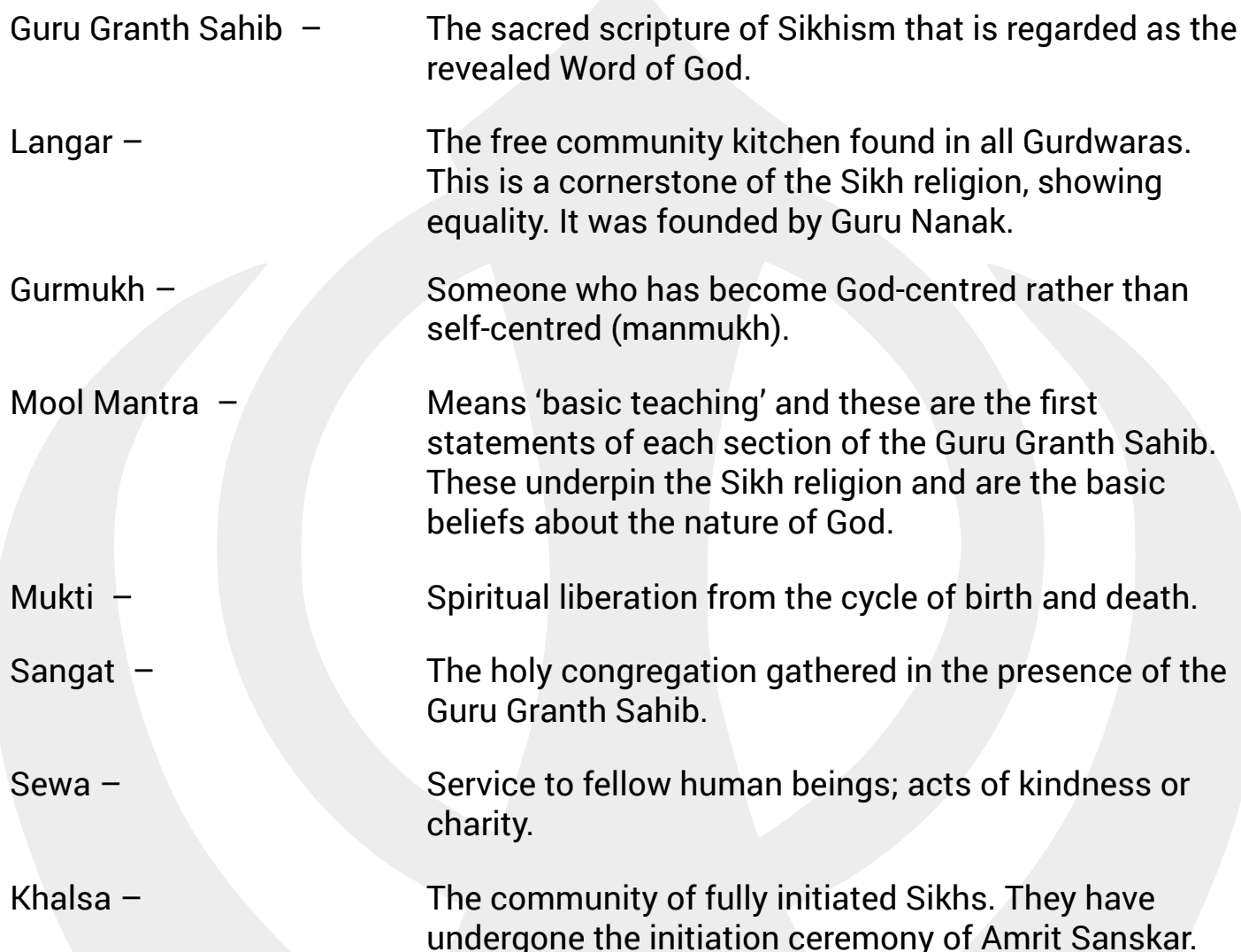


Learners should be able to explain and apply these terms in relation to the themes:



Guru Granth Sahib –	The sacred scripture of Sikhism that is regarded as the revealed Word of God.
Langar –	The free community kitchen found in all Gurdwaras. This is a cornerstone of the Sikh religion, showing equality. It was founded by Guru Nanak.
Gurmukh –	Someone who has become God-centred rather than self-centred (manmukh).
Mool Mantra –	Means ‘basic teaching’ and these are the first statements of each section of the Guru Granth Sahib. These underpin the Sikh religion and are the basic beliefs about the nature of God.
Mukti –	Spiritual liberation from the cycle of birth and death.
Sangat –	The holy congregation gathered in the presence of the Guru Granth Sahib.
Sewa –	Service to fellow human beings; acts of kindness or charity.
Khalsa –	The community of fully initiated Sikhs. They have undergone the initiation ceremony of Amrit Sanskar.

