



New Knowledge

What do Sikhs believe about God?

Sikhs believe that there is only one God, who created everything. They believe that **Waheguru** must remain in the mind at all times. **Sikhism** is a way of life, and so Sikhs' beliefs reflect their actions on a daily basis and bring them closer to **Waheguru**.



Who was Guru Nanak?

Guru Nanak, (1469 – 1539) was an Indian spiritual teacher who was the first **Guru** of Sikhism, a **monotheistic** religion that combines Hindu and Muslim influences.



How is the life of a significant religious figure important to believers?

The most famous teachings attributed to **Guru Nanak** are that there is only one God, and that all human beings can have direct access to God with no need of rituals or priests. His most radical social teachings denounced the caste system and taught that everyone is equal, regardless of caste or gender.

How did Guru Nanak spread his teachings?

The First Udasi of Guru Nanak. In the Sikh faith, the udasis of **Guru Nanak** were his travels on foot across thousands of kilometers to spread his teachings of compassion, equality and kindness. During the first udasi, **Guru Nanak** travelled across modern Pakistan.

