

ESCAPE THE PRISON OF LIFE



SIKHI IS THE KEY



Why do we need a Survival Pack?

- If we get lost.
- To guide us.
- To help us to safety.
- Aids us in troubled times.



Life is a journey and on every journey it is wise to take a survival pack, because without a survival pack you will not be able to overcome any problems on the journey. In a Sikh's life the Gurus' teachings is the survival pack, that will help us throughout life and help our soul merge back with The Supreme soul (WAHEGURU). Until we don't use the Guru (Gurbani) as our survival guide our soul will keep coming and going in reincarnation.

- **Without the Word of the Shabad, people wander lost in reincarnation. Through the love of duality, multitudes have been drowned.** *Ang 19 Sri Guru Granth Sahib Ji*
- **Through 8.4 million incarnations you have wandered, to obtain this rare and precious human life.** *Ang 50 Sri Guru Granth Sahib Ji*



The Survival Guide will always make you aware of the danger that face you in your journey and will also tell you how to deal with them. For example a hunting knife may be taken in the Jungle just in case a wild animal attacks you, the manufactures of that Knife make they knife really practical for the job it is needed for. They also include instructions on how to keep your knife in good condition. In the same way Waheguru has given us the human Body and Gave Gurbani to help guide us and keep us in good condition.

What is the Wrong Way to Go?

- Forgetting the Beloved, even for a moment, the mind is afflicted with terrible diseases. How can honor be attained in His Court, if the Lord does not dwell in the mind? *SGGSJ ANG 21*



What is Maya?

The created world is like an illusion, a mirage - see this, and reflect upon it in your mind. *Sri Guru Granth Sahib Ji Ang 536*

Emotional attachment to Maya is created by my God; He Himself misleads us through illusion and doubt. *Sri Guru Granth Sahib Ji Ang 67*

Caught in the illusion of Maya, you have forgotten the Supreme Lord. *Sri Guru Granth Sahib Ji Ang 805*

Through the Shabad, egotism is conquered and subdued, and the illusion of Maya is dispelled. *Sri Guru Granth Sahib Ji Ang 67*

What leads us to the wrong path?

- Kaam (lust), Krodh (Anger), Lobh (attachment), Moh (Greed) & Hankar (ego)
- I am worthless and without virtue; all virtues are yours. The five vicious thieves are assaulting my poor being; save me, O Savior Lord! They are tormenting and torturing me. I have come, seeking Your Sanctuary. Ang 205 SGG SJ



Alcohol and Drugs

- ANG 15 SGG SJ The Great Giver has given the intoxicating drug of falsehood. The people are intoxicated; they have forgotten death, and they have fun for a few days. Those who do not use intoxicants are true; they dwell in the Court of the Lord.
- ANG 335 SGG SJ Those who are deluded by sensual pleasures, who are tempted by sexual delights and enjoy wine are corrupt. But those who, through destiny and good karma, join the Society of the Saints float over the ocean like iron attached to wood.
- One person brings a full bottle, and another fills the cups. Drinking the alcohol, their intelligence departs, and madness enters their mind. *Ang-554*
- Kabeer, those mortals who consume marijuana (intoxicants for pleasure), fish (meat) and wine (alcohol), no matter what pilgrimages, fasts and rituals they follow they will go to hell. *Ang- 1377*

This person was hit by a drink driver



*Jacqueline Saburido
September 19, 1999*



Smoking is a form of Self Harm

healthy lungs



smoker's lungs



You're Diet



You kill animals (living beings) and call it a righteous action (halal). Tell me brother what do you call an unrighteous action? You call yourself the most excellent sage (person of great wisdom) then who do you call a butcher? – Ang-1103- Sri Guru Granth Sahib Ji

If ones clothes are stained with blood; the garment becomes polluted; those who consume blood in the form of flesh (meat) how can their conscious be pure? -Ang-140-Sri Guru Granth Sahib Ji

The world eats dead carcasses, living by neglect and greed like goblins; or a beast, they kill and eat forbidden carcasses of meat. So control your urges or else you will be seized by the lord and thrown into the torture of hell. -Ang-723-Sri Guru Granth Sahib Ji



