

ੴ

Tu kahe dale praniya tud rakhege sirjanbar ||  
Jin paeydaish tu kiya soe de 'adhaar' ||

Hey mortal being! Why do you worry?

The creator lord himself will protect you. He who created you, will also give you nourishment! Gurbani gives

us lot of examples how following sikhi helps deal with difficult times. Following sikhi principles

of Naam japna and kirat karna helps us stay in chardi kaba.

— Naam japna means meditating upon waheguruji's name. Sikhi teaches us that one should remember waheguruji all the time.

Sukhmani sukh amrit prabh  
naam, bhagat jana k man bishram ||

Simro Simro siman sukh paoll

Keeping waheguruji in our mind gives us mental peace and help us deal with fear and anger.

We will always take right decision and naam will gives us strength to deal with all types of situation. — Vand chank na → Sharing with those who are less fortunate in society. One should earn honest living and it back to the society. During these difficult time it become more important for us to stay positive and to take care of our family, friends and our society.

Seva karat hoe nihkami ||

Tis kao hot prapat swami ||

Sikhi tells us to perform selfless service and help others without expecting only thing in return.

There are various types of seva → man di seva, dhan di seva and tan di seva. We can donate money, participate in community service like

Food drive, helping needy people gives satisfaction and joy. In this pandemic, I try to follow these principles. I do virtual path every weekend my grand parents, cousins, uncles and aunts. We do Simran and rehras sahib together. This give feeling that waheguruji is with us all the time and will take care of all of us. I have started helping my parents with household chores and taking care of my little brother so they can take out time to participate in food drive. My parents are happy that I am learning responsibility and seeing them happy, make me happy. There are so many examples in our sikh history and recent times where sikhs have done personal sacrifices to help others. Our 8th

Guru Har Kirshan ji is an inspiration who in such small age helped people from suffering with chicken pox. He sacrificed his life in others. Bhai Kaniya ji, who used to give water to wounded soldiers no matter they were Sikhs. In recent times Bhai Ravi Singh from Khalsa aid has been helping needy and less fortunate people selflessly. These are great examples how one can follow sikhi and help others. In the end, I want to tell that I do ardaas everyday to waheguruji to bless us all and help us in these difficult times. I then ask for sarbat da bhala.