

LANGAR



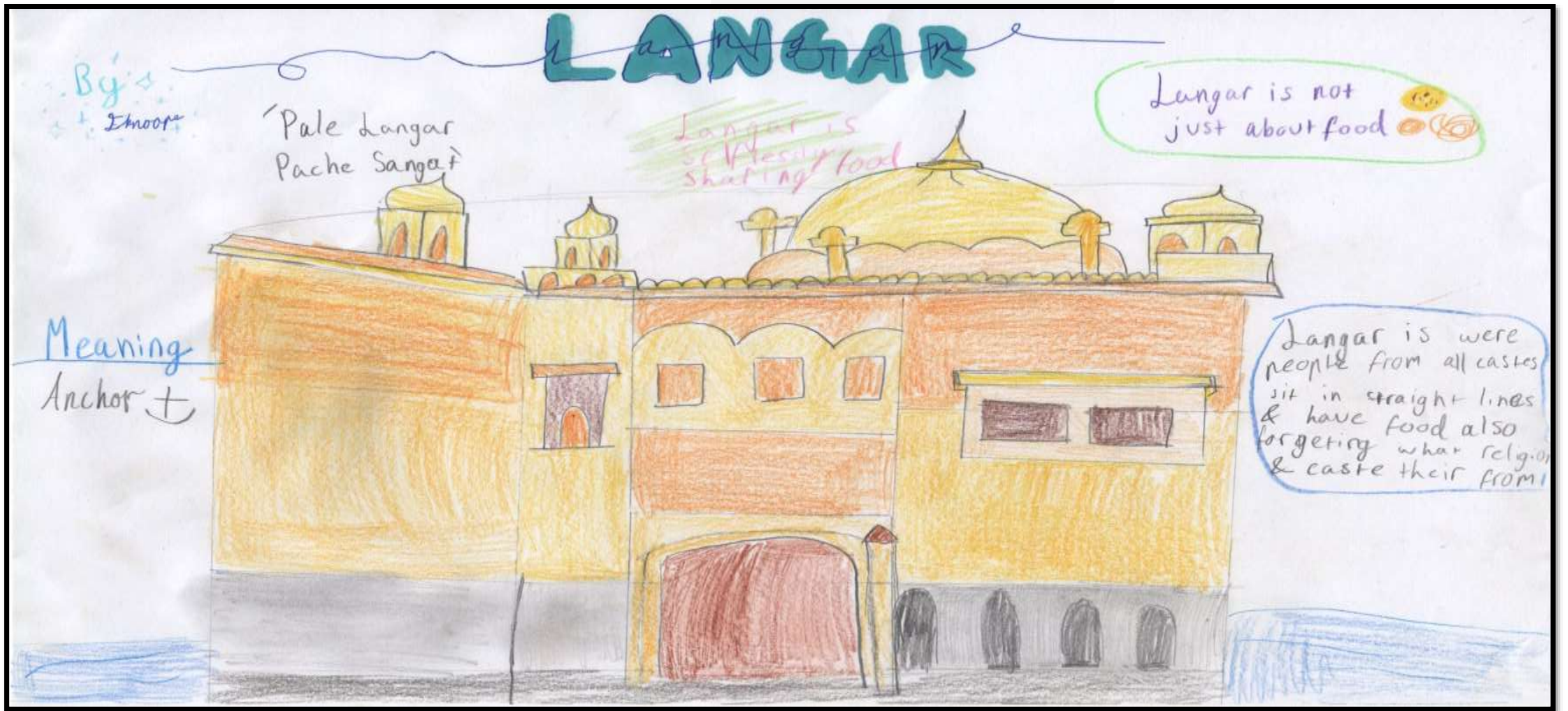
MANVEER SINGH



ANGAD SINGH



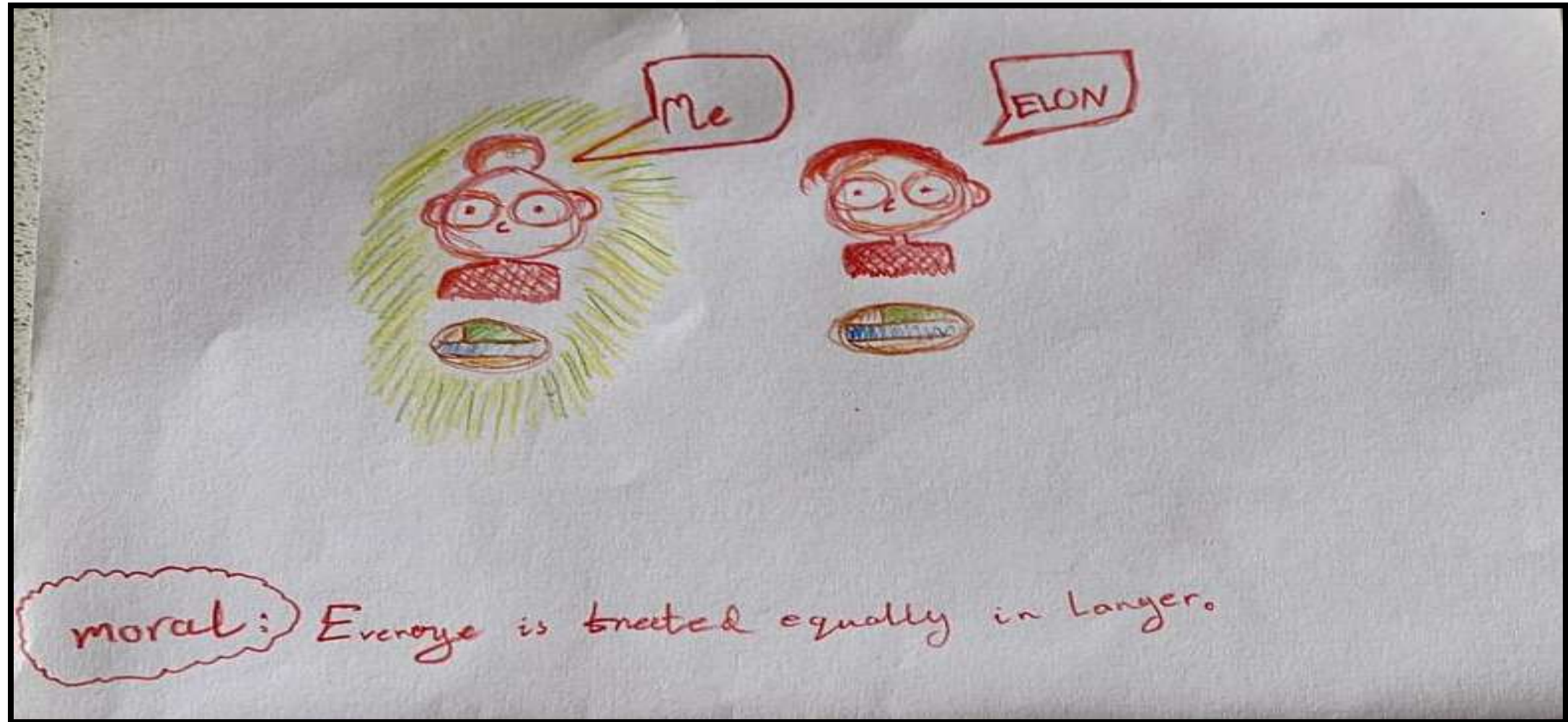
EKNOOR KAUR



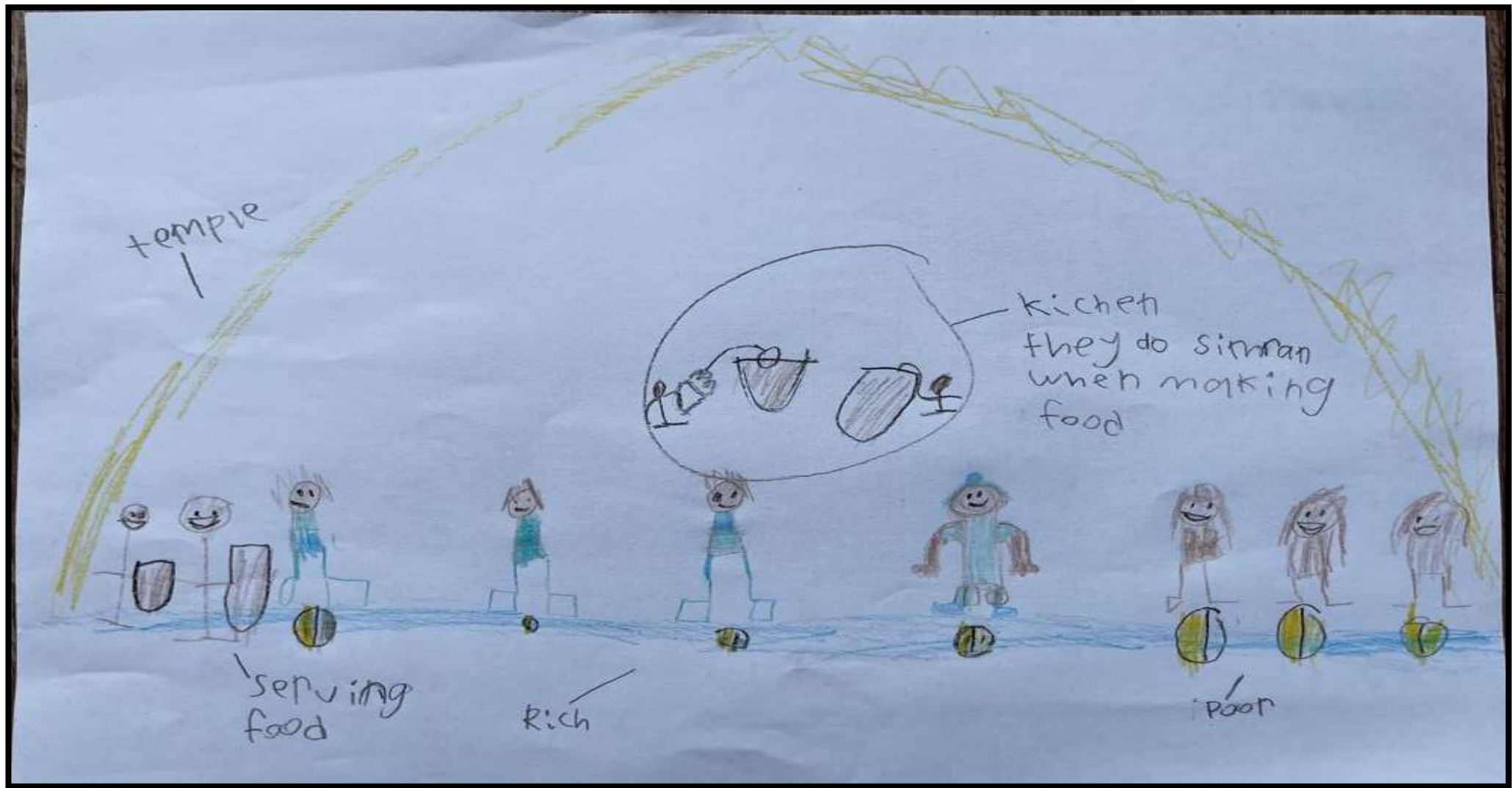
