



## **GURU JAS ACADEMY BASICS OF SIKHISM (FACTS)**

**SIKHISM** - A WAY OF LIFE - BASED  
ON THE BELIEF OF ONE GOD

**GURU** - TEACHER OR SPIRITUAL  
GUIDE

**SIKH** - LEARNER/STUDENT

## **OUR 11 GURUS**

- 1 GURU NANAK DEV JI
- 2 GURU ANGAD DEV JI
- 3 GURU AMARDAS JI
- 4 GURU RAAMDAS JI
- 5 GURU ARJUN DEV JI

- 6 GURU HARGOBIND SAHIB JI
- 7 GURU HAR RAAE SAHIB JI
- 8 GURU HAR KRISHAN SAHIB JI
- 9 GURU TEGH BAHADUR SAHIB JI
- 10 GURU GOBIND SINGH JI
- 11 GURU GRANTH SAHIB JI

## **PANJ PYAARE (5 BELOVED ONES)**

- 1 BHAI DYA SINGH
- 2 BHAI HIMMAT SINGH
- 3 BHAI MOHKAM SINGH
- 4 BHAI DHARAM SINGH
- 5 BHAI SAHIB SINGH

## **CHAAR SAHIBZAADE (4 SONS OF GURU GOBIND SINGH JI)**

- 1 BABA AJIT SINGH JI
- 2 BABA JUJHAR SINGH JI
- 3 BABA FATEH SINGH JI
- 4 BABA ZORAWAR SINGH JI

### 5 TAKHATS

- 1 SRI AKAAL TAKHAT SAHIB
- 2 TAKHAT SRI KESGARH SAHIB/ANANDPUR SAHIB
- 3 TAKHAT SRI DAMDAMA SAHIB
- 4 TAKHAT SRI PATNA SAHIB
- 5 TAKHAT SRI HAZUR SAHIB

### FIVE GOODS

1. SAT = TRUTH
2. SANTOKH = CONTENTMENT
3. DAYA = KINDNESS
4. DHARAM = FAITH / RELIGION
5. METHRI = FRIENDSHIP

GUN = GOOD DEEDS / ACTIONS

AVGUN = BAD DEEDS / ACTIONS

### FIVE BADS

1. KAM = DESIRE
2. KROD = ANGER
3. LOBH = GREED
4. MOH = ATTACHMENT
5. HANKAAR = EGO

### GURU NANAK'S 3 BASIC PRINCIPLES

- 1 NAAM JAPO - MEDITATE
- 2 KIRAT KARO - WORK HARD AND HONESTLY
- 3 VAND CHHAKEO - SHARE WITH THOSE AROUND YOU

### WAYS TO FIND WAHEGURU JI:

- FIRST WAY IS THROUGH **MEDITATION**, WE FOCUS ON THE ENERGY WITHIN US
- SECOND WAY IS THROUGH DOING **KIRTAN**, WE SING HIS PRAISES
- THIRD WAY IS THROUGH DOING **SEVA**, HELPING OTHERS WHO ARE LESS PRIVILEGED AND IN-NEED. GIVE A DASVAND (FRACTION OF WHAT YOU EARN AND GIVE IT TO SOMEONE WHO IS NEEDY, APPROXIMATELY 10% AS GURU GOBIND SINGH JI HAS INSTRUCTED)
- **ARDAAS** IS A PRAYER THAT CAN BRING YOU CLOSER TO WAHEGURU JI
- WHEN YOU DOING ARDAAS TO WAHEGURU JI, YOU SHOULD MAKE SURE TO TELL WAHEGURU JI YOUR BAD DEEDS/ACTIONS SO HE CAN HELP YOU IMPROVE ON THEM. WAHEGURU JI WILL MAKE YOU A BETTER HUMAN ALL AROUND.
- BY MEDITATING ON **WAHEGURU JI** OR THE **SHABAD**, WE RECEIVE **FOUR TREASURES**
  1. **DHARAM** = DISCIPLINE / RELIGION

