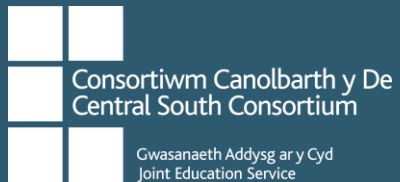


Gweminar Fyw – Sikhiaeth a Sikhi Live Webinar Sikhism and Sikhi



Mewngofnodwch

Sign In

Language: Cymraeg (Y Deyrnas Unedig)

Dyneiddiaeth a Bydolygon Dyneiddiol - DP Gweminar Fyw CCD/ EAS

Manylion Cyswllt Mynychwyr rhanbarthau CCD/ EAS

1. Enw llawn

Enter your answer



Sikhism and Sikhi Worldviews - Live Webinar PL CSC/ EAS

Contact Details for CSC/EAS regions attendees

1. Full name

Enter your answer

Amcanion:

- Datblygu hyder a gwybodaeth pwnc ymarferwyr am fydolygon Sikhiaeth a Sikhi
- Datblygu ymwybyddiaeth o'r amrywiaeth a'r plwraliaeth o fewn Sikhiaeth e.e. enghreifftiau o brofiadau bywyd
- Datblygu ymwybyddiaeth ymarferwyr o gyfleoedd posibl i ddatblygu profiadau dysgu dilys yn CGM sy'n ymwneud â Sikhiaeth a Sikhi
- Darparu mynediad at adnoddau a deunyddiau i ddatblygu gwybodaeth ymarferwyr am Sikhiaeth a Sikhi ymhellach, fel ymarferydd CGM

Aims:

- Develop practitioner confidence and subject knowledge about Sikhism and Sikhi worldviews
- Develop awareness of the diversity and pluralism within Sikhism e.g. examples of lived experiences
- Develop practitioner awareness of possible opportunities to develop authentic learning experiences in RVE relating to Sikhism and Sikhi worldviews
- Provide access to resources and materials to further develop practitioner knowledge of Sikhism and Sikhi worldviews, as a practitioner of RVE

Terminoleg

- ‘Sikhaeth’ - ‘enw’. Mae'r term hwn yn amlinellu rhestr o gredoau a ddilynir gan Sikhiaid.
- ‘Sikhi’ – ‘berf’. Mae'r term hwn yn golygu ‘i ddysgu’. Dysgu a datblygu trwy brofiadau.

Terminology

- ‘Sikhism’ - a ‘noun’. This term outlines a list of beliefs followed by Sikhs.
- ‘Sikhi’ – a ‘verb’. This term means ‘to learn’. To learn and develop through experiences.

Data Sikhi ar gyfer y DU a Chymru

- Cyfrifiad 2021 – roedd 524,000 o Sikhiaid yn byw yng Nghymru a Lloegr. 0.9% o'r boblogaeth.
- I fyny 24% ers 2011
- 4048 Sikhiaid yng Nghymru 0.1% o'r boblogaeth
- Cynnydd o 36.7% ers 2011
- Punjab (talaith gogledd India) sydd â'r boblogaeth uchaf o Sikhiaid
- Yna Canada a'r DU

Sikhi Data for the UK and Wales

- Census 2021 – 524,000 Sikhs lived in England and Wales. 0.9% of the population.
- Up 24% since 2011
- 4048 Sikhs in Wales 0.1% of the population
- Up 36.7% since 2011
- Punjab (the northern India state) has the highest population of Sikhs
- Then it's Canada and the UK

