

THE MOM RULES THAT SIKHS MUST FOLLOW

The Sikhs have to follow a lot of rules in their lives, so it is right to say being a Sikh is pretty hard. First, look at the expectation of the Sikhs. Every Sikh should try to practice the Virtues and avoid the evils.

They must also respect others and treat them equally. They must be loyal to their family as well as to defend the truth, meaning that they should oppose laws or rules they think is wrong. For their religion they have to pray and meditate about God every day. They must study the **Guru Granth Sahib** and follow examples from the ten **Gurus'** teaching.



Did you know that "Sikh" means disciple or student in its language?

Children must also be taught the language of **Punjabi**, the language of the **Guru Granth Sahib**. They should follow their conscience, or the inner voice of God. They must visit the Gurdwara weekly and comb their hair every day. In addition Sikhs should take part in all religious ceremonies. There also should be a special last name for Sikhs given when they are born. For boys it will be Singh, meaning lion, and for girls it will be Kaur, meaning princess. If, in some countries, the child must have another last name from their father's side, then this will be the middle name. The Sikh Baptists, the **Khalsa**, must follow the five K's rule. See *figure 1* for the five K's. The most important rule in daily living is follow the **Rehat Maryada**, which basically includes everything. Sikhs should not cut their hair and beard. Sikhs should not eat meat killed and cooked in a crude way or meat that was prepared in Judaism or Hinduism practices. Sikhs should not gamble or steal, let alone do drugs, smoke or drink alcohol. Sikhs must treat others like their own family and marry to have children. Sikhs must volunteer in their local communities. The last rule is that Sikhs should avoid using euthanasia, which gives you gentle and painless death. See them clearly in *figure 2*. **That should be all the religious rules, daily rules and other rules that Sikh mom blabs to her child.**

Figure 2
Some of the most important rules and beliefs that Sikhs have.



Figure 1
The five K's that Sikh Baptists (the Khalsa) must practice and wear

Definitions

Rehat Maryada- the code of Sikh conduct

Khalsa- the baptized Sikhs

Guru Granth-Sahib- the Sikh holy book

Punjabi- the language that the holy book is written in

Gurus-the Sikh saints

Beliefs on daily living are introduced now. Many Sikhs believe God makes miracles happen, but some don't. Sikhs believe Sikhism is confirmed by science. For example, their Holy book stated 500 years ago that countless galaxies exist, however, we know that it is only recently that astronomy discovered that. One of the sentences that Sikhs memorize is "Honor is determined by deeds." This is written on their Holy book and it helps Sikhs a lot. It reminds them that only if you do good, honest things will you have honor. Violence, in Sikhs' beliefs, is sometimes acceptable. In the Sikh Code of Conduct, it says, "If all peaceful solution failed, draw the sword." From that you can see their opinion. Sikhs also believe that all things are connected, that one thing will lead to another, like the butterfly theory. However high-tech humans are, Sikhs think humans will never understand the universe or



See above for picture

The five K's of khalsa

- Kesh, uncut hair or hair in knot, means living with nature
- Kashaira, shorts, means self-regulation
- Kara, iron or steel bracelet, means a strong bond with God.
- Kirpan, short sword, is the symbol of fighting to protect and choosing between right and wrong.
- Kangha, comb, signifies cleaning heart.

Sikhs think there is heaven or hell after death. People will go to heaven or hell based on their acts in life. If they do good, they go to heaven, and if they do bad, they go to hell. People live many lives in a Sikh's opinion. They live again after heaven or hell and they get another chance in life. But this time people may not be human anymore, they might be reborn as a plant, animal, or even a stone. This process will continue until the person follows God. Then this person will be free from reincarnation and will live forever with God. Some Sikhs think that there is no rebirth, heaven or hell. They think heaven is happiness in their heart, and hell is misery in their heart, like an emotion. They will join God after life if they follow God. This will hopefully give provide more information on the beliefs of Sikhs, including what sikhs believe in daily lives, what they believe is right and their beliefs on God.



What Sikhs think about World

The Sikh religion's beliefs are, in fact, fairly similar to the other religions and beliefs today. That makes it easier to understand and remember for those familiar with them. The most important belief and the foundation of the Sikh religion is of its god. They believe in one perfect God who created everything, and that God is not part of our world. God sees and knows everything and is everywhere. God guides Sikh to make choices by giving them a sense of value, about what is more important and what is not. God has never been born or died and has no family or color in a Sikh's opinion. Sikhs believe they can have a personal relationship with God and they believe if they are ready, God will show himself to them like he showed himself to the ten gurus. This concept of "God" in Sikhism is quite similar to some other religions.

The rights of people that Sikhs believe in is also similar to some country's charter of rights and freedoms. Sikhs believe all people are equal on a planet without borders. All should feel free and work together. People should be able to worship and express their opinions, while able to pursue happiness.

The Sikhs have an interesting belief about suffering. We know that everyone will suffer some sort of misfortune in life and the right attitude to face misfortune may be very important. Well, the Sikhs think that life and suffering is just a test that God gives to test people. It might also be caused by actions last life. They also believe that people are closer to God when they are suffering, because they tend to forget about God when they are too happy.

Internet Connect

<http://www.bbc.co.uk/religion/religions/sikhism/beliefs/beliefs.shtml>

Go here to find out more about Sikh

Did you know that the word "Kashaira" has a lot of different spellings like Kachera?

Tony S

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