



Anand Karaj

(Wedding Ceremony)

Welcome to All

We humbly request that you participate with us in the following ways:

- *remove your shoes*
- *cover your head*
- *feel free to sing along*
- *relax and enjoy*

A SIKH GURDWARA is a prepared environment *for* raising one's consciousness into higher realms. *Gurdwara literally* means "Gate to the Guru" *or* "Gate to Wisdom". It is a special place and time because all who *are* here come for a mutual purpose - to open themselves to the peace and wisdom of the Infinite *Creator*; to co-create through meditative action and thought. Feel as though you are entering your own inner self... from which place you are able to touch the Infinite.

The main focus of a Sikh Gurdwara is on the *Sin Guru Granth Sahib*, the volume of writings *covered* in cloths on the altar at the *front* of the *room*. The essence of the Sin Guru Granth Sahib is the *Guru* or 'Divine Teacher' for a Sikh. It is the Infinite *Word of God*, to which all humans have access. When we meditate on the words of the Guru, called *Gurbani*, we can experience God, the Infinite.

We bow *our forehead* to the *ground before the Siri Guru Granth Sahib* as an act of humility and *reverence*, acknowledging that there is an Infinite Power which pervades all. We bow only to the *Word of God*, not to any earthly power *or* human. We may also *give an offering before the Sin Guru Granth Sahib*. When *one gives in the Name of God one is open to receiving the Infinity of God*.

We sit *together* on the *floor*, also as an act of humility, which is conducive to meditation. We avoid pointing our feet in the direction of the Guru as the soles *of the feet project out energy and we are here to humbly receive*. *Women sit on the right facing the Guru and men sit on the left, as polarities of energy, balanced by the central position of the Guru*.

Guruprashad, made of flour, ghee, honey *and* water, is distributed at the end of *the Gurdwara service*. *It is symbolic of the abundance and sustenance that we Receive from the Guru*. It is received with cupped hands as one is receiving the Guru's blessing. Everything coming to us in life is the Guru's gift and *therefore* sweet.

After the *Gurdwara service*, *Guru ka Lungaris* served. This is *food served* in the Name of the Guru. All who come to this house *of God* shall be offered both physical and spiritual nourishment.

Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh!
The Pure Ones belong to God, All Victory belongs to God'

Lavan - The Wedding Song

Proceeding forth into the first nuptial round The Lord presents before you His instructions for the daily duties of marital life:

*It is not enough to relate to the Vedas or Brahma,
You must be constant in the performance of your
righteous duty.*

*Thus the errors of the past shall be washed away. Be
confirmed in righteousness and Repeat the Lord's
Name. The practice of the Name has been urged
in the Smiritis as well.*

*Reflect upon the True Guru, who is ever perfect
And all your sins and errors will leave you. By the
greatest good fortune the mind is filled with bliss.
And thoughts of the Lord are soothing to the mind.
Slave Nanak proclaims that in this first round The
marriage ceremony has begun.*

***Comes the second nuptial round And the Lord has
made you to meet the True Guru.*** *With your heart
bound by the fear of the Fearless God, All sense of pride
has been washed from the mind. Knowing the fear of
God and singing His praises, You behold His presence
before you. God, the Lord Master, is the soul of the
creation; He pervades everywhere and f Its all places
with His Being*

*Know then that there is One God, within us and
without, And His songs of rejoicing are heard in the
company of His servants Nanak proclaims that in this
second nuptial round the divine music is heard.*

In the third round the praises of the Lord fill my mind. *By the
greatest good fortune you have come to meet the Lord God in
the company of the holy. Singing His praises and speaking the
divine Word, the Immaculate Lord is found.*

*It is by very great good fortune That the pious attain to the
Lord And tell that story which can never be told! The music of
God resounds within and we contemplate the Lord God,
For we have been blessed with a great destiny written upon
our foreheads.*

*Slave Nanak proclaims that in this third round the love of God
has been awakened in the heart.*

***In this fourth round The mind grasps the knowledge of the
divine, And God is realized within.***

*By the Guru's grace we have reached the Lord
with ease;
Our bodies and our souls are filled With the tender delight of
the Beloved. I am a sacrifice unto my Lord. God seems sweet
to me and I have become pleasing to my Master.*

*He fills my thoughts all night and day. I have obtained the
object of my heart's desire, my Lord.*

*By praising His Name, I have gained the highest praise.
The Lord Himself becomes one with His holy bride,
While the heart of the bride blooms and flowers with His holy
Name.*

*Slave Nanak proclaims that in the fourth round
we have found the Eternal Lord.*