

# Guru Jas Academy

## Level II Worksheet, "Saas Saas"

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. Raam Daas Ji

2. Which "Baani" is this Shabad written in?

3. According to Shabad, what does "saas saas" mean while meditating? Why is it important to understand this? What will happen by doing this?

4. What is the main message of this Shabad?

5. What can we learn from this Shabad?