

## 1. The basic teachings of Sikhism

(Who is Akal Purakh and how can you meet him?)

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

(Ek Onkar, Sat Naam, Karta Purkh, Nir Bhau, Nir Vair, Akaal Moorat, Ajooni, Saibhang, Gur Parsaad)

**Ek-** There is only one god. There is no one else like Him.

**Ek Onkar-** Onkaar manifests as visible and invisible phenomenon.

The creative principle is not separated from the created, it is present throughout the creation in an unbroken form, 'kaar

**Sat Naam-** Truth is His name. His name is eternal

**Karta Purkh-** Ik Onkaar is Creator and Doer (Kartaa) of everything, all the seen and unseen phenomenon.

**Nir Bhau-** He is without fear

**Nir vair-** He is without hate

**Akaal Moorat-** He is immortal, without form, That Ik Onkaar is beyond Time (Akaal) and yet it is existing. It's in a form (Moorat) which does not exist in Time (Timeless).

**Ajooni-** That Ik Onkaar does not condense and come into any birth. All the phenomenon of birth and death of forms are within it. He is beyond birth and death.

**Saibhang-** That Ik Onkaar exists on its own, by its own. It is not caused by anything before it or beyond it.

**Gur prasad-** He is realised by the kindness of the true Guru.

**Note:** The right pronunciation of ੴ is ek onkaar.

## 2. Ten Gurus

1. Guru Nanak Dev Ji
2. Guru Angad Dev Ji
3. Guru Amardas Ji
4. Guru Ramdas Ji
5. Guru Arjan Dev Ji
6. Guru Hargobind Sahib Ji
7. Guru Har Rai Sahib Ji
8. Guru Harkrishan Sahib Ji
9. Guru Tegh Bahadur Sahib Ji
10. Guru Gobind Singh Ji

**Our present Guru is Guru Granth Sahib Ji.**

## 3. Punj Pyare

1. Bhai Daya Singh Ji
2. Bhai Dharam Singh Ji
3. Bhai Himmat Singh Ji
4. Bhai Mohkam Singh Ji
5. Bhai Sahib Singh Ji

## 4. Chaar Sahibzaade

1. Sahibzada Baba Ajit Singh Ji
2. Sahibzada Baba Jujhar Singh Ji
3. Sahibzada Baba Zoravar Singh Ji
4. Sahibzada Baba Fateh Singh Ji

## **5. Punj Takhat's**

1. Akal Takht Sahib, Amritsar (Punjab)
2. Takht Sri Harmandar Sahib, Patna Sahib (Bihar)
3. Takht Sri Damdama Sahib, Sabo ki Talwandi (Punjab)
4. Takht Sri Hazoor Sahib. (Nanded, Maharashtra)
5. Takht Sri Kesgarh sahib, Anandpur Sahib (Punjab)

## **6. Fateh**

When Sikhs meet each other, they say the Guru's Fateh, this is:

WAHEGURU JI KA KHALSA ||

WAHEGURU JI KI FATEH ||

Shri should not be spoken while calling Fateh. It is Guru Gobind Singh Ji's order to say Fateh to other Sikhs. Therefore, we should greet each with calling Fateh when we meet other Sikhs.

## **7. Jaikara**

Bole so Nihal || Sat Sri Akal

This is Jaikara for Sikhs. After doing Ardaas it is recited in the diwaan. Sikh soldiers call out this Jaikara in the wars.

## **8. Definition of Sikh**

Any male or female who has faith in only one Akal Purakh, Ten Guru Sahibs, Sri Guru Granth Sahib and teachings of Ten Guru Sahibs and Amrit of Dasmesh Ji and does not believe in any other religion is a Sikh.

## **9. Our guru**

We are Sikh. The foundation of Sikhism was laid by Guru Nanak Dev Ji. Our ten Gurus preached Sikhism. At Nander in 1708, Guru Gobind Singh ji bowed down to Guru Granth Sahib and said – “from today, Guru Granth Sahib will be the Guru of the Sikhs. There will be no incarnate Guru. The Panj Pyare will lead the Sikh Panth by remaining under the guidance of Guru Granth Sahib Ji. Guru Granth Sahib Ji is the spiritual energy of ten Gurus. The Panj Pyare (five beloved ones) are the body of the Guru. In Guru Granth Sahib, the teachings of the Gurus ('Gurbani') are written. That's why our Guru is Gurbani. We do not consider any human being as Guru anymore. A person who calls himself a Guru is a hypocrite and a liar.”

Guru Ji has handed over the reins of the Khalsa to Panj Pyare. Now only Panj Pyare can do our decisions. All decisions will be according to Gurbani. All the decisions can only be done by Panj Payara in the presence of Guru Granth Sahib ji because Guru Gobind Singh Ji had given this instruction while igniting the Jyot Jot - Atma Granth Vich Te Sareer Panth Vich.

## **10. Bow down (matha tekna)**

When Sikhs go to Gurudwaras, they bow down to Guru Granth Sahib. Bowing down means that we are ready to obey Guru Granth Sahib. After prostrating, one should stand up, look at the Sadh Sangat and invoke Fateh in the mind. A Sikh never bows down to any Dedhdhari (human Guru) even by mistake. It is forbidden to bow before any statue or picture.

## **11. What makes a Biba (good) Sikh child**

- Biba Sikh child wakes up at Amrit Vela (hours before dawn).
- Greet all the members of the family- Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh.
- Takes a bath after brushing the teeth.
- Then wears the turban.
- Recites Gurbani after wearing a turban.
- Then goes to the Gurudwara and bows down and listens to Kirtan.
- After coming home and having breakfast, he/she goes to school.
- Never fights with anyone.
- Does not abuse anyone.
- Speaks sweetly to everyone.
- Never lies.
- Returns home straight from school.
- Participates more in physical exercise and sports.
- Memorizes the text and words of Gurbani every day.
- Is never bare-headed.
- Recites Rehraas Sahib in the evening.
- At the time of sleeping, sleeps after reading the Bani of Sohila Sahib.
- Always considers God first before taking decisions.

Parents love their children. Guru Ji is also pleased with such a biba (good) child. We also must become such children.