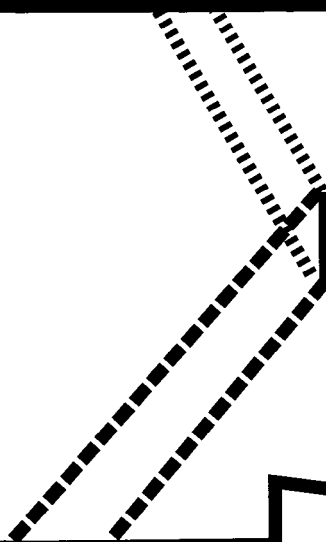
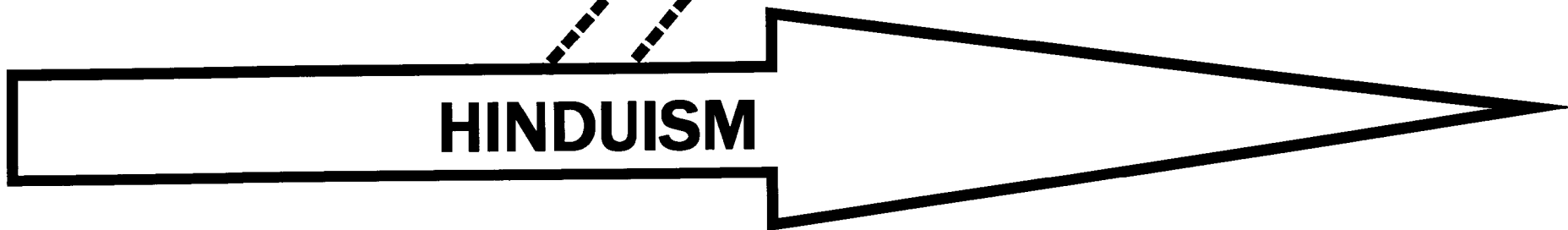
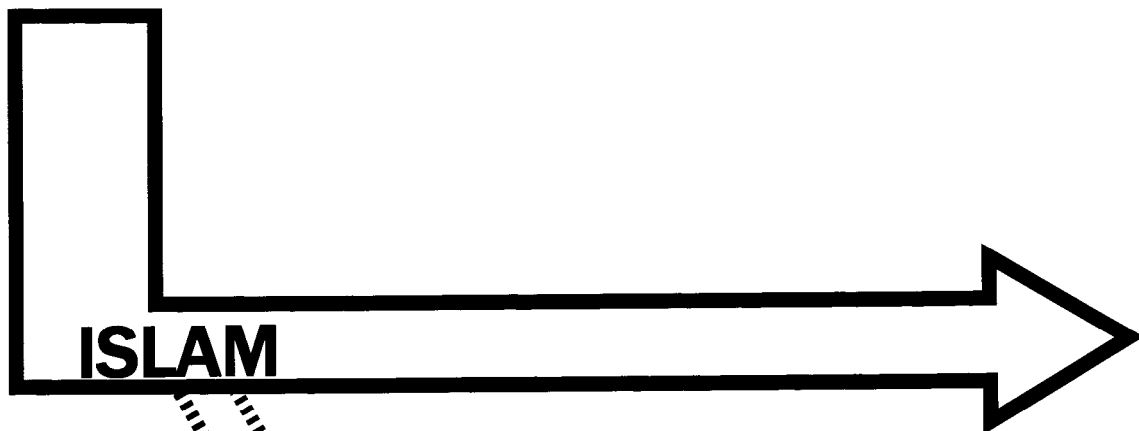


SIKHISM

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1. HISTORY:

1.1 Early Pacifist and Missionary Era:

- **Guru Nanak - founder**
- **Guru Angad - script, kitchen**
- **Guru Amar Das - missions**
- **Guru Ram Das - Golden Temple**
- **Guru Arjun - Granth Sahib, finished temple, first martyr**

1.2 Late Militant Era:

- **Guru Hargobind - military order**
- **Guru Har Rai - continued org.**
- **Guru Har Kishan - service**
- **Guru Tegh Bahadur - hymns, tried to establish Sikh nation**
- **Guru Gobind Sing - last guru, instituted Granth Sahib**

2. COMMUNITY DISTINCTIVES:

2.1 Five K's:

- *kesh* - hair and beard unshorn
- *kanga* - comb in hair
- *kutchha* - shorts
- *kara* - sharp steel bangle
- *kirpan* - knife

2.2 *Kalsa*: military order

2.3 *Gurudwar*: house of Gurus

2.4 *Langar*: free kitchen

**2.5 *Gurbani*: Sacred Scripture–
Adi Granth or Granth Sahib**

3. SIKH THEOLOGY:

3.1 There is only one supreme being:

3.2 The Granth Sahib is the last guru:

3.3 Sikhs must call on the name of God.

3.4 The heavenly light is in all people:

3.5 Samsara and karma.

3.6 Sikhs must reject all idols, caste, asceticism and pennance.

3.7 Prasad and xaris.

3.8 Three major instructions:

- remember the Lord's name
- practice godly qualities of life
- self-surrender to God

4. SIKH ETHICS:

4.1 Stress strong family loyalties

4.2 Stress a strong work ethic

4.3 Five cardinal virtues that overcome the five basic vices

- self restraint over lust
- contentment over greed
- devotion to duty over world attraction
- modesty over pride
- toleration over anger

4.4 Stress purity, and wear white as a symbol of this

4.5 Seven major injunctions

- **remain a householder throughout life**
- **work to sustain the family**
- **help the needy, serve society**
- **imbibe godly qualities and virtues**
- **discard evil forces and vices**
- **have faith in the one and only God**
- **attain spiritual heights with the aid of the Guru, and through the remembrance of the Name.**