

Directions for Kaṛāh Parshād

The Kaṛāh Parshād which has been prepared according to the prescribed method only shall be acceptable in the congregation.

The method of preparing the Kaṛāh Parshād is as follows: In a clean vessel, the three contents (wheat flour, pure sugar and clarified butter, in equal quantities) should be put. The preparation should be occure while reciting the bāṇīs. Upon completion, cover it with a clean piece of cloth and place it on a clean stool in front of the Gurū Granth Sāhib. Thereafter, in the presence of the Gurū Granth Sāhib, the first five and the last stanza of the Anand Sāhib should be recited aloud. If another vessel of the Kaṛāh Parshād is brought in after the recitation of the Anand, it is not necessary to repeat the recitation of the Anand Sāhib. Acceptance of the Kaṛāh Parshād brought later by the sacred Kirpān after Ardās is acceptable.

Before the distribution to the congregation, from the Kaṛāh Parshād the share of the five beloved ones should be set apart and given away. Thereafter, while commencing the general distribution, the share of the person in attendance of the Gurū Granth Sāhib (because giving double share to the person in attendance constitutes improper discrimination) should be put in small bowl or vessel and handed over. The person who distributes the Kaṛāh Parshād should do so without any discrimination. Sevādār should distribute the Kaṛāh Parshād equally to Sikhs, non-Sikh and people of any race, caste or status.

Adapted from Sikh Rahit Mariādā:

http://www.sgpc.net/rehat_maryada/section_three_chap_eight.html