



# Unveiling the Essence of Gurbani with Leena Singh

This is a free event, no registration is required.

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**

**Sat, April 20th at  
12:00 pm**

**What is Naam?**

*Meaning of  
Mool Mantar*

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

**Sat, May 4th at  
12:00 pm**

**What is Hukam?**

*Nitnem & Rehras  
Banis*

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

**Sat, May 25th at  
12:00 pm**

**What is Haumai?**

*Understanding Ego*

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

**Sat, June 8th at  
12:00 pm**

**What is Sehaj?**

*Spiritual Balance*

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

**Sat, June 22nd at  
12:00 pm**

**What is Sacha?**

*Embracing Truth*

*Rehras Bani  
Continued*

**Sat, July 6th at  
12:00 pm**

**What is Jeevan  
Mukat?**

*A Liberated Life*

*Rehras Bani  
Continued*

For more information please contact [info@sikhfoundation.org](mailto:info@sikhfoundation.org).



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