

How is Sikhi helping you get through the pandemic that we are facing right now and remain in Chardi Kala? What Sikh values are you employing in your everyday life and what are you doing to help yourself and others during this time?

“ਨਾਨਕ ਨਾਮ ਚੜਦੀਕਲਾ ਤੇਰੇ ਭਾਣੇ ਸਰਬੱਤ ਦਾ ਭਲਾ” This phrase is recited at the end of ਅਰਦਾਸ by Sikhs across the world. This phrase simply asks for the well being of all. At a time like this where life seems unpredictable and difficult we have to truly get a better understanding of what Sikhism teaches us. Which includes accepting the doings of the Almighty, staying in high spirits and thinking positively, and selflessly helping those in need. My Sikh values are really helping me get through this pandemic because they allow me to have a positive mindset which keeps me going each and every day.

In Japji Sahib the first ਪੇੜੀ states, “ਹੁਕਮਿ ਰਜਾਏਂਦੀ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆਂ ਨਾਲਿ” which means, You shall obey the Order of His Command, and walk in the Way of His Will. The Sri Guru Granth Sahib has many stanzas that speak of accepting the will of the Almighty. A major distinction that Sikhism has with many other World religions is that Sikhi teaches us how to live on a day to day basis and it helps us deal with situations like these. It also tells us to take our future into our own hands and make wise decisions.

Ang 757, “ਜੇ ਸੁਖੁ ਦੇਹਿ ਤ ਤੁਝਹਿ ਅਰਾਧੀ ਦੁਖਿ ਭੀ ਤੁਝੈ ਧਿਆਏਂਦੀ”(Guru Ram Das Ji). In simpler terms it means, “If You will bless me with happiness, then I will worship and adore You. Even in pain, I will meditate on You.” At a time like this we seem to lose control of our emotions. This however just fogs the mind from thinking clearly and can result in having a negative mindset. My Sikh Values teach me to stay in ਚੜਦੀਕਲਾ or high spirits. As a Sikh I am taught to face adversity and stay in a positive mindset and this lesson really helped me through this pandemic, it also taught me that as a Sikh others feed off our positivity so it is important that we stay in ਚੜਦੀਕਲਾ.

Ang 26 “ਵਿਚਿ ਦੁਨੀਆਂ ਸੇਵ ਕਮਾਏਂਦੀਐ ਤਾ ਦਰਗਹ ਬੈਸਣੁ ਪਾਏਂਦੀਐ” this was written by Guru Nanak Dev Ji in raag ਸਿਰੀਰਾਗ. It explains how Seva is a very important aspect of a Sikh’s life. Especially in a pandemic like the one we are faced with now, Sikhs have always risen to the occasion and gone

out of their way to help others, and history is witness to it. During the year 1663, when Guru Har Krishan Ji was in Delhi, a severe epidemic of cholera and smallpox broke out. The seven-year-old Guru attended to and served the suffering people with complete devotion. By his grace, the lake at Bangla Sahib provided a cure for thousands of people. In the process of serving the ill, the Guru was himself seized by high fever and an attack of smallpox, eventually passing away on March 30 1664, aged just eight years. Another encounter of selfless seva in our rich history was in 1781. Maharaja Ranjit Singh was the leader of the Sikh Empire, which ruled the northwest Indian subcontinent in the early half of the 19th century. He survived smallpox in infancy but lost sight in his left eye. In this time Maha Singh (Ranjit Singh's Father) offered refuge to all those who needed it and provided treatment all across the Punjab region. Even now in the 21st century Sikhs are staying true to their value/beliefs and helping all those in need.

In Conclusion, my Sikh values help me become a better person, help me get through this pandemic, and help me and those around me stay positive and in ਚੜਦੀਕਲਾ. I have also realized that things that I do as a Sikh on a daily basis also help me stay safe in this pandemic for example, saying Fateh (ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਿਹ) it's a respectful way of greeting and it helps me keep my distance and stay safe. I really do believe that my Sikh values and beliefs are the reason I have been able to get through this pandemic. “ਕਰਿ ਏਹਿਸਨਾਨੁ ਸਿਮਰਿ ਪੜ੍ਹੁ ਅਪਨਾ ਮਨ ਤਨ ਭਏ ਅਰੋਗਾ” this ਤੁਕ explains that spiritual cleansing is just as important as physical cleansing and spiritual cleansing is what Gurbani does for us. Reading Gurbani also helps me stay in ਚੜਦੀਕਲਾ, accept the will of the Almighty, and it inspires me to do Seva.