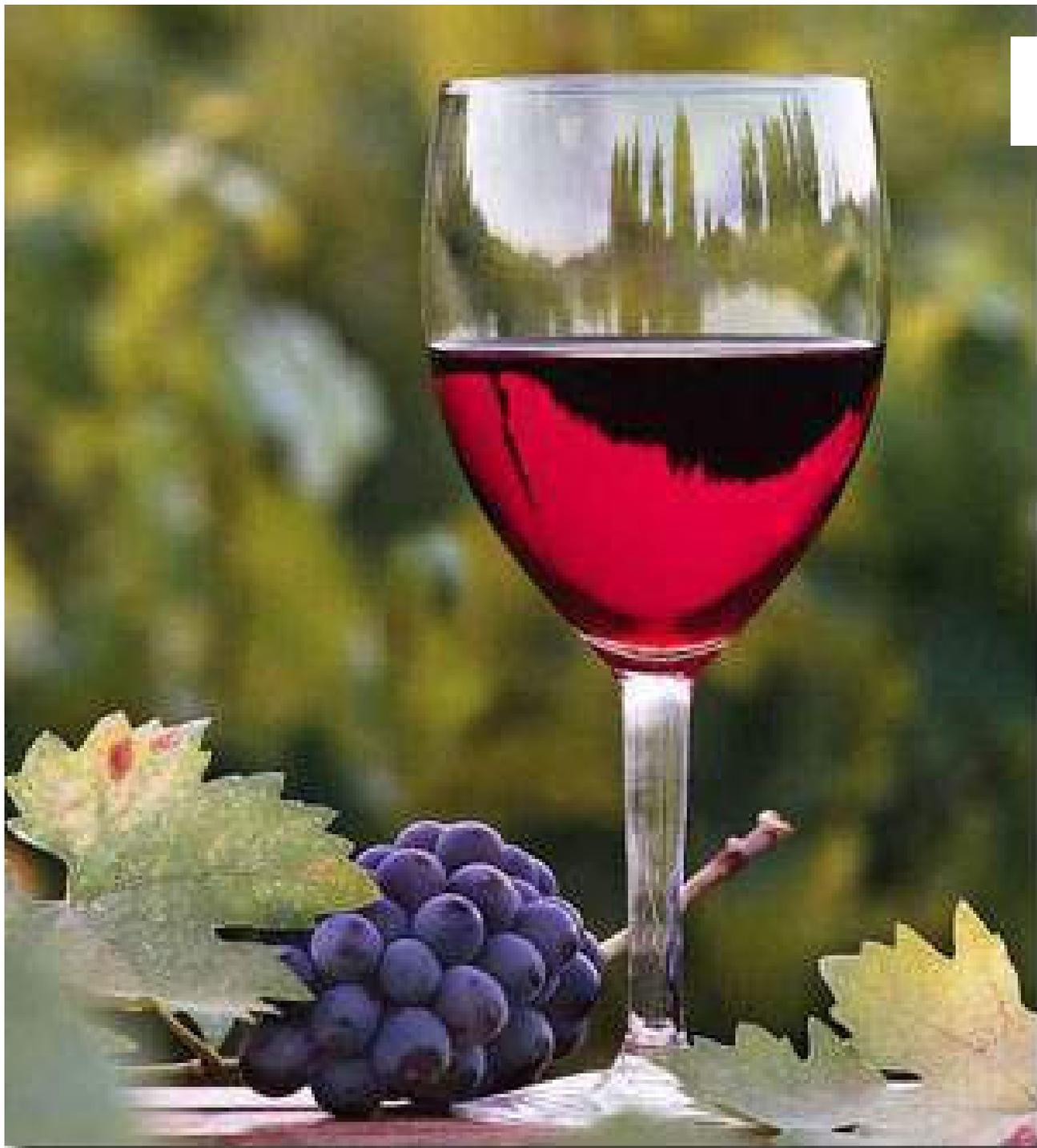




Wine





Anand is king, 2008

The man who is said to drink nothing stronger than **tomato juice** has sent the country's spirits soaring with a performance that will sparkle in the annals of sporting history

[http://sports.timesofindia.indiatimes.com/Anand\\_is\\_king\\_says\\_victory\\_comprehensive/articleshow/3652933.cms](http://sports.timesofindia.indiatimes.com/Anand_is_king_says_victory_comprehensive/articleshow/3652933.cms)

# Not a New Question

has been asked from  
atleast **600** years

# What does Rehat Maryada say?

Rehat Maryada was made in 1932.