MEHAR KAUR



ANGAD SINGH



FATEH SINGH



HRIDHAAN SINGH (SLIDE 1)

Langar is when everyone comes together no matter if they're low cast or high cast everyone sits on the floor and eats the food that is given by waheguruji. No one is different and everyone is treated the same.

Langar=EQUALITY, FAIRNESS, SEWA



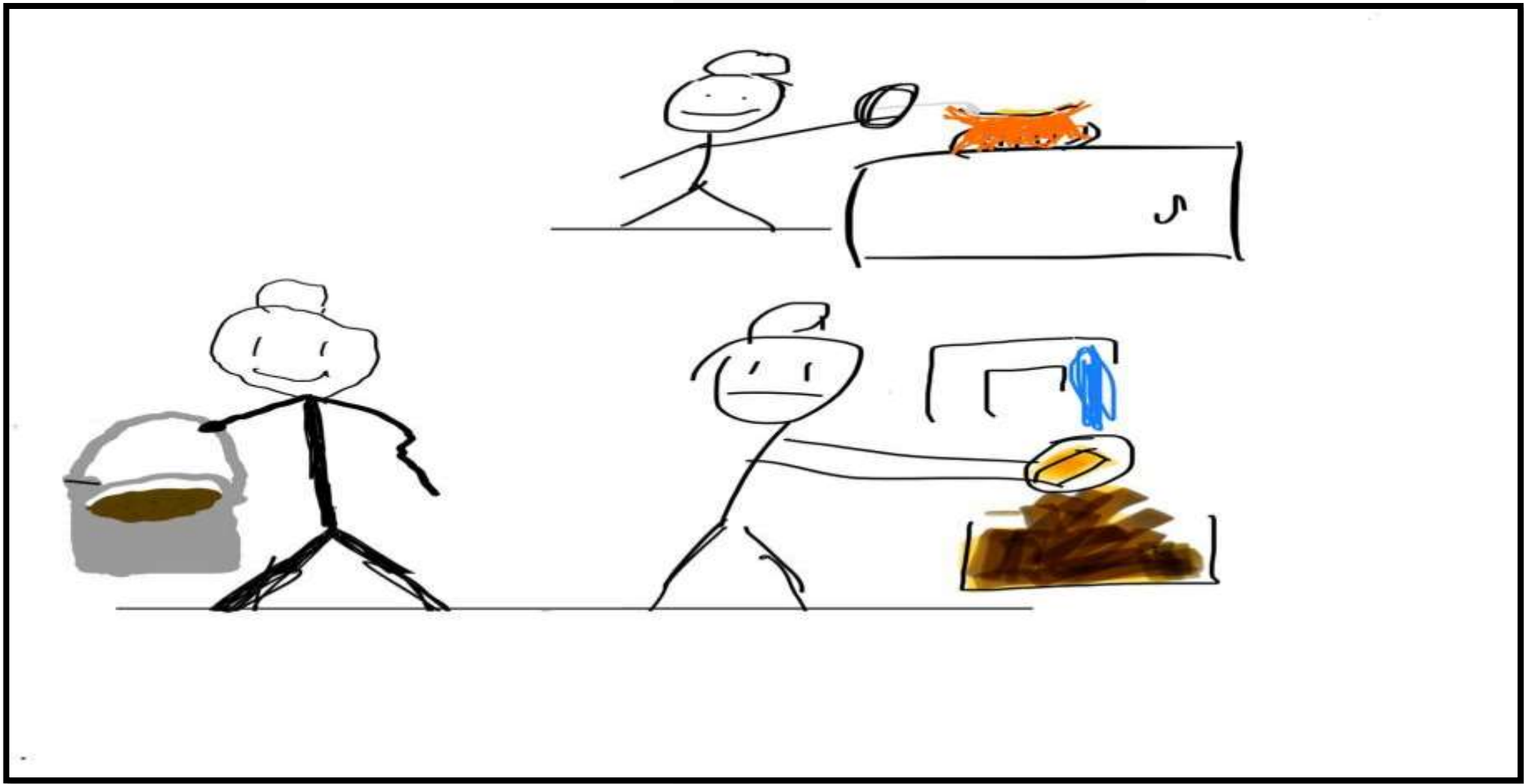
HRIDHAAN SINGH (SLIDE 2)



