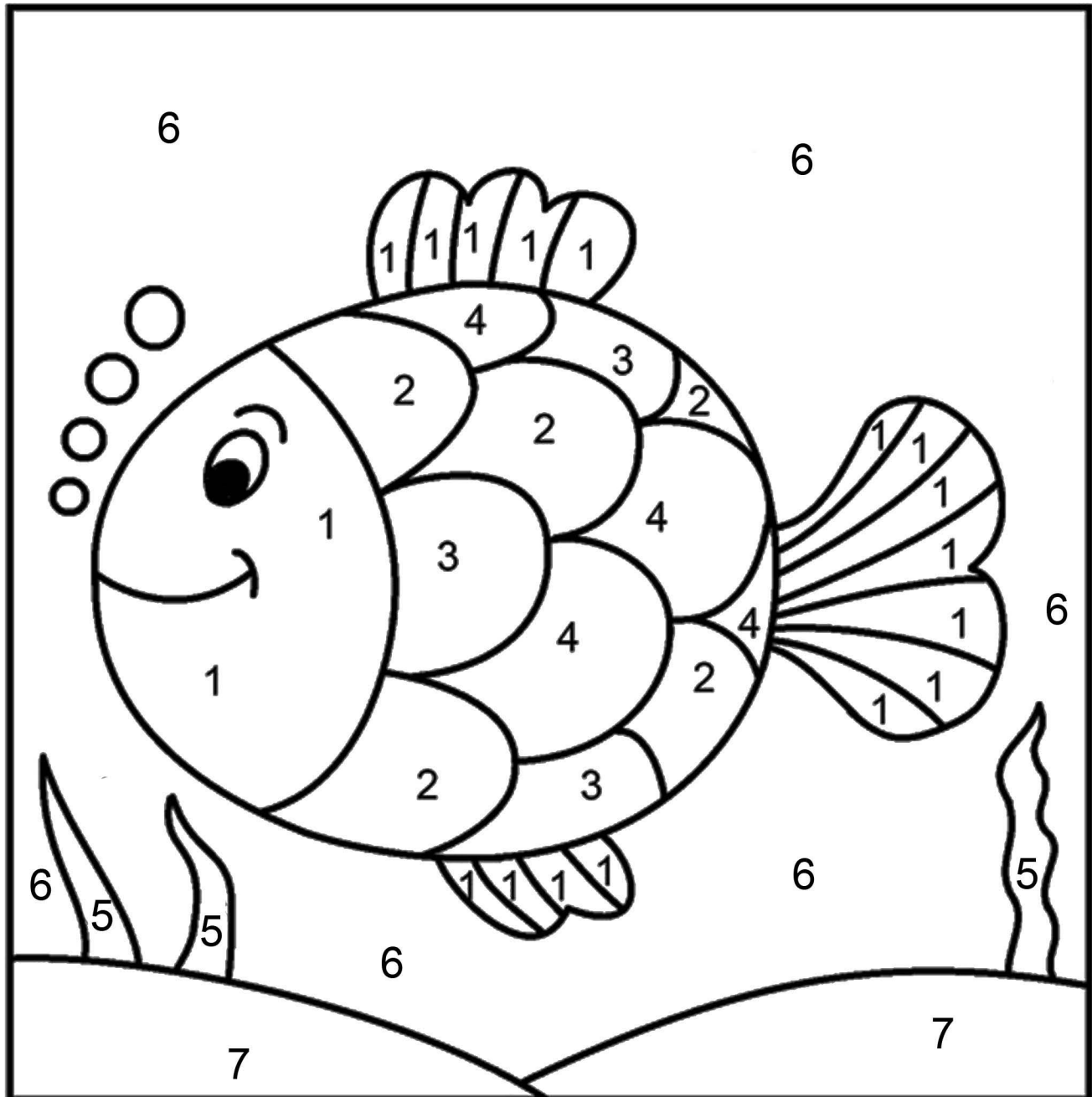


Sri Guru Tegh Bahadur Ji

Salok Mahalaa 9

Kahu Naanak Har Bhaj Manaa Jeh Bidh Jal Kau Meen ||1||

Says Nanak, meditate, vibrate upon the Lord; immerse your mind in Him, like the fish in the water.



1= Yellow 2= Red 3= Orange 4= Pink
5= Green 6= Blue 7= Brown

Guru Ji is telling us that we should always be remembering Vaheguru wherever we are and wherever we go, just like how a fish is always around water and how it cannot live without water!

Imagine we are like the fish and Vaheguru is like the water!