

VAHEGURU MADE YOU BEAUTIFULLY!

01

ਹਭਿ ਰੰਗ ਮਾਣਹਿ ਜਿਸੁ ਸੰਗਿ ਤੈ ਸਿਉ
ਲਾਈਐ ਨੇਹੁ ॥

*habh ra(n)g maaneh jis sa(n)g
tai siau laieeai neh ॥*

Love Him, with whom you
enjoy all pleasures.

ਸੇ ਸਹੁ ਬਿੰਦ ਨਵਿਸਰਉ ਨਾਨਕ ਜਿਨਿ
ਸੁੰਦਰੁ ਰਚਿਆ ਦੇਹੁ ॥੨॥

*so sahu bi(n)dh na visarau
naanak jin su(n)dhar rachiaa
dheh ॥2॥*

Do not forget that Lord, even
for an instant; O Nanak, He
fashioned this beautiful body.
॥2॥

02

ਫਰੀਦਾ ਉਮਰ ਸੁਹਾਵੜੀ ਸੰਗਿ ਸੁਵੰਨੜੀ
ਦੇਹੁ ॥

*fareedhaa umar suhaavaRee
sa(n)g suva(n)naRee dheh ॥*

Fareed, blessed is the life,
with such a beautiful body.

ਵਿਰਲੇ ਕੇਈ ਪਾਈਅਨਿ ਜਿਨ੍ ਪਿਆਰੇ
ਨੇਹੁ ॥੨॥

*virale keiee paieeani(h)
jin(h)aa piaare neh ॥2॥*

How rare are those who are
found to love their Beloved
Lord. ॥2॥

ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰਾ ਸੁੰਦਰ ਰੂਪੁ ॥

*jeh prasaadh teraa su(n)dhar
roop ॥*

By His Grace, your form is so
beautiful;

ਸੇ ਪ੍ਰਭੁ ਸਿਮਰਹੁ ਸਦਾ ਅਨੂਪੁ ॥

*so prabh simarahu sadhaa
anoop ॥*

Constantly remember God,
the Incomparably Beautiful
One.

03

04

ਸਿਰਿ ਪੈਰੀ ਕਿਆ ਫੇੜਿਆ ਅੰਦਰਿ ਪਿਰੀ ਸਮਾਲਿ ॥੧੮॥

sir pairee kiaa feRiaa a(n)dhar piree sam(h)aal ॥18॥

What have your head and feet done wrong? See your Husband Lord within
yourself. ॥18॥

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DON'T WORRY

ABOUT LOOKS!

BE CONFIDENT IN HOW VAHEGURU MADE YOU, BUT DON'T BE VAIN / PROUD

01

ਰੂਪਵੰਤੁ ਹੋਇ ਨਾਹੀ ਮੋਹੈ॥

roopava(n)t hoi naahee mohai ||

One who is good-looking should not be vain;

ਪ੍ਰਭ ਕੀ ਜੋਤਿ ਸਗਲ ਘਟ ਸੋਹੈ॥

prabh kee jot sagal ghaT sohai ||

for the Light of God is beautifying all hearts.



02

ਕਬੀਰ ਗਰਬੁ ਨ ਕੀਜੀਐਦੇਹੀ ਦੇਖਿ ਸੁਰੰਗ ॥

*kabeer garab na keejeeai dhehee dhekh
sura(n)g ||*

Kabeer, do not be so proud, looking at your
beautiful body.

Check out the body-positive animation we
created for Sikh Kids TV last year! Or learn the
poem on your own (see right).

[https://www.youtube.com/watch?
v=gaQ5TImHrOI](https://www.youtube.com/watch?v=gaQ5TImHrOI)

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Affirmations Poem for Kids

(Sang to the tune of "If you're happy and you know it clap your hands"):

*My body's perfect from my head to my toes
My body's perfect from my head to my toes
Vaheguru made me perfectly
I'm just who I'm meant to be
My body's perfect from my head to my toes*

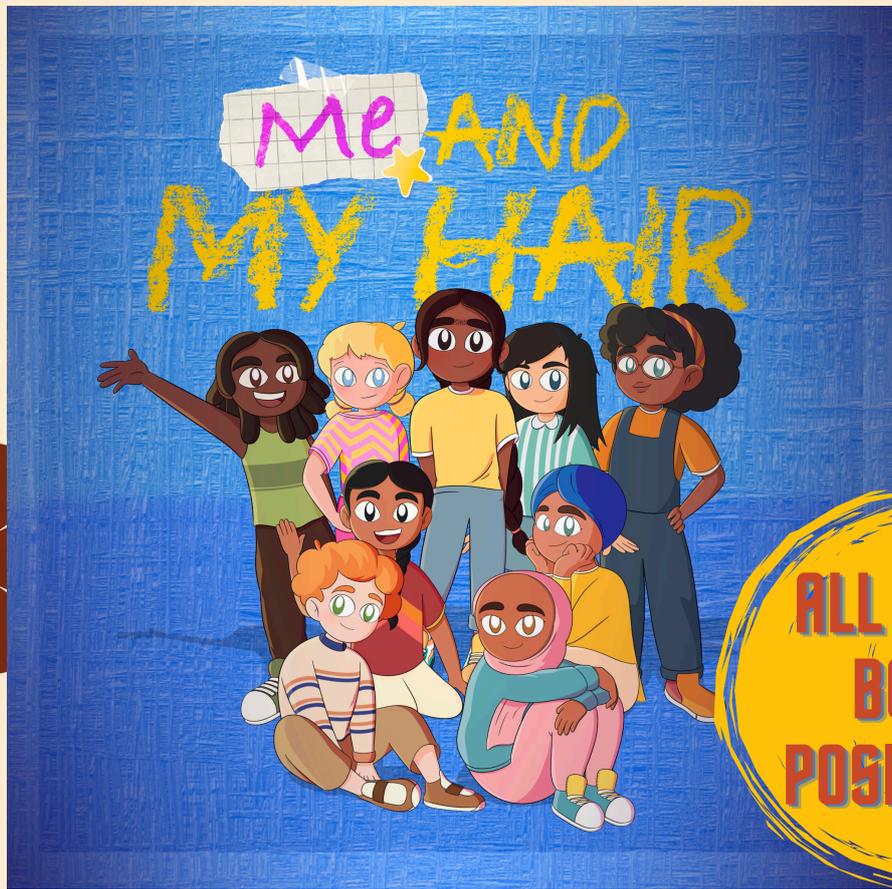
**From my kes to skin to my nose
From my kes to skin to my nose
Everything is perfect
I would never want to change it
Vaheguru made me who I am cuz he knows**

*My body's perfect from my head to my toes
My body's perfect from my head to my toes
Vaheguru made me perfectly
I'm just who I'm meant to be
My body's perfect from my head to my toes*

**From my eyebrows to my belly and below
From my eyebrows to my belly and below
Everything is perfect
I would never want to change it
Because Vaheguru made me so**

*My body's perfect from my head to my toes
My body's perfect from my head to my toes
Vaheguru made me perfectly
I'm just who I'm meant to be
My body's perfect from my head to my toes*

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ALL ABOUT
BODY-
POSITIVITY!

CHECK IT OUT:

<https://mybook.to/MeAndMyHair>