

LANGAR

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SHABAD

Rain dhinas parabhaath, thoochai hee
gaavanaa

Jeeaa janth sarabath, naao thaeraa
dhhiaavanaa

Thoo dhaathaa dhaathar, thaeraa dhithaa
khaavanaa

Bhagath janaa kai sang, paap gavaavanaa

Jan naanak sadh baliharaai bal bal
javanaa

ਰੈਣਿ ਦਿਨਸੁ ਪਰਭਾਤਿ ਤੂਹੈ ਹੀ ਗਾਵਣਾ ॥

ਜੀਅ ਜੰਤ ਸਰਬਤ ਨਾਉ ਤੇਰਾ ਧਿਆਵਣਾ ॥

ਤੂ ਦਾਤਾ ਦਾਤਾਰੁ ਤੇਰਾ ਦਿਤਾ ਖਾਵਣਾ ॥

ਭਗਤ ਜਨਾ ਕੈ ਸੰਗਿ ਪਾਪ ਗਵਾਵਣਾ ॥

ਜਨ ਨਾਨਕ ਸਦ ਬਲਿਹਾਰੈ ਬਲਿ ਬਲਿ ਜਾਵਣਾ ॥੨੫॥



MEANING of Langar

- Selflessly sharing food, oxygen, blood etc to people within gurdwara sahib or people who need the help and support. Langar is where you share regardless of caste, color, religion, gender, economic status and ethnicity.




CASTE

Langar is a way people can sit and eat with each other regardless of their caste. In the older days, the upper caste wouldn't sit with the lower caste because they perceived that the wealthier are better. Nowadays there is still this problem however it has got better.

PANGAT

Pangat means to sit in a straight line. This is a sign of equality between all. If there was no pangat, every caste would sit in groups. No one would talk to each other.

A close-up photograph of a person's hands in a blue long-sleeved shirt, using a large kitchen knife to chop green onions on a wooden cutting board. The background is blurred, showing other kitchen items like a red pepper and some food.

PHYSICAL VS SPIRITUAL KITCHEN

Steps to cook food

- 1. Deciding what you're going to make*
- 2. Collect ingredients and equipment*
- 3. Prepare food*
- 4. Serve and eat the food*
- 5. Wash your hands*

GOOD HABITS IN SPIRITUAL KITCHEN

Steps

1. Decide the habit
2. Ingredients to develop the habit
3. Spend time on your habit
4. Follow your habits and share with people
5. Make sure there is no more bad habits left in us

DIFFERENT TYPES OF LANGAR

- Langar can be where you share food with people around regardless of your caste.
- People can donate oxygen to people that need it especially in covid times where patients needed oxygen to survive.
- People can donate blood to people that need it.



MENTAL FOOD

We did an activity about Manmukh Singh and Gurmukh Singh, about what they were cooking and how they share it with others.

Mental food example

WHAT MENTAL FOOD ARE THEY COOKING?

Manmukh Singh: movies, Music and books that promote Anger.

Gurmukh Singh: Gurbani, Kirtan and books that help him Improve.

WHAT INGREDIENTS ARE THEY BOTH USING TO COOK THEIR MENTAL FOOD?

Manmukh Singh: mental thoughts that promote anger

Gurmukh Singh: wealth and knowledge from Gurbani

WHAT MENTAL FOOD ARE THEY SHARING WITH OTHERS?

Manmukh Singh: angry, teasing, bullying and bad voice

Gurmukh Singh: wise, good, Gurbani and good voice.



PANGTHI

- *Langar is a continuous flow of wisdom through the good voice.*

ਲੰਗਰੁ ਚਲੈ ਗੁਰ ਸਬਦਿ ਹਰਿ ਤੋਟਿ ਨ ਆਵੀ ਖਟੀਐ ॥

langar chalai gur sabadh har thott n aavee khatteeai |

The Langar - the Kitchen of the Guru's Shabad has been opened, and its supplies never run short.

PANGTHI

- *From the spiritual kitchen, there is continuous flow of Good voice.*



ਖਰਚੇ ਦਿਤਿ ਖਸੰਮ ਦੀ ਆਪ ਖਹਦੀ ਖੈਰਿ ਦਬਟੀਐ ॥

kharachae dhith khasanm dhee aap khehadhee khair dhabatteeai |

Whatever His Master gave, He spent; He distributed it all to be eaten.



LANGAR AND GURBANI

I need to cook the food and take time to Prepare the spiritual food.

I need to stay calm when facing a challenge or situation and ask for guidance from the spiritual food.

LANGAR AND GURBANI

- I need to keep following the flow of wisdom and keep clearing my mind.
- Sometimes there is still the bad voice in the corner of the mind. I need to make sure to clear the bad voice out of the mind.





TOOTHPICK

After eating food, we need to use the toothpick to remove the food that is stuck in our mouth. In the same way, we need to remove our bad voice and ensure that we only have good voice left in us.

Take away

- langar is about feeding the mind with good thoughts and giving humans pure and positive thoughts.
- Waheguru ji tells us that we are the temporary owner of things. The more we understand this, the better we will be as a human being.



SPIRITUAL KNOWLEDGE

- I listen to the good voice and accept the physical resources given by Waheguru jee. I will share my resources with others around me.
- The more I spend on following the good voice the more my knowledge will get stronger and bring out the best of me.
- As we share langar. We should develop our cooking habits and spiritual kitchen knowledge so we can share it with others.
- You can only share your knowledge after you have first learnt and understood the concept.



The End