



Statement of Sikhi (Sikh Faith)

Sikhs believe in one God, Waheguru (the Supreme Being), and follow the teachings of the Sri Guru Granth Sahib Ji - revelations. Key principles include:

Core Beliefs

1. ***Monotheism***: Belief in one God.
2. ***Equality***: All humans are equal, regardless of caste, creed, or gender.
3. ***Service***: Selfless service (seva) to humanity.
4. ***Honesty***: Truthful living and integrity.
5. ***Compassion***: Showing kindness and empathy.

Salvation

Sikhs believe in achieving spiritual liberation (mukti) through devotion, meditation, and living a righteous life.

The goal is to merge with God's will (Hukam) and break the cycle of birth and death.

Life After Death

- Sikhs believe in reincarnation, where the ethereal body is reborn until it achieves liberation.
- One's actions (karma) in this life influence future births.

Position of Women

- Women are considered equal to men in spiritual and social matters.
- Sikhism rejects gender-based discrimination and encourages women to participate fully in religious and community life.

The Five Ks

The Five Ks symbolise Sikh identity along with Dastar (turban)

1. ***Kesh*** (uncut hair)
2. ***Kanga*** (comb)
3. ***Kara*** (steel wristband)
4. ***Kirpan*** (ceremonial sword)
5. ***Kachera*** (short pants)

Sikhs strive to live a life of spiritual growth, humility, and service, guided by the teachings of their Gurus.

Guru in Sikhi is defined as the divine teaching in human form. The essence of the divine came onto the earth as Satguru Nanak. The divine essence then passed through human forms of the subsequent nine Gurus. The divine essence now resides in Sri Guru Granth Sahib Ji - thus eternal essence of Waheguru as a guide for whole humanity.

Here's an overview of the Sikh position on some concepts:

Judgment Day

Sikhism does not emphasise a specific "Judgment Day." Instead, it focuses on the continuous cycle of birth, death, and rebirth (samsara), where one's actions (karma) determine their future. The ultimate goal is to achieve liberation (mukti) by merging with God's will.



Burial vs Cremation:

Cremation is preferred to earth or water burial but is not absolute.

Sikhi is not attached to the body and believes that the Atma (essence of Waheguru) is in everything things - as in all people equally- the Atma and the Ethereal Body survives the flesh body. The body through cremation returns to the elements (fire, earth, water, air).

Heaven and Hell

Sikhism does not believe in heaven and hell as places of eternal reward or punishment. Instead, it teaches that one experiences happiness or suffering based on their actions (karma) in their current life or future births. The focus is on living a righteous life to progress spiritually and to achieve equipoise in this life. The human life is precious and to be celebrated.

Satan

Sikhism does not have a concept of Satan as a fallen angel or an adversary to God. Instead, it emphasises the internal struggle with negative qualities like ego, greed, and attachment, which can lead one away from God's will. Sikhi emphasises personal responsibility and not to blame any third party for one's actions.

Chosen People

Sikhism rejects the idea of "chosen people." It teaches that all humans are equal and have the same potential for spiritual growth. Salvation is open to everyone, regardless of their background, through devotion and righteous living.

Chosen Language

Sikhism does not emphasize a "chosen language" for divine communication. The Guru Granth Sahib, the Sikh scripture, is written in Gurmukhi script and includes elements of Punjabi and other languages. The focus is on the spiritual message rather than the language itself.

These concepts reflect Sikhism's emphasis on personal responsibility, equality, and the pursuit of spiritual liberation through devotion and ethical conduct.

Maya (illusion): the way the human brain works so that what one believes and perceives is not necessarily factual or objective. Our subconscious mind has multiple programmes operating that were formed over the years from birth and lifetimes. They then shape how we interpret what we experience, the environment, schooling, parenting etc. There are studies that demonstrate the unreliability of witnesses, illusions that trick the mind etc.

Thus, in a simple way Sikhi teaches that the world is an illusion in the sense that we perceive it through limitations of our senses and how the brain functions.

In order to deal with illusion Sikhi teaches that keep it in mind that what we believe and perceive may not be fact or objective truth-this allows one to keep the ego in check which is a product of the subconscious programmes. Sikhi practices of Naam Simran, Kirtan, Paath and reflections on the revelations contribute towards blissful living and breaking down the wall of ego which separates one from realisation of Waheguru whilst alive.

Khanda De Pahul- Khalsa: The goal of Sikhs is to reach a point of internal discipline and strength to become baptised and progress spiritually as the Khalsa.