

Guru Jas Academy

Level II Worksheet, "Mere Man Jap"

Name:

Date:

Level:

Mark the correct answer:

1. Who is the author of the Shabad?

- ☐ (a) G. Nanak Dev ☐ (b) G. Arjun Dev ☐ (c) G. Amardaas ☐ (d) G. Gobind Singh

2. In this Shabad, Guru Ji is telling reminding his own mind to:

- ☐ (a) do seva ☐ (b) "jup" or "meditate" ☐ (c) be kind ☐ (d) none

3. By doing this, Guru Ji says one shall never:

- ☐ (a) Lose Waheguru Ji ☐ (b) Always be in peace ☐ (c) Never suffer pain ☐ (d) All of the above

4. In this Shabad, Guru Ji is addressing:

- ☐ (a) Everyone ☐ (b) All Gurus ☐ (c) All saints ☐ (d) Himself

5. What is the main message of this Shabad?

6. What do the words "birlaa" and "vadbhaagee" mean?

7. What can we learn from this Shabad?

8. What stood out most to you in this Shabad?
