



REFLECTION QUESTIONS

What sort of sleep is Guru Sahib describing in the first line?

Why do you think Guru uses the word ਸਹਜਿ (Sahaj) to describe the experience of bliss?

What is one missed opportunity relating to your Sikhi that you think about often?

What is the role of Guru Sahib in your life right now?

How does your Sangat bring you closer to the Guru?

How does your Sangat distract you from the Guru?