

Enjoy the Guru with Natural Ease

The Gurmukhi word “sahej” means “with natural ease.” A Sahej Path is a reading out loud of the Siri Guru Granth Sahib from beginning to end without the time pressure of an Akhand Path. There is a Sahej Path happening now at Guru Ram Das Ashram. You may come and read in the Sahej Path at your convenience during these hours:

Monday through Friday 11:00 a.m. – 6:00 p.m.

Saturday and Sunday 6:30 a.m. – 6:30 p.m.

except not during Sunday Gurdwara 11:00 a.m. – 12:00 noon.

To read in the Sahej Path:

- Per current public health guidelines, please keep your face covered the entire time you are inside the Gurdwara.
- Remove your shoes, cover your head, enter the Gurdwara and wash your hands.
- Optionally, offer a donation to the Guru.
- Find the Sahej Path notebook in the box under the Manji Sahib (the Guru's bed).
- Fold back the rumalas (beautiful cloths that are draped over the Guru) and start reading on the page indicated in the notebook.
- Read for as long as you wish, out loud.
- When you finish reading, record the page number in the Sahej Path notebook.
- Draw the rumalas back over the Guru.

Satigur ta paa-i-aa sahej saytee man vajee-aa vaadhaa-ee-aa

I have found the True Guru with such natural ease,
and the Music of Bliss resounds within my mind.

- Anand Sahib