

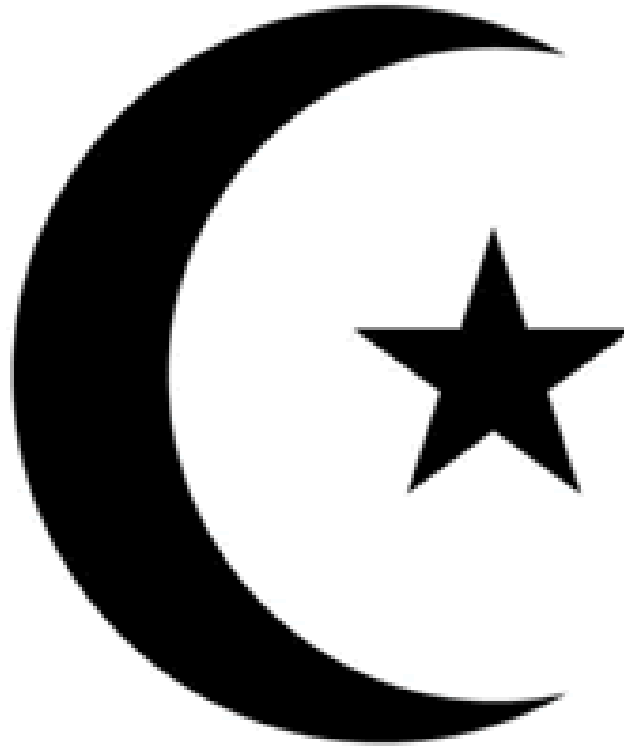
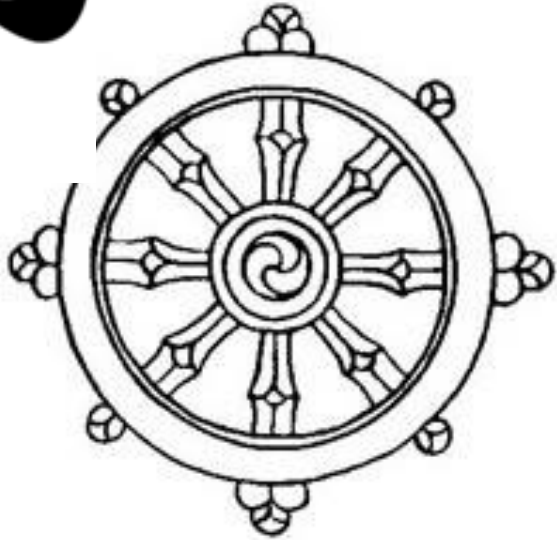