Cyflwyniad/Introduction



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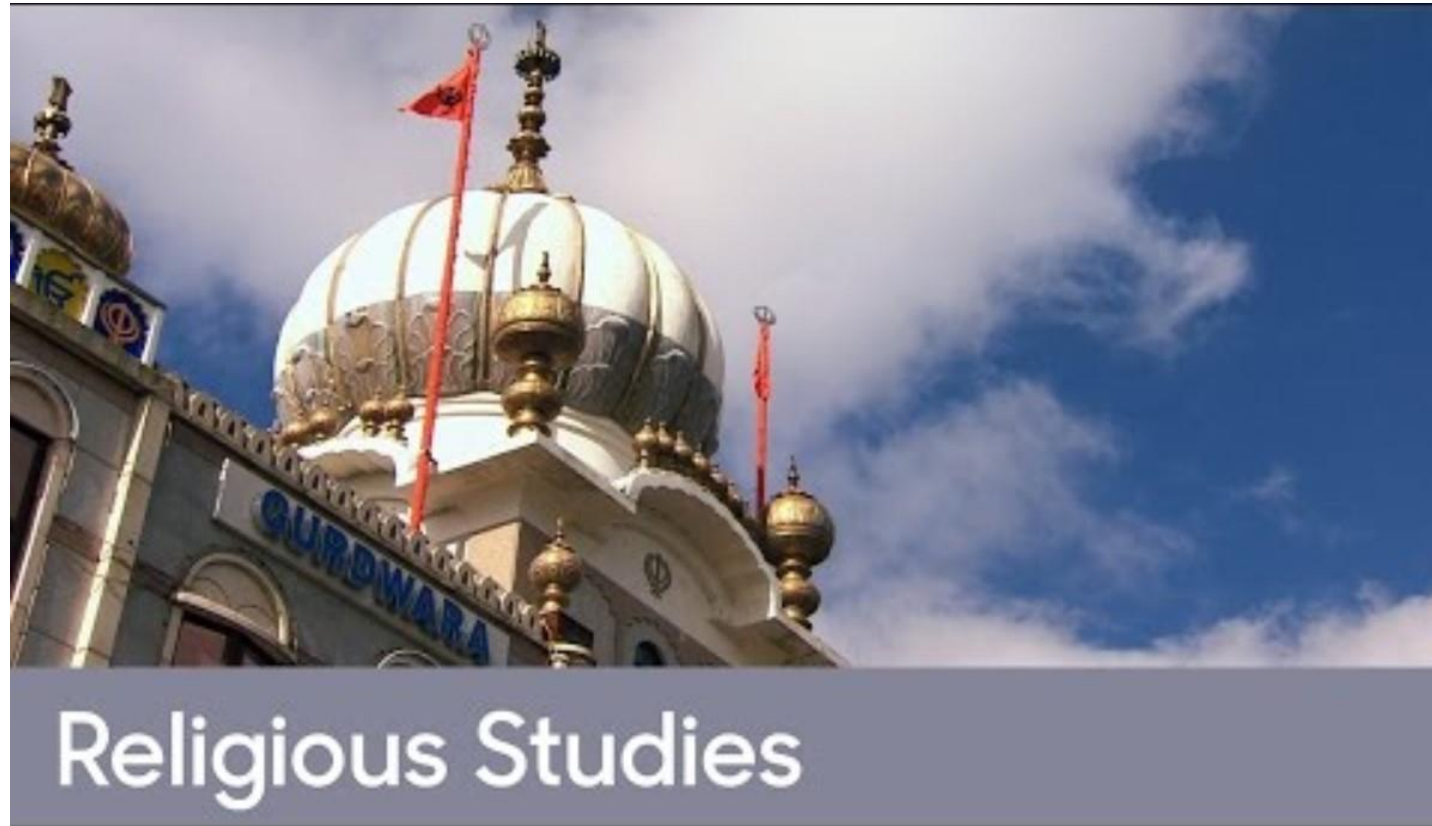
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Cyflwyniad/Introduction



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Cyflwyniad/Introduction

Sikhism is the name of the religion, and its followers are known as Sikhs.

Sikhs believe in one God called **Waheguru** which means 'Wonderful Lord' or 'Wonderful Teacher'. Sikhism has approximately 27 million followers worldwide, with about 83% of Sikhs living in India. Over 430,000 Sikhs live in the UK.



Cyflwyniad/Introduction



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Rhai Credoau Allweddol

Some Key Beliefs

**Undduwiaeth
Monotheism**

Waheguru
*(Duw neu Arglwydd
rhyfeddol).* **Waheguru**
(Wonderful God or Lord).

