

Attunement to the Sikh Tradition

by Hari Dass Singh Kalsa



This is my current understanding of Sikhism after twenty years on the path.

Sikhism is a tradition of spirit which is focused on the householder's lifestyle. To quote Yogi Bhajan, "If you make it as a monk, you have to come back one more time and make it as a householder."

The Sikh belief is that our job as humans is to experience our lives through the infinity of our souls rather than through the limitations of our incarnated humanness. We are souls with a body, not bodies with a soul.

It is by recitation of God's name that we experience our own infinity and through that experience we experience God. What ultimately matters is our state of being (vibration) when we die, for that is what we will merge in.

If we relate mostly to spirit and the infinite then we are drawn to that, and if we relate mostly to more earthly attractions then it is back to birth one more time. Our spiritual practice, Sadhana, is practice for our daily lives and daily life is practice for our death.

My understanding of these two sacred phrases is as follows in most brief of terms:

Ek Ong Kar Sat Nam Siri Wahe Guru

There is one creator of the creation, true (truth) is the creator's Name, the creator's greatness is experienced by the grace of the Guru (Gu- dark, ru- light, so that which takes us from darkness to light)

Wahe Guru Ki Ka Khalsa

Wahe Guru Ji Ki Fateh

The pure ones (Khalsa) belong to God (Wahe Guru)

All victory belongs to God