

Jagsher Singh

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Essay category

Waheguru ji ka khalsa waheguru ji ki fateh

Currently we are facing something that in my lifetime have never had to deal with and we are all confused by it, but sikhi has guided me through these tough times. I have been able to remain in chardi kala, stay busy and have hope.

Sikhi has helped me through the pandemic because, each day I do ardass to babaji and ask him to help us put a quick end to the pandemic and it has given me a feeling that babaji will look out for me. This helps me alot because I know that if I am a good sikh then Babaji will look out for me and my family. Also sikhi teaches us to conquer lobh or temptation so even if I am tempted to hang out with my friends I push away my temptations and keep myself safe.

I am able to remain in chardi kala by remembering waheguru and knowing that one day i will be able to socialise without the fear of catching covid 19. Also I have helped others and have used the sikh value of equality by attending and participating in the black lives matter movement and black lives matter protests. This also shows that chardikala is not only limited to us sikhs but is in everyone. Even though the minority communities of america have been through so much in the last few decades, they have practiced chardi kala and gotten right back up and are continuing to fight for equal rights.

Over the pandemic my brother, cousins, and I have been fortunate enough to do some sewa in the sangat by going to the riverside gurdwara to give out meals, toys, and masks to families in cars. We have also gone to the kcf gurdwara in pacoima to make and distribute meal packages.

I have found myself practicing the value of naam japna more often during the pandemic . What I mean by this is that whenever I am unoccupied, down, or about to

sleep. I go to the babaji's room and pray for the pandemic to end soon so I can see my friends and family. This gives me hope that soon, all will be back to normal  
Waheguru Ji ka Khalsa Waheguru Ji Ki Fateh.