Other useful terms:

Amrit Sanskar –	The name given to the ceremony that initiates a person into the khalsa.
Amritdhari –	The term given to a Sikh who has undergone the initiation ceremony of Amrit Sanskar.
Aardas –	A prayer that is said at the start and/or end of a significant task. For example, it is often said during the Amrit Sanskar.
Akhand Path –	The continual reading of the Guru Granth Sahib over a 48-hour period and usually performed by a team of readers.
Atma –	The name given to the non-physical part of us (soul) that is believed to be immortal.
Daswandh –	The religious duty of giving one tenth of earnings and time towards the common resources of the community. This may be given to the Gurdwara to help support the langar and other acts of sewa.
Granthi –	Someone who reads the Guru Granth Sahib at religious festivals or through acts of worship. It may be a man or woman.
Gurbani –	The writings of the Gurus.
Gurdwara –	This is the name given to a Sikh place of worship; it means 'Gateway to the Guru'.
Gurpurbs –	The celebrations of the anniversary of the birth or death of a Guru. Gurpurbs is also a celebration of the installation of the Guru Granth Sahib in 1604.
Guru Amar Das –	The third of ten Gurus. He started the langar to remove caste distinctions and establish social cohesion.

Other useful terms (continued):

Guru Arjan –	The fifth of ten Gurus who compiled the Adi Granth. He was martyred for refusing to remove Hindu and Islamic references.
Guru Gobind Singh –	The last of the ten Gurus who organised Sikhs into the Khalsa to fight Mughal oppression and made the Guru Granth Sahib the successor.
Guru Nanak –	The founder of Sikhism who was well educated in Eastern and Western scriptures and brought together Hindu and Islamic teaching.
Haumai –	Pride, ego or self-centredness.
Hukam –	The commanded will of God.
Ik Onkar –	Is found at the beginning of the mool mantra and means 'there is only one God'.
Janam Sakhi –	The bibliographic account of the life of Guru Nanak or the other Gurus.
Jivan Mukti –	The belief that a person may achieve spiritual liberation during their lifetime and not only upon death.
Kachera –	One of the five Ks worn by a member of the Khalsa. These shorts remind them of the clothes worn by soldiers who fought for the faith. They also symbolise continence.
Kanga –	One of the five Ks worn by a member of the Khalsa. This is the comb that reminds them that God is there to remove the tangles from their life and can always be turned to.
Kara –	One of the five Ks worn by a member of the Khalsa. This is the bangle that reminds them that God is eternal.

Other useful terms (continued):

Karma –	The belief that actions, and the consequences of these actions, determine whether the atma will be released from the cycle of birth, death and rebirth. One could gain positive and/or negative karma.
Kaur –	Means ‘princess’ and is the middle or last name of a Sikh female. All Khalsa Sikh females must carry this last name.
Kesh –	One of the five Ks worn by a member of the Khalsa. This is the uncut hair and beard, symbolising the rejection of pride and the appreciation of God’s gift of creation.
Kirpan –	One of the five Ks worn by a member of the Khalsa. This is the dagger worn to symbolise defence against attack and the protection of those who are oppressed.
Nihang –	A Sikh who follows the soldier lifestyle of the time of Guru Gobind Singh. They wear blue robes and reject household comforts.
Nitnem –	The daily prayers Sikhs are expected to read.
Panth –	The entire Sikh community.
Sewa Panthi –	The title given to a Sikh person whose life is dedicated to the service of the Sikh Community.
Sahajdhari –	Means ‘slow adopter’ and refers to those who follow Sikhism but have yet to be initiated into the khalsa.
Singh –	Means ‘lion’ and is the middle or last name of a Sikh male. All Khalsa Sikh males must carry this last name.

Other useful terms (continued):

Vaisakhi –	The Sikh harvest festival that also marks the day in which Guru Gobind Singh formed the first Khalsa in 1699
Waheguru –	The term used to refer to God; the Supreme Being. Literally means 'wonderful teacher'.

For a more comprehensive list of Sikh terms and their meanings, visit:
<http://www.sikhs.org/glossary.htm>.