



SIKHI(SM) / SIKHI

Sikh – a Learner

Religion / Dharmic way of Life



Root messages of Sikhi

- ੴ (ੴ = 1) → There is only One
- An Infinite Force/Energy all around and within everyone of us; the source of everything;
- 1 Race, all equal. 1 free from gender, religion, race, nationality and sexual orientation.
- We are all here to learn who we are, and the One resides in all

Expanding the message of Sikhi

- Connect to the ੴ through our Tenth Gate.
- A blissful experience of divine love found by:
 - ❖ Meditation (naam japna)
 - ❖ Honest living (kirat karnee)
 - ❖ Serving humanity as One (vand ke chhakna)

3 core principles of Sikhi

1. THE MESSAGE OF SIKHI

ੴ = 1

1 Creator.
An Infinite Force
all around us
and the Source
of everything.



1 Human Race, all equal,
each with the 1's light
within. The 1's light
is free of gender,
religion, race,
nationality or
sexual orientation.
Anyone can be
a Sikh. Our aim
is to connect to the
1 inside us...How?



Connect to the 1
through our Tenth Gate.
A blissful experience
of divine love found
by singing praises
in holy company,
meditation,
honest living and
serving humanity.



Gurdwara (Door to the Guru)

- Is a Gurdwara just a place of worship?
- Across three Northamptonshire Gurdwaras:
 - A Centre of Learning – Library / Museum / Classes
 - Community Facilities – Gym / Conference Suite
 - Community Kitchen – Langar and Foodbanks
 - Sports and Fitness training for mind, body and soul
 - Martial Arts, Yoga and Meditation
 - Hosting 100's of educational visits for schools and groups across the county

WELCOME TO THE GURDWARA

1 BE DRESSED MODESTLY



Dress Modestly. Please tuck in your shirt. No short skirts. Don't bring any alcohol/cigarettes/drugs into the premises or be under their influence.

2 COVER YOUR HEAD



The Gurdwara usually has a box of scarves, handkerchiefs and bandanas. Hats or caps are inappropriate.

3 REMOVE YOUR SHOES & SOCKS



Remove your shoes and socks. We do this to keep the Gurdwara clean and to show respect to its owner, the Guru.

4 WASH YOUR HANDS



We always wash our hands after taking off our shoes or eating and especially before praying.

DID YOU KNOW?

Pronounced 'Gur-Dwa-raa' it actually means the 'Guru's Door' or 'through the Guru'. Sikhs come here to learn how to live a spiritual and moral life and earn Guru's blessings.

ARE YOU HUNGRY?

FEED YOUR BODY

Make your way into the **Langar Hall** where you can eat a free vegetarian meal (Langar) and/or volunteer to help serve or cook Langar. To volunteer (do *sewa*) please ask one of the other volunteers.

DID YOU KNOW?

Langar is served to anyone from morning to night in all Gurdwaras across the world. Langar is a principle of the Sikh faith, i.e. to provide access to basic needs to everyone regardless of faith, sex, race, colour or social status. Some Gurdwaras even provide shelter, clothing and medical services.

Getting Langar: You may need to queue up or wait to be served (depends on the Gurdwara). Please do not pour your own Langar and only take what you will eat so that Langar isn't wasted. Everyone sits together at the same level to practice the principle that we are all equal in God's eyes.

Once you have finished eating, take your plate/glass to the washing up area. If you'd like to volunteer to wash dishes, then please ask another volunteer. The Gurus taught that meditating whilst serving others (washing up) makes us humble and purifies our mind.

After eating Langar, please wash your hands. You are more than welcome to visit the Darbar and see how Sikhs pray/meditate.

DID YOU KNOW?

Please try not to disturb the peaceful atmosphere. You are welcome to listen, meditate or sing to the music, hymns and prayers. Please feel free to ask anyone if any translations can be displayed or if there are any literature, classes or talks available in your language.

FEED YOUR SOUL

Darbar means Royal Court and will have the throne of Sri Guru Granth Sahib ji, our King. Although Granth means Scripture, but as our Guru, Sikhs do not treat it like a book. People queue to bow down to the Guru. Sikhs don't aim to convert people. Non-Sikhs may choose to bow out of respect. N.B. this doesn't make you a Sikh. One can only become a Sikh through their actions.

Next to Guru Granth Sahib ji's throne, there will be a small stage where musicians and singers sing devotional poetry. The Gurus were poets and musicians and they encouraged singing as a type of worship.

DID YOU KNOW?

