

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

1. **5 Ks** – Refer to the five features or items that khalsa Sikhs wear at all times to show their identity.
2. **Amrit Sanskar** – The name given to the ceremony that initiates a person into the khalsa.
3. **Gurdwara** – This is the name given to a Sikh place of worship; it means 'Gateway to the Guru'.
4. **Gurmukh** – Someone who has become God-centred rather than self-centred (manmukh).
5. **Guru** – Translates as 'teacher' or 'spiritual leader'.
6. **Guru Granth Sahib** – The sacred scripture of Sikhism that is regarded as the revealed Word of God.
7. **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.
8. **Langar** – The free community kitchen found in all Gurdwaras. This is a cornerstone of the Sikh religion, showing equality, and was founded by Guru Nanak.
9. **Mukti** – Spiritual liberation from the cycle of birth and death.
10. **Rebirth** – The belief that the soul will be reborn into a new body, either a human or animal, depending on the actions of their life.
11. **Sewa** – Service to fellow human beings; acts of kindness or charity.
12. **Singh/Kaur** – Singh means 'lion' and Kaur means 'princess' and is often the middle or last name of a Sikh male or female respectively. It is the mandatory last name for a Khalsa Sikh.

## Other useful terms:

1. **Amritdhari** – The term given to a Sikh who has undergone the initiation ceremony of Amrit Sanskar.
2. **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.
3. **Ahankar** – Ego, pride or self-centredness. Considered the worst of the five evils.
4. **Akhand Path** – The continual reading of the Guru Granth Sahib over a 48-hour period and usually performed by a team of readers.
5. **Anandpur** – Known as the 'holy city of bliss' where the Panj Piaras, the first five initiated into the Khalsa, was formed.
6. **Atma** – The name given to the non-physical part of us (soul) that is believed to be immortal.