Back to
History

**When Akbar ate Langar with Sadh Sangat
before seeking Darshan of Guru Amardas ji**

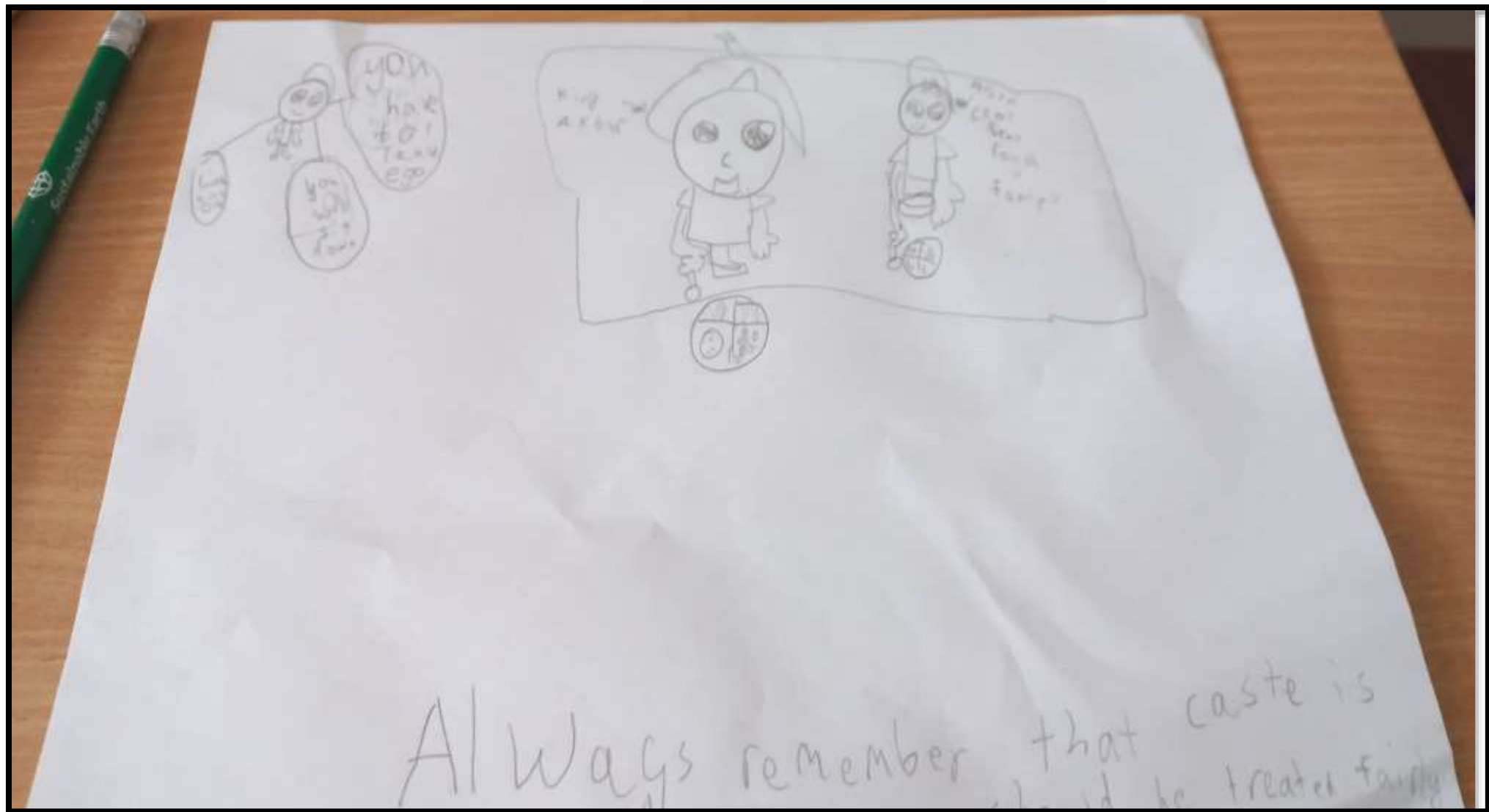
TARAN SINGH



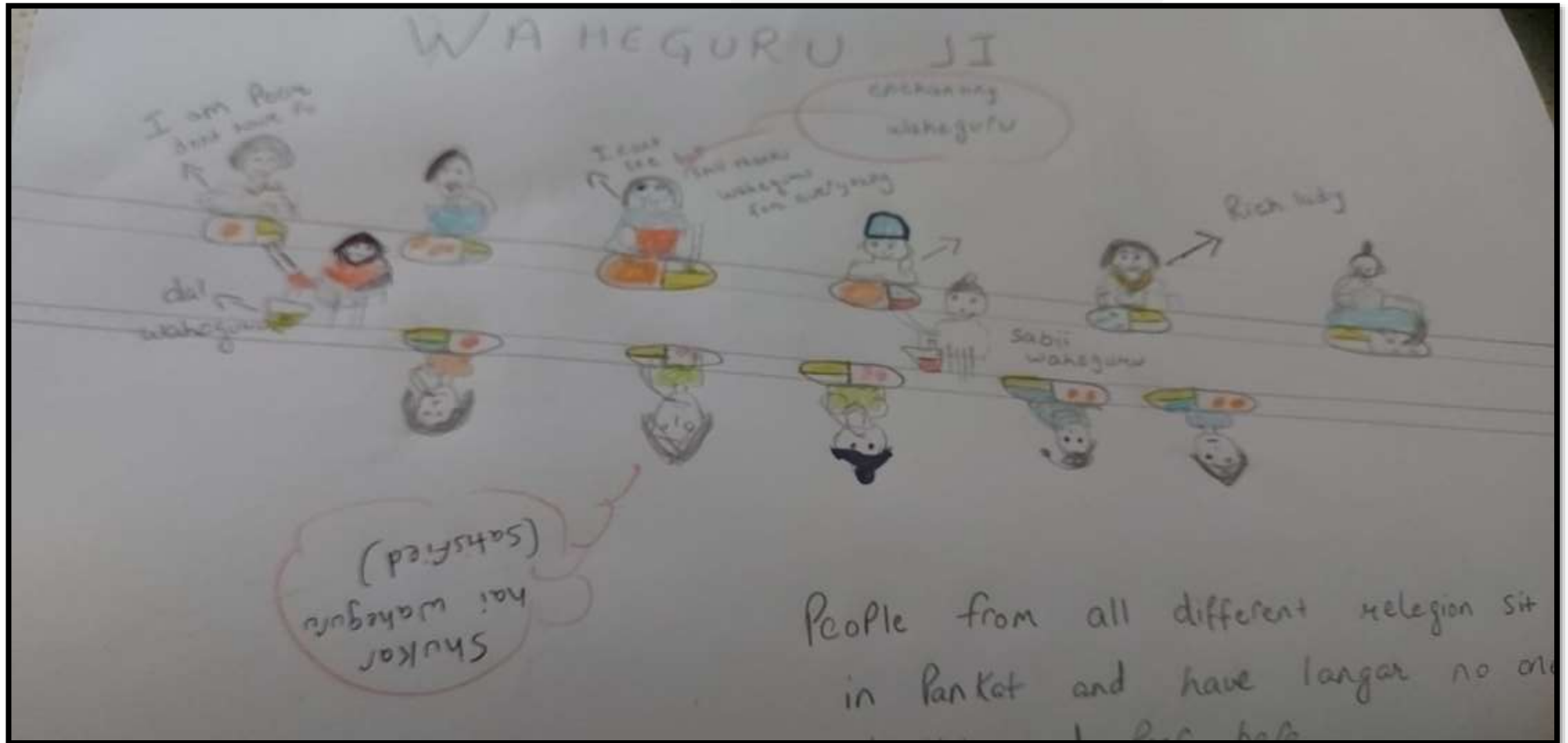
TEJBIR SINGH



BIR SINGH



RUHAAN SINGH

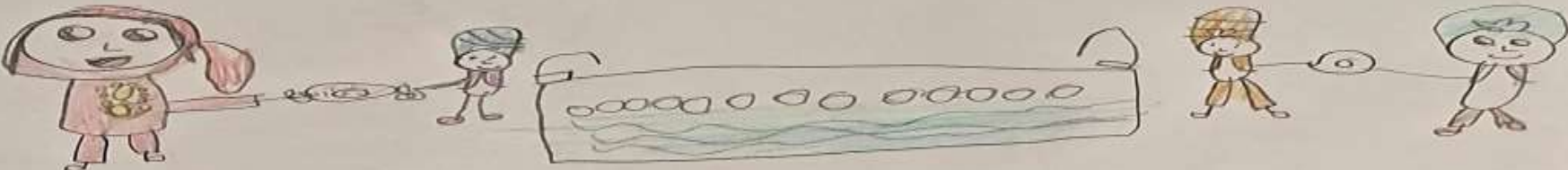


IKDAAT KAUR

ingredients

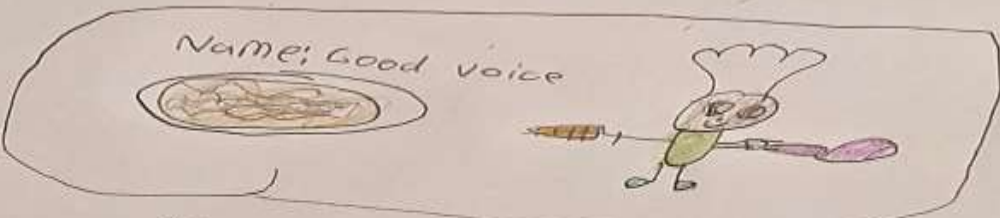
- Dal
- rice
- fulka
- Gogart
- yajagart

Do Paasat First!



Gurudwara langat

Name: Good voice



Mind langat/Sangat

ingredients

- selfless
- happiness
- grateful
- where the get
- path
- gurbani
- Meditation

Ikdaat Kaur

DIVNAIN KAUR



ARSHBIR KAUR



LANGAR



What is Langar?

Langar means to selflessly share food along a community e.g. Gurdwara Sahib or to the needy people.

Langar is a sign of equality. You can be from any race, religion, gender, ethnicity, caste, colour.



The 4 Castes: (Highest to lowest)