Sikhism



Connected: South Asian Religions

- **Hinduism and Buddhism are not the only religions in South Asia.**

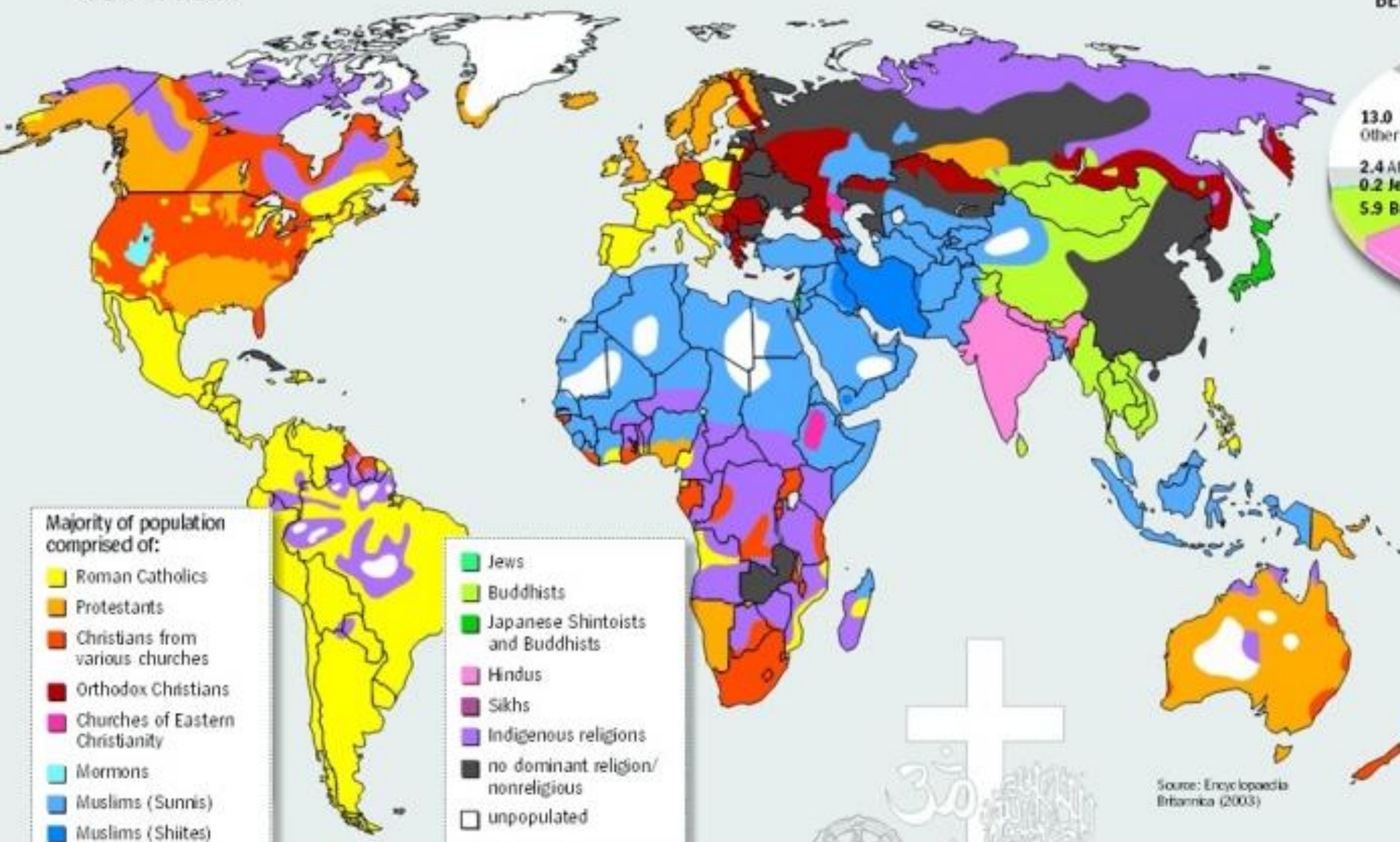


Other South Asian Religions

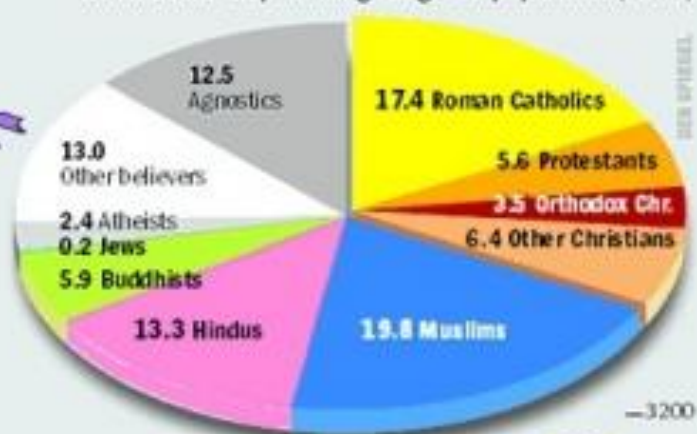
- Islam was brought to India around 700 AD
- Hinduism experienced a resurgence at different times.
- Buddhism saw a decline.
 - Buddhism did survive in China & Japan.
- Sikhism was eventually created in the Punjab region of northern India.



