



Unveiling the Essence of Gurbani

with Leena Singh

Join us for a transformative 6-week series with Leena Singh, delving deep into the essence of Gurbani. Uncover the meanings and teachings embedded in the Nitname and Rehras banis, and explore the significance of ideas that guide the spiritual path.

Location: Gurdwara Sahib Singh Sabha Milpitas

362 South Milpitas Blvd, Milpitas, CA 95035

For more information please contact info@sikhfoundation.org.

**Sun, April 28th at
1:00 pm**

What is Naam?

*Meaning of
Mool Mantar*

*Sodar Bani
(Ang 8-9 of SGGGS ji)*

**Sun, May 5th at
12:30 pm**

What is Hukam?

*Nitnem & Rehras
Banis*

*Rehras Bani
(Ang 9-10 of SGGGS ji)*

**Sun, May 26th at
12:30 pm**

What is Haumai?

Understanding Ego

*Rehras Bani
(Ang 10-11 of SGGGS ji)*

**Sun, June 9th at
12:30 pm**

What is Sehaj?

Spiritual Balance

*Rehras Bani
(Ang 11-12 of SGGGS ji)*

**Sun, June 23rd at
12:30 pm**

What is Sacha?

Embracing Truth

*Rehras Bani
Continued*

**Sun, July 7th at
12:30 pm**

**What is Jeevan
Mukat?**

A Liberated Life

*Rehras Bani
Continued*



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