

ਖੁੱਲ੍ਹੇ

ਮਨ

Open Minds



Wednesday 29<sup>th</sup> of May – St Luke's Community Centre  
6pm to 9m

Family pressure – What does it mean to you and  
your life?

### The Five Sikh Virtues

**Truth (Sat)** – Respect the fact that what is true for you might not be true for others. We are all on our own journeys.

**Compassion (Daya)** - Compassion for ourselves and others will protect us from negative emotions. Practice makes perfect.

**Contentment (Santokh)** - We should aim to be free of excessive ambition or desire as this can cause suffering on its own.

**Humility (Nimrata)** – Being humble protects us from too much pride. It also helps us accept help when we need it.

**Love (Pyare)** – Love for ourselves and others can help us get through even the hardest of times.