



1. What is the Gurmantar that has been given to the Sikhs? (1)

The Gurmantar given to the Sikhs is ਵਾਹਿਗੁਰੂ.

2. Who gave the Gurmantar to the Sikhs? (1)

The Gurmantar was given to the Sikhs by the first Guru, Guru Nanak Dev Ji.

3. What does the word ਵਾਹਿਗੁਰੂ mean? (1)

ਵਾਹਿਗੁਰੂ means "amazing is God, who takes me out of the darkness and brings me enlightenment".

4. When is simran supposed to be done? (1)

Simran is supposed to be performed constantly; while sitting, standing, sleeping, and while awake.

5. What is ਅਜਪਾ ਜਪ? (1)

ਅਜਪਾ ਜਪ is a state of constant awareness. Simran can be performed in the mind without having to sit down and actually do the task.

6. What is the best position to be in while doing simran? (1)

The best position for simran is to be sitting cross-legged with a straight back. This position is comfortable to sit in while doing simran.

7. How does simran affect the body? (1)

Simran sends positive signals from the brain to the rest of the body. This keeps the body healthy and energized.

8. What is the personal benefit of doing simran with other people (in sangat)? (1)

Since Guru Ji has given a high status to sangat, the benefits of simran performed in sangat will be greater than those received from doing simran alone. For example, if one hundred Gursikhs are doing simran, the impact on an individual soul, and therefore the benefit, will be multiplied by one hundred times.

Bonus: What is the Sanskrit word for remembrance/meditation? (1)

*The word **Samrana** means remembrance/meditation in Sanskrit.*