

# Sikhism – Year 7



## Overview

Sikhism is one of the world's major religions. It is the world's 5<sup>th</sup> largest religion with about 27 million followers. It began over 500 years ago. Sikhs are the people who follow Sikhism. Sikhs believe in one God who guides and protects them. Sikhs see everybody as being equal in God's eyes. Sikhism was founded by a man called Guru Nanak. It is based on what he taught people. They believe that he received messages from God telling them how to live. Leading a good life and making the right choices are important in Sikhism.

### Beginnings

#### Guru Nanak

- Sikhs believe that Guru Nanak was born in a small village called Punjab in India. He was born into a Hindu family, but grew up around Hindus and Muslims.
- Sikhs believe that Guru Nanak was spoken to by God, who told him to follow a simple faith, in which everybody was equal. In other religions, some people were thought of as better than others.
- His message was simple: pray to God, be honest, work hard, care for your family and your community. These ideas formed the basis of Sikhism.

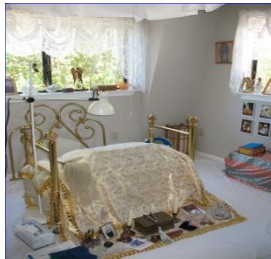


Guru Nanak was succeeded by nine other gurus until, in 1708, the Guruship was finally passed on by the tenth guru to the holy Sikh scripture, Guru Granth Sahib, which is now considered the living Guru by the followers of the Sikh faith.

It has its own fan (called a chauri) that is waved over the book to keep flies away. This was how the Gurus followers showed their devotion.



In a Gurdwara, there is a room with a bed which is where the Guru Granth Sahib is placed when not in use. This room is very lavish and has silk sheets and gold leaf on objects around the room.



### Guru Granth Sahib

The Guru Granth Sahib is the Sikh holy book. It is the final and Eternal Guru. It is known to be 'The Living Guru', which teaches and leads Sikhs.

It is often covered in special decorative clothes called romallas.



Never carried lower than the people around it and comes in on procession of lots of followers.



It is kept higher than everyone else except the person reading it. When it is being read it is kept on a platform called a takht. This is like a throne and is called the manji.

## Guru Timeline

Guru Tegh Bhadur 1664



Guru Raam Das 1574



Guru Har Rai 1644

Guru Har Gobind 1606



Guru Angad Dev 1539

Guru Gobind Singh 1675



Guru Arjan Dev 1581



Guru Har Krishnan 1661

Guru Amar Das 1552



### The Khanda

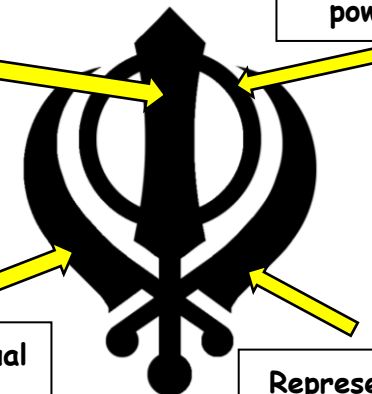
The Khanda is the main symbol for Sikhism. The circle in the middle represents that God is never ending and the two swords represent the strength of the truth and what is right.

Represents freedom, justice and the power of God

Represents eternal and all powerful God

Represents spiritual freedom

Represents political freedom



### The Five Ks

Sikhs often display their commitment to their religion by adhering to the 5Ks, which are the 'Sikh Articles of Faith.'



1. Kesh - Uncut hair
2. Kangha - Comb
3. Kara - Steel Bracelet
4. Kirpan - Sword
5. Kachera - Soldier's shorts



The commitment to the 5 Ks first came into place in 1699 when Guru Gobind Singh (the 10<sup>th</sup> guru) made the announcement that they should be worn as a display of faith and devotion to God. They are also a symbol of belonging to the Sikh community.

