# **Disposition:** Being attentive to the sacred, as well as the precious

## **Lesson:** One

### Question/LO: How do Sikhs demonstrate their attentiveness?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning from experience | Ask pupils about their morning routine: Are there things that you always do? How do they feel if they ever miss them? Does routine help us to be settled in our everyday life? | n/a |
| Learning about religious traditions and non-religious world-views | Explain that sometimes practice and routine help people to become attentive to something other than their everyday lives and to God.Amrit Vehla, translated as ‘ambrosial hours’, is considered to be a time of peace for Sikhs. Amrit Vehla is from 3am to 5am: a time when there is little around that will form a distraction. Thus, it is considered by Sikhs to be the perfect time to reflect on God. In the Guru Granth Sahib Ji it states: ‘amrit vehla sach naao vaddiaaee veechaar’, this translates as, ‘In the Amrit Vehla, chant the True Name, and contemplate His Glorious Greatness’.Initiated (Sikhs that have taken part in the Amrit ceremony) and practicing Sikhs wake up early every morning during Amrit Vehla. After a shower (‘ishnaan’) they recite their morning prayers, which is part of their daily discipline (‘nitnem’). Nitnem comprises a collection of hymns or prayers designated to be read/recited by Sikhs every day at pre-fixed times. In the morning particularly the JapJi Sahib, Jaap Sahib, Tva Prasaad Saweyah, Chaupai Sahib and Anand Sahib. Listen to Youtube clip of part of JapJi Sahib.Ask the pupils why they think Sikhs choose to wake up at such an early time. Why not wake up at 9am and pray then? To help gain an answer, complete the following activities:Task OneAsk pupils to add a long list of numbers. As they attempt this, try to distract them by talking loudly and/or calling their names.Task TwoAsk the pupils to listen to their surroundings, noting down what they can hear. Whilst they do this, try to move around the classroom as much as possible, creating noise and distraction.After a few minutes, stand still and quiet. Ask the pupils to close their eyes and listen. When they open their eyes make a central list of everything they heard. Discuss how concentration becomes more difficult when there are distractions.Explain that both activities served to highlight how concentration is much easier when there is no distraction. These distractions can take the form of unwanted sights, noise, or smells etc. Sikhs choose to wake at Amrit Vehla to avoid such distractions and ultimately increase their chances of connecting to God.Listen to YouTube link. Then ask pupils to silently draw what they think would be the most suitable setting for being quiet, still and being able to think. It might be a quiet corner somewhere, somewhere outside… | Japji Sahib <https://www.youtube.com/watch?v=vbkJ39xnza8> (0.00-0.42)Calm simran (repetition of God’s name)<https://www.youtube.com/watch?v=H5B92Edus1Y> |
| Learning from faith and non-religious world-views | Question: Do I make time to be attentive to God or simply withdraw from the bustle of the world? | n/a |
| Learning to discern | Does quiet reflection always bring peace for myself and for others? | n/a |