

## Langar (Free Kitchen)



Guru Nanak Dev Ji saw **service to others as serving God**. At a young age, Guru Ji was given some money by Their father to start a business. However, Guru Ji chose to spend this money on feeding hungry ascetics. Guru Ji called this the true trade and started a tradition known as Langar which continues across the world today. Guru Ji taught that we should only **consume once we have shared with others**. The mission of a Sikh is to provide basic needs (e.g. food, shelter & freedom) to all humanity.

## Revolutionary

Guru Nanak Dev Ji **challenged the injustice** promoted by those in positions of power in politics, religion, and society. They **denounced rituals** reserved for the privileged and elite, showing that everyone can connect to the One. Guru Ji was imprisoned for condemning the tyrannical Mughal ruler Babur.

Guru Ji rejected the common practice of empty rituals and instead **encouraged a true and meaningful connection to the Divine** through love.



## Gurbani (Word of the Guru)



The words of the Guru are **divine revelation**. Guru Nanak Dev Ji praised the One in the form of divine poetry which was later incorporated into Sri Guru Granth Sahib Ji (the eternal Sikh scriptural Guru). These hymns are sung according to specific musical measures - known as raag - and contain immense spiritual power, transforming lives. Guru Ji would bring people together every morning and evening to sing the praises of the One. **Everyone is welcome to join in with these praises.**

## Love

The singing of the Guru Ji's words (Gurbani) invokes love for the Divine One. Guru Ji taught that we should **remember the One** in the hours before sunrise while the world is still asleep. This remembrance can be spread as love to humanity throughout the day, cultivating the **virtues of humility, compassion and devotion** within us. Guru Nanak Dev Ji promotes a **simple and sustainable lifestyle** instead of one full of worldly riches.



## Social Empowerment

The light of the One is in everybody, regardless of their race, religion, gender or sexuality. **True empowerment is the connection to the One**, which everybody is capable of. Those traditionally seen as inferior – such as women - were elevated by Guru Nanak Dev Ji, who said that it is somebody's thoughts, speech, and actions that count.



Guru Ji rejected sumptuous food from a dishonourable king in favour of simple food prepared with love from an **honest living** by a humble carpenter.

## Spreading the Message

Guru Ji travelled to many lands, spreading the **message of truth and love**. They encouraged people to break their ego and **live a life of humility** instead. On these travels, Guru Nanak Dev Ji held discussions with various groups of spiritual people who were seeking the ultimate truth. Many of them were inspired by the teachings and actions of Guru Nanak Dev Ji and became GurSikhs (Sikhs of the Guru). One of them, **Bhai Lehna Ji**, became Guru Angad Dev Ji, the second Guru. Through Sri Guru Granth Sahib Ji and the Khalsa Panth, the light of Guru Nanak Dev Ji shines across the world today.



# FACT FILE

**Father:** Pita Kalu Ji

**Mother:** Mata Tripta Ji

**Sister:** Bebe Nanaki Ji

**Wife:** Mata Sulakhni Ji

**Sons:** Baba Sri Chand Ji  
Baba Lakhmi Das Ji



Guru Ji came to this earth in 1469 in the village of Talwandi, now called **Sri Nankana Sahib** in Punjab province of Pakistan.

**Guru Nanak Dev Ji** is the founder of Sikhi and the first Sikh Guru.



One of Guru Nanak Dev Ji's companions was **Bhai Mardana Ji** who played a string instrument called "Rabab".

Guru Nanak Dev Ji wrote **nearly 1000 hymns** contained in Sri Guru Granth Sahib Ji, the Eternal Sikh Guru in the form of the Divine Word.



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