
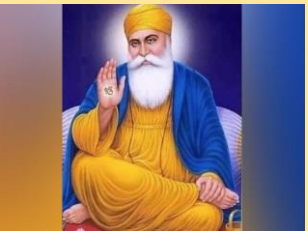



BVC: How Are Sikh Teachings on Equality and Service Put Into Practice?

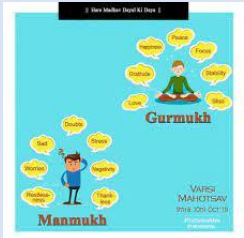



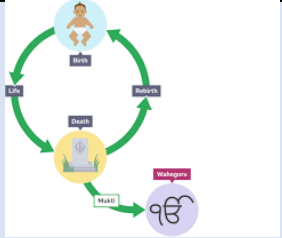
1. Key Terms

Sikh 	A follower of the religion, Sikhism
Guru 	A spiritual guide, teacher or enlightener
Guru Granth Sahib 	The main holy scripture of Sikhism
Mool Mantar ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥ ॥ ਨਾਮੁ ॥ ਅਧਿ ਗੁਰੁ ਪ੍ਰਸਾਦਿ ਗੁਰੁ ॥ ਹੈ ਤੀ ਗੁਰੁ ਨਾਨਕ ਹੋਈ ਤੀ ਗੁਰੁ ॥੧॥	The opening section of the Guru Granth Sahib
Langar 	The community kitchen of a gurdwara, which serves meals to all free of charge, regardless of religion, caste, gender or economic status.

2. More Key Terms

Sewa 	'Selfless service'. It involves acting selflessly and helping others in a variety of ways, without any reward or personal gain.
Nam Simran 	Meditating on the name of God (Waheguru)
Kirat Karna 	To earn an honest and pure living
Vand Chhakna 	Giving to charity; sharing; generosity
Manmukh 	To follow one's own mind or desires (self centred)

3. A Few More Key Terms!

Gurmukh 	Getting rid of selfishness and becoming God centred
Amrit 	A sanctified solution of sugar and water
Amrit Chhakna 	An initiation ceremony into Sikhism
Samsara 	The cycle of birth, death and rebirth
Mukti 	Liberation from samsara to form a union with God (Waheguru)

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4. What Do Sikhs Believe About God? - Overview

Sikhs believe that your actions are important and you should lead a good life. They believe the way to do this is:

- Keep God in your heart and mind at all times
- Live honestly and work hard
- Treat everyone equally
- Be generous to those less fortunate than you
- Serve others

Sikhism was founded by a wise man called **Guru Nanak**



The first verse of the Guru Granth Sahib is called the Mool Mantar which contains key beliefs about God:

- There is only one God
- He is the Creator
- He is timeless and without form



9. Sikh Identity In Modern British Culture - Overview

- ❖ Most Sikhs settled in Britain in the 1950s and 1960s from the Punjab.
- ❖ There are around 500,000 Sikhs living in Britain and over 300 gurdwaras around the country
- ❖ Some Sikhs came in the early 1970's after being expelled from Uganda by its then leader, Idi Amin.
- ❖ Over 100,000 Sikhs fought in the British Indian Army during World War II, and a record 14 Victoria Crosses were awarded to soldiers from Sikh regiments

5. How Is Sikh Living Guided By The Gurus? – Overview

- ❖ There were 10 Sikh Gurus altogether.
- ❖ A Guru is a Sikh spiritual leader/teacher.
- ❖ The 3rd Guru, Guru Amar Das introduced the idea of the **Langar** (free food for all). He also emphasised the importance of equality, especially for women and stressed the importance of **sewa**, which means loving action.
- ❖ The 4th Guru, Guru Ram Das also emphasised the idea of **sewa** and charity.
- ❖ The 7th Guru, Guru Har Rai also stressed the **Langar's** importance.



7. The Sikh Path Of Life - Overview

- ❖ What does **Gurmukh** mean? God-centred (keeping God at the forefront of your mind)
- ❖ In order to reach **mukti** (freedom from the cycle of birth, death and rebirth), Sikhs must live their life with Waheguru (God) in their mind at all times and must rid themselves of all bad karma and focus on gaining good karma.
- ❖ They must act with **love** and **compassion** towards others.
- ❖ What is **Samsara**? The cycle of birth, death and rebirth.
- ❖ **Karma** refers to the consequences of a **person's actions and words**. In Sikhism, a person gains good and bad karma throughout their life. Karma determines what happens to that individual's **atma** (soul) in the next life.

6. What Are A Sikh's Three Duties? Overview

- ❖ Nam Simran – to remember God and meditate on His name
- ❖ Kirat karna – to earn one's living by honest means and hard work
- ❖ Vand chhakna – to share with others who are less fortunate

8. What Does It Mean To Be Amritdhari Sikh?-Overview

- ❖ Every Sikh is urged to become an active member of the **Khalsa Panth**, the Sikh community.
- ❖ The ceremony of initiation into the Khalsa Panth is called **Amrit Chhakna**.
- ❖ Amrit is sugar crystals dissolved in water by stirring them with the sword while **shabads** (passages of the Guru Granth Sahib) are recited.
- ❖ The Amrit Chhakna ceremony takes place in the Gurdwara and always in the presence of the Guru Granth Sahib. It is performed by 5 people who represent the **Panj Piare**, the 5 beloved ones who received amrit from Guru Gobind Singh.
- ❖ After the prayers are completed, each person drinks some of the amrit. They receive it in cupped hands and drink it five times. The amrit is also sprinkled 5 times on both their eyes and their hair.
- ❖ Sikhs who have taken amrit must always wear the **Five Ks**, one of which is **kesh** – un-cut hair.