ATLAS OF FAITHS



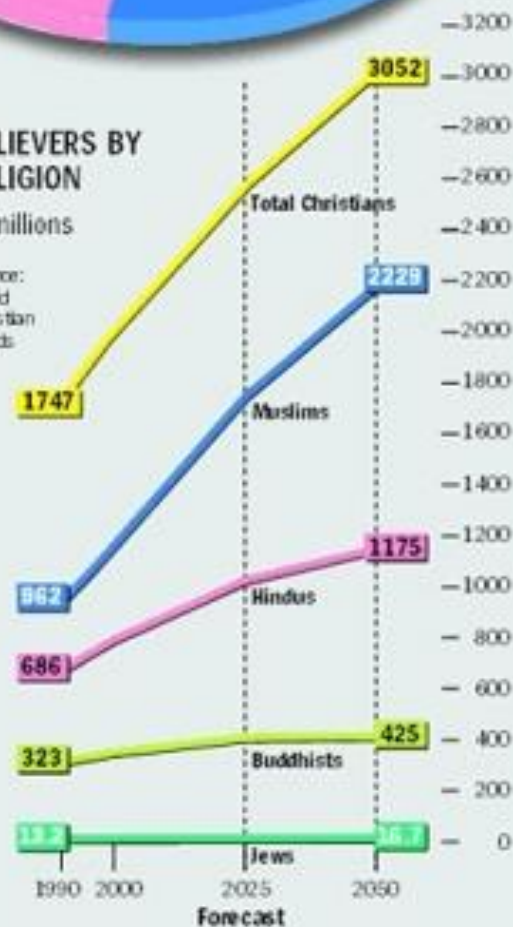
BELIEVERS as percentage of global population (2002)



BELIEVERS BY RELIGION

in millions

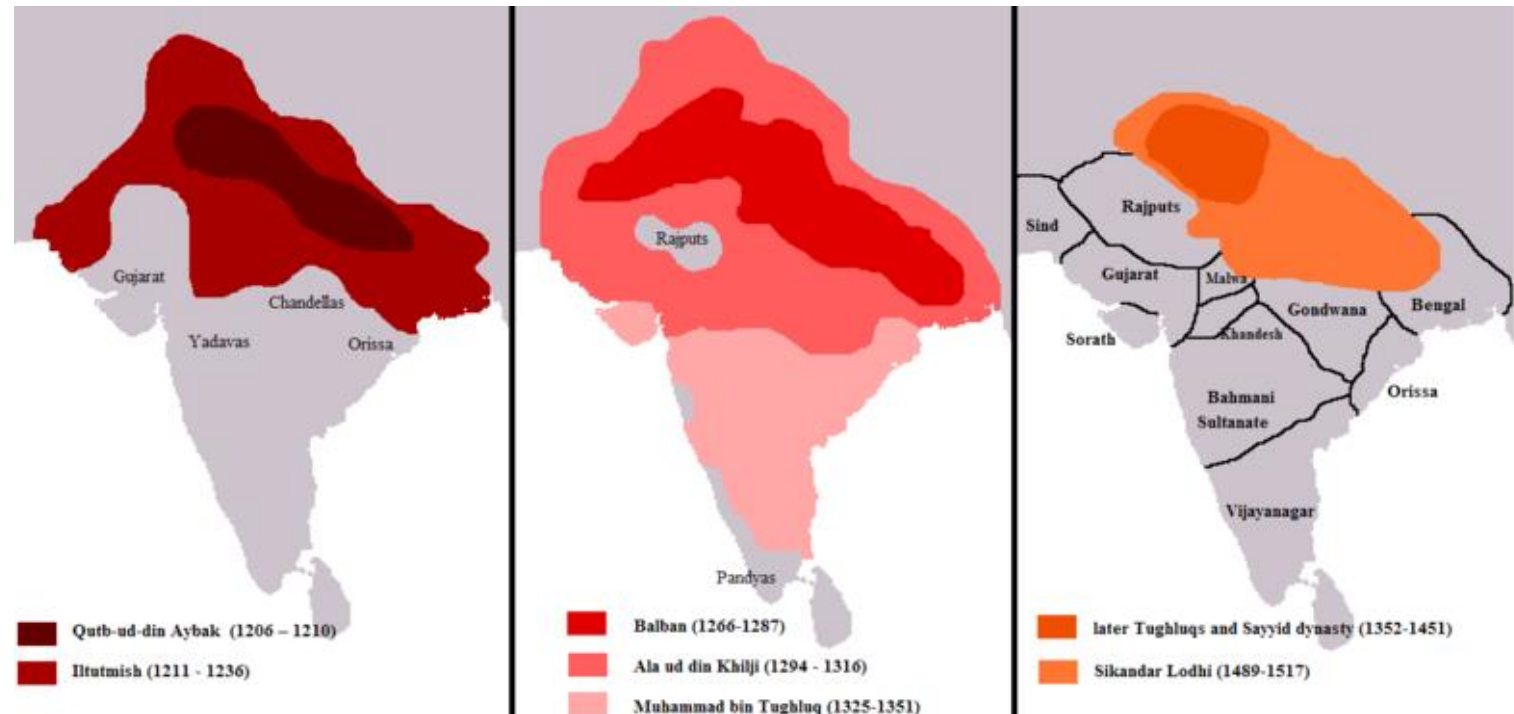
Source: World Christian Trends



Source: Encyclopedia Britannica (2003)

