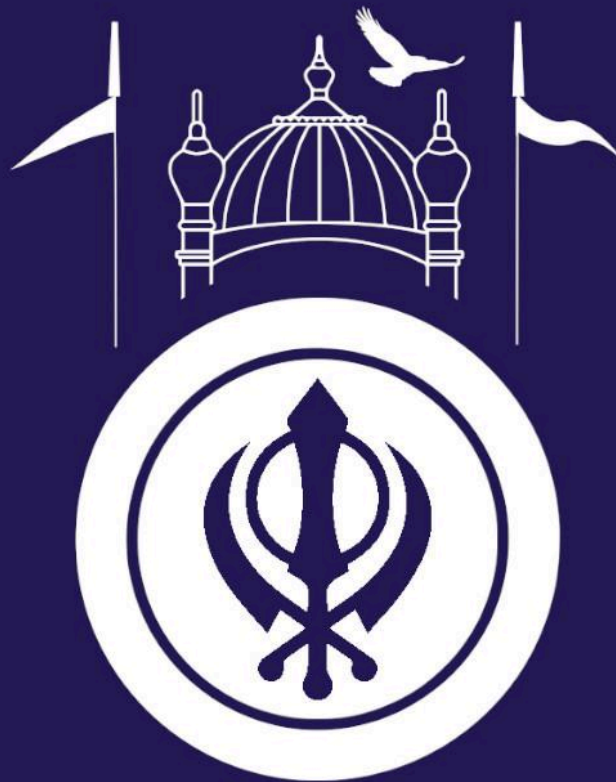


Sri Guru Granth Sahib Ji's Visit To Your Home



SRI GURU GOBIND SINGH JI GURDWARA
WHITECHAPEL WAY, TELFORD, TF2 9FN

The purpose of this policy is to provide a clear view of the 10 rules you must follow if you have requested Sri Guru Granth Sahib Ji's presence at your home - both temporarily or permanently.

This policy will be reviewed on an ongoing basis, at least once a year. SGGSJ Telford will amend this policy, following consultation, where appropriate.

Date of last review: 09/01/2024

Sri Guru Granth Sahib Ji is the eternal Guru of the Sikhs. We know from the life of Sri Guru Arjan Dev Ji, that Guru Sahib Ji gave utmost respect to the Adi Granth. When the Holy Scripture was first installed at the Harmandir Sahib, the Guru instructed the Sikhs to rest “pothi sahib” at Akal Takht Sahib at night on a special bed, while the Guru himself slept on the floor. To this day, a white sheet is still laid on the floor in Akaal Takht Sahib as a permanent reminder of the respect Sri Guru Arjan Dev Ji gave to an early form of our Living Guru.

1. Dedicated Room

Ideally a room should be dedicated for Sri Guru Granth Sahib Ji on the top floor. If Guru Ji is on the Ground Floor, no one should walk or sit directly above them upstairs.

2. Dedicated Sukhasan Bed and Canopy

Inspired from the life of Sri Guru Arjan Dev Ji, make sure Sri Guru Granth Sahib Ji has a separate resting bed, which is higher than other beds in the same house. Make sure the bed is underneath a chandoa (canopy). Guru Ji should never be kept inside a closet or a suitcase.

3. Remove Alcohol and Meat

Take a pledge to ideally never bring alcohol and meat into the house again. Once the Guru Ji blesses your house, it's a blessed place no different from a Gurdwara. Try to preserve this serenity. Never bring Guru Sahib Ji to your house until alcohol, meat and tobacco have been removed, and the area has been thoroughly cleaned.

4. Daily Seva of Guru Ji

Sri Guru Granth Sahib Ji's parkash should be done daily early in the morning on a dedicated Manji Sahib underneath a chandoa (canopy). Never forget that Guru Sahib Ji will rest in Sukhasan at night. If you have plans to be out during the night, do sukhasan seva before leaving.

5. When Away From Home

If you are leaving for an extended period of time, do not leave the Guru Sahib Ji unattended. Plan to transfer Guru Ji to the nearest Gurdwara or a Gursikh family that is capable of doing seva. Make sure to follow the protocols for transportation for Guru Ji (these will be detailed in an upcoming post).

6. Respect

Take a full shower before attending to Guru Sahib Ji and remove socks. Make sure your clothes are clean and your head is fully covered. Request and inspire others in the house to keep their heads covered to show respect to Guru Sahib Ji being within the building.

7. Clean Environment

Make sure Guru Sahib Ji's clothing, bedding, and the entire room is kept as clean as possible. Do regular dusting, changing of Guru Ji's rumallay (clothes) and keep the room well ventilated.

8. Refrain from Cardinal Sins

When the Guru Ji is at your house, abstain from all 4 cardinal sins. Abstain from adultery, drugs, removal of any kind of hair, and consumption of tobacco. Try to refrain from any abusive talk, actions, or arguments and use the Guru Ji's presence as a reminder to treat everyone with respect and love.

9. Focus on Kirtan, Katha and Paath

Refrain from watching or listening to inappropriate movies, songs, or TV shows whilst Guru Ji is with you. Try to keep kirtan, katha, or paath playing and focus your attention on Guru Ji's words and guidance.

10. When Entering Guru Ji's Room

Always wash your hands and feet (remove socks) before entering Guru Ji's room and when doing any kind of seva. A hazooria (robe) should be used to keep hands clean and you shouldn't touch Guru Ji until you've washed your hands after touching your feet, face, the floor or your phone.

Having Sri Guru Granth Sahib Ji in your house is a great privilege. These rules are there to ensure you do not commit any mistakes. Always do Ardaas to the Guru Ji seeking forgiveness, we are all learning and trying to do our best, but now we know, we should try our hardest to be respectful.

If you see yourself, or other family members, continue making critical mistakes, it's best to use senchis (volumes of Sri Guru Granth Sahib Ji), instead of the actual Saroop (body) of Sri Guru Granth Sahib Ji.

Remember that the respect one can give to Guru Ji is limitless.

It should be every Sikh's responsibility to ensure respect for Sri Guru Granth Sahib Ji and to provide a room where Guru Ji's seva can be performed with love and devotion. One should also try to make every attempt to read Gurbani daily and contemplate on the meanings.

In addition, a Gursikh should do Sangat with other Sikhs and at the Gurdwara as much as possible. Good Sangat is our "fortress", where it is more difficult to wander into bad habits and ultimately away from our Guru Sahib Ji.

