





**RE:** How are Sikh teachings of equality and service put into practice?

1. Key People	
<b>Guru Nanak</b>	A Punjabi shopkeeper who is said to have experienced God when bathing in a river.
<b>Guru Gobind Rai/Singh</b>	The last human guru, who established the Khalsa and the wearing of the Five Ks.
<b>Panj Pyare</b>	"Five Beloved", the first five people to join the Khalsa.
<b>The Guru Granth Sahib</b>	The Sikh holy book, treated like a member of a royal family because Guru Gobind Singh said it is the eternal guru.

4. Concepts		
<b>Identity and Community</b>	relationships 	morality 
<b>Living a Good Life</b>	divinity 	equality 

2. You need to know...
<ul style="list-style-type: none"> <li>Guru Nanak <b>disappeared</b> into a river for three days. When he reappeared, he said, "There is neither Hindu nor Muslim, so whose path shall I follow? I shall follow <b>God's path.</b>"</li> <li>One of Guru Nanak's main teachings was <b>equality.</b></li> </ul>
<ul style="list-style-type: none"> <li>The <b>Mool Mantar</b> (Main Chant) says that there is <b>one eternal</b> god that is the <b>greatest</b> thing, that can be seen in <b>Creation</b> and can be known through a <b>guru's</b> teachings.</li> <li>Guru Nanak taught that Sikhs have three main <b>duties:</b> <ol style="list-style-type: none"> <li><b>Nam Japna</b> is meditation on God's name.</li> <li><b>Kirat Karna</b> is working hard and honestly.</li> <li><b>Vand Chhakna</b> is sharing what you have. <b>Seva</b> is part of this.</li> </ol> </li> </ul>
<ul style="list-style-type: none"> <li>Guru Gobind Singh said Sikhs needed to recognize and protect each other. So, Sikhs started wearing the <b>Five Ks:</b> <b>kesh</b> (uncut hair), <b>kanga</b> (a comb to keep hair out of the eyes), <b>kirpan</b> (sword), <b>kara</b> (steel bracelet), and <b>kachera</b> (special underwear to help fighters move freely and stay modest)</li> <li>Anyone who joins the <b>Khalsa</b> takes part in the <b>amrit sanskar</b> ceremony (<b>taking amrit</b>), where they drink sugar and water (amrit). From then on, they wear the Five Ks and are called <b>amritdhari</b> Sikhs. Not all Sikhs do this.</li> </ul>
<ul style="list-style-type: none"> <li>The aim of Sikhism is for the <b>soul to become united with God</b> at the end of life on Earth. This is called <b>mukti</b></li> <li>Sikhism teaches that <b>karma</b> affects our futures</li> <li>Sikhism teaches that if we don't live in the best way, our souls are <b>reincarnated</b> into this world</li> <li>Sikhs are taught that <b>God</b> decides if someone is reincarnated or not. So, being <b>devoted</b> to and <b>worshipping</b> God is a very important part of Sikh life</li> </ul>

3. Key words	
<b>guru</b>	"teacher", "guide", "expert" or "master"
<b>seva</b>	Also spelled "sewa"; service to others
<b>gurdwara</b>	"The door that leads to the Guru"- a Sikh place for worship
<b>langar</b>	A kitchen where free food is served, to anyone. This is an example of seva.
<b>manmukh</b>	Being self-centred
<b>gurmukh</b>	Being God-centred
<b>The Khalsa</b>	"Pure Ones", the community of baptized Sikhs
<b>karma</b>	"Action"; actions have effects, now or later, and the aim is to cause good effects

5. Contexts
<p>Many Sikhs prefer their religion to be called <b>Sikhi</b> instead of Sikhism. This is because the word "Sikh" comes from "sikhna", which means "<b>to learn</b>". Sikhi is a <b>path</b> to follow rather than a set of rules, which is what "Sikhism" suggests.</p>
<p>Sikhi started in the <b>late 1600's</b>, at the time of King Henry VIII. All of the <b>Punjab</b> region was part of India (today it's in India and Pakistan), which was ruled by the Mughals, who were Muslims. Punjabi society was a mixture of Hindus and Muslims. Guru Nanak was raised as a <b>Hindu</b>.</p>