

Exploring the Sikh Faith: A Journey of Kindness and Equality

Step into the light of wisdom: Discover the path of the Sikh community!

- Sikhism began in the Punjab region of India over 500 years ago, founded by Guru Nanak Dev Ji, who taught that there is one God for all humanity.
- The Guru Granth Sahib is the central holy scripture of Sikhism; it is treated with the utmost respect and is considered the eternal living Guru.
- Seva, or 'selfless service', is a vital part of a Sikh's life, involving helping others without expecting any reward or recognition in return.
- The Khanda is the primary symbol of the faith, consisting of a double-edged sword, a circle representing the oneness of God, and two curved swords.
- Sikhs often wear the Five Ks (Panj Kakar) as articles of faith, which serve as physical reminders of their commitment to their beliefs and identity.

Did you know? Did you know that the community kitchen in a Gurdwara, called the Langar, is open to everyone regardless of their religion or background? Everyone sits on the floor together to eat, which symbolises that all people are equal in the eyes of the Divine.

Key vocabulary: Guru · Gurdwara · Langar · Seva · Khanda · Equality · Guru Granth Sahib · Khalsa