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ਗੁਰਦੁਆਰਾ ਜਨਮ ਅਸਥਾਨ, ਗੁਰੂ ਕਾ ਮਹਿਲ, ਸ੍ਰੀ ਅੰਮ੍ਰਿਤਸਰ
GURDWARA JANAM ASTHAN, GURU KA MAHAL, SRI AMRITSAR

MEDITATION

As A Sinner I seek your Refuge!

ਜੈਤਸਰੀ ਮਹਲਾ ੯ ॥

ਹਰਿ ਜੂ ਰਾਖਿ ਲੇਹੁ ਪਤਿ ਮੇਰੀ ॥
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ਨਾਹਿਨ ਗੁਨੁ ਨਾਹਿਨ ਕਛੁ ਜਪੁ ਤਪੁ ਕਉਨੁ ਕਰਮੁ ਅਬ ਕੀਜੈ ॥
ਨਾਨਕ ਹਾਰਿ ਪਰਿਓ ਸਰਨਾਗਤਿ ਅਭੈ ਦਾਨੁ ਪ੍ਰਭ ਦੀਜੈ ॥੩॥੨॥

[SGGS: 703]

Translation*

Dear God! Kindly save my Honour:
The fear of Yama is eating into my sinews.
O Bountiful Lord, I come to seek your shelter
An incorrigible sinner, unwise and greedy
I am Truly sick of committing misdeeds -
And am in awe of fear of Death,
Which is searing me indeed. (1)
I made many an effort for SALVATION
And searched around in all Ten Directions.
The Immaculate Lord who dwells in my heart,
His secret I have yet not known. (2)
MERIT, MEDITATION and austerities I've none,
What shall I do now!
Exhausted, Nanak seeks Your Refuge
From fear, let him be SAVED! (3)

* Translation: KS Duggal's "GURUVAK": The Word Divine.
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Guru Tegh Bahadur as a Protector of Human Rights

PROF. HARPREET KAUR*

The life and martyrdom of the Ninth Guru, Guru Tegh Bahadur is an inspiring saga that shows his undying commitment towards Dharma, his endurance in the defence for rights of the people, futuristic vision of plurality and fearlessness in embracing his accomplished destiny in his supreme sacrifice for the sake of human rights of the people.

Principles of Human Rights and Guru Tegh Bahadur's Life and Teachings

The principles of human rights are the basic building blocks of the contemporary state and is a cornerstone of democracy. The **civil** rights includes right to life, liberty, freedom of religion, right against exploitation, cultural and educational rights etc., the **political** rights include the right to vote, to be elected, right to criticise and oppose the government in a legal manner etc. and the **economic** rights comprise freedom in the economic sphere and the cultural rights include the right to retain and further plurality of cultures, languages, religions etc. in the society.

Most if not all human rights are claim rights that impose duties or responsibilities on their duty bearers. Rights focus on a freedom, protection, status, or benefit for the right holders (Beitz, Charles R., 2009). The duties associated with human rights often require actions involving respect, protection, facilitation, and provision.

The sense of duty, fairness and justice is visible in the thoughts, words and deeds of the Guru throughout his entire life. He sacrificed his life of the sake of Dharma or righteousness. Rights have corresponding duties and Guru Tegh Bahadur embraced his duty to respect and protect plural faiths and championed the liberty to profess any faith of one's choice. People live in different cultures and follow different traditions, all of these are an integral part of democracies that gives freedom to all and the Ninth Guru at that time upheld protecting varied cultures. The rights regime necessitates protection and security to each person or group and when the state was threatening the rights of a particular cultural group, Guru Tegh Bahadur emerged as a leader to ensure them liberty to profess

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