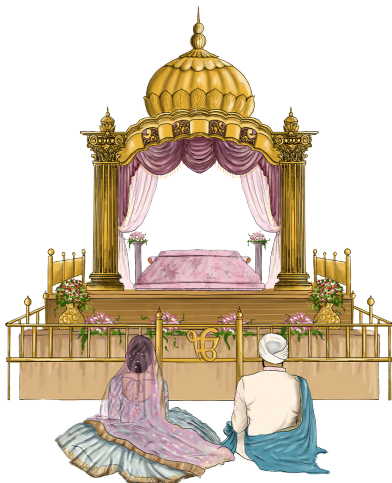




*Welcome to the*

*Anand Karaj*  
*of*  
*Jaimet & Vidushi*



# ANAND KARAJ

## A BLISSFUL UNION

*Originally composed by the fourth Guru, Guru Ramdas Ji, the Anand Karaj is much more than just a marriage ceremony. It is the union of two souls as prescribed by Sri Guru Amar Das Ji, "They are not said to be husband and wife who merely sit together. rather they alone are called husband and wife, who have one soul in two bodies."*

## GURDWARA ETIQUETTE

*Once inside the Gurdwara Sahib, you will need to remove your shoes and keep head covered.*



- 1** **BARAAT** - THE GROOM'S PROCESSION  
*the Groom, along with close family and friends, depart from the Groom's home to the Gurdwara Sahib.*



- 2** **ARDAAS** - SUPPLICATION

*Whilst outside the Gurdwara Sahib, the Granthi (officiator) will lead the Ardaas. Quite literally, the Ardaas is an address to Waheguru (God).*



- 3** **MILINI** - MEETING OF THE FAMILIES  
*The Groom's Side is formally received by the bride's side. The two families introduce key members. They exchange garlands, gifts, and embrace.*

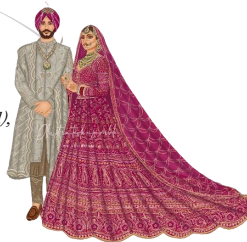


- 4** **TEA & REFRESHMENTS** -  
*A traditional breakfast of panjabi snacks will be served to welcome all guests.*



## 5 SHABAD KIRTAN - DEVOTIONAL HYMNS

*While Sangat ( congregation) enters the Darbar Sahib (Prayer hall), Shabad Kirtan (devotional Hymes) are sung by the Raagi Jatha (religious musicians).*



## 6 ARDAAS - SUPPLICATION TO COMMENCE

*The groom, followed by the Bride, take their place, seated before the Guru Granth Sahib Ji (Holy Scripture). Along with their parents, the couple stands to partake in the Ardaas, marking the consent and acceptance of all to commence the ceremony.*

## 7 PALLE DI RASAM - GIVING AWAY THE BRIDE

*The Bride's parents come forward to the couple, and give the end of the scarf, worn on the Groom's shoulder, to their daughter, in doing so, formally giving their daughter away.*

## 8 LAAVAN -THE FOUR ROUNDS OF THE MARRIAGE NUPTIAL,

*During the four Laavans, the couple circumambulate (walk around) Sri Guru Granth Sahib Ji (Holy Scripture).*

### First Laav:

*The couple is instructed to follow the path of "Dharam" (righteousness, religious practice, moral duty to God).*

### Second Laav:

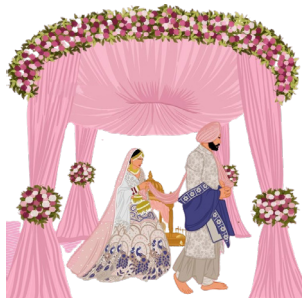
*The couple is urged to seek the path of the True Guru, by freeing the mind of fear, removing ego and filling the mind with soulful spiritual songs of joy.*

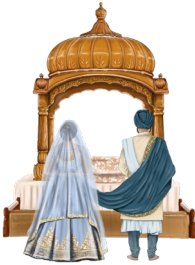
### Third Laav:

*The couple is encouraged to fulfil their destinies by contemplating the greatness of God. The soul is said to be filled with divinity and love, by the good fortune of God.*

### Fourth Laav:

*Peace is attained having found union with God. The Bride and Groom, are now blessed with the grace of God to begin their new lives together.*





## 9 SHABAD KIRTAN & ARDAAS

*Shabad Kirtan (devotional hymns) will be sung to express bliss for the newly-wed couple. A final Ardaas (supplication) is offered, where the whole sangat (congregation) partakes by standing.*



## 10 HUKAMNAMA - ROYAL DECREE

*To set the newly-wed couple in their married lives, a Hukamanama is taken from the Guru Granth Sahib Ji. As per tradition, the Holy scripture is opened at random and the verse is recited to the sangat (congregation). The Hukamnama is seen as eternal guidance to the couple from the Guru.*



## 11 KARAH PARSHAD - A SWEET BLESSING

*Karah Parshad is distributed to the newly-weds followed by the Sangat (congregation). When receiving Parshad, two hands are held out and cupped together to receive the blessing.*



## 12 SAGAN & LANGAR - BLESSINGS & COMMUNAL MEAL

*Starting with the parents, Sangat (congregation) queue to congratulate the newly-weds, Cash gifts in ornate envelopes are often presented to the couple. Langar will follow, Langar is a vegetarian meal, prepared by the Sangat volunteers. To reflect equality, Langar is available in every Gurdwara to anyone, regardless of your faith or background, and is free of charge.*