

SIKHISM

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Who are Sikhs?

- Followers of 5th largest distinct religion - Sikhism
- 20 million people worldwide
- Appx 500,000 Sikhs living in United States
- CNN suggests rise in hate-crimes against sikhs due to mistaken dress resemblance with Taliban (totally seperate religion and culture.)



Sikhism

- A way of life and philosophy well ahead of its time when it was founded over 500 years ago.
- Sikhism is open to all through the teachings of its 10 Gurus enshrined in the Sikh Holy Book and Living Guru, Sri Guru Granth Sahib.



3 Pillars of Sikhism

- Earn an honest living
- Remember the creator in all times
- Share what you have with the needy.

3 Pillars of Sikhism

Guru Nanak travelled for 27 years around the world meeting people of different religion, color and creed. His mission was not to convert anyone, but to inspire everyone to adopt a lifestyle based on the truth. Guru Nanak's message was simple with a universal appeal. He asked people of all religions to adopt three virtues listed below. These three virtues, prescribed by Guru Nanak, are considered the three pillars or the foundation of Sikh thought.

ਕਿਰਤ ਕਰਨਾ

Kirat Karna is the very first pillar prescribed by Guru Nanak. In its simplest form, it means to earn an honest living. He who doesn't contribute to the society has no right to claim benefit from it. The Guru reminds us to:

ਉਦਮੁ ਕਰੇਦਿਆ ਜੀਉ ਤੂੰ ਕਮਾਵਦਿਆ ਸੁਖ ਭੁੰਚੁ ॥
ਧਿਆਇਦਿਆ ਤੂੰ ਪ੍ਰਭੂ ਮਿਲੁ ਨਾਨਕ ਉਤਰੀ ਚਿੰਤੁ ॥੧॥

*Live with zest and abide in joy
By doing hard and honest work,
Obtain union with the Creator,
Meditating upon the holy Name.
Thus you would get rid of anxieties.*

Sri Guru Granth Sahib (Pg. 522)

ਨਾਮ ਜਪਣਾ

The second pillar prescribed by Guru Nanak is Naam Jaapna. Naam Jaapna means to meditate or remember the Creator. This can be done through Kirtan (singing hymns from Sri Guru Granth Sahib) or simply being aware of the Creator in our daily lives.

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹੁ ॥ ਪਾਣੀ ਧੋਤੇ ਉਤਰਸੁ ਖੇਹੁ ॥
ਮੂਤੁ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥ ਦੇ ਸਾਬੁਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥
ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥ ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥

*When hand, feet and body are soiled,
Water washes off the dust,
When clothes are soiled by filth
They are washed clean with detergent
When the mind is defiled by sin,
It can only be cleansed with His Name.*

Sri Guru Granth Sahib (Pg. 4)

ਵੰਡ ਛਕਣਾ

Wandh Chakna is the third pillar prescribed by Guru Nanak. Wand Chakna means to share ones honest living with those in need without any discrimination based on religion, color or creed.

ਘਾਲਿ ਖਾਇ ਕਿਛੁ ਹਥਹੁ ਦੇਇ ॥
ਨਾਨਕ ਰਾਹੁ ਪਛਾਣਹਿ ਸੋਇ ॥੧॥

*He who earns his livelihood by honest means and shares with the needy.
O' Nanak, he has found the right way.*

Sri Guru Granth Sahib (Pg. 1245)

ਕਿਰਤ ਕਰਨਾ
Earn honest living

ਨਾਮ ਜਪਣਾ
Remember the Creator

ਵੰਡ ਛਕਣਾ
Share with the needy

Khanda-Sikh Emblem

- Two-edged sword at the centre
- The Chakra being a circle without a beginning or an end
- The two Kirpans (swords) flanking the Chakra



ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik ounkaar sat naam kartaa purakh nirbho nirvair akaal moorath ajoonee saibhun gur prusaadh

ੴ
ik ounkaar
One Universal Creator God

ਸਤਿ ਨਾਮੁ
sat naam
The Name Is Truth

ਕਰਤਾ ਪੁਰਖੁ
kartaa purakh
Creative Being Personified.

