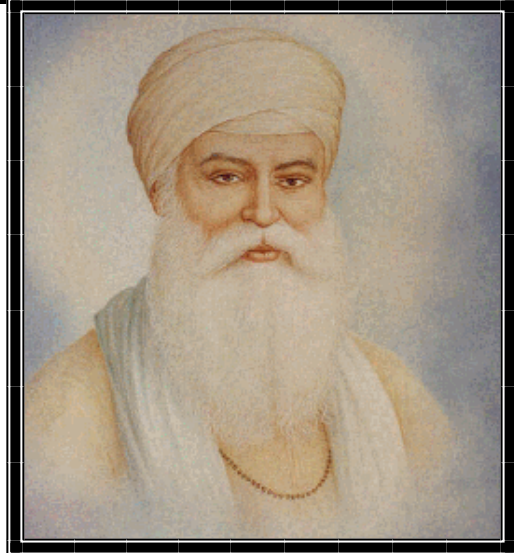


3. Amar Das (1479—1574)



Amar Das started many places to teach the words of Guru Nanak.

He also found people to be in charge of these places and to be the teachers.

He held big meetings twice a year when the teachers could get together and talk about all they had done and learned.

He taught people to look after themselves and their bodies.

He is best known for his equality.