

Amrit in Sikhism

Sarjit Singh Sandhu, Ph.D.
(Pb. & London)[Former Professor, GNDU, Amritsar]

Big Bang theory of creation, *Nanak* taught to every man in the barn;
Religion and science were married for ever, under *Nanak's* charm.

I KOoh, the only One, all pervasive has many names, no place or race;
Though invisible and unfathomable but showers everywhere *Its* grace.

The laws, *It* ordained for the universe, are fair, equitable and for ever;
No distinction is between high and low, rewards every one's endeavor.

Life started from a single cell, over time it grew into the largest animal;
All were fighting among themselves, the situation was utterly abysmal.

About seven million years ago, the big ape came close to the human form;
More than a million years ago the latest homo-sapiens learnt to perform.

To love, lead and tame the myriad quarrelsome crowds all around ;
Akaalpurkh brought forward wise people to handle the hungry-hound*.

Compassion, kindness, love and persuasion were put to hard work;
This is the advice *Akaalmoort* gave to tame the greedy, barbaric jerk.

Amrit of Sikhism is neither a tasty stuff to eat nor a juicy sweet drink;
On the mind of an honorable human being it is *Akaalpurkh's* foot print.

Having *Amrit* in mind, helps one make use of head, hand and heart;
Grace of *Akaalmoort* and gift of wisdom is solicited by who is smart.

Akaalpurkh ordains every one to respect and treat each other well;
Love each other like brother and sister to avoid any inferno or hell.

A Sikh is never dejected by any kind of deluge or deadly despair;
Nor its ego is inflated by a shower of praise for a good deed or prayer.

Happy and contented is one with *Amrit* in mind as the best ware;
Danger does not distract a Sikh, nor fear of death causes any scare.

Amrit of *gurbaani* inspires one to work for the welfare of entire nation;
A true Sikh remains free from any worry and enjoys a blissful vocation**.

* Haumein ** any duty undertaken