

# EQUALITY

Sikhs believe strongly in the equality between men and women. That's why both men and women follow the same rules. Have you seen a Sikh woman in a turban before?



## WARRIOR SAINTS

Did you know that Sikhs have their own martial arts called "Gatka"?

That's because Sikhs have a strong warrior heritage. Sikhs believe in **protecting the downtrodden**, whoever they may be. . . .

## WHAT IS A...



# SIKH?!

[www.PremRas.org](http://www.PremRas.org)



## LITTLE TIDBITS:

- "Sikhi" is a religion
- It started in Punjab
- It is the 5<sup>th</sup> largest religion
- There are over 25-30 million Sikhs!

Did you know the "Golden Temple" is a Sikh temple in India that feeds up to 100,000 people per day - for FREE?!



## A FEW BIG FACTS:

1

### Not Hindus or Muslims

Sikhs are often mistaken for being either Hindus or Muslims, because the Sikh faith originates in **Punjab** - a region that crosses over both India and Pakistan. But Sikhs actually have their own separate identity and faith.

2

### One Creator

Sikhs believe in only **one** God or Creator. However, Sikhs do believe that the Creator took 10 human forms in this world, called *Gurus*, and also exists in the holy Word, called "Shabad".

3

### Love for All

"If you don't see God in all, you don't see God at all." Sikhs believe in helping and loving everyone, even people who have different beliefs than them. They also believe everyone is equal, no matter their race, gender, or background.

## DIFFERENT BELIEFS, ONE WORLD

