

Produced by the Sikh Youths, this leaflet is written to give you an insight into the Sikh spiritual way of life. The Sikhs have lived in Europe for a number of decades, with much of the present generation having been born in the Europe. Even so, most people in Europe know little about the Sikhs. It is hoped that this leaflet will go some way in helping you to understand the Sikhs and their faith, especially during this period, when they will be observing important celebrations.

THE BEAUTY WITHIN

Look within yourself to find the beauty of love. We are all capable of feeling peace, warmth and contentment from within ourselves. It is just a matter of knowing how to tap into the beauty within...

The fundamental belief of Sikhism is that God rests in all our hearts and can be realized by all.

Who is this for??

This article is not about me. It is about you. It is about your beauty. It is about the beauty that lies within you. It is about the hidden secrets that lies within your heart. It is about the 'you' who knows about love, contentment and faith. It is about your faith.

What is Faith ??

There is no point in blindly following some religion or belief. Faith is about you living your life in love with God. It is not about focusing in rituals, priests or fasting.

With grace you can find this love which is within your very being. Faith is about spiritual growth, community spirit and a wish for the well-being of all. You can do away with the periphery rituals, ceremonies and divisions which dominate the lives of so many. If you do not feel that God is with you, talks to you and loves you, then you have strayed from your Beloved.



Who is God ??

God is the One Supreme Being and True Name to be meditated on by all. God is the creator of everything, without fear and hate.

Whereas time effects are existence, God is timeless, unborn and self-existent.

Well, how can you realize God? Only through grace can you be granted union with the Beloved.

This grace is open to you today. Just realize the beauty within.

God is the true spiritual guide in your life. God does not come out on some particular day, but is with you all the time. With this knowledge you will no longer reserve just one day for loving God. You will worship that loving Name with every breath at every second.

Worship through Love

To worship God just love God. This is the essence of faith in God. You will find that your love will also extend to God's creation. You will lose your discrimination and learn to love those around you.

With this love cultivated in your heart you will see the beauty, purpose and gift of life. This world, nature, people, your family and friends, your feelings and goals – these are the true gifts. These are the gifts that God has given you. Think about it.



Worshipping God is a game of Love, an all-powering feeling with experiences never felt before. Love allows you to have an inexpressible feeling of peace, harmony and contentment in your life. No trick or cleverness will allow you to find God. Only

through Love will you meet your Beloved.

Meditate on the beloved.

Love strengthens in meditation. Meditation on the Name of the beloved Lord God. People worship/remember God with different names but ultimately. We all worship the one true Lord, who is the Mother and father of all. Meditation itself is the focusing on the need of love. Sing the Lord's praises. In the holy congregation singing will lead you to spiritual strengthening. Through singing the Lord's praises you can climb those stairs that lead to God's mansion.

Do not waste time with idols or ritual beliefs. Do not believe in celibacy, but celebrate the family life. Rejoice in the responsibility of the family and realize that this is the true path set by God.

Humility

No one is high and no one is low. If God rests in all our hearts, how can we then class and discriminate?

God can be realized and treasured if you destroy all evils within your mind. Meditate on the good in your heart, and destroy that which h plagues your mind.

There are five evils that lie within every soul; anger, lust, greed, attachment and ego. The destruction of these leads to the freeing of the soul and union with God. This liberation is so great that it vibrates in every pore of your body and soul. This is the gift of the human life- union with the Beloved.

Rejecting divisions

There are so many man-made divisions in this world. Reject these divisions. Recognize the whole of humanity as one. If we cannot love each other, then what kind of human being are we? God resides in us all. Do not ask someone their caste, creed or background, but recognize the light of God in them. We spend our lives categorizing others, but forget that they are also human. We all belong to one family.

Tolerance and Diversity

If someone does things differently from us, we begin to discriminate. We cannot stand their culture or religion. What kind of life is this to live? With God's grace we can learn tolerance and accept the diversity in this world. There are many countries, religions, beliefs, cultures and people that fill this world. This is all part of the drama God has created. It is our decision what part we decide to play ...



‘Truth is the highest of all virtues, but higher still is truthful living.’

– (Guru Granth Sahib, pg 62)

Q & A

This April will see Sikhs in Europe and around the world celebrating Vaisakhi and other Festivals.

Q) Who are the Sikhs?

Ans: Sikhs (disciples/students) are the followers of Guru Nanak (b. 1468), the founder of the Sikh way of life. Nine human Gurus (prophet/teachers), succeeded him until Guruship was passed to the spiritual word. Enshrined in the Guru Granth Sahib – the eternal spiritual guide, and the Khalsa, the Sikh people.



Q) What is the Sikh belief?

Ans: There is one God for all of creation, a loving Creator realized through meditation.

Q) Is Sikhism open to all ?

Ans: Sikhism is open to all recognizing and respecting all human beings as equals. As God transcends the boundaries of race, class and gender, so the Sikhs also dismiss such distinctions amongst people.

Q) Is it a practical way of life?

Ans: Yes. Day to day. Sikhs are enjoying to lead moral lives, earn their living through honest work and to share their wealth with others. Sikhs also lead a wholesome family lifestyle, avoiding celibacy or asceticism as a means to reach God.

The Sikh way of life is profoundly egalitarian and democratic, with its adherents believing steadfastly that all people have civil rights, including the freedom of religion and spiritual life.

Q) Sikhism's view on other Faiths?

Ans: Sikh doctrine resonates with the belief that all people have the right to follow their own path to God without condemnation or coercion from others.

Q) What place do women have in Sikhism.?

Ans: Sikhism is clear that there is no difference between the sexes. Both are capable of realizing God. Infact the first Sikh was a Woman.

Guru Nanak was openly opposed to those who considered women inferior. Sikhism has had women as preachers, political leaders, warriors, and taking part in all aspects of the faith from its inception. Women also have a unique religious surname(Kaur- meaning princess), which is kept throughout their life, irrespective of marriage.



Q) What happened on Vaisakhi of 1699 ?

Ans: On this day Guru Gobind Singh, the tenth Sikh guru, established the Khalsa. The Khalsa is the name of the collective body of initiated Sikhs. They are dedicated to living by the high moral standards set by the Guru. Guru Gobind Singh had done away with the priests and middle men, and made the people(both men and women) the ambassadors for the Sikh way of life. Thus, Vaisakhi is a celebration for humanity. It is a time to remember Gods love and trust in us all as human beings. All initiated Sikhs keep the 5K'.

Q) What are the 5K's ?

Ans: These five articles of faith are:-

Kesh – unshorn hair

Kirpan – Sword for defence

Kara – Iron bracelet

Kangha – wooden comb

Kachera – undergarments



Concepts and Institutions

Seva: (Selfless service to others) – This is an integral part of Sikh way of Life.

Gurdwara: (Sikh place of worship) – Everyone is welcome to come to the Gurdwara. A Gurdwara also has a langar hall (free community kitchen and hall).

Langar: (food from the community kitchen) – The community kitchen is open to all. This preserves the Sikh ideal of helping the destitute and poor. The community kitchen is always run by Sevadars(volunteer workers) and the food served is vegetarian.

Did you know?

Over 400,000 Sikh soldiers fought during the first second wars in various parts of Europe including France, Belgium, Uk etc. In total, 83,005 died with 109,045 wounded in battle. With over 14 military crosses(including 4 Victoria Crosses), the Sikh regiments have gone down in history as the most impressive volunteer force ever known.



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Want to know more?

If you want more info on Sikhism, then please contact:

Sikh Society, Netherlands

E-mail: SikhsInHolland@gmail.com