**Mool/Mul
Mantra**

Gurhmuk

**Creawdwr
Creator**

**Yr Ochr Draw
The Afterlife**



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The lines of the Mool Mantra are as follows:

Punjabi	English	Meaning
Ik Onkar	There is only one God	God is One, though there are different paths to experiencing the one God.
Sat Naam	Truth is his name	God's name is Truth. God is True. Naam can be compared to a jewel or treasure.
Karta Purkh	He is the Creator	God caused the universe and everything in it to exist. God keeps the universe going, sustaining it.
Nir Bhau	He is without fear	God has no rivals. God is sovereign. Nothing can harm or threaten God.
Nir Vair	He is without hate	God loves creation and judges fairly.
Akaal Moorat	He is immortal, without form	God is not tied down by time. God is beyond time. Time is God's servant, not God's master. God is neither male nor female.
Ajooi	He is beyond birth and death	God was not born (unborn) and will not die.
Saibhang	He is self-illuminated (self-existent)	God is not dependent upon anything. God just is.
Gur Parsaad	He is realised (made known) by the kindness of the true Guru	A person cannot get to God by their own efforts. God has to open their eyes first. God offers this knowledge freely, by grace, so that someone who dedicates their life to learning and understanding God through the teachings of the Gurus can come to know God.

Some Sikhs believe Mool Mantra does not end at Gur Parsaad and instead

Rhai Credoau Allweddol

Some Key Beliefs - Il Onkar



[Link](#)

Rhai Credoau Allweddol - Duw fel Creawdwr

“Yn y coedwigoedd, y meysydd a'r mynyddoedd, Ef yw'r Arglwydd Dduw Goruchaf. Fel y mae Efe yn gorchymyn, felly y gweithreda Ei greaduriaid. Mae'n treiddio trwy'r gwyntoedd a'r dyfroedd. Mae'n treiddio i'r pedwar cornel ac yn y deg cyfeiriad. Hebdo Ef, nid oes lle o gwbl ... Daeth y greadigaeth gyfan oddi wrth Dduw ... Mae Ef Ei Hun yn treiddio i bob man.”

— Guru Granth Sahib 294

Some Key Beliefs - God as Creator

“In the forests, fields and mountains, He is the Supreme Lord God. As He orders, so do His creatures act. He permeates the winds and the waters. He is pervading in the four corners and in the ten directions. Without Him, there is no place at all... The entire creation came from God... He Himself is Himself pervading everywhere.”

— Guru Granth Sahib 294



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Rhai Credoau Allweddol - Gurmukh

“Bydd un sy'n cyflawni gwasanaeth anhunanol, heb feddwl am wobwr, yn cyrraedd ei Arglwydd a'i Feistr.”

— Guru Granth Sahib 286



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Some Key Beliefs - Gurmukh

***“One who performs selfless service,
without thought of reward, shall attain
his Lord and Master.”***

— Guru Granth Sahib 286



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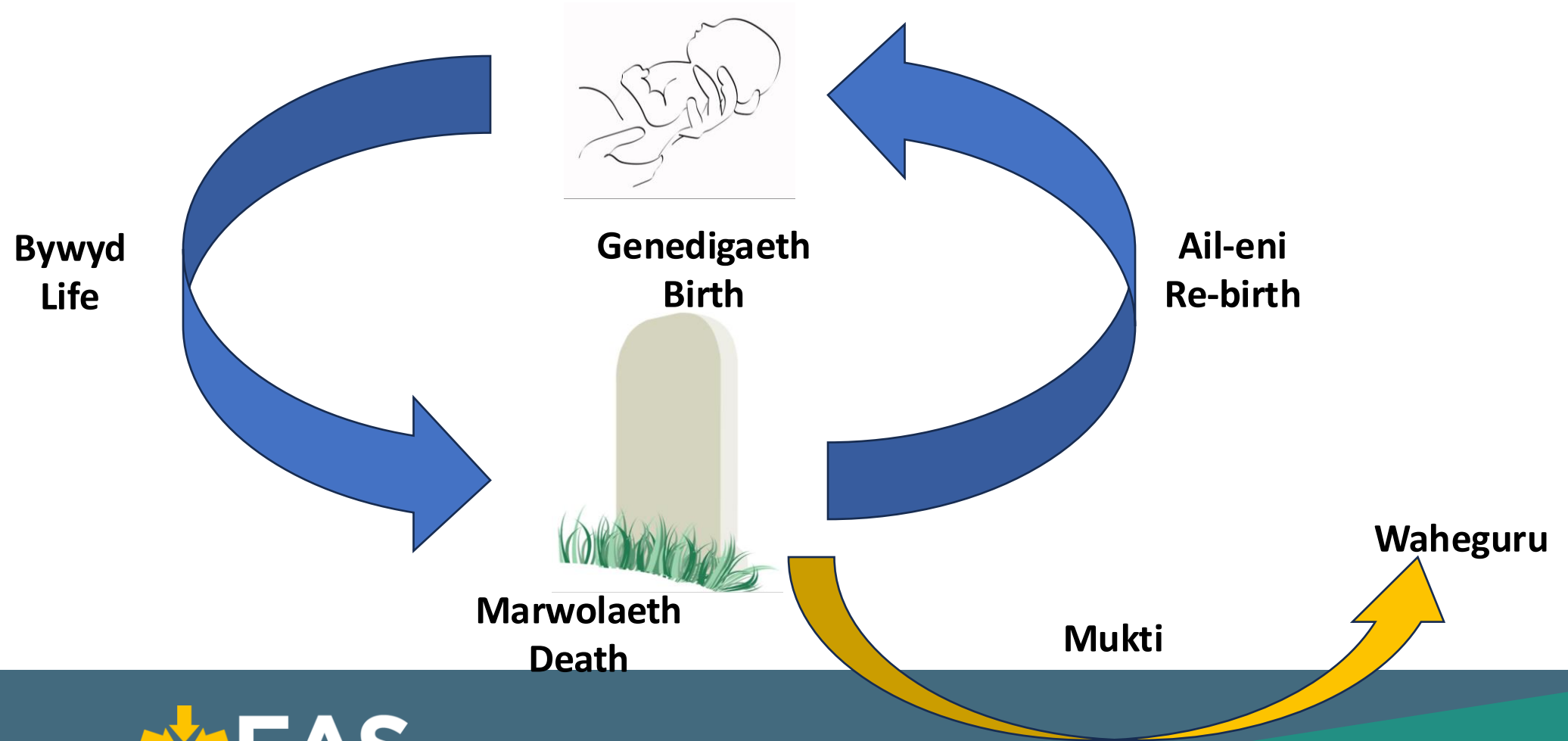


