

How do Sikhs think about equality and service to others?



Guru Nanak (AD 1469 - 1539)

- **Nanak** was born in the Punjab region of India.
- He challenged aspects of Islam and Hindu Dharma, rival religions in the area.
- Nanak became the first of 10 human Sikh **Gurus**.
- The **Guru Granth Sahib** is the 11th and final eternal living Guru in the form of the Sikh holy book, treated with great respect in the **Gurdwara**.



Three Principles of Sikhi

- Remembering God
- Honest work
- Sharing what you have

Equality – The oneness of humanity

- Nanak taught that everyone was created by God, meaning there is a oneness of humanity.
- Disagreeing with the unfair **caste system**, he taught that everyone should be treated equally and respected.
- Today, the importance of **equality** is shown in many ways by **Sikhs**.
- In the **langar**, all are welcome to share a free meal, and everyone sits together, often on the floor, to show they are equal.

Sewa – selfless service

- **Sewa** means selfless service; it develops compassion as a way of serving God.
- Sikh environment day is celebrated on 14 March. It marks the Sikh New Year and honours Guru Har Rai (7th Guru). Many Sikhs engage in Sewa to the Earth.



The Ik Onkar symbol represents the Sikh belief in one God.

Key vocabulary

- **Caste system:** a way of organising people in society based on groups they were born in to.
- **Gurdwara:** Sikh place of worship (meaning gateway to the Guru).
- **Guru:** (in Sikhi) a teacher or one who brings people from 'Gu' (darkness) to 'ru' (light).
- **langar:** communal kitchen where all are welcome to free food.
- **Khanda:** Sikh symbol of three symbolic swords and a circle.
- **Sewa:** (or Seva) Punjabi word meaning selfless service (to Sikhs).
- **Sikh:** Punjabi word meaning 'learner' used for a follower of the religion of Sikhi.
- **Sikhi:** religion based on learning from the teachings of the Sikh Gurus.
- **turban:** (or dastar) Sikh head covering made of a long cloth.
- **Waheguru:** Sikh term for the one genderless, and eternal God.



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Timeline of the Sikh Gurus



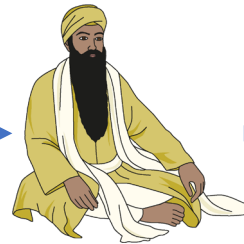
Guru Nanak
(1469-1539)



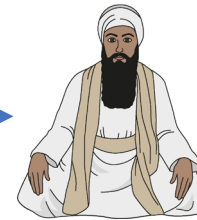
Guru Angad
(1504-1552)



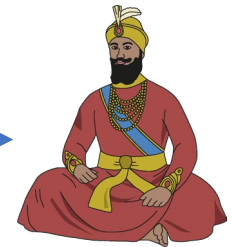
Guru Amar Das
(1479-1574)



Guru Ram Das
(1534-81)



Guru Arjan
(1563-1606)



Guru Har Gobind
(1595-1644)



Guru Har Rai
(1630-61)



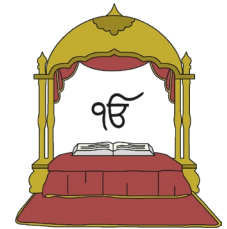
Guru Har Krishan
(1656-64)



Guru Tegh Bahadur
(1621-75)



Guru Gobind Singh
(1666-1708)



Guru Granth Sahib

