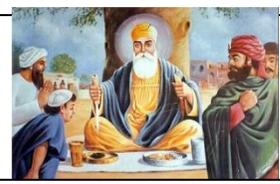


Enlarge to A3 when printing

Autumn 2 - What do you need to know about Sikhism?

Sikhism began in India in the 15th Century. Sikhs believe that we are all equal and it is wrong to treat people differently because of their race, gender or social status. They believe everyone should work hard and be honest, help those in need and remember God at all times.

- GURU NANAK FACTFILE**
- **Guru Nanak** started Sikhism.
 - When he was a boy, he only wanted to learn about God.
 - Sikhs believe he performed miracles, such as making crops grow back and staying underwater for three days.
 - Nanak thought it was wrong to treat people differently and shocked people by mixing with 'untouchables'.
 - He believed that different religions were different ways of reaching God.

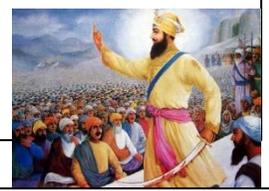


Guru Nanak taught that it is important to work hard and live honestly.

When Nanak was invited by two different men to have dinner with them, he squeezed the bread they offered. Blood came out of the rich man's bread which Nanak said was a sign that he did not earn his living honestly by his own hard work, but milk came out of the poor man's bread, showing that he worked hard for his own living.

After Guru Nanak died, other men were chosen one at a time to be the Guru, or leader, of the Sikhs. Altogether, there were 10 human Gurus. The last one was **Guru Gobind**.

- THE KHALSA** This is the community of Sikhs who are committed to their religion.
- It started at Baisakhi (Harvest Festival) in 1699 when **Guru Gobind** asked 'Who is willing to die for their beliefs?'
 - He needed to encourage Sikhs to stand up for themselves and for what is right.
 - Five men volunteered, one by one, and the Guru pretended to kill them.
 - Then he dressed them in special robes and called them the Panj Piare, or Beloved Five, because they had set such a good example.
 - He said they had started a new group called the Khalsa and asked other Sikhs to join if they were committed to their beliefs.
 - Today, Sikhs usually join the Khalsa when they are teenagers
 - Khalsa Sikhs wear five special items to show their commitment, called the Five Ks. These are:



Guru Gobind decided there was no need for another human Guru after him. The Holy book would be the Guru. It contains prayers and hymns from all the human Gurus as well as important teachings from other religions.

- GURDWARA FACTFILE**
- This is the Sikh place of worship. Gurdwara means 'Door to the Guru'. Every gurdwara has
- A flag outside, called the Nishan Sahib
 - A copy of the Guru Granth Sahib
 - A diwan hall, or worship room
 - A langar, or kitchen/dining room
- In the gurdwara
- Visitors must remove shoes, wash hands and cover their heads
 - Worshippers bow to the Guru Granth Sahib when they enter the main hall
 - Worshippers sit on the floor, usually men and women sit separately
 - After the service, a meal is cooked and served by members of the congregation. This is called **langar**. Anyone is welcome to share langar as Sikhs believe we are all equal. Cooking or washing up at langar is a way of giving service to others (**sewa**), which is important to Sikhs.

Kanga	Kesh	Kara	Kirpan	Kachera
Comb Keeping life in order	Uncut hair Living as God made us	Bangle A reminder of God, who has no beginning or end	Dagger A reminder to fight for what is right	Shorts Be modest, be ready to do what God wants

- The book is called the **Guru Granth Sahib**.
- It is the living Guru of the Sikhs.
- A passage from it is chosen at random each day and read aloud for Sikhs to think about in their daily lives.
- When it is being used, it rests on a throne, under a canopy.
- When it is not being used, it is covered up with special cloths.
- Sikhs bow to it and never turn their back on it. When it is being carried, it is held above the head.



At special religious festivals, the Guru Granth Sahib is read aloud non-stop from start to finish. It takes 48 hours!

LITERACY LIFELINE - SIKHISM

The Five Ks	Items that Khalsa Sikhs wear to show their commitment
Gurdwara	Sikh place of worship
Guru	A religious leader
Guru Granth Sahib	The Sikh holy book. Sikhs think of it as a living Guru
Guru Nanak	The man who started Sikhism
Guru Gobind	The man who founded the Khalsa. The final human Guru.
Khalsa	The community of Sikhs who are committed to their beliefs
Langar	A special meal shared after services in the Gurdwara
Sewa	Service to others.



belief

believe

Heaven

holy

miracle

people

prayer

religion

religious

worship

