



BASANT KI VAR

ਬਸੰਤ ਕੀ ਵਾਰ

Basic Information



Basant Ki Vaar (ਬਸੰਤ ਕੀ ਵਾਰ ਮਹਲੁ ੫)



Ank – 1193



Constitutes of only 3 pauris (paragraphs)



Raag Basant



Composed by Gur(u) Arjan Dev Jee



It's word ਮਹਲੁ and not word ਮਹਲਾ (something we see as standard across Gurbani) – Maybe it's to ensure reader / seeker stays focused by having different spelling here.



Questions for Research

- 🌈 Color and Mind: Questions to Explore
 - What is your favorite color?
 - Why do you like it?
 - What does the color green make you think of or feel? In Gurbani (the teachings in Sikh scriptures), the color green is often connected to the mind. Why do you think that is? How could green and the mind be related?
- 🌤️ Seasons and Feelings: Questions to Think About
 - What is your favorite season (spring, summer, autumn, or winter)? Why do you like it? For example: In spring, flowers bloom. In winter, everything becomes still and cold. In summer, we enjoy the warmth. In autumn, trees let go of their leaves.
 - Do you think the weather outside affects how you feel inside your mind? Or does your mind have its own seasons? For example: It might be cold outside, but you could feel angry (like a hot fire) inside. Or it might be sunny, but you feel sad (like rain) inside.
 - Do you think we can understand and manage the seasons or moods of our mind? How might we do that?

Traditional Concept of Vaar (In Indian Culture)



Sung to motivate king when they
were going for the war



Sung in praise of king when they
came back winning the war

In what context do you think Gurbani uses the concept of Vaars?