ਨਿਰਭਉ
nirbho
No Fear.

Mool Mantar

ਨਿਰਵੈਰੁ
nirvair
No Hatred.

ਅਕਾਲ ਮੂਰਤਿ
akaal moorath
Undying, Beyond Birth,

ਅਜੂਨੀ ਸੈਭੰ
ajoonee saibhun
Self-Existent

ਗੁਰ ਪ੍ਰਸਾਦਿ ॥
gur prusaadh
By Guru's Grace

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Mool Mantar

Mool - root, *Mantar* - chant

Main Principles

- One God
- The goal of our life is to merge with God.
- Condemns blind rituals
- Sikhism preaches that people of different races, religions, or sex are all equal in the eyes of God





10 Guru

Guru - Teacher



Sri Guru Granth Sahib

Knowledge is the eternal Guru

Vaisakhi 1699



Birth of “Khalsa”

April 13, 1699



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Sikh Articles of Faith

5 “Kakaar”

Khalsa code of conduct

- Worship only God
- Sri Guru Granth Sahib
- Not believe in castes or omens.
- Distinct but respect other beliefs
- Drugs, Smoking and Alcohol are strictly forbidden
- Never steal or gamble.





Sikh way of Life

Democracy

- The concept of “Teacher and Disciple at same time”
- The concept of “Panj Pyaare”
- The concept of Sarbat Khalsa



In five he resides...

Status of Women

- Men and women equal in eyes of God
- Can perform all services and activities in the religion that men have privilege.
- The moral expectations expectation same for both men and women.
- No purdah, burqa, hijab is allowed.



Concept of Family

- "Baabani Kahaani, putt putt krain," meaning that "Good children carry on the remembrance of their ancestors through stories and discussions."
- Strong emphasis on being a family person and remembering God, rather than denouncing worldly life.



