

## Humanity

As well as believing in the oneness of God, Sikhs also believe in the oneness of humanity.

Recognising humanity as one means that skin colour, race, caste, class, religion, gender, orientation of ones sexuality, nationality and any other division is not important. We are all the sons and daughters of God.

The Sikh Gurus gave this idea a concrete form, by incorporating divine revelation from many different people from different religions, classes and castes into the Sikh holy scripture. In addition to this, the central Sikh shrine in India was designed with four entrances, to show that people from all four corners of the world are welcome.

## Useless things...

Sikhism does not have a priestly class. In India the priestly class was hereditary and took advantage of common people, by e.g. charging money for performing a wedding. In addition to this, Sikhs place no faith in superstition, fasting or pilgrimage. When people go on pilgrimage they have to *want* to change their attitude in order to realise God. It is this want or desire to change, which is the true pilgrimage. This can be achieved wherever we are and is irrelevant of the location of the person. It is the location of ones mind which is important.

Finally when praying, neither is the day, the direction or the location of the individual important. What is important is to have love for the Lord when remembering Him. Sikhs are enjoined to remember the Lord night and day, wherever they are.

## Basic Meditation

Why not set aside 5 minutes every day to reap some of the benefits of meditation? Repeat the Mool Mantra a few times in the morning in Punjabi or English. It is important to have love for God in your mind whenever you meditate.

### Romanised Punjabi

Ek O Ankar  
Sat Nam  
Kartah, Purakh  
Nirbau, Nirvair  
Akaal, Moorat  
Ajoonee  
Sai bhang  
Gur Pursad

### English Translation:

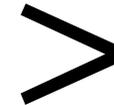
One - Creator, Sustainer, Destroyer - Forever  
Truth His Name  
The Creator, Who Lives within All  
Without Fear, Without Hatred  
Timeless, Without Form  
Unborn  
Self Existent  
Realised by His Own Grace

Try some Naam Japna, for about 5 minutes every day. Follow the procedure below and let the two words, 'Wahe' meaning wonderful and 'Guru' meaning God over power any worries or thoughts in your mind. If you have problems in focusing your mind, then focus on the air coming in through your nose and out through your mouth.

1. Close your eyes and sit somewhere quiet
2. Say '**Wahe**' as you breath in through your nose.
3. Say '**Guru**' as you breath out through your mouth



Wot iz  
Sikhism?



## The Basics

Sikhism encourages people to follow a few basic rules which benefit the individual, their families and their communities. These rules include:

- Meditation on God
- Earning a honest living
- Giving to charity

## Meditation on God

We spend ages, trying to look good by weight training, aerobics and eating good food etc.

Some of us also spend ages 'exercising' our minds with complex problems. This is great and we should all aspire for a healthy body and mind. Indeed, it is true to say, that we are feeding our mind and body plenty. But what about our soul? How many of us actually 'feed' our soul? Surely if a human being consists of a mind, body and soul then we must look after all three. Daily meditation is therefore prescribed for everyone to satisfy the needs of the soul.



But most of us seem to get by, without doing any Meditation. So why should we need to do any meditation? What are the problems arising within people who don't feed their soul?

Well, the symptoms include a lack of satisfaction with anything; too much ego; too much sexual desire; too much greed; too much anger..... and the list goes on !! These are the symptoms of an unstable mind and a hungry soul. Satisfying this hunger provides contentment, peace of mind, healing of the body, an abundance of mental and physical energy, control of our passions, our pride, our anger and everything else that would make us feel complete. You only need to practice meditation to discover the benefits.

## Earning a Honest Living

Most people do some form of work to earn a living. Guru Nanak Dev Ji said,

*'Those who earn their livelihood by working hard and who then share their earnings with others know the way to God.'*



Sikhism is a way of life, designed for common people and so is often called, 'the religion of the householder'. The requirement of everyone to earn their bread, encourages the creation of a self reliant, self sufficient, hard working and prosperous community.

## Giving to Charity

The third aspect of the Sikh life style is giving to charity. The Sikh Gurus advised people to set aside one tenth of their earnings for the greater good of the community. Sikhism is very much, community based and encourages the development of community spirit. People are also encouraged to try and give one tenth of their time to God, by doing unpaid charity or community work.

## Not the Only Way !

Sikhism does not claim to be the only way to God. It accepts all religions to be divine in origin and therefore routes to God. The fact that all religions have the same core beliefs, is proof that they have the same origin. It is up to the individual to decide which path to follow.

This belief was shown in practice by the 9th Guru, who gave his life to protect the Hindu religion from persecution. He is the only prophet in the world to die for the beliefs of another group. He died for the basic right of people to practice or believe whatever they want, so long as it doesn't hurt anyone else.

Sikhs are enjoined to recognise, accept and promote religious, cultural and racial diversity. It is a factor which enhances the quality of life and helps in obtaining a better understanding of God and His creation.

## GOD

Sikhs believe in the oneness of God. He is known by many names, including Jehovah, Ram, Allah, Waheguru, Parmesar etc. He does not belong to any one person or nation and nor does He love a certain group of people more than another group. God is the same everywhere and all people worship the same formless Lord. He is something which we can never fully understand, because He is beyond human comprehension.