

*The FIVE 'Khands'

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ABSTRACT

As JAP is the synopsis for understanding the nature of Ultimate Reality, all this Creation and purpose of life and spirit behind this Phenomenal Existence, the 'Khands' can be considered as the highest goals of achievement for human beings. The whole cosmos consists of Matter & Mind, and subject to Laws of Nature and both are imperishable. Where Matter has the capacity to renew itself into various forms, the Spiritual element in the Mind can undergo evolutionary changes, and is capable of merging in the Ultimate Reality. Human body is the arena where this evolutionary process is to be enacted and higher goals achieved. All higher religions point towards this goal of life in one way or another.

THE FIVE 'KHANDS' (REALMS)

The five 'Khandas' form an integral part of the JAP. I will first dwell briefly on the Creation theory of the Universe as propounded in the Aad Guru Granth Sahib (AGGS), which is relevant to this topic of discussion today.

ਕੀਤਾ ਪਸਾਉ ਏਕੋ ਕਵਾਉ ॥
ਤਿਸ ਤੇ ਹੋਏ ਲਖ ਦਰੀਆਉ ॥

AGGS, Jap 21, p 3.

The Universe came into existence from the Word of the Lord and flowed into millions of streams.

ਸਾਚੇ ਤੇ ਪਵਨਾ ਭਇਆ ਪਵਨੈ ਤੇ ਜਲੁ ਹੋਇ ॥
ਜਲ ਤੇ ਤ੍ਰਿਭਵਣੁ ਸਾਜਿਆ ਘਟਿ ਘਟਿ ਜੋਤਿ ਸਮੋਇ ॥

AGGS, M 1, p 19.

From the Lord came gaseous, liquid and solid matter as air, water and earth and God mingled His own spirit in the Creation.

ਆਪੇ ਸਚੁ ਕੀਆ ਕਰ ਜੋਤਿ ॥
ਅੰਡਜ ਫੋਤਿ ਜੋਤਿ ਵਿਛੋੜਿ ॥
ਧਰਤਿ ਅਕਾਸੁ ਕੀਏ ਬੈਸਣ ਕਉ ਥਾਉ ॥
ਰਾਤਿ ਦਿਨੰਤੁ ਕੀਏ ਭਉ ਭਾਉ ॥
ਜਿਨਿ ਕੀਏ ਕਰਿ ਵੇਖਣਹਾਰਾ ॥
ਅਵਰੁ ਨ ਦੂਜਾ ਸਿਰਜਣਹਾਰਾ ॥

AGGS, M 1, p 839.

The True Lord created the universe by Himself in the form of an egg, which he parted into Heavens and Earths. The earth was created for people to live and days and nights for performing their duties under Lord's fear and love. Lord is the seer and doer of eve-

rything and there is none besides Him.

ਅੰਬਰੁ ਧਰਤਿ ਵਿਛੋੜਿਅਨੁ ਵਿਚਿ ਸਚਾ ਅਸਰਾਉ ॥

ਘਰੁ ਦਰੁ ਸਭੇ ਸਚੁ ਹੈ ਜਿਸੁ ਵਿਚਿ ਸਚਾ ਨਾਉ ॥

ਸਭੁ ਸਚਾ ਹੁਕਮੁ ਵਰਤਦਾ ਗੁਰਮੁਖਿ ਸਚਿ ਸਮਾਉ ॥

ਸਚਾ ਆਪਿ ਤਖਤੁ ਸਚਾ ਬਹਿ ਸਚਾ ਕਰੇ ਨਿਆਉ ॥

ਸਭੁ ਸਚੇ ਸਚੁ ਵਰਤਦਾ ਗੁਰਮੁਖਿ ਅਲਖੁ ਲਖਾਈ ॥

AGGS, M 3, p 949.

The Heavens and Earths are kept separated with the support of the Lord. True are those having True Name of the Lord in their hearts. Lord's writ runs large everywhere which dispenses True Justice. Guru oriented truly realizes the secrets of the unfathomable Lord.

ਰਾਸਿ ਮੰਡਲੁ ਕੀਨੋ ਆਖਾਰਾ ॥

ਸਗਲੋ ਸਾਜਿ ਰਖਿਓ ਪਾਸਾਰਾ ॥੧॥ ਰਹਾਉ ॥

ਬਹੁ ਬਿਧਿ ਰੂਪ ਰੰਗ ਆਖਾਰਾ ॥

ਪੈਥੈ ਖੁਸੀ ਭੋਗ ਨਹੀ ਹਾਰਾ ॥

ਸਭਿ ਰਸ ਲੈਤ ਬਸਤ ਨਿਰਾਰਾ ॥੧॥

ਬਰਨੁ ਚਿਹਨੁ ਨਾਹੀ ਮੁਖੁ ਨ ਮਾਸਾਰਾ ॥

ਕਹਨੁ ਨ ਜਾਈ ਖੇਲੁ ਤੁਹਾਰਾ ॥

ਨਾਨਕ ਰੇਣ ਸੰਤ ਚਰਨਾਰਾ ॥

AGGS, M 5, p 746.

The Lord has created this worldly drama and having created it keeps it going. He has created this in many forms, shades and colors and is never tired of enjoying it. Although engrossed in it, is never involved in it. The Lord is without any form, color, face or features. None can comprehend His play fully. Nanak seeks the dust of the feet of the Lord's saints.

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*(Editorial Note: This subject is very difficult to interpret. The interpretations are quite variable from scholar to scholar. Dr Syalee has tried his best to explain it according to his understanding.)

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1. Dharm Khand (The Realm Of Endeavour)

After an individual dies, the five elements of which the body is made remains behind but the soul made up of the Astral body known as '*shuksam srira*' goes to the heaven. All man's deeds good or bad are evaluated there. In the Lord's court only true ones known as '*sachiaras*', '*Panchas*' or '*jeewanmuktas*' are admitted. They are accepted into the kingdom of the Lord. They look glorified and are showered with Lord's favours with Guru's grace. A clear distinction is made there between True and false ones.

2. In the **Realm of GNOSIS** where innumerable universes with different forms of creation exist, have countless Brahmans, Vishnus and Shivas with powers of creation, sustenance and destruction. There are innumerable teachers like *Dhruvas* giving discourses to their disciples. There are many Indras, monks, Buddhas, angels etc. There are oceans full of treasures. There are countless learned scholars of countless languages beyond description. In this region one enjoys wondrous sights, plays and music.

3. The **Saram Khand** is the place of incomparable ECSTASY beyond description in words. Here is fashioned highest intuition of Mind, Intellect and Wisdom and capacity to know spontaneously effortlessly.

4. In the **Realm of Grace**, speech becomes impressive and only those who are only beloved of the Lord live there. They are truly brave who had conquered their basic instincts and developed very chastened minds and are engaged in the constant praises of the Lord. All of them are immortal enjoying Eternal Bliss. Their hearts are sewn into the glory of the Lord and their beauty is indescribable.

5. The **Realm of Truth** is where Lord abides Himself showering His benevolence on His creation. Here He enjoys the sight of the grandeur of the Universes, their planetary systems and knowledge of all His creation. It is impossible and as hard as steel to describe the vastness of the Lord's creation.