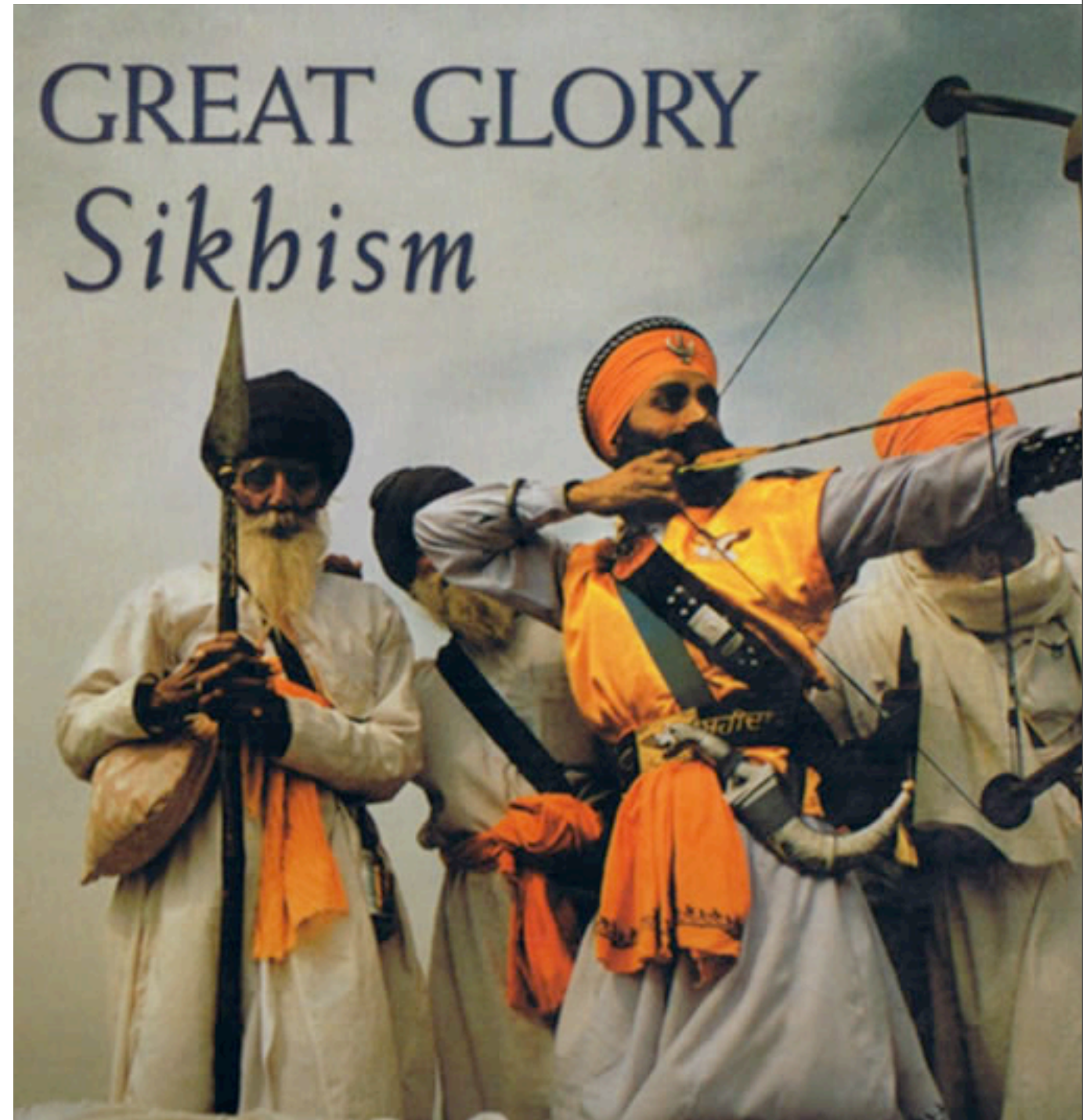
Secularism

- Sikhs believe all paths which believe in truthful living lead to same God.
- The sacrifice of Guru Teg Bahadur Ji for Hindu faith
- Gurubani has composition of Hindu and Sufi Saints.
- Sikhism rejects all distinctions of caste, creed, race or sex.



Concept of Warrior

- One who has courage to stick with truth no matter what.
- The warrior fights and wins over his flickering mind everyday.
- The concept of equal dual.



Five cardinal vices

- Kam (lust)
- Krodh (anger)
- Lobh (greed)
- Moh (worldly attachment)
- Ahankar (pride).



The Lord (Akaal Purakh) is prevading through all this world

ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ

ਰਵਿ ਸਸਿ ਦੀਪ ਅਨੂਪ ਜੋਤਿ ਤ੍ਰਿਭਵਣਿ ਜੋਤਿ ਅਪਾਰ ॥

The sun and the moon are lamps of incomparably beautiful light. Throughout the three worlds, the Infinite Light is pervading.

ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ

ਦਿਨ ਰਵਿ ਚਲੈ ਨਿਸਿ ਸਸਿ ਚਲੈ ਤਾਰਿਕਾ ਲਖ ਪਲੋਇ
ਮੁਕਾਮੁ ਓਹੀ ਏਕੁ ਹੈ ਨਾਨਕਾ ਸਚੁ ਬੁਗੋਇ ॥

The day and the sun shall pass away; the night and the moon shall pass away; the hundreds of thousands of stars shall disappear. The lord alone is permanent; Nanak speaks the Truth.

ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ ਵਾਹਿਗੁਰੂ

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Varicou Panktis from Sri Guru Granth Sahib Ji

Concept of Science

Place of Music

- Guru Granth Sahib in 31 Raagas
- Gurubani sung at all Gurudwaras
- Most scriptures written in classical music



Take on Terrorism

- Guru Nank Denounced “Janeo”
- Guru Teg Bahdur laid his life for the protection of Janeyo.
- Definition of Wise man as per Gurubani is one who neither fears nor terrorizes others





Sikh Way of Life

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- Harvinder Singh Kang