



BASICS ABOUT SIKHISM



Behold All Human Race as One.

Sikhism was founded in Punjab over 500 years ago by the first Guru of the Sikhs – Guru Nanak Dev Ji. Sikhism promotes the concept of ONE god, equality, justice and freedom for all and calls upon its disciples to lead a life of discipline, hard work, charity and meditation. It accepts the validity of all religions and does not tolerate prejudice or suppression based on any criteria such as religion, caste, colour, creed, race or sex.

Main Points:

PRINCIPLE:

- 1) Sarbhat Da Bhalla (ie : Welfare unto ALL)
- 2) Naam Japna : Meditation on Gods name.
- 3) Kirat Karni : Earning Honest Living
- 4) Wand Chakna : Sharing with the needy.

This formulae of Worship-Work-Charity constantly remind the Sikhs of 'Service to God through Service to Humanity'

BELEIFS:

- 1) One God that is the force behind all creation and is without fear or enmity.
- 2) He Created everyone. The Lord cherishes all beings.
- 3) All human beings are equal, regardless or race, background, sex or creed.
We are to behave as role models for those around us.
- 4) Only Those who practice LOVE obtain God.

LIFESTYLE:

- 1) One who does not frighten anyone, and who is not afraid of anyone (Saint Soldier)
- 2) There is No enemy and no alien, we are friends to everyone.
- 3) His speech is sweet, and his words are nectar; night and day, he sings the Glorious Praises of the Lord.

MESSAGE:

- 1) Everyone belongs to the ONE ALMIGHTY.
- 2) Look upon all with the single eye of equality, in each and every heart, the Divine light is contained.

3) God In the midst of this world, do seva (Selfless service to others), and you shall be given a place of honor in the Court of the Lord.

CONCEPTS & INSTITUTIONS:

1) Gurudwara : The Sikh Temple, which is open to all people, of all religions.

2) Langar : Free Community Kitchen, where a hot meal is served, free of charge to all with full respect and dignity. In this institute of 'Guru Ka Langar' everybody sits together and is served the same food. Guru Nanak Ji introduced the Langar for spreading equality and removing the caste stigma. The community Kitchen is always run by sewadars(volunteer workers) and the food served is vegetarian