We respect Sri Guru Granth Sahib ji as the living Spiritual Guru. We only appear in Guru's presence if we are clean, sober, presentable, barefoot and have our heads covered. The Guru is our spiritual and political King and provides food and protection to all humanity. This is why you might see swords and weapons in front of Guru (royal insignia).

In Darbar, someone will be serving free *Par'shaad*, a sweet blessed food. You may choose to have some. Please take a tissue to clean your hands or wash them afterwards.

Some Gurdwaras have male and female seating areas and some are mixed. Most people will sit cross legged on the floor facing the Guru. When sitting, try not to turn your back or point your feet towards the Guru.

 Want to learn more about Sikhi? Connect with us on social media and watch our talks, Q&As and kirtan/prayer explanations in English and other languages on Youtube.

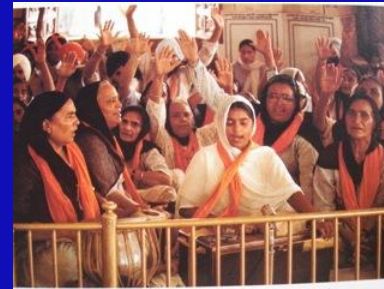
 [basicsofsikhi.com](https://www.facebook.com/basicsofsikhi.com)

 [youtube.com/basicsofsikhi](https://www.youtube.com/basicsofsikhi)

The Ten Sikh Gurus (1469 – 1708)

- 1st Guru – travelled to important religious centres (eg Tibet, Mecca)
 - ❖ Spreading the message of experiencing the २creator in this life
→ equality and freedom for all humans.
 - ❖ “.....From Her Kings are Born”
- 3rd Guru – appointed 52 female preachers for leadership –



The Ten Sikh Gurus (1469-1708)

- 5th Guru – made Sri Harimandir Sahib (Golden Temple) in Amritsar, Panjab, India. Has 4 entrances – to welcome people of all traditions, and feeds 100,000 + visitors everyday through the Guru's Langar
 - ❖ One must descend into the Golden Temple (humility) and walk the only path (love) to the inner temple (God is inside us).
- The Gurus all promoted religious freedom → 6th Guru even built a mosque for poor Muslims living within the city.
- In 1675, his son, the 9th Guru went even further and gave his life to protect the religious freedom of Hindus (and for all to practice whichever faith they choose).



The Eternal - Guru Granth Sahib ji

- The Eternal Guru is not in a human form but in written form of musical Raag compositions, collectively called the Guru Granth Sahib ji
- Compiled and sealed by the Gurus themselves – given Guruship by 10th Guru in 1708
- Contains divine wisdom of the Gurus and Saints of different 'religions' and backgrounds



Panj Kakaars (5 K's)

- 5 practical and spiritual Articles of Faith worn by all initiated Sikhs at all times – each have their own practical and spiritual purpose in their lives.

Sikh Dress Code



Contacts for Sikh Visitors / Gurdwara Visits for Northamptonshire Schools

- Gurdwara Siri Guru Singh Sabha, St James Mill Road, Northampton / SCCYC and Sikh Museum – 01604 475802 www.sccyc.co.uk
- RBN Gurdwara Sahib, Cromwell Street, Northampton – 07517 621135 www.rbngurdwara.co.uk
- Gurdwara Siri Guru Singh Sabha, King Street, Kettering – 01536 410625 www.singhsabhakettering.com
- Sikh Author Workshops : EYFS / Primary / Sensory 07861 725355 skauthorworkshops@gmail.com
- Sikh Education Service : 07968 143546 mrharkiratsingh@sky.com

Other useful resources and free downloads

- Sikh Helpline (www.sikhhelpline.com) Sikh Coalition (www.sikhcoalition.org) Basics of Sikhi (www.basicsofsikhi.com)
- Purchase of Sikh Artefacts (www.sacredsikh.com) / www.punjabiroots.co.uk
- Sikh Infographics for free download (www.sharecharityuk.com)
- Sikh Author Workshops : EYFS / Primary / Sensory 07861 725355 skauthorworkshops@gmail.com
- Sikh Education Service – School Assemblies and Workshops : 07968 143546 (www.sikheducationsservice.co.uk)

**The Eternal Guru is not in a human form but in written form of musical Raag compositions, collectively called the Guru Granth Sahib ji
Compiled and sealed by the Gurus themselves – given Guruship by 10th Guru in 1708
Contains divine wisdom of the Gurus and Saints of different 'religions' and backgrounds**