Picture of an aids sufferer

- **Painful diseases afflict those who are sexually promiscuous. Ang 1189 SGG SJ**
- **Sexual desire and anger are the wounds of the soul. Ang 152 SGG SJ**

The Right Way leads us to everything



- **As a palace is supported by its pillars, so does the Guru's Word support the mind! As a stone placed in a boat can cross over the river, so is the mortal saved, grasping hold of the Guru's Feet. As the darkness is illuminated by the lamp, so does the mind blossom forth, beholding the Blessed Vision of the Guru's Darshan. The path is found through the great wilderness by joining the Saadh Sangat, the Company of the Holy, and one's light shines forth. I seek the dust of the feet of those Saints; O Lord, fulfill Nanak's longing! ANG 282 Sri Guru Granth Sahib Ji**
- **I sing the Lord's Name and the Kirtan of the Lord's Praises; the Divine Light shines, and now I see the Way. ANG 86 Sri Guru Granth Sahib Ji**

- **In this Dark Age of Kali Yuga, the Kirtan of the Lord's Praise has appeared as a Light in the world. ANG 145 Sri Guru Granth Sahib Ji**

- Singing the Kirtan of His Praises, my mind has become peaceful. *ANG 178 Sri Guru Granth Sahib Ji*
- Those whose hearts are illuminated by God, sing the Kirtan of His Praises night and day with their tongues. *ANG 208 Sri Guru Granth Sahib Ji*
- Nanak has found the peace of the Kirtan of the Lord's Praises. All his sorrows have been dispelled. *ANG 213 Sri Guru Granth Sahib Ji*



- Centre your awareness on seva- and focus your consciousness on the word of the shabad. (*Ang 110, Sri Guru Granth Sahib Ji*)
- Blessed are that mortal beings, who share the Teachings with others and engages in altruistic services of doing good to others. (*Sri Guru Granth Sahib Ji, Ang 311*)
- Worthless is the body that does not do good deeds to others. (*Sri Guru Granth Sahib Ji, Ang 69*)

O Siblings of Destiny, filth is washed away by bathing in the Pure Water of the Name. *Ang 57 Sri Guru Granth Sahib Ji*

The True Guru is the True Pool of Nectar; bathing in it, the mind is washed clean of all filth. *Ang 113 Sri Guru Granth Sahib Ji*

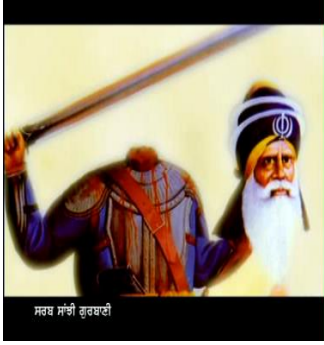
The Saints of the Lord meditate on the Lord in their minds; they join the Saadh Sangat, the Company of the Holy. The piercing sun of desires has set, and the cool moon has risen. You are the Greatest being, absolutely unapproachable and unfathomable; you created the Universe from Your Own Being. O God, take pity on servant Nanak, and make him the slave of the slave of your slaves. *ANG 668 SGGSJ*



The Wrong Way Leads to Nothing

- If you follow the wrong way there is nothing but doom and gloom at the end. We need to defeat our inner demons with Guru Ji's Kirpa.
- There is no treasure to be found at the end of the treasure hunt.
- Our soul keeps coming and going in reincarnation, because we have chosen the wrong path.

The Right Way leads to everything



- There is the right way that is taught to us by Sri Guru Granth Sahib Ji, those people that have used Gurbani as a Survival Guide have reached the true destination.

Which Way are you going To Go?



The wrong way:

Intoxication with drugs, smoking, clubbing, eating meat, abusing people, unnecessary violence, hate, anger, lust, murder,

OR

The right way

Inoxicated with Gurbani, compassion, love , humbleness, saint soildier, resistance, truth, protect humanity.

The choice is yours

YOU REAP WHAT U SOW – WHEN YOU DIE