As per Section 4, Chapter X, Article XVI

There is **no** direct mention of Meat/Non-Veg.

What is mentioned is that we must abandon **Hindu** customs and also abandon **Muslim** customs. Thus it can be derived that HALAL is not allowed. BEEF is also not allowed etc. etc.

Copy of Rehat Maryada is there in the CD given to you.

Whom do we Matha-Teko ?

The question is ...

what does our

**Sri Guru Granth Sahib Jee**

say.....

ਸਭੈ ਘਟ ਰਾਮੁ ਬੋਲੈ , ਰਾਮਾ ਬੋਲੈ ॥

(988-16, ਮਾਲੀ ਗਉੜਾ, ਭਗਤ ਨਾਮਦੇਵ ਜੀ)

sabhai ghat raam bolai raamaa bolai.

Within all hearts, Guru jee speaks, Guru jee speaks.

ਰਾਮ ਬਿਨਾ ਕੋ ਬੋਲੈ ਰੇ ॥੧॥ ਰਹਾਉ ॥

raam binaa ko bolai ray. ||1|| rahaa-o.

Who else speaks, other than Guru jee ? ||1||Pause||

ਏਕਲ ਮਾਟੀ , ਕੁੰਜਰ , ਚੀਟੀ ,  
ਭਾਜਨ ਹੈਂ ਬਹੁ ਨਾਨਾ ਰੇ ॥

(988-17, ਮਾਲੀ ਗਉੜਾ, ਭਗਤ ਨਾਮਦੇਵ ਜੀ)

aykal maatee kunjara cheetee bhaajan haiN baho naanaa ray.

Out of the same clay, the elephant, the ant, and the many sorts of  
species are formed.

ਅਸਥਾਵਰ, ਜੰਗਮ , ਕੀਟ , ਪਤੰਗਮ ,

ਘਟਿ ਘਟਿ ਰਾਮੁ ਸਮਾਨਾ ਰੇ ॥੧॥

asthaavar jangam keet patangam ghat ghat raam samaanaa ray. ||1||

In stationary life forms, moving beings, worms, moths and within each  
and every heart, Guru jee is contained. ||1||



What is the **OBJECTIVE**  
of this killing ?

Our **Survival**

Our **Healthy existence**

Similarly we have Pesticides



Must use YOUR **akal**

**ਅਕਲਿ** ਏਹ ਨ ਆਖੀਐ ,  
**ਅਕਲਿ** ਗਵਾਈਐ **ਬਾਦਿ** ॥

(1245-4, ਸਾਰੰਗ, ਮਃ 1)

akal ayh na aakhee-ai akal gavaa-ee-ai baad.  
Wisdom which leads to arguments is not called wisdom.

**ਅਕਲੀ** , ਸਾਹਿਬੁ **ਸੇਵੀਐ** , **ਅਕਲੀ** , ਪਾਈਐ **ਮਾਨੁ**

aklee saahib sayvee-ai aklee paa-ee-ai maan.  
Wisdom leads us to serve our Guru jee and Master;  
through wisdom, honor is obtained.

**ਅਕਲੀ** ਪੜ੍ਹਿ , ਕੈ (?) **ਬੁਝੀਐ** , **ਅਕਲੀ** , ਕੀਚੈ **ਦਾਨੁ** ॥

aklee parhH kai bujhee-ai aklee keechai daan.  
Wisdom does not come by reading textbooks; (it comes by reflecting)  
wisdom inspires us to give in charity.

