

A gursikh's morning routine – coloring sequel

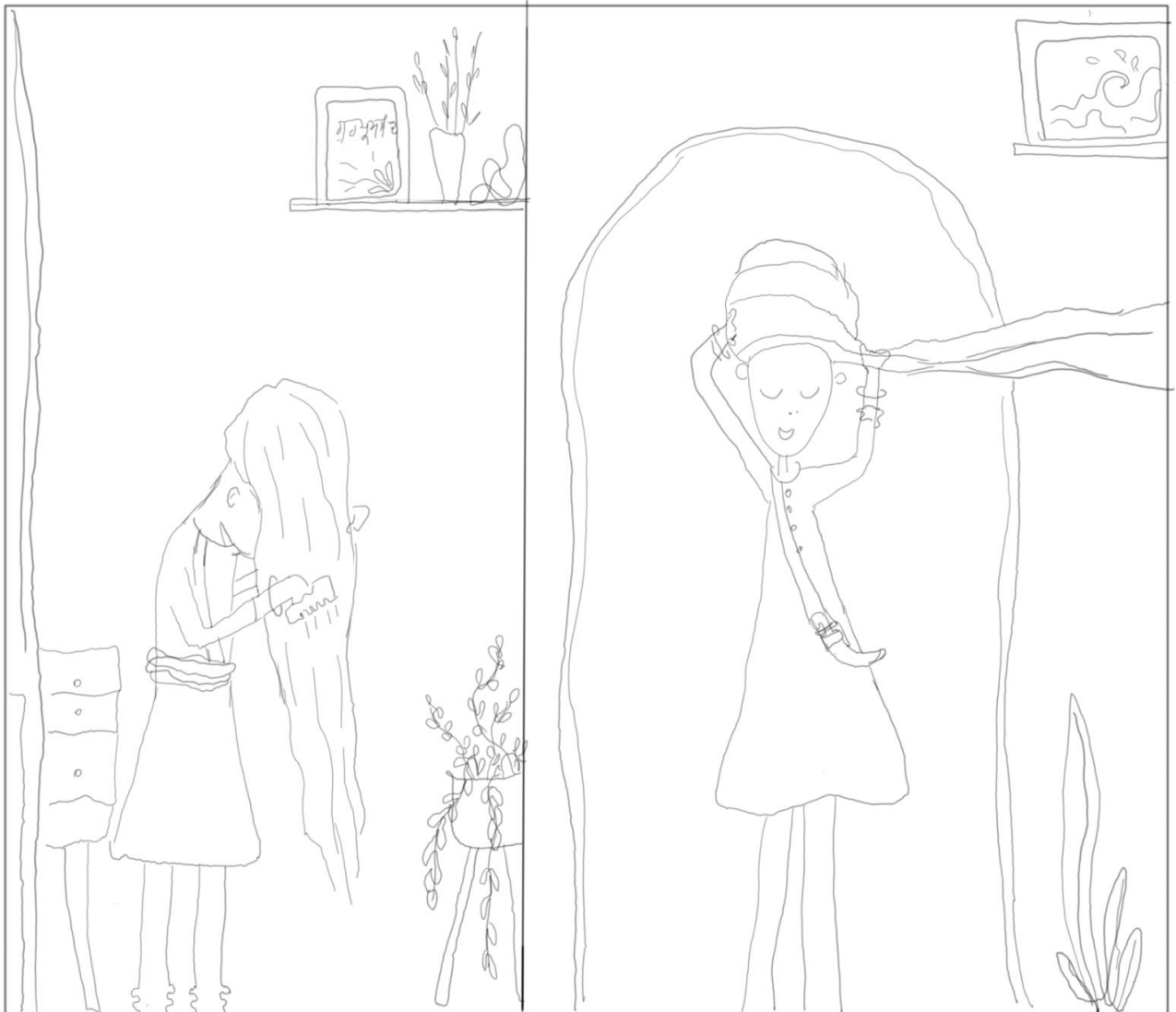
Wake up before sunrise and start the day with Simran



