

Sikhism: Beliefs, teachings and practices



Birth of the Khalsa:

In 1699, Guru Gobind Singh asked for volunteers to give up their lives for the Sikh religion and 5 men willingly came forward to do so. These five men were welcomed as the first members of the Khalsa. They are known as the Five Beloved Ones.

Amrit Sanskar:

- Boys and girls choose to go through this ceremony to become members of the Sikh Brotherhood.
- Boy / girl drink a special liquid called amrit, a mixture of water and sugar crystals, stirred in a silver bowl with a sword, by one of the Khalsa members.
- During the ceremony they make promises to follow the Sikh rules and responsibilities – if a promise is broken, they must confess and serve the punishment they are given.
- Once this is done, they must take amrit again in order to be a full member of the khalsa again.
- At the end, the amrit mixture is sprinkled onto the hair and eyes of each candidate.

Sikh Beliefs:

- There is only one God
- All human beings are equal
- Doing good actions
- Leading a good life by:
 - ✓ Keeping God in heart and mind
 - ✓ Being honest and hard working
 - ✓ Treating everyone as an equal
 - ✓ Sharing wealth with others
 - ✓ Serving others.

Duties and promises Sikh's promise to keep:

- ✓ To follow the rules of Sikhism
- ✓ To wear the 5Ks
- ✓ To avoid alcohol, drugs and sex outside marriage
- ✓ To work hard and provide for their family
- ✓ To treat all Sikhs equally
- ✓ To give 10% of their wages to the poor

Kanga	Kesh	Kara	Kirpan	Kachera
	This is the uncut hair which symbolises spiritual power		A Sikh sword, a symbol of respect and justice	
A special comb that represents cleanliness		A steel bangle, symbolising unity, of self and a process of constant learning		A special pair of shorts. These are a symbol of modesty



Key facts: Founded in the Punjab region of India; First guru was Guru Nanak; The term Sikh also means 'seeker of truth'; there are a total of ten Sikh's, the final being Guru Gobind Singh.

Key Concepts:

Monotheistic: Belief in only ONE God

Guru: Teacher

Guru Granth Sahib: Sikh holy book

Gurdwara: Sikh place of worship

Khalsa: Sikh brotherhood

Langar: Communal free kitchen / Communal meal.

Sewa: Selfless Service

Amrit Sanskar: The ceremony whereby Sikhs show their commitment to the Sikh faith by joining the Khalsa, the Sikh brotherhood.



Food prepared for Langar is always vegetarian – Why?

