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It was a warm Monday in July. The light blue sky only had a few fluffy clouds spotting it as a sister and brother walked into their car, their mom behind them as she sat in the driver's seat.

Mom: Are you both ready for your sports?

Sister: Yup! I get to learn a new form in karate today!

Brother: I heard that the instructors are teaching us how to do a flip today.

Mom: Really? That sounds great!

The mom started to drive to the plaza where the sister and brother's sports are.

Brother: Mom? I heard that tomorrow is Guru Tegh Bahadur Ji's shahidi. Can you tell us more about him?

Mom: Well, Guru Tegh Bahadur Ji was an amazing person. There are many wonderful things about him, but one thing about Guru Tegh Bahadur Ji was that he meditated a lot. Do you guys know what the line, "Guru Tegh Bahadur simareeay ghar nou nidh avai thaaye" means?

The siblings shake her heads.

Mom: It is a line in ardas. It means, "If you meditate and remember Guru Tegh Bahadur, the nine powers will come to you." Guru Tegh Bahadur Ji meditated so much, but he never bragged about them or used them for bad things, he just focused on Waheguru. This is something that you guys can use in real life, too. You know, focusing on Waheguru. He will give you all the strength you need.

Sister: Wow, that's so cool!

Brother: Yeah, I never knew that!

After a few minutes, they reached the plaza where the sports' are located. After exiting the car, they walked toward the karate building, next to the gymnastics area.

Mom: Have a great time at karate !

Sister: Thanks mom! Have a good time at gymnastics!

Brother: Thanks, sis!

The sister walked into the karate building, the smell of wooden boards filling the air. She greeted her master before starting her class, where she learned how to do her brown belt form, kicking, punching, and chopping.

In the gymnastics building, the brother stretched and started to learn how to do a flip, first learning the basics, and then learning the flip itself.

Around an hour later, the siblings' classes had ended. They both walked outside of the class, waiting for their mom who had gone to the grocery store across from the classes. Three boys walked outside with the sister.

Boy 1: Hey, you should know, girls can't do things like karate . It's only for boys.

Sister: Girls and boys can do whatever they want. Guruji said that boys and girls are equal, so it doesn't matter.

Boy 2: Whatever. Girls can't do karate and boys can't do gymnastics. It's weird.

The boys started to laugh while the brother and sister just frowned because the boys didn't understand Guruji's message.

At that moment, some big, scary guys came out of nowhere. They wore leather jackets and were super, *super*, tall.

Scary Guy 1 (in intimidating tone): We need some money, give us your money!

Boy 2: W-We don't have any money! Please leave us alone o-or we'll have to call someone!

Scary Guy 1: I said GIVE ME YOUR MONEY!

The brother and sister were shocked. The sister closed her eyes and began repeating, "Waheguru, Waheguru," in her head, thinking about God and all that he does for us. She had gone so deep into her meditation that she forgot about the scary guys. Until...

Scary Guy 1: Hey, girl, do you have any money? Huh?

The sister softly opened her eyes, still thinking about God.

Sister: Sir, please leave, or we will have to fight you.

The scary guy rolled his eyes at her.

Scary Guy 1: Whatever.

He went to grab one of the boys by the collar, but something stopped him.

It was the sister!

She kicked him and sent him flying away! The other scary guys' mouths hung open in surprise. After a few seconds, one of them growled and tried to come at her, but she did the same thing and blew him away. The last scary guy came to fight her, but she sent him away, too! The boys were stuck in place, awestruck, unsure of how such a young girl had managed to kick away three large and strong guys.

The sister smiled and closed her eyes again, thanking Waheguru.

Boy 1: Whoa! How did you do that?!

Boy 2: Yeah, you totally saved us!

She smiled again.

Sister: All I did was think about Waheguru, and he gave me the strength.

Boys: Wow, thank you! I guess boys and girls can do whatever they want.

The brother and sister began walking toward the grocery store.

Brother: Sis, how did you do that?

Sister: I just thought of Waheguru like Guru Tegh Bahadur Ji did.

Brother: Wow, that's so cool!

Sister: I mean, I'm just happy that I was able to grow closer with Waheguru...and defeat the bad guys.

The two laughed as they entered the store.

The End