

# Who are the Sikhs?

- It is the 5th largest religion in the world.
- The Sikh Scripture Guru Granth Sahib is the highest authority for Sikhs. Guru Granth Sahib is also called "Jagat Guru" which means enlightener of the world. This is because the teachings are non-denominational, & the universal message speaks to the core of all humans.
- Sikhs are lifelong learners who adopt the teachings of Guru Granth Sahib Ji as a means of leading a meaningful existence, free from rituals and blind faith.
- Sikh identity is that of a "Saint-Solder." A person who is deeply connected to God & is also committed to social justice and humanity's enlistment.
- The Sikh faith is against the idea of religious labels & divisions.
- Sikhs believe in the divinity and equality of all beings. This includes race, gender, and religion.

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# Sikh

## Articles of Faith

Five Articles of Faith (**Panj Kakaar**) also called the **5 K's: Kesh, Kanga, Kara, Kirpan, Kachera**.

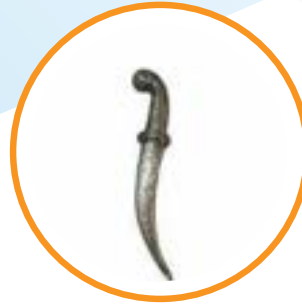
### Kesh

Most Sikhs also keep their hair (a practice called kesh) and refrain from altering their bodies (for example tattoos & piercings). This is in the spirit of loving and accepting the body as God created it.



### Kirpan (Steel Sword)

The word kirpan is made of two parts; **Kirpa** (compassion) and **aan** (dignity). This is a symbol of the duty to always defend the weak.



### Kachera or Kaccha (Cotton Underwear)

This is a pair of breeches. The Kacherra represents purity of character.



### Kara (Steel Bracelet)

In addition to kesh and kirpan, the karra represents that one should only do good deeds with their hands.



### Kanga (A Wooden Comb)

A Kanga is a small wooden comb that is supposed to be kept with the hair on the head at all times. The kanga represents discipline.



In response to the oppression in India during the 1600s, when only royalty could tie a turban, Sikhs started tying not one but two turbans. This was to symbolize that all humans are royal and have the right to live with dignity. Even when given a choice to stop wearing the turban or face execution, Sikhs refused to bow down to tyranny. Today, the turban remains a precious reminder of the duty to fight for social justice and freedom.