

NAME: _____

DATE: _____



ANSWER KEY: AMRIT VELA



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1. When is amrit vela? (1)

Amrit vela is from 3am to sunrise (the fourth section of the night).

2. Why is amrit vela at this time? (1)

There are fewer distractions at this time, so it is easier for the mind to focus on simran and Bani. The rest of the world is sleeping, so there is less negative energy in the air, something which can disturb the concentration while meditating.

3. Do Sikhs have to wake up at amrit vela? (1)

✓ **a. Yes, Guru Ji says all Sikhs have to wake up at amrit vela.**

b. No, it is a highly recommended suggestion, but Sikhs do not have to wake up at amrit vela.

4. Explain the statement: *Those that sleep through amrit vela lose the first battle of the day to their mind.* (1)

The mind begs for sleep and the soul begs for Naam. By sleeping in, you give into the mind, and the soul does not receive the Naam it needs, but the mind receives extra sleep, which it does not need, but wants.

5. Bhagat Farid Ji says that people that do not partake in amrit vela should not even be considered alive, and should be treated as if they are dead. Why does he feel this way?

Hint: How does the body receive energy? (1)

Like we need to eat food to have energy, the soul needs to have Naam to have energy. Simran, Naam, and Gurbani are foods for the soul. Without food and energy, the soul is starving and living in a painful state. Just as we remember to feed the body, we need to remember to feed the soul.

6. How did Guru Nanak Dev Ji prove to the sadhus that Kartarpur Sahib was a holy place? (1)
Guru Ji told the sadhus to stay for the holy time of amrit vela so that they could see how powerful the meditation was at that time. The entire sangat was meditating with love and concentration.

7. Why must the seed of Naam be planted at amrit vela? (1)
Just as the apple seed must be planted in warmer weather, the seed of Naam must be planted at Amrit vela. At amrit vela, the seed will grow bigger and faster than at any other time.

8. Why do animals wake up for amrit vela? (1)
Birds get up early in the morning and while sitting on trees, sing God's praises to the world. Even the animals are trying to show us that this is not the time to be sleeping, but the time to be remembering God. At amrit vela, there are waves of energy that are felt by all living creatures and cause them to cry out to God.

9. Why is it difficult to concentrate and find contentment when God's name is repeated at times of the day other than amrit vela? (1)
Those that do not wake up at amrit vela lack an appreciation for Gurbani. The mind is so distracted at other hours of the day that it becomes difficult to focus on God.

10. What is the first thing a Sikh must do during amrit vela? (1)
The Sikh rehet mariyada say that a Sikh must wake up early and first do ishnaan (take a bath with cold water).