



# Table of Contents

Introduction. . . . .	3
Guru Nanak . . . . .	5
The Ten Gurus . . . . .	14
The Sikh Scripture . . . . .	15
The Khalsa . . . . .	18
The Gurdwara. . . . .	22
Darbar Sahib . . . . .	25
Social Customs. . . . .	26
Community Service. . . . .	29
The Punjab. . . . .	30
Rites of Passage. . . . .	32
Sikh Women . . . . .	35
Holidays and Festivals . . . . .	37
Sikh Symbols . . . . .	40
Vocabulary Word Search. . . . .	42
Sikhs in the United States. . . . .	44
Quiz and Review. . . . .	46
When Did It Happen? . . . . .	47
Answer Key . . . . .	48

# Guru Nanak

## The Life and Teachings of Guru Nanak *(cont.)*

Here is a hymn of Guru Nanak. It emphasizes that everything in the universe is controlled by God's Will.

Through God's Will are all forms created;  
but it is impossible to describe that Will;

Through God's Will are all creatures  
born; through His Will they receive  
honor;

Through God's Will are they good and  
bad; through His Will they experience  
joy and sorrow;

Through God's Will some are graciously  
rewarded; others, through His Will,  
wander in cycles of life and death.

Everyone is subject to God's Will, no one  
is outside of His Will;

O Nanak, if they understand God's Will,  
no one would speak of self-will.

# Sikh Symbols

Two symbols used by Sikhs are the “*Khanda-Kirapan*” and “*Ik Onkaar*.” The first represents the community of faith and the second expresses the fundamental belief in unity of God. They are described below.

## Khanda Kirpaan

The principal Sikh symbol is the one that appears on *Nishaan Sahib*, the Sikh flag. It depicts two Sikh swords and a *khanda* (a double-edged sword in the middle), all having handles at the base, along with a *chakkar* contained within the arc made by the two *kirpaans*. These are all weapons used by the *Khalsa* and are symbolic of the readiness of the *Khalsa* to resist oppression and tyranny. In addition, the Khanda is used during the initiation ceremony to prepare “*Khande de Pahul*” and the two *kirpaans* represent Spiritual and secular authority.



## Ik Onkaar

These are the first two characters in *Guru Granth Sahib*. This symbol along with some additions, also appears at the beginning of every collection of hymns in *Guru Granth Sahib*. It means:

### *One God, Eternal*

It expresses the fundamental belief of the Sikh religion.

The following page contains the “*Mool Mantar*” (*Mool* means root, essence, or basis, and *Mantar* means a statement. Thus, *Mool Mantar* means “the fundamental statement.”) in its entirety. This is called the “fundamental statement” because it appears, in its full or abbreviated form, at the beginning of every collection of hymns in *Guru Granth Sahib*.

