and by Hukum glory and greatness are obtained.

How a plant grows from a seed



Similarly humans are coming and going in HIS hukum. Spiritual Glory is also attained in hukum.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

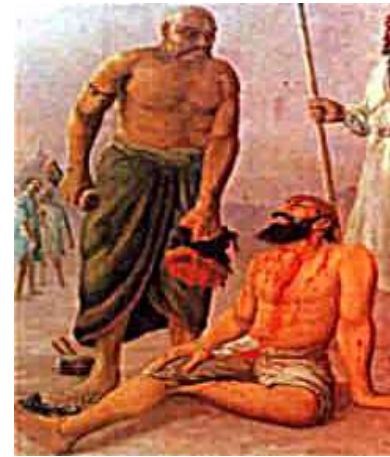
ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

Some are supreme, who obey the in Hukum (Sweet Will) and some are low - who don't obey Hukum (Sweet Will); Non-Obeyance of Hukum causes pain and pleasure



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Teacher always teaches to be good



ਤੇਰਾ ਕੀਆ ਮੀਠਾ ਲਾਗੈ ॥

Our Teacher – Jot within us is always teaching us to be Good. The one's who obey the message of Jot, become supreme. The ones who resist the teachings of Gurbani, put themselves into the cycle of pain and pleasure (short lived).

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

By HIS command some are blessed and forgiven; other wonder aimlessly forever



The ones who follow the teachings of Gurbani and connect to root are then blessed – they become Nirbhau, Nirvair; Other wonder aimlessly for ever.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੇ ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ ॥

Everyone is subject to hukum; no one is beyond hukum



SAD – Can't go to play – It's Raining



Happy farmer – Rain help grow wheat



Happy – I have food to eat

HUKUM is looking after all forms of Life. It's doing what is best for survival of all the LIVES.

Everything happens for a reason – for us most important thing is to ACCEPT the Hukum.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਰੈ ਨ ਕੋਇ ॥੨॥

O Nanak, one who understands HIS hukum, does not speak in ego



Can money stop sun from rising?



Can I stop the time?

Gurbani helps us understand that I am nothing in comparison to Hukum. More, I realise that I am miniscule in comparison to Hukum, more chances of me losing the EGO.

Once EGO is gone, all the left is SACH – ROOT of ME.

Jap(u) Jee Sahib (ਜਪੁ ਜੀ ਸਾਹਿਬ)

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Summary

We are here to connect to root or SACH (Kiv Sachiara)

Way to connect –

ਸੁਣਿਆ ਮੰਨਿਆ ਮਨਿ ਕੀਤਾ ਭਾਉ ॥

ਅੰਤਰਗਤਿ ਤੀਰਥਿ ਮਲਿ ਨਾਉ ॥

– If we listen and obey to Gurbani from depth of our heart – we will be able to connect to root within ourselves

Today we will talk about some Gursikhs, who connected to their root (Waheguru Jee) and became Nirvair and did the sewa of humanity – sewa, which had no ego and no barriers to caste, color, creed and religion.