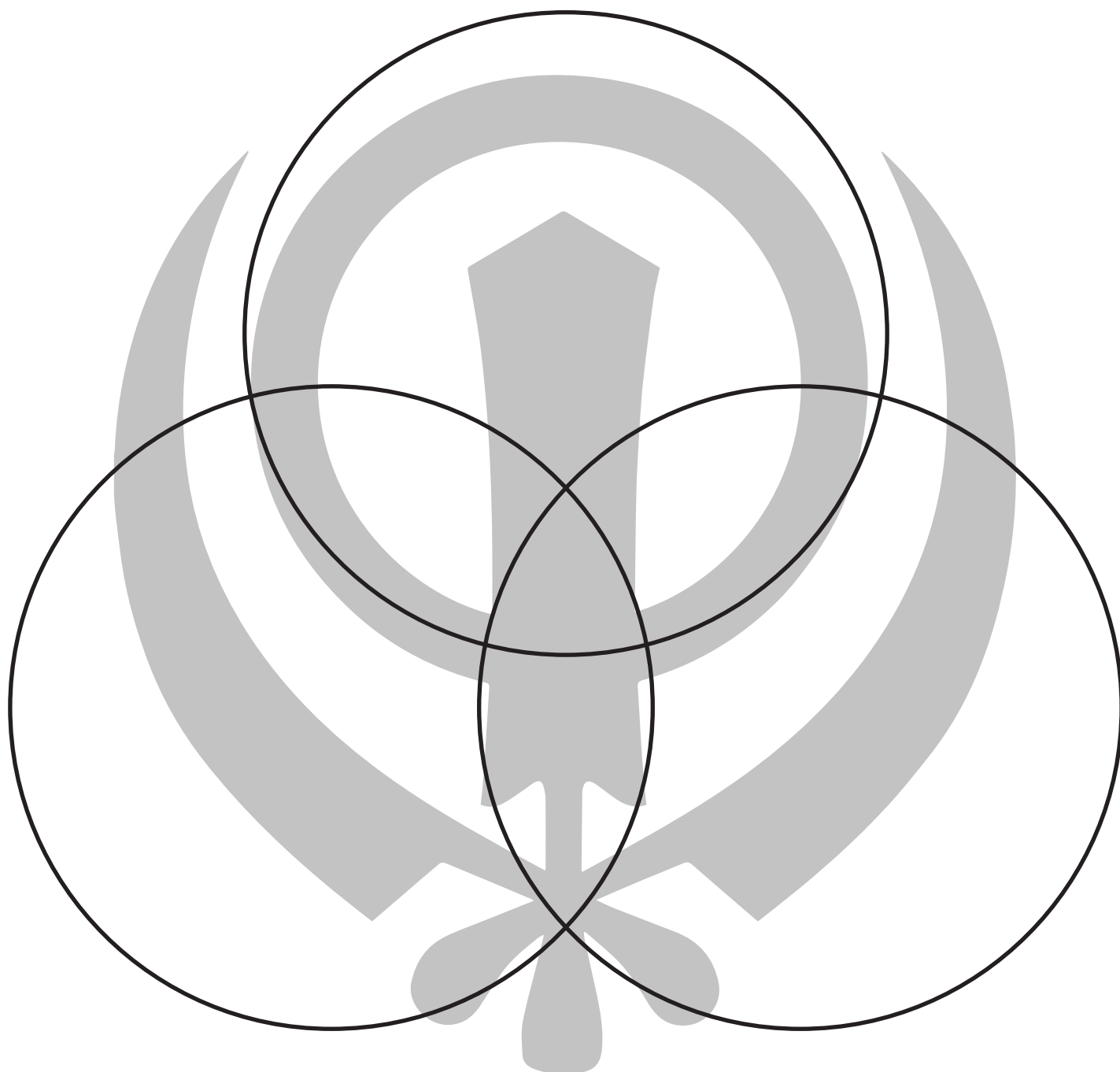
7. Daswandh – The religious duty of giving one tenth of earnings and time toward the common resources of the community. This may be given to the Gurdwara to help support the langar and other acts of sewa.
8. Granthi – Someone who reads the Guru Granth Sahib at religious festivals or through acts of worship. It may be a man or woman.
9. Gurbani – The writings of the Gurus.
10. Guru Amar Das – The third of ten Gurus. He started the langar to remove caste distinctions and establish social cohesion.
11. Guru Gobind Singh – The last of the ten Gurus who organised Sikhs into the Khalsa to fight Mughal oppression and made the GGS the successor.
12. Guru Nanak – The founder of Sikhism who was well educated in Eastern and Western scriptures and synthesised Hindu and Islamic teaching.
13. Haumai – Pride, ego or self-centredness.
14. Hukam – The commanded will of God.
15. Ik Onkar – Is found at the beginning of the mool mantra and means 'There is only one God'.
16. Janam Sakhi – The bibliographic account of the lives of Guru Nanak or the other Gurus.
17. Jap – The repetition of the divine name of God, or a scripture.
18. Jivan Mukti – The belief that a person may achieve spiritual liberation during their lifetime and not only upon death.
19. Kacch – One of the five Ks worn by a member of the Khalsa. These are shorts worn to remind them of the clothes worn by soldiers who fought for the faith. They also symbolise continence.
20. Kam – Deep desire or uncontrolled longing. One of the five evils.
21. Kangha – 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.
22. Kara – One of the five Ks worn by a member of the Khalsa. This is the bangle that reminds them that God is eternal.
23. Karah Parshad – A sweet substance made from semolina, sugar and ghee that is served at religious ceremonies in the presence of the Guru Granth Sahib.
24. Kesh – One of the five Ks worn by a member of the Khalsa. Not cutting one's hair has many symbolic meanings including the rejection of pride and the appreciation of God's gift of creation.
25. Khalsa – The community of fully initiated Sikhs. They have undergone the initiation ceremony of Amrit Sanskar.

26. 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.
27. Krodh – Wrath or rage. One of the five evils.
28. Lobh – Greed. One of the five evils.
29. Maya – The delusion that represents the impermanent as permanent and the part as a whole.
30. Moh – Love of and attachment to worldly things and relations.
31. Mool Mantra – Means 'basic teaching' and 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.
32. Naam Karan – The ceremony undertaken to name a baby.
33. Nitnem – The daily prayers Sikhs are expected to read.
34. Panj Vikar – The collective term for the five evils.
35. Panth – The entire Sikh community.
36. Sangat – The holy congregation gathered in the presence of the Guru Granth Sahib.
37. Sewa Panthi – The title given to a Sikh person whose life is dedicated to the service of the Sikh Community.
38. Sahajdhari – Means 'slow adopter' and refers to those who follow Sikhism but have yet to be initiated into the khalsa.
39. Waheguru – Term used to refer to God; the Supreme Being. Literally means 'wonderful teacher'.

## Sikh Beliefs, Teachings and Practices

You are presented with a number of key terms that relate to the topics covered as part of this unit of work. Can you place them in the appropriate sections of the Venn? The terms either relate to Sikh beliefs, teachings, practices or a combination of three. Discuss with your classmate why you have placed it where you have.

Beliefs



Teachings

Practices