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ਭਗਤੀ

WORSHIP

(Writer: Dr. Kala Singh)

In Gurmat Bhakti is a way of life. It does not mean asceticism or renunciation of the world. It is living a perfect truthful life, love and service to the creation of God in the midst of the worldly temptations. The Sikh Gurus rejected outer forms of bhakti, like rituals, Bhajan Kirtan (Singing in praise of Deity), meditation, Sacrifices and devotional dancing etc. They emphasised truthful living according to the teachings of the Guru, the code of conduct, self-analysis and self-control of the body and the mind (mann).

- ਏਕੈ ਪਾਥਰ ਕੀਜੈ ਭਾਉ॥ ਦੂਜੈ ਪਾਥਰ ਧਰੀਐ ਪਾਉ॥
ਜੇ ਓਹੁ ਦੇਉ ਤ ਓਹੁ ਭੀ ਦੇਵਾ॥ ਕਹਿ ਨਾਮਦੇਉ ਹਮ ਹਰਿ ਕੀ ਸੇਵਾ॥ (੫੨੫)

One part of the stone is carved into a deity, decorated and worshiped. Other part of the stone is carved into steps on which people walk. If one part of stone is god then why other part is not? Bhagat Namdev says that's why I worship the real God who is within all of us.

Guru rejected meditation and chanting of one word.

- ਜੇ ਹਰਿ ਹਰਿ ਕੀਚੈ ਬਹੁਤੁ ਲੋਚੀਐ ਕਿਰਤੁ ਨ ਮੇਟਿਆ ਜਾਇ॥
ਹਰਿ ਕਾ ਭਾਣਾ ਭਗਤੀ ਮੰਨਿਆ ਸੇ ਭਗਤ ਪਏ ਦਰਿ ਥਾਇ॥ (੬੫)

Even if you chant the Name of the God, Har Har, with great longing, your past actions are still not erased. Only those devotees, who surrender to the God's will, get God's blessings and peace of mind. In Gurmat only sacrifice is sacrifice of ego to develop spiritual moral qualities.

- ਸੁਖੁ ਨਾਹੀ ਰੇ ਹਰਿ ਭਗਤਿ ਬਿਨਾ॥ ਜੀਤਿ ਜਨਮੁ ਇਹੁ ਰਤਨੁ ਅਮੋਲਕੁ ਸਾਧਸੰਗਤਿ ਜਪਿ ਇਕ ਖਿਨਾ॥ਰਹਾਉ॥
ਸੁਤ ਸੰਪਤਿ ਬਨਿਤਾ ਬਿਨੋਦ॥ ਛੋਡਿ ਗਏ ਬਹੁ ਲੋਗ ਭੋਗ॥
ਹੈਵਰ ਗੈਵਰ ਰਾਜ ਰੰਗ॥ ਤਿਆਗਿ ਚਲਿਓ ਹੈ ਮੂੜ ਨੰਗ॥
ਚੋਆ ਚੰਦਨ ਦੇਹ ਫੁਲਿਆ॥ ਸੋ ਤਨੁ ਧਰ ਸੰਗਿ ਰੁਲਿਆ॥
ਮੋਹਿ ਮੋਹਿਆ ਜਾਨੈ ਦੂਰਿ ਹੈ॥ ਕਹੁ ਨਾਨਕ ਸਦਾ ਹਦੂਰਿ ਹੈ॥ (੨੧੦)

There is no peace and state of blissfulness without devotional worship (Bhakti) of God. Those who have learnt the code of conduct to live peaceful truthful life from the Guru in the company of Gurbani (Sadh Sangat), even for an instant are winners of this priceless jewel of human life. Those who thought children, spouse, wealth, all means to get joy, pleasures and power will give peace of mind (mann) died without getting it. At the end one is naked and leaves behind the horses, elephants and pleasures of power (Everything). Those who scent body with musk and Sandalwood and adore it so much don't understand that at the end it will be trample in the dust. Infatuated with emotional attachment to worldly possessions one thinks God is far away. Nanak says God is with us always, Guru is emphasizing that peace of mind is not through children, spouse, worldly possession and

power because they will leave you one day. Eternal peace is in the devotional worship (Bhakti) of God learnt from the Guru in the company of Gurbani (Sadh Sangat), because it will never leave you.