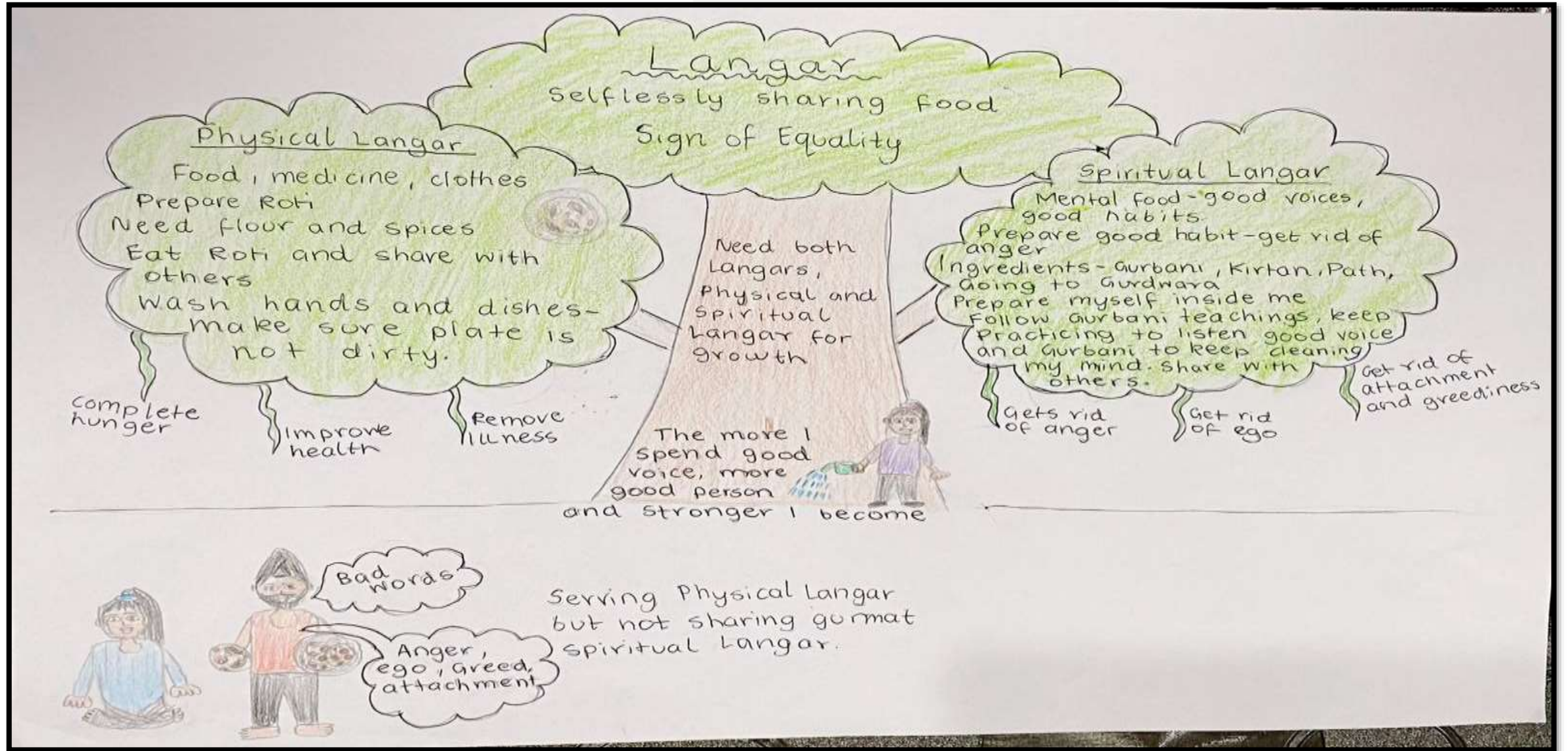
- ① The Brahmin
- ② The Kshatriya
- ③ The Vaishyas
- ④ The Sudras

Langar is also known as 'Pangat', meaning to sit in a straight line. It's a symbol of people having langar.

ਸਿੰਗਟੁ ਕਰੈ ਗੁਰੁ ਸਬਦਿ ਗੁਰਿ ਤੈਟੁ ਨ
ਆਈ ਖਲੀਮੈ ॥

From the spiritual kitchen, there is a continuous flow of Gurbani. The food of wisdom from good voice never ends. Wisdom will grow and guide us.

JAPLEEN KAUR



BAANI KAUR

What is Langer?

What is Physical Langer?

- Physical langer is when we sit on the floor and eat **altogether**.
- It is a sign of **equality** because no matter how rich or poor you are you can have **Langer** with everyone else.
- Langer is also showing us that we should **share** our resources with **everyone** and **not** get **attached** to them.

What does the word mean?

Langer = Anchor

Anchors are used to stop ships at the port.

What is Pehle Pangat Pache Sangat?

- Pangat means straight line. During langer we sit in a straight line.
- In the older days we did **Pehle Pangat Pache Sangat** to reenergise after a long journey. We still do it for that reason but mostly to get rid of **ego** about **money**, **caste** and or **status** before going to **Sangat**.

