

SIKH ORIGIN

The Sikh religion was founded in 1469 in the Panjab Region of the North West of India. The Sikh religion was revealed as a unique faith in the sixteenth century. The belief in God was inducted into a society when rituals and superstitions were synonymous to religion. Sikhism spread the message of equality when gender and caste bias was prevalent. Men and women were treated as equals allowing them to share the same opportunities in society.



Sikhism was revealed by the 10 Sikhs Gurus (enlightened masters): Guru Nanak, Guru Angad, Guru Amardas, Guru Ramdas, Guru Arjan Dev, Guru Hargobind, Guru Har Rai, Guru Harkrishan, Guru Tegh Bahadur, and Guru Gobind Singh. The Sikh Philosophy is written in the Guru Granth Sahib, a compilation of Sikh Holy Scriptures, which was completed in 1604. It is the eternal Guru or teacher of the Sikhs. Its 1430 pages contain contemporaneous compositions of 6 Sikhs Gurus as well as verses revealed by saints and sages of many religions. It is written in a poetic style which uses rhythms, symbolism, and metaphors to engage the heart, body and soul of the faithful. Sikh philosophy espouses many rights, which have only recently been recognized in Western democracies: for example, complete equality amongst humans and environmental protection.

SIKH BELIEFS



WHO ARE THE SIKHS

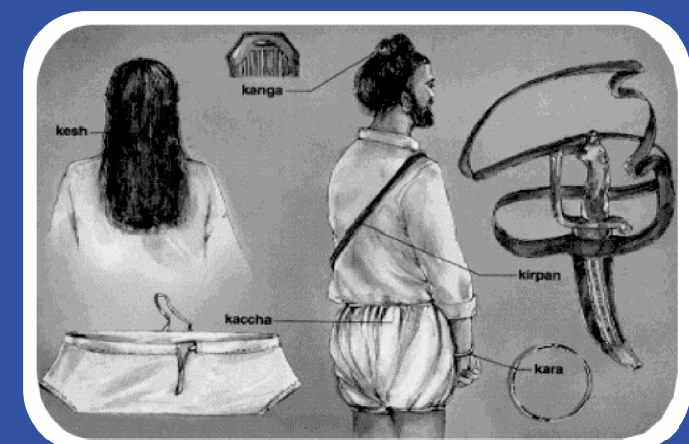
SIKH WAY OF LIFE

DASTAR : The Sikh Turban -

Sikhs wear turbans to cover their uncut hair. The Dastar or Sikh turban is the most recognizable feature of a Sikh.



Sikhs believe in one supreme timeless entity, without gender, unborn, undying, omnipresent, and within everything and everyone. A Sikh contemplates on the external soul of God through Gurbani (Guru's word) and sings verses from Guru Granth Sahib (Sikh Holy Scriptures) in praise of God.



The FIVE K'S- Baptized (Initiated) Sikhs are required

to wear 5 mandatory articles of faith on their body referred to as the FIVE K'S.

1. Kesh - Sikhs are not supposed to trim, shave or cut any hair of their body. For male Sikhs, the hair is tied up in one neat knot on top of the head and covered by a Turban.
2. Kanga - A wooden comb kept tucked in the hair to remind a Sikh of their duty to remain self disciplined.
3. Kirpan - A ceremonial sword worn as a reminder to uphold justice. Also used to bless the food and the offering after which these are then distributed among the congregation.
4. Kara - Iron/Steel band worn around the Sikh's dominant wrist to remind him that one has to follow the Sikh code of conduct and perform good deeds.
5. Kachera - Traditional military shorts are the best physical description. Maintain high morals and chastity is good.



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