

Leading through Gurbani Workshop #4

Objectives

- Review Mool Mantra
- Review concepts from first pauni of Japji Sahib
- Identify Gurbani concepts from the remaining first pauni of Japji Sahib
- Identify fixed and growth mindset
- Identify the connection between fixed and growth mindset to Gurbani
- Student Service Learning Opportunity #2

Meditation - Naam Japna

Let's stop and get our minds ready to learn. To do this we will do Naam Japna or Reciting the name.

Satnaam, Sri Waheguru Sahib Ji

Satnaam, Sri Waheguru Sahib Ji

Satnaam, Sri Waheguru Sahib Ji

Satnaam, Sri Waheguru Sahib Ji

Satnaam, Sri Waheguru Sahib Ji

Let's Review

Leading through Gurbani Kahoot



How have you implemented Gurbani in your daily life?

Collaborate Board

How have you implemented Gurbani in your daily life?

First Pauri

What is "pauri"? Pauri means stanza

How many pauris are in Japji Sahib? 38 pauris

Focus:

Pauri 1 - 7

The first 7 pauris of the Japji Sahib help to bring focus on the difficulties we face in reaching waheguru.

Jap - chant, recite

Aad Saach - The truth from the origin or when things began

Jugad Saach - The truth from the beginning of ages

Hai Bhi Saach - The lord is true now

Nanak Hosee Be Saach - Nanak says that the Lord will be the truth for all times

First Pauri

Sochai Soch na hovai - By washing the body, purity (of mind) is not obtained.
Je sochi lakh var - Though it be washed a hundred thousand times

Chupai Chup no hovai - True silence cannot be attained
Je lae rahae liv tar - Even by repeated meditation

Bhukia Bhukh na untri - The greedy are never satisfied
Je banna puria bhar - Even one who is loaded with all the riches

Sahas sianpa lakh hohe - Even with an abundance of wisdom
Ta ik na chalai nal - This will not bring you to emancipation

Kiv Sachiarra hoiai - How does one become spiritually pure?
Kiv Kurai tutai pal - How can pierce the veil of illusion?

Hukam rajai chalna - Through waheguru's command
Nanak likia naal - Nanak says, that **will** is pre-ordained or determined