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Rhai Credoau Allweddol – Yr Ochr Draw

Some Key Beliefs – The Afterlife



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Rhai Gwerthoedd Allweddol – Undod y Ddynoliaeth

Some Key Values – Oneness of Humanity

***“Os bydd cardotyn yn gweiddi wrth y drws,
mae'r Meistr yn ei glywed yn ei blasty. Pa un a
yw Efe yn ei dderbyn ai yn ei wthio ymaith,
Rhodd Mawredd yr Arglwydd ydyw.
Adnabyddwch Oleuni'r Arglwydd o fewn pawb,
ac nac ystyriwch ddosbarth na statws
cymdeithasol; nid oes unrhyw ddosbarthiadau
na chastau yn y byd o hyn ymlaen”***

— Guru Granth Sahib 349



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Some Key Values – Oneness of Humanity

“If a beggar cries out at the door, the Master hears it in his mansion. Whether He receives him or pushes him away, it is the Gift of the Lord’s Greatness. Recognise the Lord’s Light within all, and do not consider social class or status; there are no classes or castes in the world hereafter”

— Guru Granth Sahib 349



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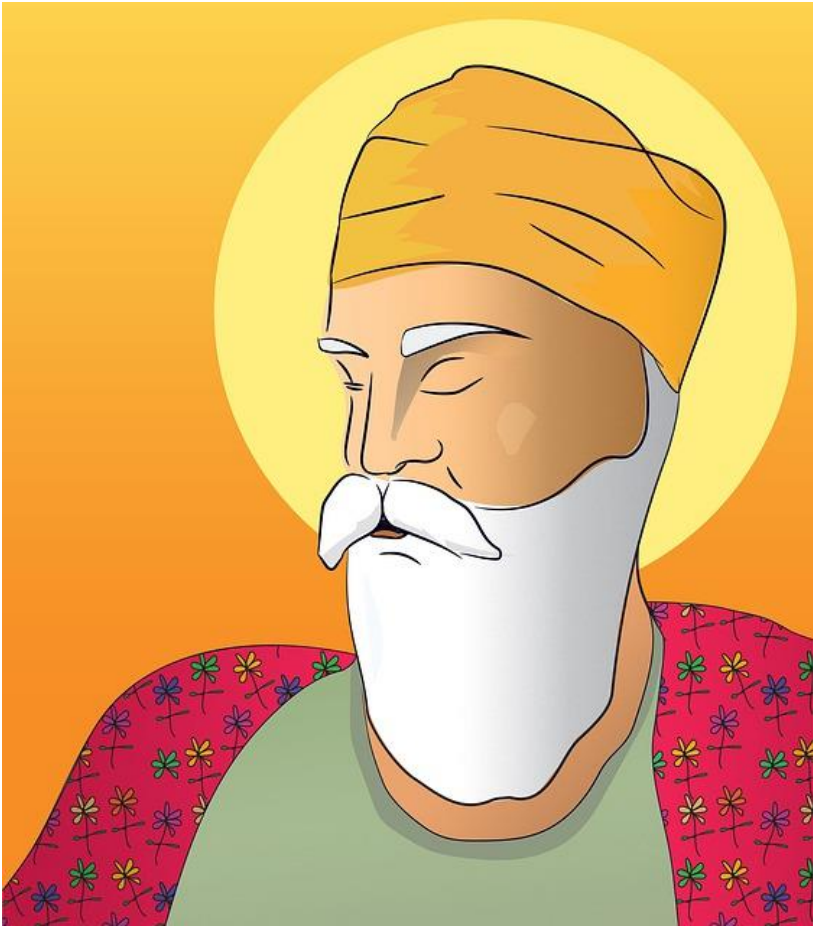


