

Mastering Creation and Self in Ten's

Even the ten Avtaars when they came in human form did not see that invisible Oankar. Ten days of Muslim Muharram and ten horse sacrifice (asvamedh) are prohibited in the Sikh way. A Gurmukh, controlling the ten openings stops the mind racing in ten directions.

Mastering Creation and Self in Eleven's

The Gurmukh has controlled all the eleven (ten openings and the mind). Their eleven objects also he has controlled and he has purified the mind-gold by rubbing it on the touchstone of devotion. Cultivating eleven virtues (truth, contentment, compassion, dharma, control, devotion etc.) he has chiselled and stabilized the tardy mind and erased duality and dubiousness. Listening to the Mool Mantra eleven times, the Gurmukh adopting the teachings of the Guru, is called Gursikh.

Mastering Creation and Self in Twelves's

Winning over the twelve sects of yogis, the Gurmukhs started a simple and straight way for liberation. Conquering the twelve zodiac signs, the Gurmukh remains absorbed, in the capital of truthful conduct. Becoming pure gold of twelve masas (twenty four carrots) the Gurmukhs become true to their worth in the world market.

Mastering Creation and Self in Thirteen's

Thirteen jewels are also futile for the Gurmukh who gets the jewel of the Gurus teaching. Thirteen beats of music are incomplete, but the Gurmukh with his accomplishment of the rhythm (of household life) attains delight. The ritualistic people have intimidated common folk with their thirteen types of rituals.

Mastering Creation and Self in Fourteen's

Accomplishing the fourteen vidyas (skills), a Gur-

mukh adopt the indescribable skill of the wisdom of Guru (Gurmat). Traversing across the fourteen worlds they reside in their own self and remain immersed in the state of nirvana.

Mastering Creation and Self from Fifteen to Thirty Four

One fortnight consists of fifteen days. One is the dark fortnight and the second will have moonlit light. Like the game of dice, ejecting the sixteen counters and making the pair only, one attains fearlessness. When the moon, the master of sixteen phases (full of sattva quality) enters into the sun (full of rajas and tamas), it gets faded. A woman also using sixteen types of adornments goes to the bed of her husband and enjoys the extreme delight. The power (shakti) of Shiva keeps with her seventeen speeches or variations of its powers. Thoroughly understanding the eighteen gotras, sub castes, the Gurmukhs go through the eighteen Puranas (Hindu scriptures). Jumping over nineteen, twenty and twenty-one. They make the number of twenty-three, twenty-four and twenty-five meaningful. In the name of twenty-six, twenty-seven, twenty-eight they meet the Lord. Crossing twenty-nine, thirty and reaching thirty-one, in their heart they feel blest and delighted. Accomplishing the thirty-two saintly characteristics, like Dhru they make the 330 million gods and goddesses shake and revolve around them. Touching thirty-four they realize the Invisible Lord. The Gurmukhs going above all the numbers get exhilarated in the love of Lord who is beyond numbers.

Important Note

The information in this leaflet has been adapted from Bhai Gurdas Varaan. If you are looking for a more detailed translation, please read at Bhai Gurdas Varaan at www.searchgurbani.com.



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What is a Gurmukh?

A Gurmukh is the individual who orientates his/her mind towards the True Guru. The Sikhs of the Guru become Gurmukhs only when they become one with the Sound Current (Naam). The below excellences and achievements of a Gurmukh are extracted from the writings of Bhai Gurdas.

Mastering Creation and Self in Two's

Conquering Shiva and Shakti (the Rajas and Tamas qualities), the Gurmukhs have disciplined the Moon-Sun (Ira, Pingala) and also the time known by days and nights. Subjugating pleasure and pain, joy and suffering, they have gone beyond hell and heaven, sin and virtue. They have humbled life, death, liberation in life, right and wrong, enemy and friend. Conquering sleep, hunger, hope and desire, they have made their home in their own true nature. Going beyond praise and slander, they have become beloved of the Hindus as well as Muslims. They bow before all and consider themselves as dust.