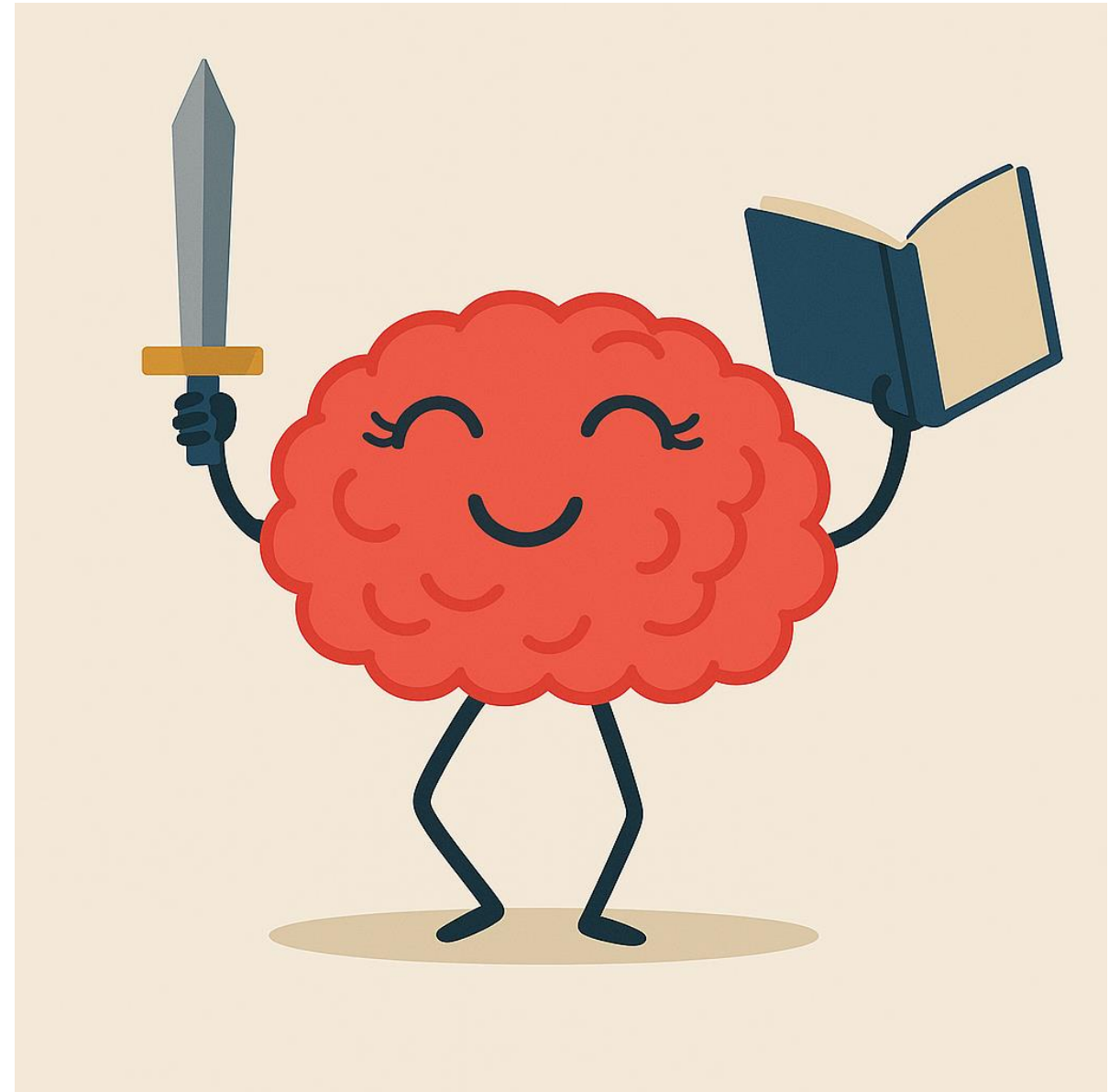


Hint – Something to do with mental fight

Gurbani View on Vaar

Vaar represent:

- 1) The process of mental fight and how to use Gurbani to win against all the mental challenges. For e.g. Asa Ki Vaar
- 2) Outcomes of this mental fight. Provide view on the life style and mental state of people who win this mental fight. For e.g. Basant Ki Vaar.



Go and Search all vaars guess what it is guiding us



Colours

Colours play a role in our life. Colors are symbols of things within our life and at time represent our emotions and mental state

- Psychological Impact of Colours
- Cultural and Personal Conditioning
- Behavioural Influence
- Spiritual and Symbolic Connection
- Creativity and Cognitive Function

What is Green Symbol Of



Green is deeply associated with **nature, balance, renewal, and growth**. As the color most commonly found in the natural environment—forests, fields, plants—it evokes a sense of **calm, healing, and freshness** in the human mind.

Basant Ki Vaar – Represents the Gurmukhs who are in synch with Inner and Outer **Nature**, have **balanced** approach to life, keep **renewing** their concepts (learn – unlearn – learn) and constantly keep growing spiritually. They stay **calm, heal self / humanity** and spread **freshness** forever.

Mental Seasons

Mental Season

Just as nature cycles through spring, summer, autumn, and winter, our minds too dwell in their own seasons. Some live in a **mental spring**, where thoughts bloom with joy, gratitude, and renewal—moments of bliss and clarity. Others may be caught in a **mental summer**, burning with passion, ambition, or even restlessness. A **mental autumn** can reflect introspection, letting go, or quiet melancholy, while a **mental winter** may feel like isolation, stillness, or dormancy. Some, unknowingly, stay in the stormy climate of **desires, anger, or fear**.

The **season of the mind** is shaped by the thoughts we cultivate. Changing it begins with awareness.

Basant Ki Vaar

Represents the Gurmukhs who are always in the mental spring. They don't go through cycles of emotional seasons



BASANT KI VAAR

ਹਰਿ ਕਾ ਨਾਮੁ ਧਿਆਇ ਕੈ ਹੋਹੁ ਹਰਿਆ ਭਾਈ ॥

- ਹਰਿ – Message of Gurbani or Inner Voice
- ਨਾਮੁ ਧਿਆਇ – Focus on the message and live the life by this message
- ਹੋਹੁ ਹਰਿਆ – Become green mindset
- ਭਾਈ - Message to humanity / The one who is reading it.

BASANT KI VAAR

ਕਰਮਿ ਲਿਖੰਤੈ ਪਾਈਐ ਇਹ ਰੁਤਿ ਸੁਹਾਈ ॥

- ਕਰਮਿ – Actions (focused effort of Gurbani)
- ਲਿਖੰਤੈ– Write it (constantly writing it – present continuous tense)
- ਪਾਈਐ– Achieve
- ਰੁਤਿ - Metal Season
- ਸੁਹਾਈ - Pleasant

BASANT KI VAAR

ਹਰਿ ਕਾ ਨਾਮੁ ਧਿਆਇ ਕੈ ਹੋਹੁ ਹਰਿਆ ਭਾਈ ॥
ਕਰਮਿ ਲਿਖੰਤੈ ਪਾਈਐ ਇਹ ਰੁਤਿ ਸੁਹਾਈ ॥

- The ones who keep nurturing through Gurbani (ਹਰਿ ਕਾ ਨਾਮੁ) they ultimately blossom (ਹਰਿਆ) their mind.
- This blossom is forever unlike other blossoms that happen within external nature.
- This pleasant (ਸੁਹਾਈ) season (ਰੁਤਿ) of blossom can only be achieved by Gursikhs / Gurmukhs who do the hard work (ਕਰਮਿ) with the guidance of Gurbani and shape (ਲਿਖੰਤੈ) their devine path.