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Sikhi - Rhai Gwerthoedd Allweddol – Gwrws a Chydraddoldeb

Sikhi - Some Key Values – Gurus and Equality



Rhai Gwerthoedd Allweddol – Y Sangar a’r Sewa

Some Key Values – The Sangat and Sewa

**“Dangoswch i mi y Llwybr, O Saint. Sut alla i gwrdd â Duw?
Rwy'n cysegru fy meddwl iddo ac yn ymwrthod â'm ego.
Dyma'r Llwybr a gymeraf. Gan ymuno â'r Sat Sangat, y Gwir
gynulleidfa, yr wyf yn gwasanaethu fy Arglwydd a Meistr yn
barhaus. Cyflawnir fy holl obeithion; mae'r Guru wedi fy
arwain i Blasty Presenoldeb yr Arglwydd. Ni allaf feddwl am
neb mor fawr â Thi, fy Nghyfaill, Arglwydd y Byd.”**

— Guru Granth Sahib 1098

Some Key Values – The Sangat and Sewa

“Show me the Path, O Saints. How can I meet God? I dedicate my mind to him and renounce my ego. This is the Path which I shall take. Joining the Sat Sangat, the True Congregation, I serve my Lord and Master continually. All my hopes are fulfilled; the Guru has ushered me into the Mansion of the Lord’s Presence. I cannot conceive of any other as great as You, O my Friend, O Lord of the World.”

— Guru Granth Sahib 1098

Rhai Gwerthoedd Allweddol – Sewa – ‘Gwasanaeth Anhunanol’

Some Key Values – Sewa – ‘Selfless Service’



Tan	Physical aspect of sewa	This involves physical work and tasks to show selfless service. For example, these could be cooking or serving in the langar or cleaning the gurdwara.
Man	Mental aspect of sewa	This involves Sikhs using their mental skills and talents. For example, they could teach people how to read or understand the Guru Granth Sahib, teach people how to play the musical instruments used during worship or teach people about the history of Sikhism.
Dan (sometimes also spelled 'dhan')	Material aspect of sewa	This involves Sikhs selflessly helping others by sharing their material wealth. This could be donating one tenth of their income to the sangat, which is known as daswandh. It could also involve helping others in times of financial difficulty, giving to charity or giving money to the poor.

Creadigaeth y Khalsa

The Formation of the Khalsa



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Sikhi – Ymarferion – Y 5 K

Sikhi - Practices – The 5 Ks



Religious Studies



Sikhi – Ymarferion – Y 5 K

Sikhi – Practices – The 5 Ks



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Sikhi – Ymarferion – Y Gurdwara

Sikhi – Practices – The Gurdwara



Sikhi – Ymarferion – Y Gurdwara

Sikhi – Practices – The Gurdwara



Charlie and Blue Go to a Gurdwara – Zippity-zip, let's go on a trip! Charlie and her favourite soft toy (and best friend) Blue go to a Gurdwara where they meet Pawandeep to find out how Sikhs show that everyone



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Sikhi – Ymarferion – Y Gurdwara

Sikhi – Practices – The Gurdwara



Sikhi – Ymarferion – Y Gurdwara

Sikhi – Practices – The Gurdwara



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Sikhi – Ymarferion – Y Guru Granth Sahib Ji– Practices – The Guru Granth Sahib Ji



