

Aspirational Vocabulary

Term	Definition
Sikhism	A monotheistic religion founded in the 15th century in Punjab, India, by Guru Nanak.
Sikh	A follower of Sikhism.
Guru	A spiritual teacher; Sikhism was founded by ten human Gurus, starting with Guru Nanak.
Guru Granth Sahib	The holy scripture of Sikhism and the eternal Guru.
Amritdhari	A Sikh who has been initiated into the Khalsa by taking Amrit (holy water).
Khalsa	The community of committed Sikhs founded by Guru Gobind Singh in 1699.
The Five Ks	Five physical symbols worn by Amritdhari Sikhs: Kesh, Kara, Kanga, Kachera, and Kirpan.
Gurdwara	A Sikh place of worship, also serving as a community centre.
Langar	A free community kitchen found in Gurdwaras, open to all.
Seva	Selfless service, an important part of Sikh life.
Equality	A core Sikh belief that all people are equal regardless of gender, race, or religion.
Waheguru	A term used for God in Sikhism, meaning 'Wonderful Lord'.

What are the key beliefs of Sikhism?

- Sikhs believe in one God, Waheguru, who is loving, eternal, and without form.
- Key beliefs include equality, honesty, service to others, and remembering God at all times.
- The teachings of the ten Gurus are recorded in the Guru Granth Sahib.

How are Sikhs guided?

- Sikhs are guided by the Guru Granth Sahib, which is treated with great respect and read in the Gurdwara.
- The Guru Granth Sahib contains hymns, prayers, and teachings from Sikh Gurus and other spiritual leaders.
- The Sikh Code of Conduct also provides moral and ethical guidance.

Sikh duties

- Sikhs are expected to remember God (Naam Japna), earn an honest living (Kirat Karni), and share with others (Vand Chakna).
- Seva, or selfless service, is also a key duty in Sikhism.
- Sikhs should act with compassion, humility, and integrity.

What does it mean to be Amritdhari?

- An Amritdhari Sikh has been initiated into the Khalsa by a special ceremony involving Amrit.

- They commit to wearing the Five Ks and living according to the highest Sikh values.
- It shows full dedication to the Sikh faith and community.

The Gurdwara

- A Gurdwara is a place of worship, learning, and community for Sikhs.
- It includes a prayer hall, the Guru Granth Sahib, and the langar, where free meals are served.
- Everyone is welcome in a Gurdwara, regardless of religion or background.

Being Sikh in Britain

- Sikhs in Britain practise their faith while being active members of wider society.
- They may face challenges such as discrimination or misunderstanding, but also contribute significantly to communities.
- Gurdwaras in the UK often serve as hubs for worship, culture, charity, and education.

Big Questions

- What are the main beliefs of Sikhism and how do they influence daily life?
- How do Sikhs show their commitment to their faith?
- What is the importance of the Guru Granth Sahib and the Gurdwara?
- What role does service and equality play in Sikhism?