2. **ARATH** =  
MONEY/PROPERTY OR  
ANYTHING WITH VALUE
3. **KAAM** = DESIRE  
INCLUDING ANYTHING IN  
THIS WORLD YOU CAN ASK  
FOR
4. **MOKSH** = LIBERATION =  
FREEDOM FROM LIFE AND  
DEATH

- BASIC SIKHISM FACTS::  
**5894** SHABADS, **1430** PAGES  
IN THE GURU GRANTH  
SAHIB, **15** BHAGATS, **3,000**  
SHABADS IN DIFFERENT  
LANGUAGES
- **SAAKHI** = TRUE STORY  
THAT SHARES A TIME FROM  
THE GURU'S - THESE  
STORIES HAVE MORAL  
LESSONS AND SHARE  
PRINCIPLES SO WE CAN  
LEARN AND IMPLEMENT  
THE GURU'S WAY OF LIFE
- THE **5 K'S** GIFTED TO US BY  
**GURU GOBIND SINGH JI**:
  1. **KANGA** - COMB
  2. **KACHHERA** -  
BREACHERS
  3. **KARA** - BRACELET
  4. **KIRPAN** - SWORD
  5. **KES** - HAIR

THE **NINE TREASURES** ARE  
BLESSED ONTO THOSE WHO

RECEIVED THE ULTIMATE  
BLESSING FROM **WAHEGURU JI**

1. **BHAROSA** - FAITH
2. **LEENTHA** - ATTACHMENT  
TO WAHEGURU JI
3. **SANTOKH** -  
CONTENTMENT
4. **NIRLEPTA** -  
DETACHMENT FROM  
WORLDLY PLEASURES
5. **HUKAM** - DIVINE ORDER  
OF ACCEPTING WAHEGURU  
JI'S COMMAND
6. **SAHEJ** -  
EQUILIBRIUM/HOMEOSTASI  
S, BEING AT PEACE
7. Anand  
- joy
8. **VISMAAD** - A STATE OF  
BEING IN WONDER
9. **NADAR** - THE GLANCE OF

GRACE

- THE **18 SIDHS** OR  
SPIRITUAL POWERS ARE  
BLESSED ONTO THOSE  
WHO RECEIVED THE  
ULTIMATE BLESSING FROM  
**WAHEGURU JI**
  1. **ANIMA** - REDUCE  
ONE'S BODY TO THE  
SIZE OF AN ATOM
  2. **MEHMA** - EXPANDING  
ONEM'S BODY TO  
INFINITE LARGE SIZE
  3. **GARIMA** - BECOMING  
HEAVY IN SIZE

4. **LAGHIMA** - BECOMING  
WEIGHTLESS
5. **PARAAPAT** -  
RECEIVING GIFTS
6. **PRAKAMIA** - BEING  
ABLE TO  
TRAVEL/ENJOY WHAT  
EVERYONE ASPIRES
7. **ISHITA** - TO MOTIVATE  
OTHERS
8. **VASHITA** - TO  
CONTROL ONE'S MIND
9. **ANRUAM** - TO  
CONTROL HUNGER
10. **DOOR SHRAVAN** -  
DISTANT HEARING
11. **DOOR DARSAN** - TO  
SEE FAR AWAY
12. **MANUVEGH** -  
SPEED TRAVEL
13. **KAMROOP** - TO  
CHANGE FORM AND  
SHAPE
14. **PARKAYI PARVESH**  
- TO TAKE OVER  
ANOTHER BODY
15. **SAVCHIT MRITYU** -  
TO DIE ACCORDING  
TO YOUR OWN WILL
16. **SURKAREERA** - TO  
BE ABLE TO SPEND  
TIME IN THE  
COMPANY OF GODS
17. **SANKALAP SIDHI** -  
POWER TO GET  
DESIRES FULFILLED

18. **APRAITATH GATH** -  
NO OBSTRUCTION IN  
THE WAY