## Sikhism timeline


1469 CE: Birth of Guru Nanak.	1481 CE: Guru Nanak refuses to wear the 'golden thread'.	1500 CE: Nanak travels, spreading the message of equality.	1539 CE: Guru Nanak dies.	1606 CE: Guru Arjan, the 5 <sup>th</sup> Guru, is tortured to death for being a Sikh.	1699 CE: The tenth Guru, Gobind Singh, founds the community of the Khalsa.	1708 CE: Gobind Singh dies. He is the last of the human Sikh Gurus.	1716 CE: The first of the Sikh military leaders - Banda Singh Bahadur, he leads many military campaigns.
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Gurdwara	
Outside	Inside
<p>There must be a Nishan Sahib (flag) on the outside of a Gurdwara. It will always be at the highest part of the building.</p> <p>It always has the Khanda to show the oneness and power of God.</p>  <p>It is to identify that Sikhs and all people can pray inside the building.</p>	 <p>When entering a Gurdwara, everyone must remove their shoes. Men and women must also cover their heads and wash their hands.</p> <p>In the prayer hall, everyone sits on the floor to show equality and the importance of the Guru Granth Sahib which will be higher than everyone in the room. Men and women sit separately not to distract each other during worship.</p> <p>Anyone who visits is offered food and drink. This is known as the Langar (a communal free kitchen).</p>

The Khalsa
<p>Guru Gobind Singh created the Khalsa, a worldwide family of Sikhs.</p> <p>Sikhs who have been through the Amrit ceremony of initiation are members of the Khalsa. They take new names (Singh or Kaur) and wear the 5ks.</p> <p>Khalsa Sikhs must obey all the rules of their faith and it is something they do when they personally feel they are ready.</p> <p>Some Sikhs will never join the Khalsa if they feel they are not ready to obey all the rules.</p>



Key questions
<p>How did Sikhism begin?</p> <p>Who are the 10 Gurus?</p> <p>What are the main Sikh principles?</p> <p>Where do Sikhs worship?</p> <p>How do Sikhs worship?</p> <p>How do Sikhs express their identity?</p> <p>What is the holy book in Sikhism?</p> <p>How is respect shown towards the holy book?</p> <p>What is meant by the Khalsa?</p> <p>What is the amrit ceremony?</p> <p>What are the symbols in Sikhism?</p>

Amrit Ceremony
 <p>The Amrit Ceremony takes place in front of the Guru Granth Sahib. Everyone wears the 5Ks and there are 5 Sikhs that represent the panj piare ('beloved ones'). Each person drinks some of the amrit from a steel bowl (representing strength) and it is sprinkled into their eyes, hair and hands. They say the Mool Mantra and everyone eats karah prashad.</p>



Key vocabulary	
Sikh	Nishan Sahib
Guru Nanak	Golden Temple
India	The Five 5Ks
Punjab	Khalsa
Granth Sahib	Amrit
Gurdwara	Khanda
Gobind Singh	Chauri

Key facts
<ul style="list-style-type: none"> <li>• Ik Onkar (God is One) is the most powerful teaching in the Sikh religion.</li> <li>• Sikhs often sit on the floor together whilst eating, to show that everyone is equal.</li> <li>• Most of the hymns sung in Gurdwaras today were written by the Sikh Gurus.</li> <li>• To keep their long hair tidy, many men wrap their hair in a turban - a piece of material.</li> <li>• Not all Sikh men and women join the Khalsa. It is a choice and involves an initiation ceremony.</li> <li>• The most holy place for Sikhs is the Golden Temple of Amritsar, in Punjab, India.</li> <li>• The last Guru, Gobind Singh, decided that there should be no more human Gurus.</li> <li>• The symbol of Sikhism is known as the Khanda.</li> <li>• Sikhs have their own flag. It is known as the Nishan Sahib and is found outside Gurdwaras.</li> <li>• The main Sikh principles are: The oneness of God, the oneness of humanity, equality of women, tolerance towards other religions, and service to humanity.</li> </ul>