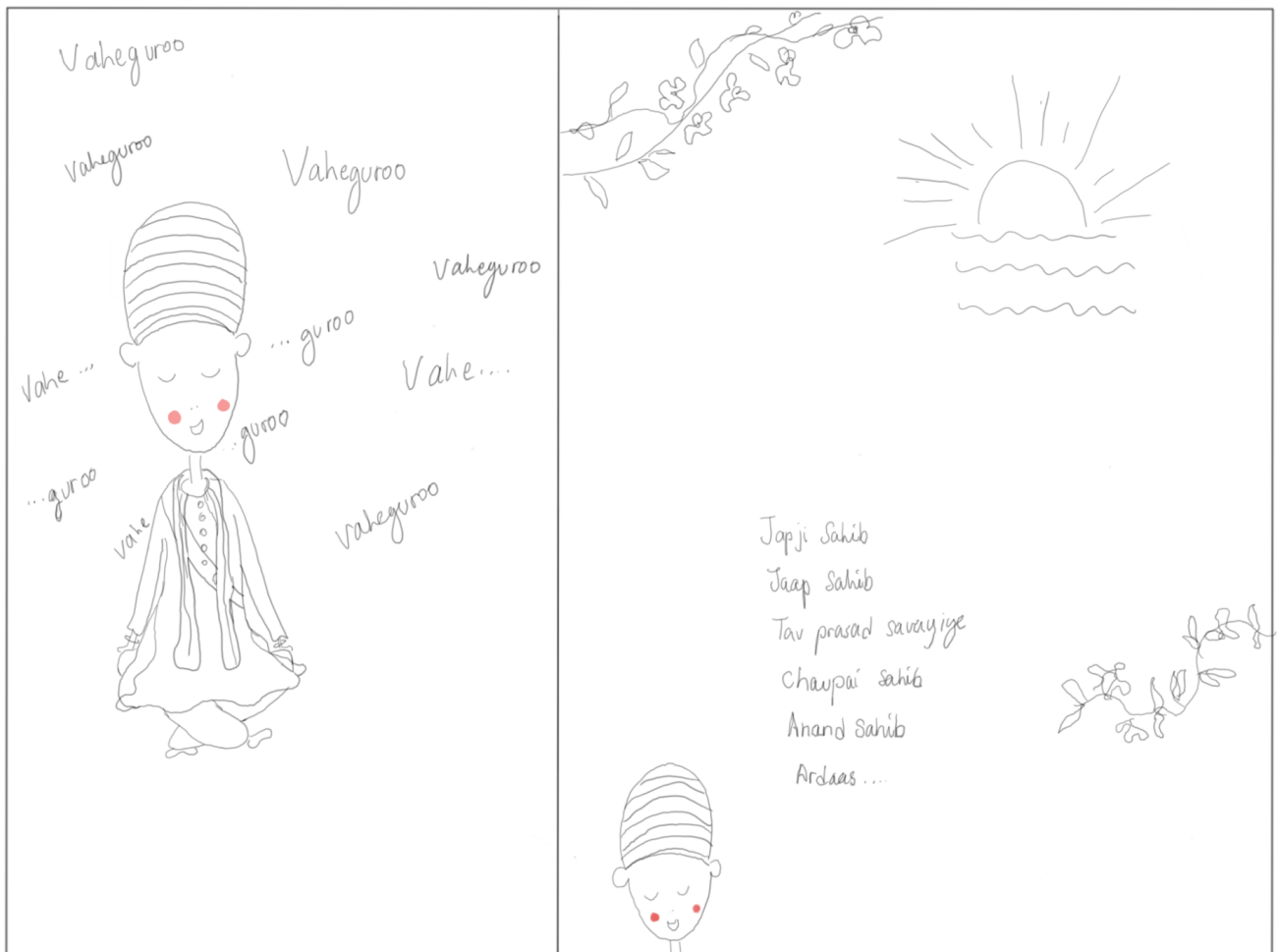
Brush your teeth, take a full body shower including kesi-ishnaan (washing one's hair).



Take care of kes and keski (comb your hair with a kunggha and tie your dastar)



Do abhiyaas, nitnem and ardaas (meditate on Simran, read 5 banis in the morning and do ardaas.
Continue with more baniaan if you wish.... :)



Thank Guru Sahib ji and begin your day