

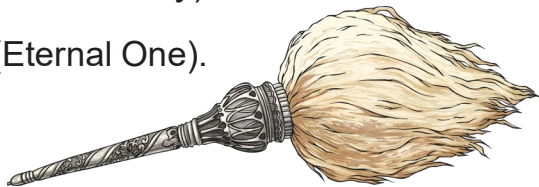


Key Vocabulary

Sikhism	One of the world's main religions.
Sikh	Someone who follows Sikhism .
Guru	Spiritual teacher.
Guru Nanak	The founder of Sikhism .
gurdwara	A Sikh place of worship.
Guru Granth Sahib	The Sikh holy text.
sargun	The belief that God is everywhere and in everything.
nirgun	The belief that God is above and beyond everything.

God is referred to by many names, including:

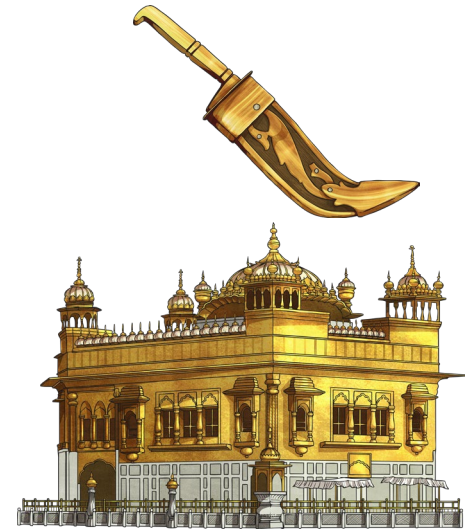
- Waheguru (Wonderful Teacher);
- Sath Nam (Eternal Reality);
- Akal Purakh (Eternal One).



Main Beliefs

Sikhs believe that:

- there is only one God;
- God cannot be described as either male nor female;
- God is both **sargun** and **nirgun**;
- God created the world and created people to know the difference between right and wrong;
- images of God are forbidden as is worshipping them;
- all people are equal.



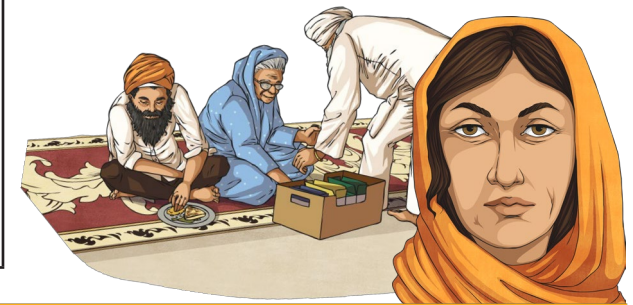
Worship

Sikhs worship both in public and in private. **Sikhs** worship together in the **gurdwara**. The word **gurdwara** means 'door to the **Guru**'.

Shoes must be removed and hair covered before entering the main prayer hall to worship. Men and women sit cross-legged on opposite sides, facing the **Guru Granth Sahib**.

Sri Harmandir Sahib

The Sri Harmandir Sahib is also known as the Golden Temple. It is located in Amritsar, India. Its doors open from all sides to welcome people of all faiths.





Key Vocabulary	
Nam Japna	The duty of keeping God in mind at all times.
Kirt Karna	The duty of earning an honest living and avoiding crime, begging and gambling.
Vand Chhakna	The duty of giving to charity and caring for others.
shabads	Sacred hymns in the Guru Granth Sahib .

The Ten Gurus

There were ten **Gurus** who spread God's message:

Guru Nanak, Guru Angad, Guru Amar Das, Guru Ram Das, Guru Arjan, Guru Hargobind, Guru Har Rai, Guru Harkrishan, Guru Tegh Bahadur and Guru Gobind Singh.

Symbols

The Khanda is the main symbol of **Sikhism**. The Ik Onkar means 'there is only one God'.



The Guru Granth Sahib

The **Guru Granth Sahib** is the **Sikh** holy book. It contains the messages of all the **Gurus**. It is covered by a rumala when not in use.

The chaur is made from yak's hair. It is waved over the **Guru Granth Sahib** as a sign of respect.

The **Guru Granth Sahib** contains 5867 **shabads**, which were written by six of the ten **Gurus**. They are known as Gurbani (the word of the **Gurus**). The introduction includes the 'Mool Mantar', which contains all the important **Sikh** beliefs.

The 5 Ks

Kesh: **Sikhs** leave hair uncut to show obedience to God.

Kangha: A wooden comb that helps **Sikhs** to keep their hair in place.

Kara: A steel bangle that reminds **Sikhs** to behave well.

Kachera: These are shorts worn as underwear.

Kirpan: A tiny sword worn by **Sikhs**.