What is spiritual Langer?

- spiritual langer is also known as our **Good Voice**.
- In physical langer we **eat** the food which is **good** for us and makes us **healthy**. The good voice is food and if we **follow it (eat)** than we will be **mentally strong**.
- I have to follow (eat) my good voice. I will **develop** (make) my good habits in the **Spiritual Kitchen**.

ਲੰਗਰੁ ਭਲੈ ਗੁਰੁ ਮਰਦਿ
ਗਰਿ ਤੇਇ ਨੁ ਆਈ ਅਟੀਮੈ ॥
ਅਗੇ ਦਿਤਿ ਅਸੰਮ ਦੀ
ਆਖ ਅਗੈ ਅਰਿ ਦਬਟੀਮੈ ॥

There is endless flow of good voice langer inside me. I have to spend it, use it and share with others.

How to cook in Spiritual

In Spiritual Kitchen we have **kitchen!** to **cook** (have) (develop) our **langer** (good) (voice).

What steps do we follow in Physical Kitchen?

- Step 1 - Decide what dish to make.
- Step 2 - Find/collect the ingredients.
- Step 3 - Spend time & EFFORT to prepare the food.
- Step 4 - serve the food and eat it.
* In this step you can also share the food with friends and family if you would like.

Step 5 - Clean your mess and wash your mouth & hands.

What steps do we use in Spiritual Kitchen?

