

# The Concept of Krah Parshad

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This verse appears in the Sri Guru Granth Sahib Ji (Pg 465) and it tells us that Sikhi is about pondering and learning the Guru's wisdom.

The verse has inspired me to ponder over something we partake regularly in the Gurdwara, but often take for granted: Krah Parshad. Why do we distribute it? What is the significance of it?

Making receiving, offering and distributing and Krah Parshad - a dish of sacred pudding - is a crucial part of any Satsang conducted in the presence of the Guru Granth Sahib Ji. It is served after the reading of the Hukum.

**By accepting the Krah Parshad, Sikhs symbolically accept the Hukum as the sweet blessing of their Guru and agree to take it as the Guru's command.**

They further accept the need to act upon the Hukum in their daily lives. Another point worth pondering is that Krah Parshad is placed close to Guru Granth Sahib Ji and its



*Parshad is kept in the Guru's Hazuri*

acceptance is done by reading the Banee of Anand Sahib. When we receive Parshad, it is not just flour, ghee, sugar and water mixed together, but Bani as well.

Krah Parshad further embodies one of the basic principles of Sikhi: "Vand Chakna". Vand Chakna means sharing and eating together. Parshad is distributed from one bowl to the sangat, which is seated on a leveled surface. It emphasizes the importance of a connection between oneself and the society and the need to share one's wealth with others.

Next time we bow to the Guru, and take Parshad, let's not forget to think about the Hukum. It is the obedience of the Hukum and the practice of it in every aspect of our lives that will lead us to the house of True Guru. End.