

Summer 2 - Week 10 RE

Lesson 1

Can I understand myths and misconceptions about Sikhism?

Our topic for RE this half term is looking at how there are common myths and misconceptions about major religions.

Most of these ideas, which are misunderstood, come from people who do not practise the religion themselves and might not understand how the religion worships or believes.

This lesson we are looking at the misconceptions people have about Sikhism as a religion.

Sikhism is the fifth largest of the main religions in the world with about 30 million followers compared to the 2.3 billion Christians.



Khanda the symbol of Sikh faith.

Misconception - Sikhs are Indian

This misconception often appears as people look to nationality as opposed to religion.

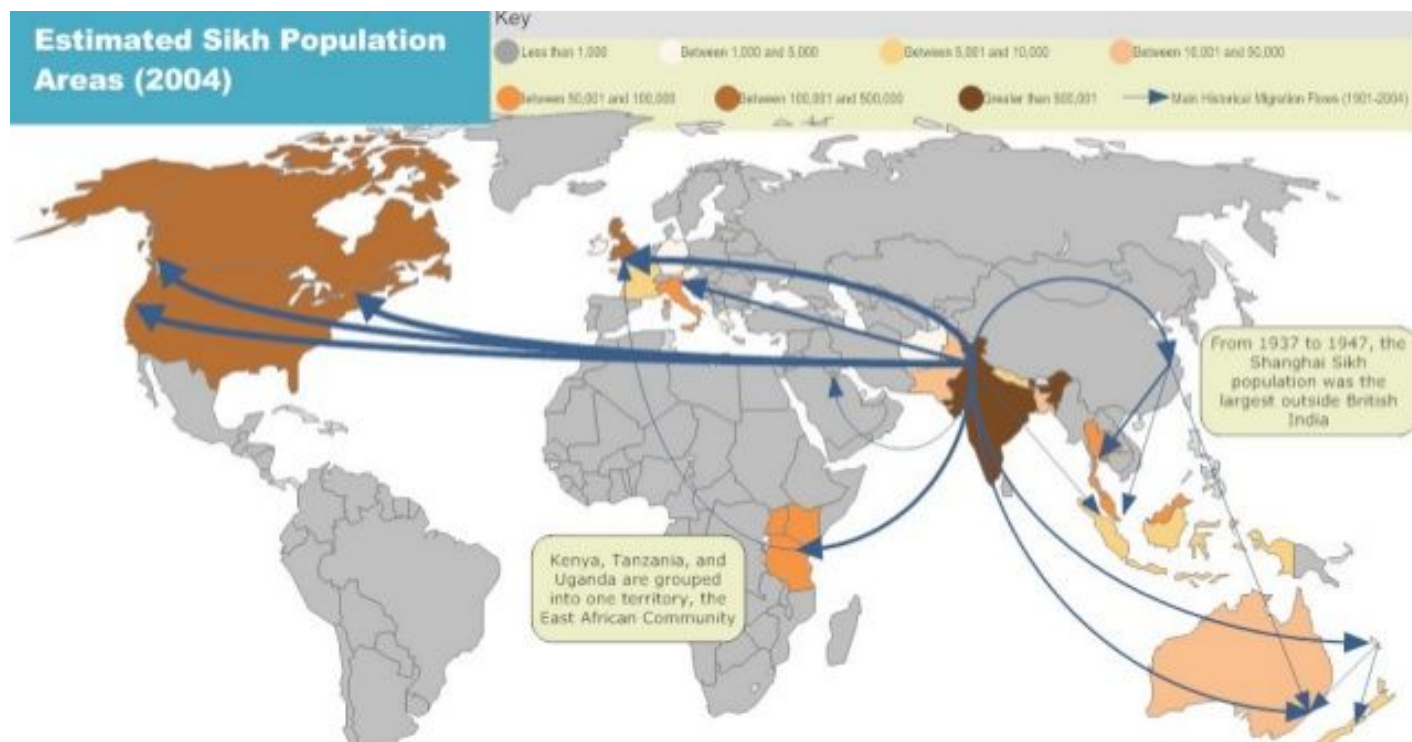


Non-Indian Sikh men.

This is not true.

Sikhism is a religion. Indian is a nationality. Sikhs that are born in the United States, Canada, UK or any other place adopt the nationality of that country. Sikhism as a religion spans any such geo-political boundaries.

Estimated Sikh Population Areas (2004)



- Today, Sikhism is the 5th largest religion in the world with over 30 million followers
- Many Sikhs have left the Punjab region and settled in places around the world such as England, China, United States and Australia.

Misconception - Sikhs are Hindu

The location of the foundations of both religions means this misconception occurs.



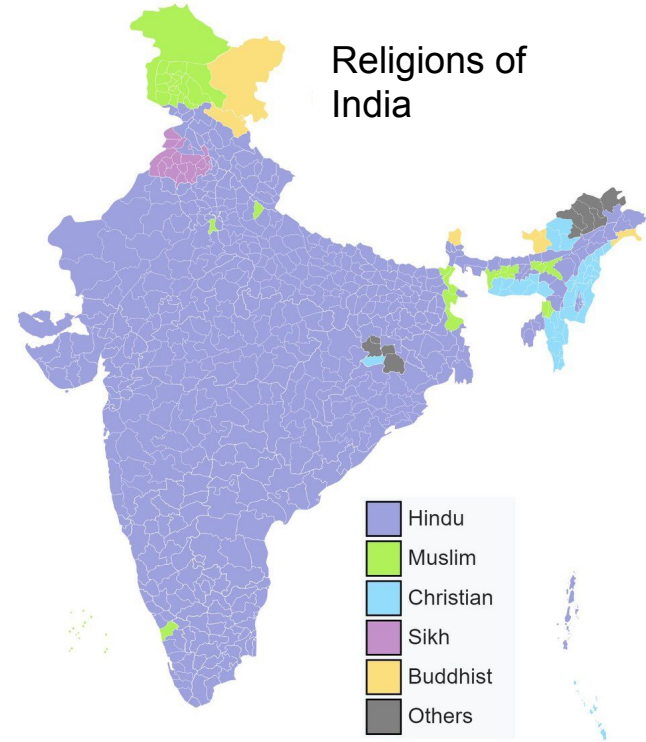
Khanda the symbol of Sikh faith.



The main Hindu symbol Aum.

This is not true.

Sikhism is a unique faith and is not derived from Hinduism. Sikhism challenges and rejects many guidelines of the Hindu religion. It is only due to a shared geographic culture that some ideas or methods may be similar.



Misconception – Sikhs must practise yoga

This is more of a misunderstanding than a misconception as Sikhs can practice yoga.



A Sikh participating in yoga.

This is not true.

Yoga has no religious value in Sikhism. In fact the Sikh Gurus consider yoga as useless rituals of praying. God can't be attained by this rituals as per Sikhism. In fact yoga is nothing but a simple type of exercise for health.

Some followers of Sikhism do practice yoga, which they believe aids their practice of Sikhism.

Your task. Over this unit we are going to make our own 'folio style' project for myths and misconceptions in religion.

Taking an A4 piece of paper, or a page in your writing book, split the space into 3.

In one third of the page we will write about Sikhism.