# Meat (Flesh) Flesh ....

ਮਾਸੁ ਮਾਸੁ ਕਰਿ ਮੂਰਖੁ ਝਗੜੇ ,  
ਗਿਆਨੁ ਧਿਆਨੁ ਨਹੀ ਜਾਣੈ ॥

(1289-15, ਮਲਾਰ, ਮਃ 1)

maas maas kar moorakh jhagrhay gi-aan Dhi-aan nahee jaanai.  
The fools argue about flesh and meat, but they know nothing about  
meditation and spiritual wisdom.

ਕਉਣੁ ਮਾਸੁ , ਕਉਣੁ ਸਾਗੁ ਕਹਾਵੈ ,  
ਕਿਸੁ ਮਹਿ ਪਾਪ ਸਮਾਣੈ ॥

ka-un maas ka-un saag kahaavai kis meh paap samaanay.  
What is called meat, and what is called green vegetables?  
What leads to sin?



**They may not breath in tiny insects,  
but what about the food that they eat ?**

**In any given moment our cells are dying inside !!  
If one has cancer, will they opt for Chemotherapy or Not ?**



PANEER



CHICKEN

**T-A-S-T-E**

**seems to be the sole**

**OBJECTIVE**

in this case

ਆਨ ਰਸਾ ਜੇਤੇ ਤੈ ਚਾਖੇ ॥  
ਨਿਮਖ ਨ ਤ੍ਰਿਸਨਾ ਤੇਰੀ ਲਾਥੇ ॥

(180-13, ਗਉੜੀ ਗੁਆਰੇਰੀ, ਮਃ 5)

aan rasaa jaytay tai chaakhay. nimakh na tarisnaa tayree laathay.

You may taste the other flavors, but your thirst shall not depart,  
even for an instant.

ਹਰਿ ਰਸ ਕਾ ਤੂੰ ਚਾਖਹਿ ਸਾਦੁ ॥  
ਚਾਖਤ ਹੋਇ ਰਹਹਿ ਬਿਸਮਾਦੁ ॥੧॥

har ras kaa tooN chaakhahi saad. chaakhat ho-ay raheh bismaad. ||1||

But when you taste the sweet flavor the Guru jee's sublime essence -  
upon tasting it, you shall be wonder-struck and amazed. ||1||

# Dear Tounge

ਮਿਥਿਆ , ਰਸਨਾ - ਭੋਜਨ ਅਨ ਸਵਾਦ ॥

(269-1, ਗਉੜੀ ਸੁਖਮਨੀ, ਮਃ 5)

mithi-aa rasnaa bhojan an savaad.

False is the tongue which enjoys delicacies and external tastes.

ਖਾਧਾ ਹੋਇ ਸੁਆਹ , ਭੀ ਖਾਣੇ ਸਿਉ ਦੋਸਤੀ ॥

(146-1, ਮਾਝ, ਮਃ 1)

khaaDhaa ho-ay su-aah bhee khaanay si-o dostee.

That which is eaten becomes dust (**shit**), but they are still Attached to eating.

## Dear Tounge

ਏ ਰਸਨਾ , ਤੂ ਅਨ ਰਸਿ ਰਾਚਿ ਰਹੀ ,  
ਤੇਰੀ ਪਿਆਸ ਨ ਜਾਇ ॥

(921-11, ਰਾਮਕਲੀ, ਮਃ 3)

ay rasnaa too an ras raach rahee tayree pi-aas na jaa-ay.  
O my tongue, you are engrossed in other tastes, but your  
thirsty desire is not quenched.

ਪਿਆਸ ਨ ਜਾਇ ਹੋਰਤੁ ਕਿਤੈ ,  
ਜਿਚਰੁ ਹਰਿ ਰਸੁ ਪਲੈ ਨ ਪਾਇ ॥

pi-aas na jaa-ay horat̤ kit̤ai jichar har ras palai na paa-ay.  
Your thirst shall not be quenched by any means, until you  
attain the subtle essence of Guru jee.

ਕਬੀਰ , ਭਾਂਗ , ਮਾਛੁਲੀ , ਸੁਰਾ ਪਾਨਿ ,  
ਜੋ ਜੋ ਪ੍ਰਾਨੀ ਖਾਂਹਿ ॥

(1377-2, ਸਲੋਕ, ਭਗਤ ਕਬੀਰ ਜੀ)

kabeer bhaaNg maachhulee suraa paan  
jo jo paraanee khaaNhi.

