

Teachings of Guru Teg Bahadur Ji that preach the humanitarianism we need today...



Guru Tegh Bahadur (1 April 1621 – 11 November 1675) was a ninth of ten [Gurus](#) who founded the [Sikh religion](#) and he was head of the followers of Sikhism from 1665 until his beheading in 1675. He was born in [Amritsar](#), Punjab, India in 1621 and was the youngest son of [Guru Hargobind](#) Sahib, the sixth Sikh guru. Not just a principled and fearless warrior, he was a learned spiritual scholar and poet whose 115 hymns are included in [Sri Guru Granth Sahib](#), the main text of Sikhism.

Guru Tegh Bahadur was executed (by beheading) on the orders of [Aurangzeb](#), the sixth Mughal emperor, in Delhi, India. Sikh holy premises [Gurudwara Sis Ganj Sahib](#) and [Gurdwara Rakab Ganj Sahib](#) in Delhi mark the places of execution and cremation of Guru Tegh Bahadur. His martyrdom is remembered as the ***Shaheedi Divas of Guru Tegh Bahadur*** every year on 24 November.

The ninth Sikh guru, Guru Tegh Bahadur Singh, was executed under on the orders of Mughal emperor Aurangzeb, in the year 1675. Known for his artillery skills and being the protector of the weak, Guru Tegh Bahadur Singh travelled across the country preaching Guru Nanak Dev's teachings.

The Sikh diaspora commemorates Guru Tegh Bahadur's sacrifice for the greater good by following the ideals of secularism and humanitarianism.

Guru Tegh Bahadur composed 116 *shabads* and 15 *ragas*, and his teachings have been included in the *Adi Granth*.

On this significant day, let's look back on some of his quotes and the teachings derived from them:

1. *"One who grieves not in misery and delights not in pleasure, who is free from fear and attachment, and for whom gold and dust are the same and who has renounced both praising and blaming (flattery and slander) and is immune to greed, worldly attachments and pride.... when the all Merciful Guru blesses a disciple with His Grace, only then does the disciple attain this blessed spiritual state and blends (merges) with the Lord as water with water."*

Guru Tegh Bahadur preached the conviction it takes to be indifferent to misery and happiness, to get rid of vices like flattery and allegation, and every other worldly pleasure. It is when one has mastered the art of self-control that he/she can truly be spiritual.

2. *"O saints, renounce the Ego, and always flee from lust, wrath and evil company. One should consider pain and pleasure, honour and dishonour the same. One should renounce both praise and blame and even the search for salvation. This is a very difficult path and rare is a (Gurmukh) pious person who knows how to tread it."*

Guru Tegh Bahadur showed the path of divinity to his disciples by teaching them to overcome greed, desire, ego and pain.

3. *"One who vanquishes his ego and beholds the Lord as the Sole Doer of all things, that person has attained 'Jiwan Mukti' (is liberated while living), know this as the real truth, says Nanak."*

He guided his followers towards the path of peace. Guru Tegh Bahadur taught the world to be content with their life, as everything in the world is "Nanak's doing". He spread the idea of attaining *Jiwan Mukti* by making peace with every life-situation.

4. *"True Realisation of the actual nature of this material world, its perishable, transitory and illusory aspects best dawns on a person in suffering."*

The Guru revealed the true reason behind human suffering to his followers. It is in times of despair and misery that one gets to see the ephemeral nature of worldly pleasures, and only then can one truly learn to value greater things in life.

5. *"Give up your head, but forsake not those whom you have undertaken to protect. Sacrifice your life, but relinquish not your faith"*

Guru Tegh Bahadur was a merciful saviour of the weak, and that is what he preached. He taught his disciples to protect the ones who need protection, even if it comes at the cost of one's own life.

6. *"Why go to search forests (to find Him). He who dwells in all hearts but remains ever pure, pervades thy heart also. Just as fragrance fills the rose and reflection the mirror, the Lord pervades all without a break; search Him inside thee. The Guru hath revealed this knowledge that the Aum pervades inside and outside. Saith Nanak, without knowing thyself the scum of doubt will not be removed."*

The Guru pressed on the omnipresence of the Almighty. The Lord lives within us, and one only needs to look within himself to connect with him. He preached that the symbol of universe, Aum (Om), is everywhere, inside you, outside you, inside me and outside me.