



## SHAHEED BHAI MANI SINGH JI GATKA AKHARA

### Ardaas – The Power of Prayer

The Ardaas as we know it today has developed and changed since it came into existence. It has always been vitally important for Sikhs. It's the time when everything is put on hold and all the attention is fixated on this supplication prayer.

In the Ardaas we start by evoking the timeless one (Akaal Purakh), the Ten Gurus and our Living Guru, Satguru Sri Guru Granth Sahib Ji. We then go on to remember the sacrifices and brave acts of our previous generations and ancestors. The Sikh role models, the martyrs and heroes are given due respect and we express our gratitude to them for helping us through very difficult circumstances. In short, the Ardaas is not only a time to remember the history of the Sikhs but is a mind and heartfelt plea for us to follow in their footsteps and ask for guidance, blessings and support in carrying out a task.

We then go on to remember and mention the various aspects of the Sikh faith that keeps it unique, the flags and banners of the nation, the respected Gurdwaras and Shrines. We ask for the ability to keep our Sikhi (religious beliefs) alive, keep our Kes (hair) intact and uncut, uphold our Rehat (strict discipline), understand and keep a high level of Bibek (righteous thinking), accept everything to be in His will through Visaah and Bharosa (faith and belief) and the biggest gift of all the ability to keep remembering His Name.

After remembering the major events of our history and the Gursikhs that helped get the Sikh Nation where it is today, we then go onto asking for our personal supplication. It's at this stage where we ask Guru Ji to accept our supplication and give the reason why we are asking for their blessings.

Upon completing the personal part of the Ardaas we Matha Taek (show respect by bowing) to Sri Guru Granth Sahib Ji, Pothia (compilation scriptures), Shastar (weapons) or anything that has Gurbani written on it; this shows our humility.

The Ardaas is then followed by the Jakaaraa (War Cry), which signifies that regardless of what is written in our lives, we shall always remain in Charrdeekalaa (High spirits) and remember the One Almighty Lord.

#### Gursikhs that are mentioned in the Ardaas

**Panj Piaarae** – Bhai Daya Singh Ji, Bhai Dharam Singh Ji, Bhai Himmat Singh Ji, Bhai Mohkam Singh Ji, Bhai Saahib Singh Ji

**Chaar Saahibjaadae** – Baba Ajit Singh Ji, Baba Jujhaar Singh Ji, Baba Jorawaar Singh Ji, Akali Baba Fateh Singh Ji

**Chali Muktae** – Baba Maahaa Singh and the 40 Liberated Gursikhs

**Countless other Gursikhs**, including (but not limited to) Shaheed Bhai Mani Singh Ji, Shaheed Bhai Taru Singh Ji, Shaheed Bhai Subeg Singh Ji, Shaheed Bhai Shabaaz Singh Ji, Shaheed Bhai Mati Daas Ji.