Rise of Islam

- **Muslims (Moguls) moved into modern-day Afghanistan, Pakistan & India.**
- **By 1200 AD, Muslims ruled South Asia.**
 - **Had to coexist with Hindus due to overwhelmingly large population.**



The Impact of Religions on India

Om symbol



HINDUISM

Dharma wheel



BUDDHISM

Star and crescent



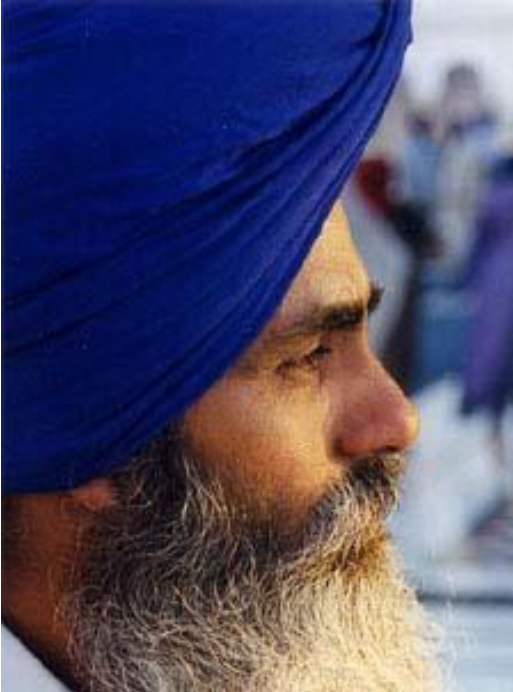
ISLAM

Origin	India	India	Arabian Peninsula
Introduced	c. 1500 B.C.	c. 600–400 B.C.	A.D. 700
Cultural Contributions	<ul style="list-style-type: none"> • Temples with towers • Astronomy • Epic poems and prose • Mathematics 	<ul style="list-style-type: none"> • Stupas and pillars • Ajanta Caves 	<ul style="list-style-type: none"> • Architecture • Mathematics • Medicine
Important Historical Figures	<ul style="list-style-type: none"> • Religious toleration by Kushān and Gupta rulers • Rajputs resisted the rule of Maḥmūd of Ghazna 	<ul style="list-style-type: none"> • Siddhārtha Gautama established Buddhism • Mauryan king Aśoka established Buddhism 	<ul style="list-style-type: none"> • Abbasid dynasty, spread Islam into India • Maḥmūd of Ghazna, expanded the rule of Islam into southeast • Timur Lenk
Population in Modern India	More than 80%	Less than 1%	More than 12%

WHAT IS SIKHISM

Who are Sikhs?

