

YOUR 'SIKH' WEDDING DAY



WHY WE WANT BOYS

Did you know?

It is a common belief that Sikhs want boys to carry on their family name. But the practice is heavily influenced from Hinduism because only boys can carry out the "Saraadh" (offerings to the dead) after parents pass away. A key reason why girls were considered bad or unlucky.

HOW THE PUNJABI INFLUENCE HAS UPROOTED THE ANAND KARAJ



THE ROOT OF THE PROBLEM

EXTERNAL INFLUENCES
So many Hindu traditions take place in the build up to wedding. Many superstitions and unnecessary fears creep in because of lack of knowledge and faith. Western influences such as divorce are common even though there is no concept of divorce in the Sikh faith.

DOWRY
This is an outdated tradition but it still happens today. Where certain conditions or expectations are put in place that put the girl's family under pressure..

BOY IS BETTER
Wedding arrangements, costs and other aspects should be divided equally. A marriage is of two souls wanting to merge with Vaheguru.

KAUR AND SINGH
Guru Gobind Singh Jee gave us these surnames and often they are not used. Our lineage is from the Guru and we should honour and respect that.

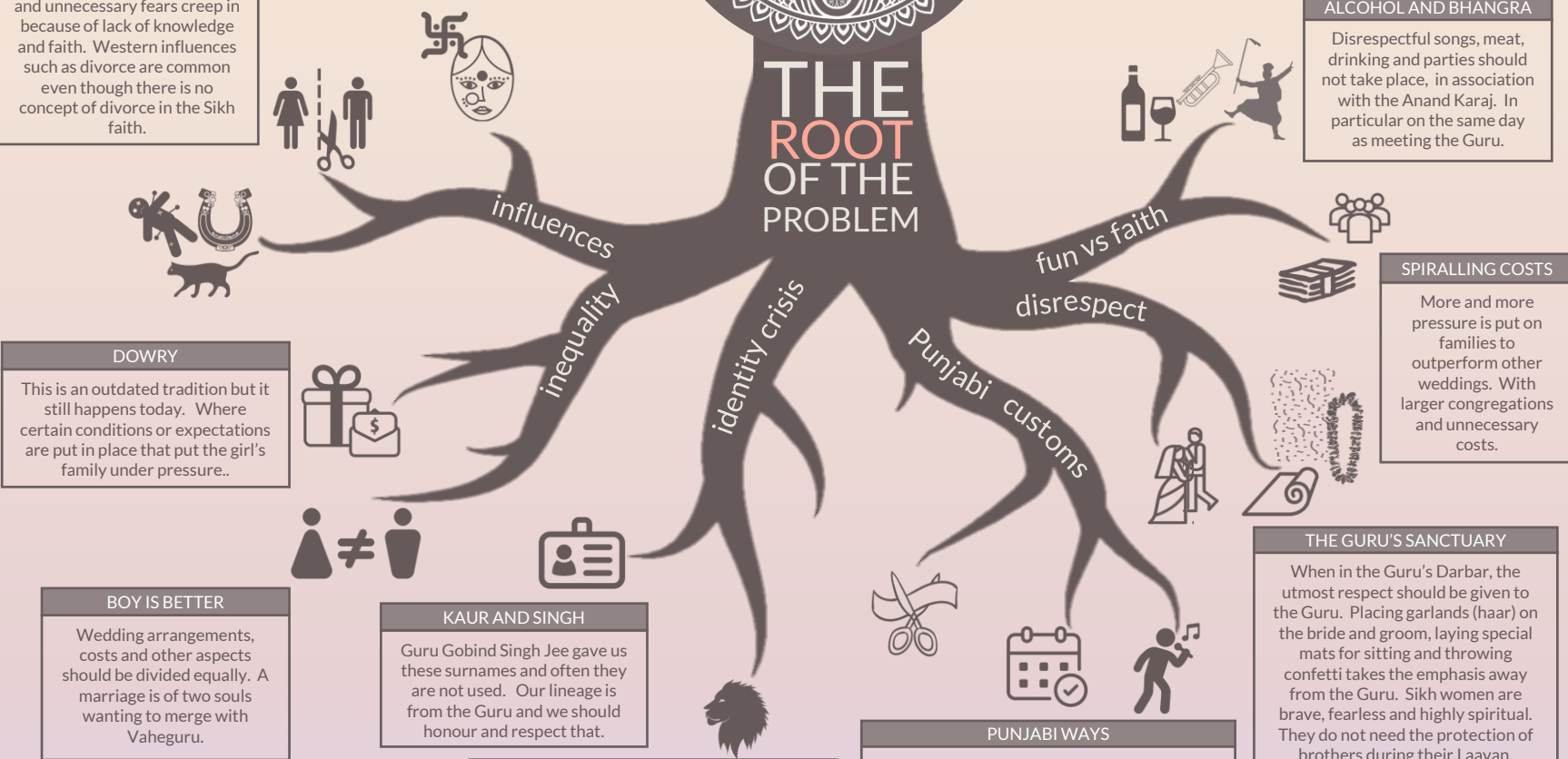
GURSIKHI FOR A DAY
Anand Karaj was originally for those who became Sikhs of the Guru. Those who promised to take Amrit at some point in their life were later granted the ceremony. We should at least try to follow Sikhi for a day.

PUNJABI WAYS
We perform an Ardas to the Guru to start any new task in our lives. We do not need other traditions such as Taka, Roka or Kurmaa-ee are not necessary. No specific day or date is more special for a Sikh. And the singing of songs that are contrary to the Guru's message only take us further from the truth.

THE GURU'S SANCTUARY
When in the Guru's Darbar, the utmost respect should be given to the Guru. Placing garlands (haar) on the bride and groom, laying special mats for sitting and throwing confetti takes the emphasis away from the Guru. Sikh women are brave, fearless and highly spiritual. They do not need the protection of brothers during their Laavan.

ALCOHOL AND BHANGRA
Disrespectful songs, meat, drinking and parties should not take place, in association with the Anand Karaj. In particular on the same day as meeting the Guru.

SPIRALLING COSTS
More and more pressure is put on families to outperform other weddings. With larger congregations and unnecessary costs.



- DO THE RIGHT THING!**
On your wedding day PLEASE say NO to:
- DOWRY
 - INEQUALITY
 - DENOUNCING IDENTITY
 - DISRESPECTING THE TRUE GURU
 - ALCOHOL AND MEAT
 - BHANGRA AND IMMORAL SONGS
 - UNNECESSARY SPENDING
 - POINTLESS CEREMONIES

"Whatever the Guru says is good and sweet to me. I have renounced the intellectual wisdom of my mind."
Guru Granth Sahib Ang 1339

"I would place my head in offering before the True Guru, if it truly pleases the True Guru."
Guru Granth Sahib Ang 1113



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WE MUST ALL WORK HARD TO BRING BACK THE SANCTITY OF THE ANAND KARAJ

PLEASE DISTRIBUTE THIS TO ALL COUPLES GETTING MARRIED IN THE GURDWARA