

Mul Mantra		Guru Nanak, the founder of Sikhism		Key vocabulary	
<p>The Mul Mantra is the Sikh statement of belief. It is the basis for the whole of Sikhism and explains the nature of Waheguru.</p> <p>The Mul Mantra is: “There is only one god, eternal truth is his name. He is the creator, without fear, without hate. Immortal without form, beyond birth and death. Self existent, by the guru’s grace.”</p>		<p>Name</p> <p>Nanak means ‘the unique one’</p>		<p>Guru</p> <p>A spiritual teacher who guides other Sikhs in how to live their lives.</p>	
		<p>Guru Nanak’s teachings</p> <ul style="list-style-type: none"> • There is only one God to pray to and worship • Everyone is equal in God’s eyes • You should be honest, be kind, fear nothing, pray for everyone, work hard and live simply • Live by common sense and reason. 		<p>The Real Guru</p> <p>God is called the Real Guru and is considered to live inside all people as: their inner voice, conscience and sense of value.</p>	
		<p>The Three Pillars of Sikhism</p> <ul style="list-style-type: none"> • Naam Japo: meditation on God and reciting and chanting of God’s name. • Kirat Karo: to work diligently and honestly. • Vand Chhako : to share with others and help those in need. 		<p>Guru Granth Sahib</p> <p>The scripture of the Sikhs that contains the original writings of the Gurus.</p>	
Guru Granth Sahib				<p>Khalsa</p> <p>A community of committed Sikhs who have completed the Amrit ceremony.</p>	
Granthi	A sikh person who waves a fan towards the Guru Granth Sahib as a symbol of its importance in a Sikh’s life.			<p>Waheguru</p> <p>Sikhs refer to god as Waheguru, which means ‘wondrous enlightener’.</p>	
Ragis	Songs that are read and sung from the Guru Granth Sahib .			<p>Guru Ram Das</p> <p>The 4th Guru, he helped organise Sikhism and founded Amritsar, the capital city of the Sikh faith.</p>	
Shoes	Shoes are removed to avoid carrying dirt into the gurdwara, as a sign of respect for the Guru Granth Sahib.	Five Ks		<p>Guru Hargobind</p> <p>The 6th Guru, he freed 52 prisoners of conscience, built the Akal Takht, the political centre for Sikhs and designed the Sikh flag.</p>	
		Kesh	The uncut hair represents living in harmony with nature.		
Turning your back	The Guru Granth Sahib is treated like royalty and therefore it is seen as disrespectful if you were to turn your back on it.	Kara	The steel bangle represents a strong bond with God, the true friend.		
		Kanga	The comb used to keep hair tidy, represents cleaning one’s heart.		
Carrying	The Guru Granth Sahib is carried high above the heads of its worshippers, to symbolise the importance of the book in guiding the lives of Sikhs.	Kirpan	This dagger represents using compassion, and also to fight to protect those in need of it.		
		Kachera	A pair of knee-length shorts that represent self-control.	<p>Guru Gobind Singh</p> <p>The 10th and last human Guru, Guru Gobind Singh introduced the 5 K’s and formed the Khalsa community.</p>	
Water	Water is sprinkled in front as it is carried to its resting room. This is to cleanse the route.			<p>Guru Granth Sahib</p> <p>The Sikh Holy Book. It is regarded by Sikh people as the 11th and final Sikh Guru, and a copy is kept in a high place in every Gurdwara.</p>	

Gurdwara		Sikh festivals		Key vocabulary	
Chanani (or Palki)	Canopy protecting the Guru Granth Sahib while on the Takht.	gurpurbs	These mark dates that are connected with the Gurus. E.g. birthdays or deaths	Turban	a long length of material wound around the top of a man's head.
Golak	Box for charity donations.	melas	Mela means fair. These are celebrations linked to seasons. Sikhs gather to listen to Gurus on this day.	Eternal	Lasting or existing forever.
Langar	The kitchen serving simple food free of charge to anyone visiting the Gurdwara.			Amrit ceremony	The ceremony a Sikh must complete to become a Khalsa, where they make extra commitments to Sikhism.
Four Doors	Representing four points of the compass, anyone is welcome inside.			Sewa	Voluntary service, such as teaching or cooking, that is performed at the gurdwara.
Nishan Sahib	Orange/yellow flag with the Sikh Khanda symbol on it.			Sangat	The main purpose for Sikhs to visit the gurdwara is to gain sangat, meaning fellowship.
Diwan hall	The room where the Guru Granth Sahib is presented.			Panj Pyare – 'Five Beloved Ones'	The five people who volunteered to die for the faith and became the first members of the Khalsa.
Takhat	Throne in which the Guru Granth Sahib is kept on.			Harmandir Sahib	Also known as the 'Golden Temple', it is the holiest Gurdwara which many Sikhs travel to visit.
Significant Melas					
Vaisakhi	The biggest festival, it is celebrated on the 13 or 14 April. It is celebrated as the birthday of the Khalsa and the beginning of the Sikh New Year. It is the most popular day for people to join the Khalsa. The Nishan Sahib, the Sikh flag, is changed on this day each year.				
Bandi Chor Diwas	This festival commemorates the release of Guru Hargobind and 52 prisoners of conscience, who were released due to the guru's efforts, from unjust imprisonment. The same day as Diwali, it is celebrated with firework displays and speeches.				
Hola Mohalla	Held after the traditional festival of Holi, Sikhs gather to practise their martial arts and display horsemanship. It takes place over three days, with the largest gathering taking place at Anandur Sahib, the birthplace of the Khalsa.				
				Akhand Path	Non-stop reading of the Guru Granth Sahib. It takes 48 hours. A person may read for 2 hours then pass it on.
				Nagar Kirtan	A street procession where Sikh's visit local gurdwaras. The Guru Granth Sahib is taken on a float and hymns are sung.
				Bhangra	A style of dancing that was developed in the Punjab region. It often takes place on Vaisakhi.