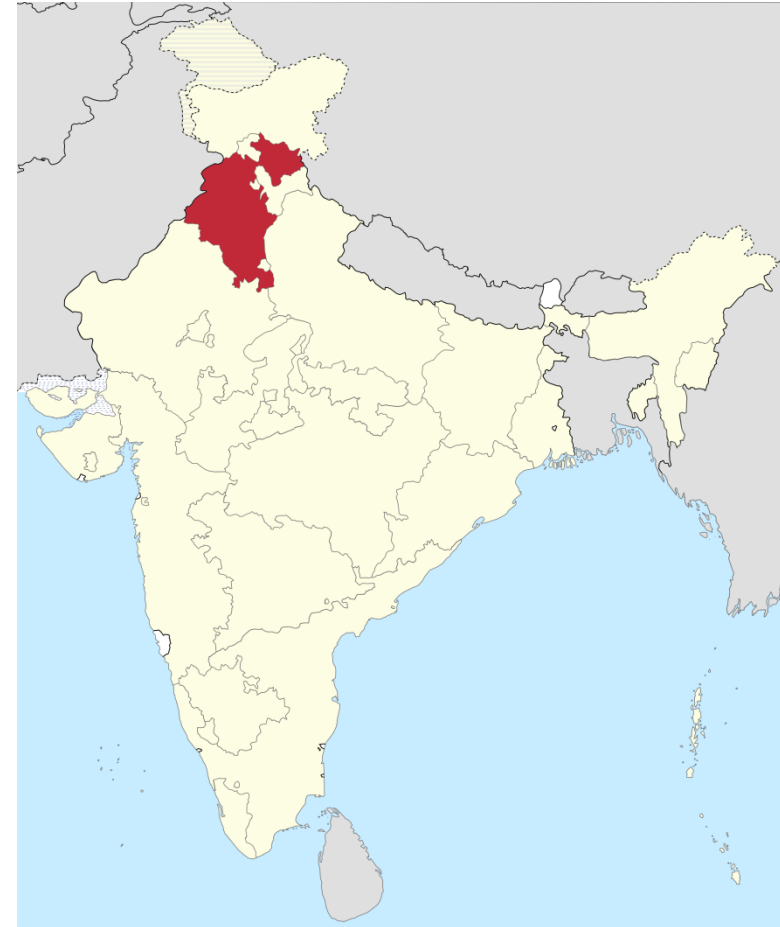
Sikh – “disciple” or “student”



What are some commonly held misconceptions about Sikhs?

Punjab Region

- Most of the world's 20 million Sikhs live in this part of northwestern India – Punjab.
- Many also live in other parts of the world.
- It is the 6th most popular religious belief in the world.



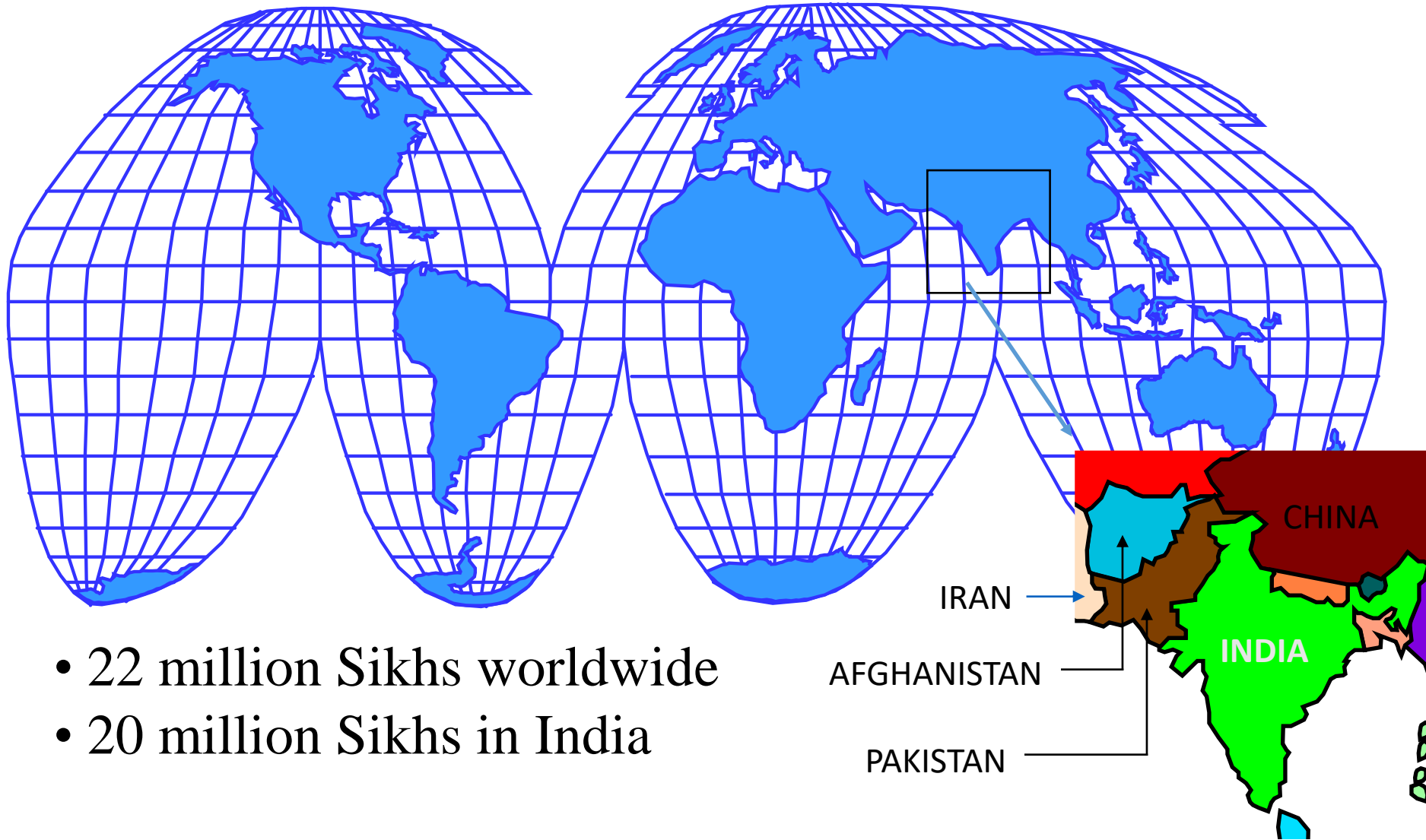
What is Sikhism?