Mastering Creation and Self in Three's

The Gurmukhs have gone ahead of the three worlds, three gunas (rajas, sattvas and tamas) and the trinity of Hindu gods called Brahma, Vishnu and Mahesa. They know the mystery of the beginning, the middle, the end, of past, present and future. They keep together in one line their mind, speech and action and conquer birth, life and death. Conquering all the maladies, they have humbled this world, heaven and the nether world. Winning the top, middle and the lowest positions they have conquered the childhood, youth and old age. Crossing Trikuti, the conjunction of three Naris – Ira, Pingala, Susumana in between the eyebrows, they have bathed in the Triveni, the pilgrimage centre at the confluence of Ganges, Yamuna and Sarasvati. With concentrated mind, Gurmukhs adore only one Lord.

Mastering Creation and Self in Four's

The Gurmukhs subdue the four life-mines (egg, foetus, sweat, vegetation) and the four speeches (para, posyanti, madhyama, vaikhari). Four are directions, four the yugas (ages), four Varnas and four are the Vedas. Conquering Dharma, Artha, Karma, Moksa and crossing three stages of Rajas, Sattva and Tamas they enter into the fourth stage Turiya, the stage of supreme bliss. They control Sanak, Sanandan Sanatan, Sanatkumar, the four ashramas and the four warriors (in the field of charity, dharma, compassion and warfare).

Mastering Creation and Self in Five's

Gurmukh goes beyond air, water, fire, earth and sky. Resisting lust and anger he crosses the greed, infatuation and ego. He espouses truth, contentment, compassion, dharma and fortitude. Getting above of the Khechar, Bhuchar, Chachar, Unman and Agochar (all yogic postures) mudras he concentrates upon the One Lord. He beholds God in five (select persons) and the five sounds of five words become his special marks. Antahkaran, the basis of all five external elements is cultivated and cultured by Gurmukh in the holy congregation.

Mastering Creation and Self in Six's

Attaining spiritual discipline through the six seasons, A Gurmukh assimilates even the six philosophies. He conquers the six tastes (sour, sweet, astringent, bitter, tart and saltish) of the tongue and along with six musical measures and their consorts surrenders with full devotions. He understands and accomplishes the ways of life of six immortal ones, six yatis (ascetics) and six yogic chakras. Conquering the six codes of conduct and the six philosophies, he cultivates friendship with the six gurus (teachers of these philosophies). He turns his face from the five external sense plus one internal sense, and their attendant thirty six kinds of hypocrisies.

Mastering Creation and Self in Seven's

Gravitating above the seven oceans and seven continents, the Gurmukh lights the lamp of knowledge. He binds the seven threads (chakras) of body into one thread (of high consciousness) and traverses the seven sacred Hindu sites called Puris. Crossing the seven stages of knowledge, the Gurmukh gets the fruit of the knowledge of Brahm (the Creator), the basis of all the stages. Controlling the seven nether worlds and seven heaven he goes beyond them. The seven Rohinis, seven days and the seven married women and their ritualistic activities cannot upset him.

Mastering Creation and Self in Eight's

Accomplishing eight Siddhis (spiritual powers) the Gurmukh has attained the fruit of the adept trance (Siddh Samadhi). The practices by the eight ancestral family houses of Sesanag (thousand hooded snake) could not understand His mystery. Controlling the mind comprising eight inclinations, the Gurmukh has made it homogenous as the eight metals after mixing become one metal.

Mastering Creation and Self in Nine's

Though, the Gurmukh excels the nine Naths (ascetic yogis) yet he considers himself as the dust of the feet of saints, and God as the father of the fatherless ones. Nine treasures are in his command and the great ocean of knowledge goes with him like his brother. Neo devotees practise nine types of ritualistic devotion but Gurmukh remains immersed in loving devotion. With the blessings of the Guru and living the household life, he controls all the nine planets. Even conquering the nine divisions of earth, he never gets broken up and, going above the illusions of nine doors of body, he comes to reside in his own self. From nine numbers have been counted infinite numbers, and controlling the nine openings in the body, the Gurmukh stays in equipoise.