Worship of God (Bhakti) is learnt through teachings of the Guru.

– ਭਾਈ ਰੇ ਗੁਰ ਬਿਨੁ ਭਗਤਿ ਨ ਹੋਇ॥ (੩੧)

O my brother! Devotional worship (Bhakti) of God cannot be obtained without the Guru.

- ਗਿਆਨ ਅੰਜਨੁ ਗੁਰਿ ਦੀਆ ਅਗਿਆਨ ਅੰਧੇਰ ਬਿਨਾਸੁ॥ (੨੯੩)

The way antimony beautifies eye and improves vision Guru has given the antimony to my mind (mann) of spiritual knowledge and wisdom, which dispelled the darkness of ignorance.

- ਹਰਿ ਭਗਤਿ ਹਰਿ ਕਾ ਪਿਆਰੁ ਹੈ ਜੇ ਗੁਰਮੁਖਿ ਕਰੇ ਬੀਚਾਰੁ॥ (੨੮)

True devotional worship of God is love of the word (Shabd) of the Guru.

- ਸਚੀ ਭਗਤਿ ਗੁਰ ਸਬਦ ਪਿਆਰਿ॥ (੧੫੮)

The real service to the Guru is reflection upon the spiritual teachings of the Guru.

- ਗੁਰ ਕੀ ਸੇਵਾ ਸਬਦੁ ਵੀਚਾਰੁ॥ ਹਉਮੈ ਮਾਰੇ ਕਰਣੀ ਸਾਰੁ॥ (੨੨੩)

The service to the Guru is reflection upon the spiritual teachings of the Guru, which leads to subduing ego and truthful living.

- ਮਨਿ ਮੈਲੈ ਭਗਤਿ ਨ ਹੋਵਈ ਨਾਮੁ ਨ ਪਾਇਆ ਜਾਇ॥ (੩੯)

Polluted mind (mann) cannot do devotional worship (Bhakti) because such a mind cannot take teachings of the Guru and live truthful life. One needs to surrender to the Guru to obtain Guru's knowledge and spiritual wisdom.

- ਮਾਇਆ ਸਰੁ ਸਬਲੁ ਵਰਤੈ ਜੀਉ ਕਿਉ ਕਰਿ ਦੁਤਰੁ ਤਰਿਆ ਜਾਇ॥
ਰਾਮ ਨਾਮੁ ਕਰਿ ਬੋਹਿਥਾ ਜੀਉ ਸਬਦੁ ਖੇਵਟੁ ਵਿਚਿ ਪਾਇ॥
ਸਬਦੁ ਖੇਵਟੁ ਵਿਚਿ ਪਾਏ ਹਰਿ ਆਪਿ ਲਘਾਏ ਇਨ ਬਿਧਿ ਦੁਤਰੁ ਤਰੀਐ॥
ਗੁਰਮੁਖਿ ਭਗਤਿ ਪਰਾਪਤਿ ਹੋਵੈ ਜੀਵਤਿਆ ਇਉ ਮਰੀਐ॥
ਖਿਨ ਮਹਿ ਰਾਮ ਨਾਮਿ ਕਿਲਵਿਖ ਕਾਟੇ ਭਏ ਪਵਿਤੁ ਸਰੀਰਾ॥
ਨਾਨਕ ਰਾਮ ਨਾਮਿ ਨਿਸਤਾਰਾ ਕੰਚਨ ਭਏ ਮਨੂਰਾ॥ (੨੪੫)

The love of worldly desires (Maya) is like a turbulent ocean and it is very difficult to swim across it. Guru says make God's virtues (Naam) your boat and Guru's knowledge and wisdom (Shabd) your boatman. This way God will help you cross over this difficult world ocean full of worldly temptations. This way we obtain devotional worship (Bhakti) of God, Subdue our ego and are reborn with divine knowledge and wisdom. Nanak says that's how emancipation is obtained. He explains by giving an example, the way slag iron is transformed into gold with touch of Paras (The philosopher's stone is a legendary alchemical substance capable of turning base metal into gold) the dirty mind (mann) is transformed into divinity

with wisdom from Guru. That means Bhakti is living life according to the knowledge and wisdom obtained from Guru and control of worldly desires (Maya).