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Sikhi – Ymarferion – Y Langar

Sikhi – Practices – The Langar



Sikhi – Ymarferion – Addoli

Sikhi – Practices – Worship



Sikhi – Ymarferion – Defodau Newid Byd

Sikhi – Practices – Rites of Passage



Sikhi – Ymarferion – Defodau Newid Byd

Sikhi – Practices – Rites of Passage



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Sikhi – Ymarferion - Gwyliau Sikhi yn y DU

Sikhi – Practices – Festivals in Sikhi the UK



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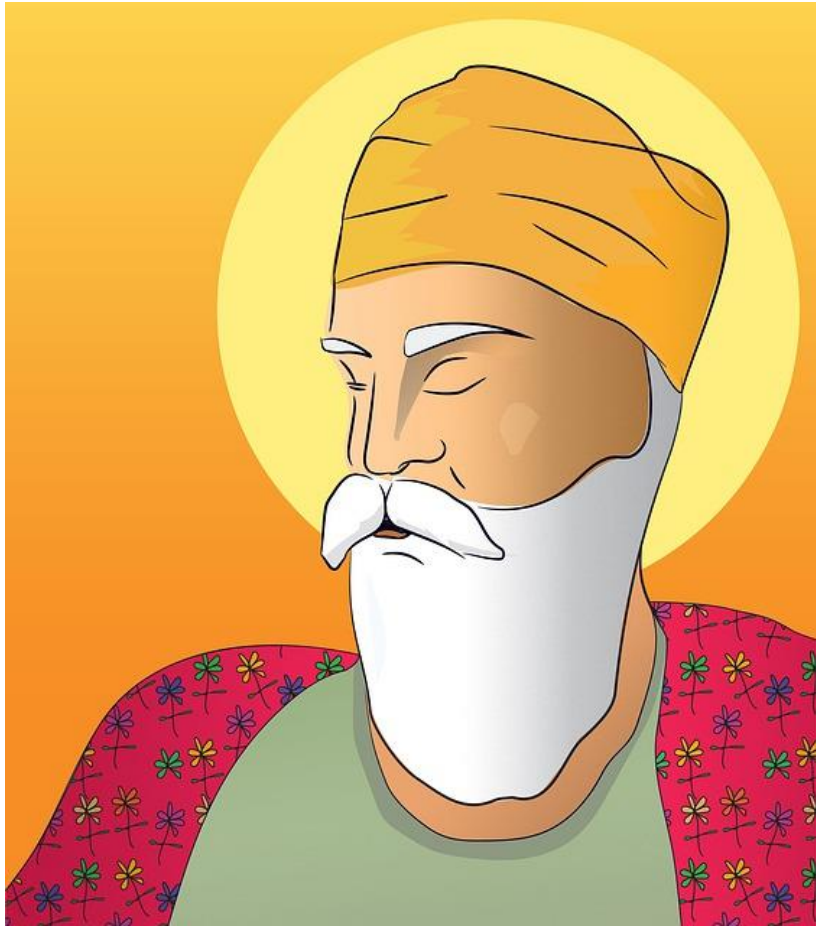


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Sikhi – Arferion – Gwyliau - Gurpurbs

Sikhi – Practices – Festivals - Gurpurbs



Sikhi – Arferion – Gwyliau Diwali/Divali

Sikhi – Practices – Diwali/Divali Festivals



Sikhi – Arferion, Gwyliau yn y DU - Vaisakhi

Sikhi - Practices – Festivals in the UK - Vaisakhi



Ymarferion Sikhi - Pererindod

Sikhi Practices – Pilgrimage



Ymarferion Sikhi - Vand Ke Shakna

Sikhi Practices – Vand Ke Shakna



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Sikhi – Byw/ Profiadau Bywyd

Sikhi – Living/Lived Experiences



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Sikhi – Byw/ Profiadau Bywyd

Sikhi – Living/Lived Experiences



Sikhi – Ymarferion - Straeon

Sikhi – Practices – Stories



Sikhi – Ymarferion - Straeon

Sikhi – Practices – Stories



Sikhi – Practices - Research

'On practising Sikh spirituality in reciting the Japji Sahib (morning prayers) or other Bani (scripture), the majority of Sikhs in this survey practised it. Nearly 84 per cent of respondents said that they recited those prayers or scripture with frequency ranging from everyday to when they needed to. Only 16 per cent never practised this part of Sikh spirituality.'

