

HISTORY



A distinct Sikh Marriage ceremony was first introduced by the 3rd Guru, Guru Amar Daas Jee



The Anand Karaj ceremony Shabad is written by the fourth Guru, Guru Raam Daas Jee



Suhi is the Indian classical Raag it is sung in



Guru Arjan Dev Jee, the Fifth Guru, had the first Anand Karaj



ANAND KARAJ



THE SIKH MARRIAGE

THERE ARE 4 'LAAVAN' OR ROUNDS IN A SIKH MARRIAGE

4

Find peace and tranquility
Merge with Vaheguru
Merging seems very sweet
Attached to Vaheguru night and day
Attain all mind's desires
Naam blossoms in the heart

1

Initiated into spiritual marriage
Live a righteous life
Develop love for Gurbani
Develop love for Naam
Remove all sin
Placed on the path of bliss and tranquility

3

Deep desire to meet Vaheguru
Meet with the Sainly souls
Meet Vaheguru through good fortune
Sing and speak the Word of Gurbani
Naam resonates deeply inside

2

Meet the True Guru
Live in Fear of Vaheguru
Remove Ego
See Vaheguru in everything
Sing Gurbani with Sainly Souls
Hear Naam (Anhad Shabad) inside

THE CEREMONY



Ask for Blessing



Spiritual Union



4 Spiritual Rounds



Spiritual Bliss



Celebration of Union



Thanking Vaheguru

The Anand Karaj ceremony is for two Sikhs to join in wedlock

Any Amritdhaaree (initiated Sikh) can perform the marriage ceremony

The ceremony can only be performed in a Sikh Gurdwara

Caste, social status, previous race or lineage should not be considered

No superstition or astrological days should be considered for the day or date

Both man and woman are equal

Dowry is not allowed and costs of the marriage should be shared as equally as possible

A Sikh can only have one partner

If their partner dies, a Sikh can remarry



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- ### GUIDANCE FOR COUPLES
- Make the Guru the central part of your life
 - Accept each other's family as your own
 - Increase your love for one another day by day
 - Live a humble life and serve others
 - Live a spiritual life
 - Do not commit adultery
 - Stay away from lustful environments
 - Earn an honest living do not cheat anyone
 - Do not slander others
 - Give one tenth of your earnings to the needy
 - Seek the Guru's help and guidance for problems
 - Raise your children as good Sikhs
 - Teach your children the Gurmukhi language

Before you start any task, do an Ardas (prayer) to Vaheguru for blessing. The couple is advised that if they are not Amritdhaaree (initiated) they should take Amrit at some point in their lifetime.