- ਗੁਰਮੁਖਿ ਕਰਮ ਕਮਾਵੈ ਬਿਗਸੈ ਹਰਿ ਬੈਰਾਗੁ ਅਨੰਦੁ॥ਅਹਿਨਿਸਿ ਭਗਤਿ ਕਰੇ ਦਿਨੁ ਰਾਤੀ ਹਉਮੈ ਮਾਰਿ ਨਿਚੰਦੁ॥
ਵਡੈ ਭਾਗਿ ਸਤਸੰਗਤਿ ਪਾਈ ਹਰਿ ਪਾਇਆ ਸਹਜਿ ਅਨੰਦੁ॥ (੨੯)

Those who do deeds according to the teachings of the Guru and stay detached from worldly temptations are always in a blissful state. They subdue ego and perform devotional worship (Bhakti) every moment of their life and remain stress free, in a blissful state.

- ਇਕੁ ਤਿਲੁ ਪਿਆਰਾ ਵਿਸਰੈ ਭਗਤਿ ਕਿਨੇਹੀ ਹੋਇ॥ (੩੫)

If someone forgets the teachings of the Guru and do deeds according to their own mind (mann) for even an instant, is not doing Bhakti at that time.

– ਚਿਤ ਸਿਮਰਨ ਕਰਉ ਨੈਨ ਅਵਿਲੋਕਨੋ ਸ੍ਰਵਨ ਬਾਨੀ ਸੁਜਸੁ ਪੂਰਿ ਰਾਖਉ॥
ਮਨੁ ਸੁ ਮਧੁਕਰੁ ਕਰਉ ਚਰਨ ਹਿਰਦੇ ਧਰਉ ਰਸਨ ਅੰਮ੍ਰਿਤ ਰਾਮ ਨਾਮ ਭਾਖਉ॥
ਮੇਰੀ ਪ੍ਰੀਤਿ ਗੋਬਿੰਦ ਸਿਉ ਜਿਨਿ ਘਟੈ॥ ਮੈ ਤਉ ਮੋਲਿ ਮਹਗੀ ਲਈ ਜੀਅ ਸਟੈ॥ਰਹਾਉ॥
ਸਾਧਸੰਗਤਿ ਬਿਨਾ ਭਾਉ ਨਹੀ ਊਪਜੈ ਭਾਵ ਬਿਨੁ ਭਗਤਿ ਨਹੀ ਹੋਇ ਤੇਰੀ॥
ਕਹੈ ਰਵਿਦਾਸੁ ਇਕ ਬੇਨਤੀ ਹਰਿ ਸਿਉ ਪੈਜ ਰਾਖਹੁ ਰਾਜਾ ਰਾਮ ਮੇਰੀ॥ (੬੯੪)

Bhagat Ravidas is explaining how to remain in devotional worship (Bhakti) of God all the time. He says in my consciousness, I remember God all the time, with my eyes, I behold God, I fill my ears with the word of your teachings (Bani), and your sublime praise. My mind (mann) is attracted to your teachings like a bumble bee to honey. I humble myself by subduing my ego and enshrining your teachings in my mind (mann) and with my tongue. I always talk about your teachings. My love for dear God should never decrease. God's love and devotional worship is obtained with the company of enlightened people.

Conclusion

Devotional worship (Bhakti) is subduing ego, surrendering to Guru, obtaining the spiritual teachings, living every moment life accordingly and achieving blissful state.

– ਸਭਿ ਗੁਣ ਤੇਰੇ ਮੈ ਨਾਹੀ ਕੋਇ॥ ਵਿਣੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ॥ (੪)

All virtues are yours, God, I have none at all. Without virtue, there is no devotional worship (Bhakti). Imbibing virtues of the God in mind (mann) is devotional worship (Bhakti).