



SIKHISM

What is Sikhism?

Sikh simply means “*seeker of truth.*” Sikh Dharma is a spiritual path for those who are looking to establish an enduring connection to their Divine truth within. Like all spiritual traditions, Sikh Dharma has its lineage and legacy, guidelines and philosophies, its Masters, its saints and history. But primarily, Sikh Dharma offers a down-to-earth spiritual path for every-day people. It doesn't matter what your spiritual orientation is. Or what culture or background you belong to. Any person can do these practices to help them experience their own Divinity and Infinity. Sikhs strive to train the mind and the senses to recognize the Divine Light within oneself and within all of creation and to be of service to others.

A Sikh lives a normal life. Single or married. With children or without. In work life and in social life, as Sikhs we strive to:

- Keep connected to the Divine in our heart with every breath
- Earn our living honestly and to share what we earn with others
- View the interactions of daily life as opportunities to serve

Dr. Kirpal Singh on Sikhism, Part 1 - Click here to watch--> <https://youtu.be/jdl9obqhwpk>

Dr. Kirpal Singh began his overview of the Sikh religion without his first PowerPoint presentation, but soon moved on to show a video of a U.U. Minister, Rev. Lara Hoke, giving a fairly comprehensive introduction to the subject. Following that was more discussion, with several videos included. Our 2nd speaker, Jasbir Singh Bhatia, also spoke about the Sikh concept of Ik Oankar, the original creator/creation of the universe, and its sound or word. (See: Video about Sikhs in England by Karolina Goswami at <https://youtu.be/DkRAJW2g33c> and a short National Geographic video on Holla Mohalla (with English subtitles), which takes place shortly after the Hindu Holi festival: Click: <https://youtu.be/IwFNVUOmH9A>)

Dr. Kirpal Singh on Sikhism, Part 2 - Click here to watch--> <https://youtu.be/VzMkIdzW3dE>

Continuing with the teaching of important Sikh principles, Harminder Singh presented his slides on Sikh faith and the Environment, explaining the importance and reasoning behind Sikhs' deep spiritual interest in the Earth and their commitment to supporting Environmental causes. At the end of the program, after sharing some uplifting music and songs, there was some time for Questions and Answers as well.