

Bhai Satta and Bhai Balwand Ji in Guru Granth Sahib say;

ਬਲਵੰਦ ਕੀਵੀ ਨਕ ਜ ਨ ਜ ਸੁਭਿਕੀ ਚਾਉਪਕੀ ।] । ਗਿਰ ਦਾਇਕੀ ਚਾਉਪਕੀ । ਗਾਮੀ ।] (੨੨੨੨, ੧੬੭)

Balwand says that Khivi is a noble woman, who gives soothing, leafy shade to all. She distributes the bounty of the Guru's Langar; the kheer - the rice pudding and ghee, is like sweet ambrosia.

Guru Amar Das Ji made it obligatory for the visitors to go to langar first and then attend the Sangat or behold him. "*Pehle Pangat Pachhe Sangat*".



This created amongst the followers a feeling of affection, mutual harmony, fellowship and unity. Once Emperor Akbar went to meet the Guru and he had to first partake in **Pangat** (sitting on the floor in a row, with heads covered), and only then was he allowed to meet Guru Sahib. The Langar at that time was run from the offerings of the Sikhs. Whatever was received was consumed. Nothing was saved for the next day and the leftover food was fed to the fish in river Beas. Since then it has endured throughout Sikh history and the principle of Langar is maintained today as it was at Guru Ji's time.

After the Gurgaddi to Guru Ram Das Ji Amritsar became the headquarters of the fourth, the fifth and the sixth Guru. Guru Arjan Dev Ji and Guru Hargobind Ji maintained the langar with equal zeal and zest. During Guru Hargobind Ji's lifetime his son, Baba Atal Ji, was in charge of the langar. He supplied food from Guru-ka-langar to the Sikhs in the battlefield. His service and devotion led to a proverb, which says: "**Baba Atal, pakki pakai ghall**" (Baba Atal, supply cooked meals).

When Guru Hargobind Ji settled at Kiratpur, Langar continued to exist there. The seventh Guru, Guru Har Rai Ji and Guru Har Krishan Ji preserved the same tradition. As Guru Tegh Bahadur remained mostly on the move, a mobile langar followed him. Guru Gobind Singh not only maintained his own langar, but also advised on others to do so.

Preparation of Langar

The devotees voluntarily offer the provisions in the Langar and prepare the meals while chanting Gurbaani hymns or Naam simran. All utensils and supplied should be clean. It is considered to be fortunate to do seva in the Langar and serve the community. Langar preparation seva is open to everyone. After the Langar is prepared, a thaali is prepared for Guru Sahib and ardaas is performed to seek Guru Sahib's acceptance and blessing to serve in the Sangat.

General Rules concerning tradition of Langar:

- ?? The Langar must be fresh, vegetarian, and simple
- ?? The Langar must be prepared by devotees by reciting Gurbaani or Nam simran
- ?? The Langar must be served after performing Ardaas and presenting to Guru Sahib.
- ?? The Langar must be distributed in the Pangat (people sitting on the floor in a row with heads covered) without any discrimination in terms of caste, color, creed, gender and status
- ?? The Langar must never be touched with dirty hands (**ਜ ਠੀਯ-੦**), while preparing and serving.
- ?? Ultimate attention must be given to sucham (**ਸੁਕਮ**).
- ?? Food should only be taken as much as needed and should not be wasted
- ?? We should all take a good care of kitchen and Langar hall and keep it clean and tidy
- ?? All items in the Langar should be accessible to all the sangat