- **A 500 year old, monotheistic religion of Northwest India, followed by some 20 million**
- **Seeks to make religion a uniting rather than dividing force**
- **All people – male and female, Brahmin and Shudra, Hindu and Muslim – are united as brothers and sisters in devotion to the one God:**

"there is no Muslim, there is no Hindu; all are equal human beings because they are the children of the same Father, God." – Guru Nanak

Historical Origins Sikhism



The Founder & Leaders

The Founder of Sikhism

- Guru Nanak was the first of 10 spiritual leaders.
- Founded Sikhism in 1499 when Moguls (Muslims) ruled.
 - Received a message from God (Sat Nam)
- Converted many Hindus and Muslims to his teachings



	Name	Date of Birth	Guruship	Date of Death	Age
1	Nanak Dev	4/14/1469	8/20/1507	9/22/1539	69
2	Angad Dev	3/31/1504	9/7/1539	3/29/1552	48
3	Amar Das	5/5/1479	3/26/1552	9/1/1574	95
4	Ram Das	9/24/1534	9/1/1574	9/1/1581	46
5	Arjan Dev	4/15/1563	9/1/1581	5/30/1606	43
6	Har Gobind	6/19/1595	5/25/1606	2/28/1644	48
7	Har Rai	1/16/1630	3/3/1644	10/6/1661	31
8	Har Krishan	7/7/1656	10/6/1661	3/30/1664	7
9	Teg Bahadur	4/1/1621	3/20/1665	11/11/1675	54
10	Gobind Singh	12/22/1666	11/11/1675	10/7/1708	41

Har Krishan died at age seven from a small
pox epidemic

Guru's Lead by Example

Honest labor and work ("Kirat karni") are the approved way of life in Sikhism.



Bhai Lehna ji working with Guru Nanak Dev ji in the fields

**Community Service
- Helping the poor and needy**



Guru Arjan Dev ji
(5th Guru) serving the lepers

Equal Right to Women



Guru Amardas ji conferred equal status on Men & Women

Basic Beliefs

Sikhism

- A wonderful blending of Hinduism and Islam
- **Monotheistic**
- Beliefs: karma, samsara, moksha, equality
- Rejects: caste system, idol worship
- Many have a desire to found and establish their own homeland

Teachings of the TEN Gurus

- Religion should unite, not divide.
- Charity/Community involvement is more valuable than ritual/asceticism.
- Equality for ALL
 - Rejected the Caste System
- There is one god → → → → →
 - Sat Nam
 - Do not worship multiple idols.
- Sacred Text: Guru Granth Sahib
 - Collection of 10 Gurus' teachings

ਗੁਰੂ



Basic Belief Systems

- ♦ **There is Only One God.**
- ♦ **Equality of mankind.**
- ♦ **Freedom and Liberty for all.**
- ♦ **Speaking out against injustice and standing up for the defenseless is considered a Sikh's duty.**
- ♦ **Condemnation of superstitions and blind rituals.**
- ♦ **Intoxications such as alcohol, tobacco, and other drugs are strictly forbidden.**

There is one God
who dwells in every
one of Gods creations
and constitutes the
eternal truth.

