

Key Vocabulary

Guru Granth Sahib- Sikh holy book

Guru- is not a person but the book of Sikh scriptures called the Guru Granth Sahib.

Mool Mantar- means 'basic teaching' and is found at the beginning of every section of the Guru Granth Sahib (Sikh Scriptures). It is repeated each day during early morning prayer. The first words of the Mool Mantar are 'Ik Onkar' meaning 'there is one God.'

Waheguru- the wonderful Lord (Mool Mantar)

Sewa- the idea of service. Humans show equality and dignity.

Khalsa- In Punjabi, Khala means "the pure". It refers to both a special group of initiated Sikh warriors, as well as a community that considers Sikhism as its faith.

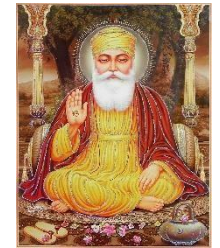
Five Ks- Sikhs who dedicated themselves to a life of devotion and submission to the Guru followed the five Ks, Kesh (uncut hair) Kara (a steel bracelet), Kanga (a wooden comb), Kirpan (steel sword), Kaccha - also spelt, Kachh and Kachera (cotton underwear)

Important Facts

Sikhs are **monotheistic** – they believe in **one God** and that he is present **everywhere**. The Mool Mantar is a key text that describes God as 'Waheguru', the wonderful Lord. Sikhs follow the teachings of Guru Nanak. Guru Nanak taught his followers that there is only one God, and that all human beings can have direct access to God with no need of rituals or priests. Guru Nanak denounced the caste system and taught that everyone is equal, regardless of caste or gender.

There were 10 Gurus.

The Guru Granth Sahib for Sikhs is a book that Sikhs consider a living Guru. Khalsa – formed under Guru Gobind Singh – dedicated to living in equality and peace but willing to fight to protect themselves and other from injustice and tyranny.



Sikhs believe that the way to lead a good life is to:

- keep God in heart and mind at all times
- live honestly and work hard
- treat everyone equally
- be generous to the less fortunate
- serve others



There are over half a million Sikhs in the UK and there are over 120 Gurdwaras, including three in Bedfordshire. A Gurdwara is a special place of worship for Sikhs.

- It's a place to learn spiritual wisdom
- It's a place for religious ceremonies
- It's a place where children learn the Sikh faith, ethics, customs, traditions and texts.
- It is a community centre that offers food, shelter, and companionship to those who need it. Gurdwaras are managed by a committee of their community.

Guru Nanak and the Needle (and other stories)

<https://www.youtube.com/watch?v=tCVzaDGx5DM>

The 5 Ks or Pank Kakka symbolise that the Sikh who wears them has dedicated themselves to a life of devotion and submission to the Guru. The 5 Ks are 5 physical symbols worn by Sikhs who have been initiated into the Khalsa.



Ik Onkar



The Five Ks