Kabeer, those mortals who consume marijuana, fish & wine

ਤੀਰਥ , ਬਰਤ , ਨੇਮ ਕੀਏ ,  
ਤੇ ਸਭੈ ਰਸਾਤਲਿ ਜਾਂਹਿ ॥233॥

(1377-3, ਸਲੋਕ, ਭਗਤ ਕਬੀਰ ਜੀ)

tirath barat naym kee-ay tay sabhai rasaatal jaaNhi. ||233||

- no matter what pilgrimages, fasts and rituals they follow,  
they will all go to **hell**. ||233||

There is a movie clip from Youtube  
about  
chicken culling

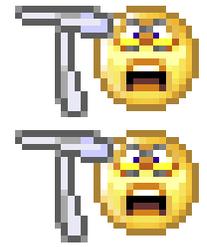


There is a movie clip from Youtube  
about  
fish dying





# Fish Oh Fish !



ਮਛੁਲੀ ਜਾਲੁ ਨ ਜਾਣਿਆ, ਸਰੁ ਖਾਰਾ ਅਸਗਾਹੁ ]

(55-7, ਸਿਰੀਰਾਗੁ, ਮਃ 1)

*machhulee jaal na jaani-aa sar khaaraa asgaahu.*

The fish did not notice the net in the deep and salty sea.

ਭਾਈ ਰੇ , ਇਉ ਸਿਰਿ ਜਾਣਹੁ ਕਾਲੁ ॥

*bhaa-ee ray i-o sir jaanhu kaal.*

O Siblings of Destiny, just like this, see death hovering over your own heads!

ਜਿਉ ਮਛੀ , ਤਿਉ ਮਾਣਸਾ ,  
ਪਵੈ ਅਚਿੰਤਾ ਜਾਲੁ ॥੧॥ ਰਹਾਉ ॥

*ji-o machhee ti-o maansaa pavai achintaa jaal. ||1|| rahaa-o.*

People are just like this fish; unaware, the noose of death descends upon them.

||1||Pause||



There is a movie clip from Youtube  
about  
Cutting a Goat

No wonder what Maskeen ji says

The one who eats non-veg, is essentially

**AHANKARI**

**HE DOES NOT CARE FOR ANYONE.**

Muslims go right upto Slaughtering a **COW**

Must use YOUR **akal**

ਬੇਦ ਕਤੇਬ ਕਹਹੁ ਮਤ ਝੂਠ ,

ਝੂਠਾ ਜੋ ਨ ਬਿਚਾਰੈ ॥

(1350-5, ਪ੍ਰਭਾਤੀ, ਭਗਤ ਕਬੀਰ ਜੀ)

bayd kaṭayb kahhu maṭ jhoothay jhoothaa jo na bichaarai.

Do not say that the Vedas, the Bible and the Koran are false. Those who do not **contemplate** them are false.

ਜਉ , ਸਭ ਮਹਿ ਏਕੁ ਖੁਦਾਇ ਕਹਤ ਹਉ ,

ਤਉ , ਕਿਉ ਮੁਰਗੀ ਮਾਰੈ ॥੧॥

ja-o sabh meh ayk khudaa-ay kahaṭ ha-o ṭa-o ki-o murgee maarai. ||1||

You say that the One Guru jee is in all, so why do you kill chickens?

||1||

ਮੁਲਾਂ , ਕਹਹੁ ਨਿਆਉ ਖੁਦਾਈ ॥

mulaaN kahhu ni-aa-o khudaa-ee.

O Mullah, tell me: is this God's Justice?

ਤੇਰੇ ਮਨ ਕਾ ਭਰਮੁ ਨ ਜਾਈ ॥੧॥ ਰਹਾਉ ॥

tayray man kaa bharam na jaa-ee. ||1|| rahaa-o.