- *Guru Nanak*



Sikh Sacraments:

The Five Evils

➤ Sikhism preaches that there is one God but that he is formless. That is why the Sikhs do not worship idols.

➤ The five evils are the five major weaknesses of the human personality at variance with its spiritual essence.

➤ The common evils far exceed in number, but a group of five of them came to be identified because of the obstruction they are believed to cause in man's pursuit of the moral & spiritual path.

➤ The five evils are:

- ***Kam* (lust & addiction)**
- ***Krodh* (wrath, rage, & anger)**
- ***Lobh* (materialistic greed)**
- ***Moh* (attachment & worldly infatuation)**
- ***Ahankar* (ego & pride)**



ਸਭ ਸਿੱਖਿਲ ਕੇ ਹੁਕਮੁ ਹੈ
ਗੁਰੂ ਮਾਨਿਓ ਗ੍ਰੰਥ

DEEPNIMANA@GMAIL.COM

(Deeep Nimana)

Connect Sikhism to Other Religions

- Goal of Sikhism:

- To have good karma → Good Conduct
- To break the cycle of reincarnation:
Moksha
 - To become one with Sat Nam
 - After death, Sikhs are cremated & their ashes are spread over a river or in the sea.

- How to break the cycle of reincarnation:

- Charity
- Meditation (Communal)



Teachings of Sikhism: The 5s

Control the 5 Vices

1. Greed
2. Anger
3. Pride
4. Lust
5. Materialism

Live by the 5 Virtues

1. Compassion
2. Honesty/Justice
3. Contentment
4. Humility
5. Pryar – Filled w/love for Sat Nam

Basic Practices

Articles of Faith: 'Khalsa' meaning Pure



- **Kesh** - uncut hair: Sikhs do not cut hair or beards to remain in the image that god gave us
- **Kuchha** – under-shorts (boxers) to represent modesty and fidelity
- **Kanga** - comb, made of wood - to keep uncut hair neat and clean
- **Kara** - bracelet, made of steel worn on right hand –a reminder of noble actions, a symbol of eternity
- **Kirpan** - ceremonial small blunt knife symbolizing freedom, liberty and justice



(1) Kesh

- **Kesh is hair. Sikhs promise not to cut their hair but let it grow as a symbol of their faith. Because during their lifetimes it will get very long they wear turbans to keep it tidy.**
- **They believe that this demonstrates their obedience to God.**



A Sikh wearing a Turban

The Turban

- Symbolizes discipline, integrity, humility, and spirituality.
- It is very insulting and disrespectful to a Sikh to remove his or her turban.
- Turbans are a mandatory part of Sikh faith.



(2) Kangha

- **The Kangha is a small wooden comb. It keeps the hair fixed in place, and is a symbol of cleanliness.**
- **Combing their hair reminds Sikhs that their lives should be tidy and organised.**



The Kangha

The Five K's (cont.)

Sikhs use it twice a day.

It should be worn in the hair all the time.

Combs help to clean hair and remove tangles from it, as well as being a symbol of cleanliness to the Sikhs.

Combing their hair reminds them that their lives should be tidy and organized.



(3) The Kara

- The kara is a steel bangle worn on the arm. It is a closed circle with no beginning and no end...as with God there is no beginning and no end.
- It is a reminder to behave well, keep faith and restrain from wrong doing. Wearing it will remind a Sikh of his duties.



The
Kara

The Last two are a reminder that
Sikhs are warriors and always fight
for what is right!

The last two K's are:

1. The Kachera

2. The Kirpan

(4) The Kachera

- These are short trousers worn as underwear. They were more practical than the long, loose clothes most people in India wore at the time of Guru Gobind Singh.
- The Guru said they were a symbol that Sikhs were leaving old ideas behind, following new better ones.



