

# Core Sikh Beliefs

## **Where it all started?**

Sikhism was founded in India by Guru Nanak, who lived over 500 years ago. Sikhism is one of the world's most followed religions. Today, there are over 25 million followers worldwide.

## **Who was Guru Nanak?**

Nanak was born in India in 1469, in a small town called Talwandi. His father wanted him to make money in the city but Nanak wanted to help those in need instead. Once, his father sent Nanak into town with 20 rupees and told him to make some money, but he spent it on buying food for some hungry monks. His father was furious with Nanak and he was sent to live with his sister. Nanak's first job was as a shopkeeper. He explained his ideas about how to love and follow God to his customers. He began to be known as 'Guru', which means 'teachers', because of this. When he was 30 years old, Guru Nanak disappeared for three days. When he returned, he said that he had been with God. From then on, he spread God's message that everyone was equal. He made sure that his followers all prayed together and ate together, no matter if they were rich or poor. Before he died, Guru Nanak told his follower that one of them Angad, would become Guru after him. In total, there have been ten gurus. The tenth guru, Guru Gobind Singh, said that after his death, the next guru would be the holy book, the Guru Granth Sahib. It is known as the 'living guru'.

## **Celebrating Guru Nanak**

Every year, Sikhs celebrate Guru Nanak's birthday. They read from their holy book, the Guru Granth Sahib, light candles and hold firework displays. Children receive new clothes and have the day off school to join in the celebrations.

## **Did you know...?**

The followers of Sikhism are known as 'Sikhs', which means 'learners'. Sikhs go to special temples, called gurdwaras, to pray God.

## **Beliefs**

Sikhs believe that there is only one God. They only worship and pray to the one God.

They believe that different religions are all paths to the same God. All humans are children of the same God.

Everyone is equal in God's eyes everyone should be treated equally.

Sikhs believe that there should be part of a fellowship, worship, eat and serve together.

Sikhs, out a sign of respect and symbolism wear 5 articles of clothing. These are known as the five Ks.

Being baptised is the sign of being spiritually reborn. This is a key ceremony for Sikhs.

Sikhs believe they should follow the four commands

1. Do not dishonour the creator's intention by cutting your hair.
2. Do not harm the body with tobacco or other intoxicants.
3. Do not eat sacrificial meat.
4. Do not commit adultery.