The doubts of your mind have not been dispelled. ||1||Pause||

ਪਕਰਿ ਜੀਉ ਆਨਿਆ , ਦੇਹ ਬਿਨਾਸੀ ,  
ਮਾਟੀ ਕਉ ਬਿਸਮਿਲਿ ਕੀਆ ॥

pakar jee-o aani-aa dayh binaasee maatee ka-o bismil kee-aa.

You seize a living creature, and then bring it home and kill its body;  
you have killed only the clay.

ਜੋਤਿ ਸਰੂਪ ਅਨਾਹਤ ਲਾਗੀ ,  
ਕਹੁ , ਹਲਾਲੁ ਕਿਆ ਕੀਆ ॥੨॥

joṭ saroop anaahaṭ laagee kaho halaal ki-aa kee-aa. ||2||

The light of the soul passes into another form.

So tell me, what have you killed? ||2||



**Due to their rituals every year,  
Muslims see so much blood**

**That it is not difficult to understand,  
why it does not affect them when  
BLOOD of Innocents is spilled.**



Jup ji Sahib Shalok

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ

ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥ (8-11, ਸਲੋਕੁ)

chang-aa-ee-aa buri-aa-ee-aa vaachai Dharam hadoor.

Good deeds and bad deeds-the record is read out in the Presence of Guru jee of Dharma.

ਕਰਮੀ ਆਪੋ ਆਪਣੀ , ਕੇ ਨੇੜੈ , ਕੇ ਦੂਰਿ ॥

karmee aapo aapnee kay nayrhai kay door.

According to their own actions, some are drawn closer, and some are driven farther away from God

# How can I Cheat GOD ??

ਹਰਿ ਅੰਤਰਿ ਨਾਲੇ , ਬਾਹਰਿ ਨਾਲੇ , ਕਹੁ ,  
ਤਿਸੁ ਪਾਸਹੁ , ਮਨ , ਕਿਆ ਚੋਰਈਐ ॥

(861-15, ਗੋਂਡ, ਮਃ 4)

har antar naalay baahar naalay kaho tis paashu man ki-aa chora-ee-ai.

Guru jee is with you, inside and out; tell me, O mind, how can You hide anything from Him?

# Jup ji Sahib Pauree 34

**ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥**

karmee karmee ho-ay veechaar.

By their deeds and their actions, they shall be judged.

**ਸਚਾ ਆਪਿ , ਸਚਾ ਦਰਬਾਰੁ ॥**

sachaa aap sachaa darbaar.

God Himself is True, and True is His Court.

# Jup ji Sahib Pauree 34

**ਕਚ , ਪਕਾਈ , ਓਥੈ ਪਾਇ ॥**

kach pakaa-ee othai paa-ay.

The ripe and the unripe, the good and the bad,  
shall there be judged.

**ਨਾਨਕ , ਗਇਆ ਜਾਪੈ ਜਾਇ ॥੩੪॥**

naanak ga-i-aa jaapai jaa-ay. ||34||

O Nanak, when you go home, you will see this. ||34||

However,  
You have to eat something

Kabir Jee says

ਭੁਖੇ ਭਗਤਿ ਨ ਕੀਜੈ ॥  
ਯਹ ਮਾਲਾ ਅਪਨੀ ਲੀਜੈ ॥

(656-13, ਸੋਰਠਿ, ਭਗਤ ਕਬੀਰ ਜੀ)

bhookhay bhagat na keejai. yeh maalaa apnee leejai.

I am so hungry, I cannot perform devotional worship service.

Here, Guru jee, take back Your mala.

# What to eat ?.



ਦੁਇ ਸੇਰ ਮਾਂਗਉ ਚੂਨਾ ॥  
ਪਾਉ ਘੀਉ , ਸੰਗਿ ਲੂਨਾ ॥

(656-15 ਭਗਤ ਕਬੀਰ ਜੀ )

du-ay sayr maaNga-o choonaa. paa-o ghee-o sang loonaa.

I ask for two kilos of flour, and half a pound of ghee, and salt.