- Step 1) - Decide what bad habit to focus on and what the opposite (good habit) is.
- Step 2 - Find the resources you will use to develop this good habit.
- Step 3 - Spend time & EFFORT to improve and become good.
- Step 4 - Use the knowledge that you have gained in your life.
* You can also share your knowledge.
- Step 5 - make sure that there is no bad voice left inside of you.

HARNOOR KAUR

Gurbani pankti's about Langar! ♥♥♥

ਜਿਸਦੇ ਚਲੈ ਗੁਰ ਸਬਦਿ ਹਰਿ ਤੈਹਿ ਨ ਆਈ ਖਰੀਰਮੈ।

The langar - the kitchen of the Gurus' shabad was been opened and it never runs short.

ਖਰਚੇ ਦਿਤਿ ਖਰਮ - ਹੀ ਆਪ ਖਰੀ ਖੋਰਿ

ਦਬਦੀਰਮੈ ॥

Whatever his master gave, he spent; He distributed it all to be eaten.

Sikh teachings

Summary



Concept of Langar

Langar is where you share food with ANYONE, not judging them by their caste, colour, religion, economic status or gender. It's selflessly sharing the food within Gurbani's kitchen or otherwise people in need. We need to be thankful of what we get to eat and not get attached with them. Everyone needs to share food to everyone who's hungry gets filled with Gurus' blessings. Caste = Surname depending on what job you have!

Caste System / Sharing

With the caste system, as these castes were treated differently and never mixed. They were not allowed to share food. The caste system kept the best of the best.

The Brahmins ↓
 This was the top caste. They were made from or had the jobs of scholars, priests, teachers, judges and landowners. They were all very greedy and didn't use or share food with anyone. (They all eat.)

The Kshatriyas ↓
 This was the next caste. They were the warriors, rulers, kings, queens and other. None of these castes were allowed to be in contact. They all had their own food. They all eat.

The Vaishyas ↓
 The Vaishyas were rich, skilled farmers, merchants and craftsmen. They could hold office in village government. The Vaishyas were skilled artists (carving and making). They thought they were the best. (They weren't)

The Sudras ↓
 The Sudras were the lowest of them all. They all got treated unequally and their caste was at the bottom. They might find a bit of work in a farm, non-skilled jobs. They would find a building or a business for cleaning. They were the bottom caste.

HARNOOR KAUR

Spiritual Kitchen steps ↓

1. 1. Decide what were cooking

First step is to decide what you're going to cook. Good habit? it could be good voice, mutual respect etc.

Decide the good habit you're going to make!

Spend time and effort to develop good habits; Gurbani, Kirtan, respect!

2. 2. collect the ingredients

Collect the ingredients you're going to cook.

Gurbani / Gurudwara / Kirtan /

Collect the ingredients: Gurbani, Kirtan and respect!

3. 3. Prepare/cook foods

Spend time and effort to develop good habits. The more effort, the better you become and more practise.

Make sure there's no bad habit left in you or bad smell.

4. 4. Serve and eat

Share my experience with friends on how I'm managing my anger.

eat: follow the good habits and share them with others!

5. 5. Hand / Mouthwash

You are then ready to develop the next good habit. • You have overcome your anger.



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HARNOOR KAUR

Pangat/Sikh culture ↓

STRAIGHT LINE

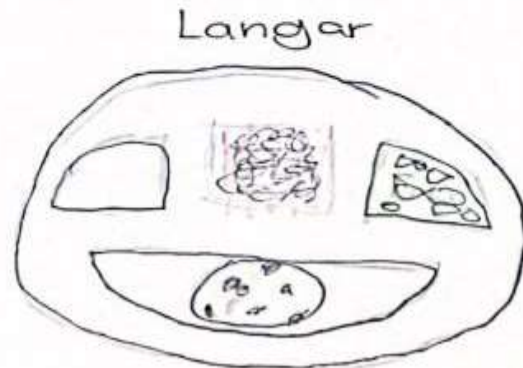
Pangat means a straight line, and people on it (as a straight line) and eat langar. It's a symbol of people having langar together.

• First Pangat then sangat
• Pehle Pangat Pache Sangat ↓

Meaning: First, eat langar with everyone else in a pangat, then after sit with sangat. (listen to Gurbani and Kirtan)

History of 'Pehle pangat pache sangat' ↓

In the olden times, Guru Ji used to have lectures of teaching gurbani with people and the people who listened to Guru Ji's lectures (meetings), they came from other countries with people and the Appar also used to come to Guru Ji's meetings far-far away and they got really far-far away. King then said to all the people to 'Pehle Pangat, Pache Sangat'. So Guru Ji hungry. So Guru Ji to listen, they listened carefully and calmly and not hungry, after a long travel.



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