The Kachera

(5) The Kirpan

- **The warriors sword. These days a very tiny one is worn as a symbol of dignity and self respect.**
- **It demonstrates power and reminds Sikhs that they must fight a spiritual battle, defend the weak and oppressed, and uphold the truth.**



The Kirpan



Values & Practices



- ★ **Seva**: Daily selfless service to humanity
- ★ **Vand Chakna**: sharing with others
- ★ **Langar**: Community Kitchen,
 - An expression of service to community
- ★ **Kirat Kamaiyee**: Honest Labor
 - Honest earnings by hard work
 - Do not become burden on the society
- ★ **Daily Prayers & Meditation**
 - **No passive mediation**
 - Maintain channel of knowledge by actively engaging in the society.
 - Prevent stagnation of social and intellectual skills
- ★ **Introspection** connect now, don't wait for later



Bhai Kanya
pioneer of the Red Cross &
humanitarian aid organizations

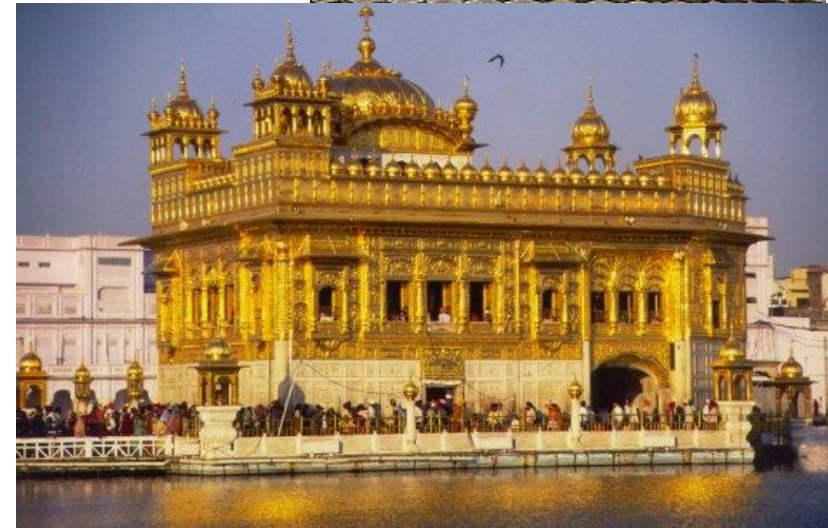
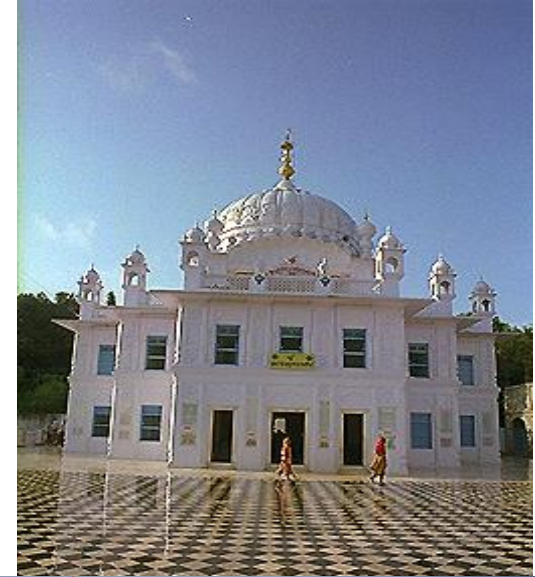
The Afterlife

- **Sikhs believe in reincarnation until the karma is resolved and has merged with God.**
- **After death, Sikhs are cremated & their ashes are spread over a river or in the sea.**
 - **Mourners go to the Gudwara to offer prayers for the deceased.**
- **A Saptah (7 day reading) or Dusehra (10 day reading) takes place at the house of the deceased.**
- **On the last day of the readings the “Sadd Ramkali” (the story of the third Guru’s death, the transitory nature of life & the acceptance of God’s will) is read.**
- **No memorials are erected for the deceased.**

Place of Worship

Sikh Temples - Gurdwaras

- Common Practice
 - Remove shoes
 - Cover head
 - All are welcome
 - Prayers led by a granthi
 - Free kitchen always open
- The most sacred site to Sikhs is the Golden Temple in Amritsar, India
 - Pilgrimage! → → → →



Sacred Art:

The Golden Temple

- The Golden Temple is located in Amritsar (in Punjab, India), which means “*Pool of the Nectar of Immortality*,” the holiest city in Sikhism
- It is a symbol of spiritual and historical traditions of the Sikhs.
- It is known as a palace of pilgrimage and a sacred piece of art.

