



Enquiry Question: Do Sikhs think it is important to share?

Key Vocabulary	Meanings
Vand Chakna	To share with others who are less fortunate.
Langar 	Langar is the shared meal that is offered free to anyone, Sikh or non-Sikh, after each service of worship at the Gurdwara. Everyone is seen as equal through the sharing of Karah Parshad and the Langar.
Vasaikhi Festival 	Vaisakhi celebrates the founding of the Khalsa (Sikh community) and introduction of the five K's. During celebrations Sikhs take down the Sikh flag before cleaning the flag pole with natural yoghurt, wrapping it with new cloth and putting the flag pole back up.
Bandi Chhor Divas 	The Sikh festival of Bandi Chhor Divas celebrates Guru Hargobind being released from prison along with 52 prisoners and sharing his freedom. Sikhs share through giving gifts and their celebrations.
Sharing	To let someone else have or use a part of something that belongs to you.
Guru Granth Sahib	The Sikh holy book.
Karah Parshad	A sweet pudding that is shared with worshippers in the prayer hall.
Nishan Sahib	Sikh triangular flag made of cotton or silk cloth, with a tassel at its end.
Community	A group of people living in the same place or having a particular characteristic in common.

Sikhs believe that:
The Sikh holy book, the Guru Granth Sahib, gives three rules to live by. One of these is to share with the needy whatever you can spare. These rules are important, as God gave them the rules and they are respecting God by doing these things.



Celebrations at Vaisakhi

During Vaisakhi, the Nishan Sahib is taken down and replaced with a new flag. The flagpole is taken down and washed in milk and yoghurt and then water. This is to symbolise cleanliness and purity. People wear special and colourful clothes. Services are held at Gurdwaras and people share special food with family and friends.



The story of Guru Hargobind and the 52 Rajas (Kings)

During the time of the sixth Guru, Sikhi was becoming a fast growing religion. This worried some people and they told Emperor Jahangir that Guru Hargobind was plotting against him. Emperor Jahangir had Guru Hargobind imprisoned in the Gwalior Fort. When Guru Hargobind reached the fort, he wasn't alone. He found Emperor Jahangir had also imprisoned 52 Rajas (Kings) there. Guru Hargobind found that the 52 Rajas (Kings) weren't being very well looked after. He helped the prisoners and gave them hope. Eventually, Emperor Jahangir ordered Guru Hargobind's release. The sixth Guru refused to leave, unless the other 52 prisoners could also be freed. Thinking he was being clever, Emperor Jahangir decided to release each prisoner who could hold on to the Guru's clothes. Guru Hargobind had a special cloak made, it had 52 tails. Each prisoner held a tail and so, because they were all holding on to the Guru's cloak, all 52 Rajas (Kings) walked free from the prison.

Celebrations at Bandi Chhor Divas

Sikhs celebrate Bandi Chhor as a day of reflection on how we can all learn from this story the values of compassion, selflessness and the importance of community cohesion and helping others regardless of background, religion or any other characteristics.





Enquiry Question: How do Jewish beliefs, teachings and stories impact on daily life?

Key Vocabulary	Meanings
Kashrut	Jewish dietary laws from the Torah.
Kosher	Food which is allowed (permitted).
Parev	Neutral foods which are NOT meat or dairy but can be eaten with either meat or dairy including items like fruits, vegetables and grains.
Pesach	Commemorates the night the angel of death passed over Israelite houses.
Seder	Pesach meal: Parsley (Karpass), egg, shank bone (Zro'a), bitter herb (Marror), Charoset (a mixture of chopped apples or dates, nuts, cinnamon and wine).
Mitzvot	Jewish commandments or good deeds.

Kashrut: Food laws. These rules are contained within the mitzvot (613 laws or commandments) which can be found in the Torah. Following these food laws shows obedience to God and self-control.

Food that is allowed is **called kosher:** land animals must have cloven (split) hooves and must chew the cud, meaning that they must eat grass (so a rabbit is not kosher because of its feet). Seafood must have fins and scales. Eating shellfish is not allowed. It is forbidden to eat birds of prey. Only clean birds, meaning birds that do not eat other animals, can be eaten. Poultry is allowed. Meat and dairy cannot be eaten together.

Passover (or Pesach in Hebrew – pronounced pay-sach) is an annual Jewish festival that takes place in spring. Families share a Seder meal together. The story of Moses as a baby (taught in F1) is revisited and how he spoke to the Pharaoh on behalf of the Israelites. It is not necessary to go into the 10 plagues in depth although they are visually represented. For the final plague, the eldest son in every family, including the Pharaoh's, died. The Israelites marked their doorposts with lamb's blood so that they would be safe. God could 'pass over' their houses and spare them.



Jews who follow these dietary rules cannot eat cheeseburgers for example, because that would be meat and dairy together. Often this rule is extended further, so that people wait up to six hours after eating meat before they eat dairy. Vegetables are Parev but have to be washed carefully to ensure that no insects are hiding inside as to eat them is not Kosher.

Orthodox Jews try to keep all the rules of kashrut. Some even have separate utensils and perhaps fridges for the preparation and storage of meat and dairy products.

Reform Jews may choose to observe all of the kashrut; however they believe this is down to personal choice. Jews remember Pesach by eating a meal with the same symbolism.

It says in the Torah: do not boil a kid in its mother's milk (Exodus 23:19) so many Jews now extend this to not eating dairy and meat at the same time. Pesach remembers when God sent plagues to Egypt because the Pharaoh would not release the Israelites from slavery. Every first-born son died, apart from the Israelites' who had painted red marks on their doors with lamb's blood, so the Angel of death passed over their houses.



Enquiry Question: How can Brahman be everywhere and in everything?