(British Sikh Report 2020, page 17)

Sikhi – Practices - Research

'On practising Sikh spirituality in reciting the Japji Sahib (morning prayers) or other Bani (scripture), the majority of Sikhs in this survey practised it. Nearly 84 per cent of respondents said that they recited those prayers or scripture with frequency ranging from everyday to when they needed to. Only 16 per cent never practised this part of Sikh spirituality.'

(British Sikh Report 2020, page 17)

Sikhi - Diversity and Pluralism



- What are 'shared' with Sikhs? (similarities/commonalities)
- What are distinctive/different/diverse/pluralistic?
- Consider beliefs, practices, values, ethics, philosophies, theologies, sources of authority/wisdom/lived experiences etc...

Sikhi - Diversity and Pluralism

Bhatra Sikhs

Ramgarhia Sikhs

Amritdhari Sikhs

Sahajdhari Sikhs

Sikhi – Some Key Vocabulary



Adi Granth - The first collection of Sikh scripture.

Amrit - Sanctified liquid made of sugar and water.

Baba Budha - A close friend of Guru Nanak who anointed the next five Gurus.

Baoli - Wells where the water can be reached by going down steps.

Dharam yudh War fought in defence of righteousness.

Five Ks (panjkakke) The symbols of belonging to the khalsa (kesh – uncut hair; kangha – special comb; kara – steel bangle; kirpan – sword; kachera – under-shorts).

Gurdwara - Sikh place of worship.

Gurmukh - God-centred, one who lives by the Guru's teaching.

Guru Amar Das - The third Sikh Guru.

Guru Gobind Singh - The tenth Sikh Guru and founder of the khalsa.

Guru Granth Sahib - The Sikh holy book, regarded as the living Guru.

Guru Har Gobind - The sixth Sikh guru.

Guru Har Rai - The seventh Sikh Guru.

Guru Nanak - The first Guru and founder of Sikhism.

Karma - Actions or deeds, often called the law of cause and effect.

Khalsa - The community of initiated Sikhs.

Khudai Khidmatger - Sikh pacifist organisation.

Langar - The gurdwara dining hall and the food served in it.

Manmukh - Self-centred, human centred (the opposite of gurmukh).

Mati Sahib Kaur - The wife of Guru Gobind Singh who mixed the amrit for the first initiation ceremony.

Mukti - Liberation from the cycle of birth, life, death and rebirth.

Paryushana Parva - Sikh festival of fasting, friendship and forgiveness.

Punjab - The area of India in which Sikhism originated.

Rahit Maryada - The Sikh code of discipline (regulations on how to live as a Sikh).

Samsara - The eternal cycle of birth, life, death and rebirth.

Ten Gurus - The ten human Gurus beginning with Guru Nanak and ending with Guru Gobind Singh.

Ymgysylltiad beirniadol!

Critical engagement!



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Hindu Dharma – Myfyrdodau/Reflections

- Bylchau yn eich gwybodaeth a'ch dealltwriaeth gyfredol?
- Ydych chi'n cynllunio ac yn cyflawni ar gyfer Sikhiaeth amrywiol a phluraliaethol?
- Beth yw'r 'enillion cyflym' i chi a'ch cynllunio/dysgwyr?
- Gaps in your current knowledge and understanding?
- Are you planning and delivering for diverse and pluralistic Sikhism?
- What are the 'quick wins' for you and your planning/learners?

Yn y 'Sgwrs' TEAMs

In the TEAMs 'Chat'

- Hoffais...
 - Byddwn i wedi newid...
 - Rwy'n cymryd hyn o'r sesiwn...
- I liked...
 - I'd have changed...
 - My take-aways are...

Sikhi - Y Camau Nesaf?

Sikhi – Next Steps?



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Gwerthusiad

Ymarferwyr **CCD** i Sganio'r Cod QR hwn:

COD: **E24102**



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**Rhannwch eich barn am
y digwyddiad heddiw**

**Share your feedback on
today's event**

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**Pen-y-bont, Caerdydd, Merthyr Tudful, Rhondda,
Cynon Taf a Bro Morgannwg**

Ymarferwyr **GCA** i Sganio'r Cod hwn:



**Blaenau Gwent, Caerffili, Sir Fynwy, Casnewydd a
Thorfaen**

Evaluation

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Cysylltwch â ni - Contact Us

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