

Amandeep story script - Primary

Hi, my name is Amandeep. Amandeep is a Sikh name: '*Amman*' means '*peace*' and '*deep*' means '*light*'. My middle name is Kaur which is a Sikh name that is given to all girls when they are born. In the modern world it means '*princess*'. Boys were given the name Singh which means '*lion*'. These names were seen as powerful names and were given to recognise that men and women have physical differences (our bodies may be different) but they were both powerful names. That showed that both men and women should be seen as equal in having equal power, equal rights and equal respect.

I was raised Sikh and I still follow the Sikh faith. Sikhism is a faith that originated in India but now has followers all around the world. The word *Sikh* means '*to learn*' and in the Sikh faith we have gurus who are teachers (*Guru* means teacher).

There were 10 gurus who helped teach people about Sikh values. After the 10th guru, the new guru was to be a Holy book called '*Guru Granth Sahib*' which is what is recited when Sikhs pray.

I am a moderate Sikh. This means that I follow Sikh values and pray at the Gurdwara (the Sikh place of worship), but I don't follow all the traditions (for example, I cut my hair and eat meat). Basically, there are some things that I follow and others I do not.

My faith is important to me because I feel that it offers me some values to live by and guidance on how to deal with situations in life. I believe that my faith is not shown in how often I go to pray at the Gurdwara but in what I do every day. For example, I may not go to pray at the Gurdwara every week or every month but that is okay for me. I believe I can still be a Sikh because I follow Sikh values in my everyday life. Some of these values include treating people with respect, doing good for others and living in an honest way. These are all really important Sikh values.

Two beliefs of Sikhism that are super important to me are that there is only one God; I believe that all religions and all faiths are important and that they should be respected. I believe that we are all praying to one God, but we are just reaching God in our own ways through our different religions and faiths. The second one is that I strongly believe in equality and that means treating all people the same. This is very important in Sikhism where, for example anyone can come to pray in the Gurdwara even if they are not Sikh, as long as they follow the rules and show respect for the Gurdwara as a holy place. For example, everyone must cover their heads and take off their shoes when they are inside the Gurdwara; equality is also shown in the Gurdwara as everyone sits on the floor, there's no special place for anybody to sit; a free vegetarian meal called *langar* is also served at the Gurdwara to everyone that comes. This is to share the wealth but also to ensure that no one goes hungry. It is also important that everyone eats *langar* together sitting as equals on the floor and that it is served from the same pot to everybody.

My special object is this picture. It is a wooden carving of guru Nanak who is the founder of Sikhism. He started the religion over 300 years ago and this particular picture is important to me because I bought it on my first trip to India. I was over 30 years old when I went to India, which is quite a bit older than other Sikh people that I grew up with. On this trip I went to Amritsar which is where the Golden temple is located. The Golden temple is also known as Harmandir Sahib which means '*home of god*' and it is the religious place for Sikhs or a central religious place for Sikhs. It was also the first time I went back to where my grandparents lived and where my parents were born and grew up. It was an important trip for me to understand more about my family and my faith.