Key Vocabulary	Meanings
Puja	A worship ceremony that Sanatanis perform to show respect to God, often with offerings, prayers, and rituals.
Arti	A part of Sanatani worship where lighted lamps are waved in front of a deity while prayers or songs are said.
Karma	The belief that a person’s actions (good or bad) affect their future, including their next life.
Dharma	A person’s duty or the right way to live according to their role in life and moral principles.
Deity	A god or goddess; a divine being that Sanatanis worship.
Aum	A sacred sound and symbol that represents the beginning of the universe and Brahman.
Essence	The most important, basic, or true nature of something; in Sanatana Dharma, the Atman is the essence of a person.

Brahman

Sanatanis believe in a universal soul or God called Brahman. They believe Brahman is everywhere and in everything. Sanatanis worship Brahman through different deities, which show different qualities of Brahman, such as kindness, power, or wisdom. Sanatanis use images and objects (often called murtis) to portray God. They do not worship the images or objects themselves but worship Brahman through them.

Trimurti

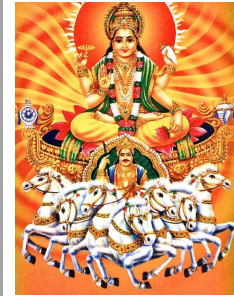
The Trimurti means “having three forms” and describes the three main aspects of Brahman: Brahma the creator, Vishnu the preserver and Shiva the destroyer or transformer. These three forms help Sanatanis understand how Brahman creates, protects, and changes the universe.

Atman

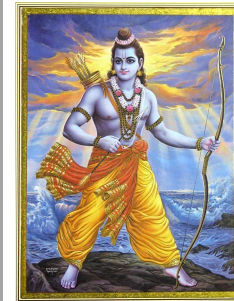
Sanatanis believe that there is a part of Brahman in everyone and this is called the Atman. The Atman is the true self or soul. When a person reaches moksha (liberation), they understand that their Atman is connected to Brahman. Sanatanis believe Brahman can be present in everything, from the seeds of plants to the flowing waters of the River Ganges.



Saraswati - Goddess of knowledge, music and the arts, wife of Brahma, often depicted sitting on a white lotus flower playing a veena which is a long-necked stringed instrument.



Surya - God of the sun so often shown with a bright light behind. Can be shown being pulled by horses on a chariot.

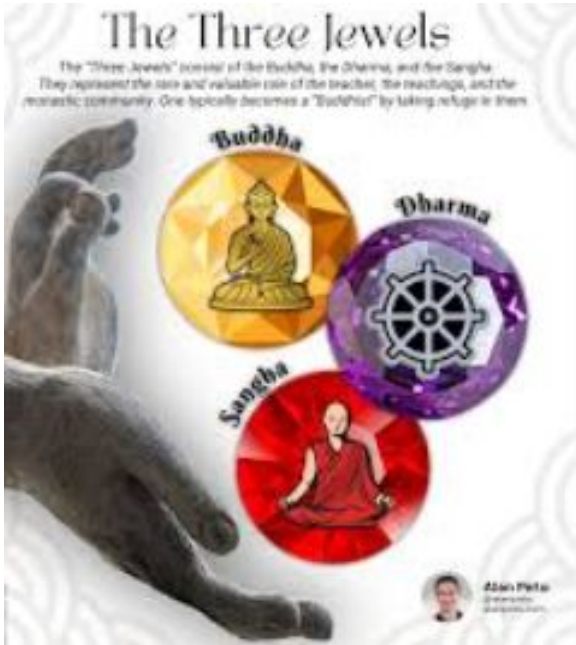


Rama - An avatar of Vishnu. He was the hero of the story of the Ramayana where he defeated the evil one and rescued his wife. Can be shown with long hair and a bow with arrows in a quiver over his shoulder.



Krishna - An avatar of Vishnu. Usually shown as a young person or child. He can be known to be a little bit mischievous and play tricks on people. Often shown playing a flute.

Key Vocabulary	Meanings
Jewel	Something precious or of value.
Refuge	A safe place in a time of trouble.
Buddha	An enlightened being.



The Three Jewels (Refuges)

Many Buddhists believe in the Three Jewels, also called the Three Refuges. These are the three most important guides in Buddhism:

The Buddha (yellow jewel)

It reminds Buddhists that the Buddha was a man who worked hard to achieve enlightenment. Many Buddhists think his actions and teachings should be followed in order to achieve enlightenment.

The Dhamma (blue jewel)

The Dhamma refers to Buddhist teachings and often the teachings of the Buddha himself. It is about overcoming dissatisfaction or suffering, which Buddhists call dukkha. They reveal how a Buddhist should live their life so they can hopefully gain enlightenment and overcome the Three Root Poisons - Greed, Ignorance and Hatred.

The Sangha (red jewel)

Sangha is the community of Buddhists from all over the world. Sangha includes everyone who has promised to follow the teachings of the Buddha by trying to act in a way that reduces suffering and 'fights' the Three Root Poisons.

Some Buddhists believe they should live in society and try to achieve enlightenment by leading a good life and helping others. These often include Mahayana Buddhists (one of the main schools of thought in Buddhism). Some other Buddhists believe they should separate themselves from society. They would join monasteries and devote their lives to enlightenment by personal meditation. These are often followers of Theravada Buddhism, another main school of thought.

As Buddhism spread to different parts of the world, different groups and traditions developed. These groups sometimes have different beliefs and practices. Some differences happened because of where in the world Buddhism travelled. As religions and worldviews move from their original place, they often pick up new ideas from the cultures they meet. These ideas can blend together, creating new traditions. This shows that religions and worldviews are not fixed - they change over time.