ਅਧ ਸੇਰੁ ਮਾਂਗਉ ਦਾਲੇ ॥  
ਮੋ ਕਉ ਦੋਨਉ ਵਖਤ ਜਿਵਾਲੇ ॥੨॥

aDh sayr maaNga-o daalay. mo ka-o don-o vakhat jivaalay. ||2||

I ask for a pound of beans, which I shall eat twice a day. ||2||



# What to eat ?.

ਕਬੀਰ , ਖੂਬ ਖਾਨਾ ਖੀਚਰੀ ,  
ਜਾ ਮਹਿ ਅੰਮ੍ਰਿਤੁ ਲੋਨੁ ॥

(1374-12, ਸਲੋਕ, ਭਗਤ ਕਬੀਰ ਜੀ)

kabeer khoob khaanaa kheechree jaa meh amrit<sub>u</sub> lon.

Kabeer, the dinner of beans and rice is excellent, if it is  
flavored with salt.

ਹੇਰਾ ਰੋਟੀ ਕਾਰਨੇ ਗਲਾ ਕਟਾਵੈ ਕਉਨੁ ॥ 188]

hayraa rotee kaarnay galaa kataavai ka-un. ||188||

Who would cut his throat, to have meat with his bread?

||188||

# How much to eat ?

A **SANTOKHI** eats little

ਓਨੀ ਦੁਨੀਆ ਤੋੜੇ ਬੰਧਨਾ ,  
ਅੰਨੁ ਪਾਣੀ ਥੋੜਾ ਖਾਇਆ ॥

(467-1, ਆਸਾ, ਮਃ 2)

onHee dunee-aa torhay banDhnaa (Bandhan of TASTE)  
ann paanee thorhaa khaa-i-aa.

They burn away the bonds of the world,  
and eat a simple diet of grain and water.

# WHY ?

ਗੁਰ ਸਤਿਗੁਰ ਕਾ ਜੋ ਸਿਖੁ ਅਖਾਏ ,

gur satgur kaa jo sikh akhaa-ay

One who calls himself a Sikh of the Guru, the True Guru,

ਸੁ ਭਲਕੇ ਉਠਿ ਹਰਿ ਨਾਮੁ ਧਿਆਵੈ ॥

(305-16, ਗਉੜੀ, ਮਃ 4)

so bhalkay uth har naam Dhi-aavai.

shall rise in the early morning hours and meditate on Guru  
jee's Name.

HE DOSNT WANT DHARAM RAI  
TO TELL HIM LIKE THIS!!

ਬੁਰੇ ਕਾਮ ਕਉ ਉਠਿ ਖਲੋਇਆ ॥

(738-15, ਸੁਗੀ, ਮਃ 5)

buray kaam ka-o ooth khalo-i-aa.

He gets up early, to do his evil deeds,

ਨਾਮ ਕੀ ਬੇਲਾ , ਪੈ ਪੈ ਸੋਇਆ ॥੧॥

naam kee baylaa pai pai so-i-aa. ||1||

but when it is time to meditate on the Naam, the Name of  
Guru jee, then he sleeps. ||1||

# SUMMARY

Those who eat Non-Veg and Exotic Veg dishes, only for the sake of TASTE, please re-consider your priorities.

There was a time when Sikhs were fighting, probably then they needed to eat Meat. That is not today's need.

Should you wish to eat Chicken, please ensure you **Kill** the bird yourself – Don't trust KFC etc. Don't eat Fish.

Gurbani is trying to caution you.

Today we know, you will become **FAT** then have to go on a **DIET** etc. etc. So please use your **AKAL** !!!

Carefully take your decision

**AND**

**do not attempt to enforce it on others.**

**Please do NOT belittle Gurbani by dragging it into such a controversy.**

At Least UNDERSTAND this

ਵਾਦਿ ਵਿਰੋਧਿ ਨ ਪਾਇਆ ਜਾਇ ॥

(230-10, ਗਉੜੀ, ਮਃ 3)

vaad viroDh na paa-i-aa jaa-ay.

Through argument and debate, He cannot be found.

ਮਨੁ ਤਨੁ ਫੀਕਾ ਦੂਜੈ ਭਾਇ ॥

man tan feekaa doojai bhaa-ay.

The mind and body are made insipid through the love of duality.

**SORRY**

**I am sorry, if I said  
something that hurt  
anyone.**

**Please excuse me.**