Key Terms

Ad - in the beginning

Jugad - Primeval age or from the earliest ages of history

Bhi -Also

Sochai - Pondering on thoughts

Soch - forming or devising ideas

je - Even though

Chupia - Silence

Tar - Constant

Bhukia - Hunger

Puria - World's

Sahas - Thousands

Sianpa - Wits or clever thoughts

Kiv - How

Sachiara - True

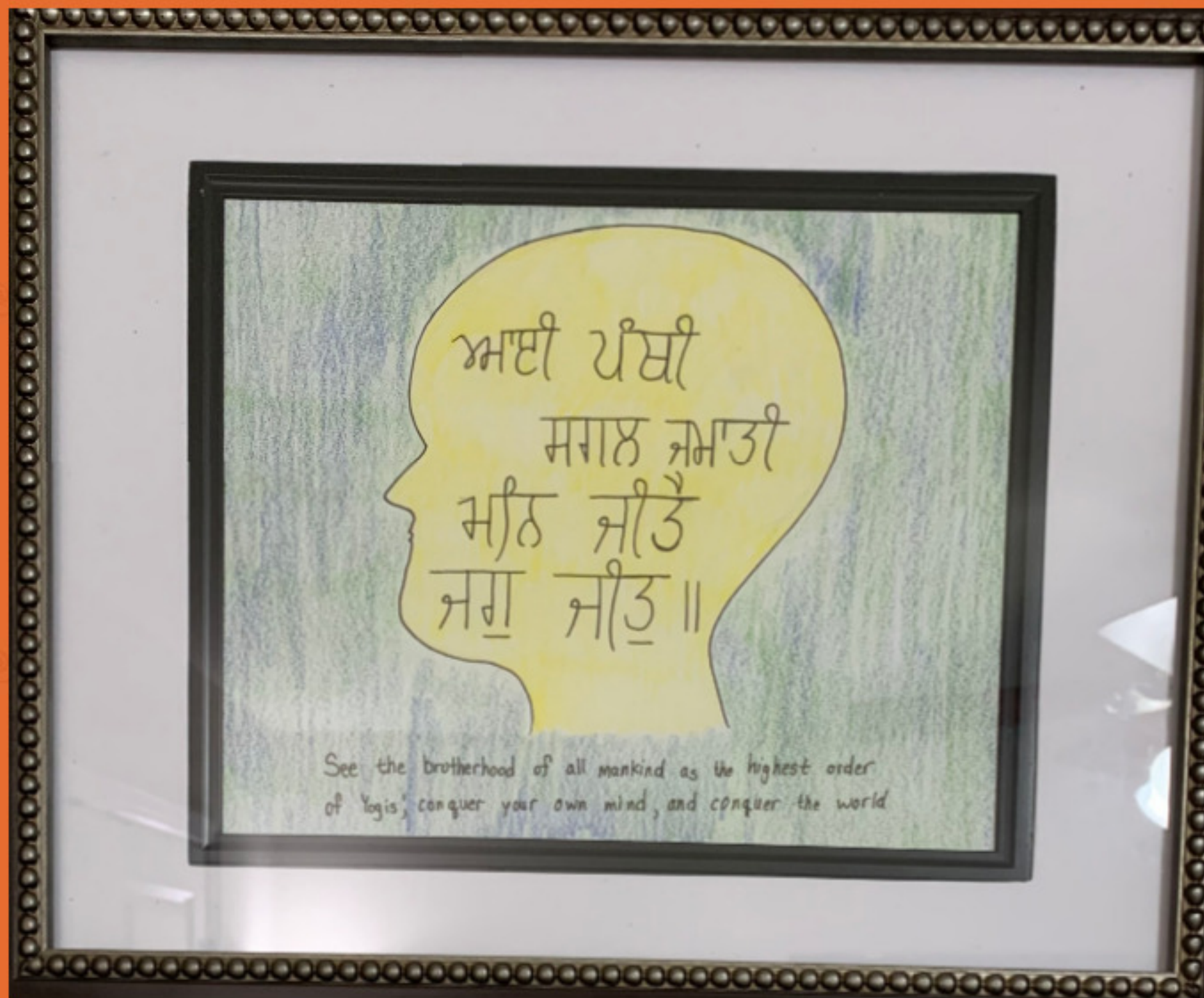
Kurai - Untrue or false

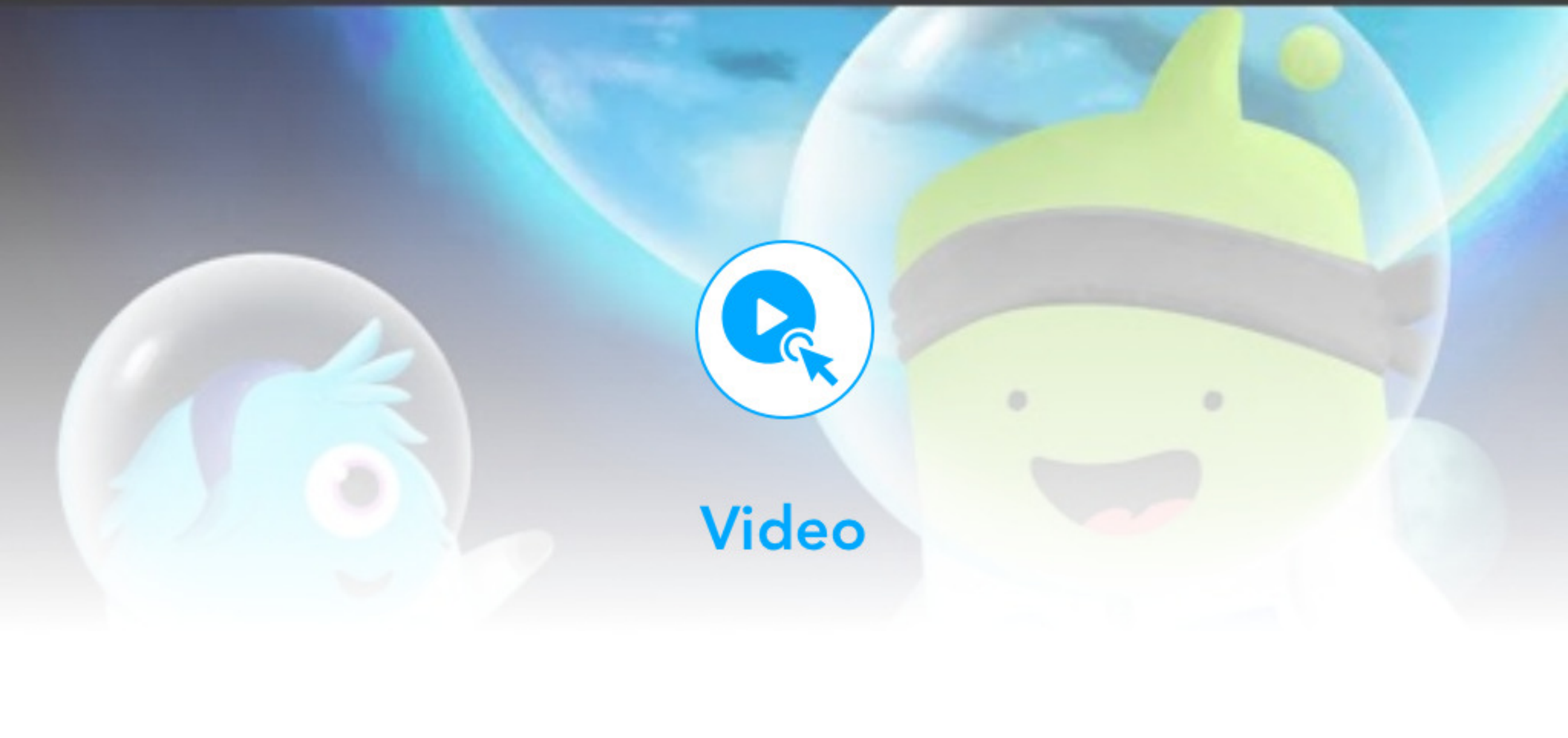
Pal - Screen or wall

Rajai - God's will also spelled Raza which comes from Arabic

Likia - God's pre-ordained will. His commands are ingrained within us.

Our Mind Matters - "Aayee panthi sagal jamati man jeeai jag jeet"





Growth Mindset for students - Episode 1/5

Two types of Mindsets

Fixed Mindset vs. Growth Mindset

Growth mindset	Fixed mindset
Embraces challenges	Avoids challenges
Accepts criticism and negative feedback as constructive	Rejects criticism and is hurt by negative feedback
Equates reward with effort	Expects reward without effort
Persists in the face of setbacks	Lets setbacks derail them
Never gives up	Gives up easily
Learns from failure	To fail once is to fail completely
"Talent is developed"	"I'm no good at this"
"What more can I do?"	"Why should I bother?"
	



Video

Yoda & growth mindset



How does Gurbani relate to mindset?

Collaborate Board

How does Gurbani relate to mindset?



How does mindset relate to leadership?

Collaborate Board

How does mindset relate to leadership?

Student Service Learning Opportunity #2

Our mission: To Give Back, Share Knowledge & Raise Awareness.

Create a piece of artwork that shows what Mool Mantra means. Write a reflection on why you created the image you did and how it shows the meaning of Mool Mantra.

- Draw a picture
- Computer Graphics
- Canvas
- Sewing
- other creative ways

We will showcase the drawings on social media. We will also pick artwork to be donated to area gurdwaras.

