

Healing Sciences Vidya

The 3 main systems of healing in Sikhism are Naam Therapy, Ayurveda as taught by Udasis Sikhs, and Satnam Rasayan.

1) Naam Therapy

This is potentially the most powerful healing system on Earth. This uses Gurbani, the Word of the Guru, which is contained in the Shri Guru Granth Sahib Ji, to cure incurable diseases including cancers, chronic and debilitating diseases. The main agency in India which runs healing camps may be found at:

www.gurunanakhealing.com

2) Ayurveda

Ayurveda literally means 'Science of Life and Longevity' and is the traditional system of medicine of India. Ayurveda is a science in the sense that it is a complete system. It is a qualitative, holistic science of health and longevity, a philosophy and system of healing the whole person's body and mind. Guru Har Rai Ji was a master of this system.

3) Satnam Rasayan

This is an ancient healing system from India similar to Buddhist Reiki. It enables a healer to heal through awareness and meditation, by accessing what is known as the 'Sacred Space'. It heals because the electromagnetic field created by one person, with a clear intention, can affect another. Classes may be found at:

www.satnamrasayan.co.uk

Langar Vidya

This is the skill of preparing thousands of meals every day in the community kitchen, hygienically and quickly. For example did you know that the eating trays in the Golden Temple are cleaned with sand and water?! Sikhs have used this science in times of natural disasters such as Gujarat earthquake in 2001 and the Tsunami disaster to provide meals for hungry people.

Wealth Creation Vidya

This branch of knowledge helps people to become prosperity conscious. The 'Sukhmani Sahib' meditation by Guru Arjan Dev Ji, the fifth master of the Sikhs, is generally done for prosperity enhancement.

'Sukhmani Sahib' literally means 'Peace of Mind' and may be found within the Shri Guru Granth Sahib Ji, the Sikh holy scripture. There are also specific sets within Kundalini Yoga which help increase your prosperity.

One of the blessings of Guru Nanak Dev Ji, the first master of the Sikhs, is that his followers are required to give a tenth of their time and money towards charitable causes, also known as 'Dasvandh'. The universal law of giving is such that, in giving selflessly, a person receives ten fold back from the universe. A prosperous community which shares its wealth with the needy ensures that the poorer people do not face further financial problems, and those who are wealthier, spread their wealth in charitable causes. This is why the Sikh community is financially successful. Information on 'Dasvandh' may be found at:

www.dasvandh.org

Paramatma and Atma Vidya

This is the knowledge, wisdom and science of Self, the creation, God in action, God, metaphysics and ethics enshrined within the 1430 pages of songs and poetry which constitute the Shri Guru Granth Sahib Ji, the Sikh holy scripture, which is a universal source of wisdom for all of humanity. The Sikh scripture may be found online at:

www.searchgurbani.com

www.srigranth.org

www.sikhitothemax.com

Summary

- Sikhism is technically neither a religion nor a spirituality
- Sikhism can be described as a set of spiritual sciences which are available to humanity for self improvement, service and God realisation
- The Sikh holy scripture, the Shri Guru Granth Sahib Ji, is always found at the heart of all Sikh related spiritual sciences



www.ProjectNaad.com

How Do You Define Sikhism?

Sikhism

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Introduction

Sikhism is one of the world's youngest revealed 'religion'. This leaflet looks at some of the different ways that Sikhs describe their faith by examining the classic grouping of religion.

Classic Groupings

Definition of a Religion

Religion may be defined as, *"the adherence to codified beliefs and rituals that generally involve a faith in a spiritual nature and a study of inherited ancestral traditions, knowledge and wisdom related to understanding human life. The term 'religion' refers to both the personal practices related to faith as well as to the larger shared systems of belief."*

In the larger sense, religion is a communal system for the coherence of belief typically focused on a system of thought, unseen being, person, or object, that is considered to be supernatural, sacred, divine, or of the highest truth. Moral codes, practices, values, institutions, traditions, and rituals are often traditionally associated with the core belief, and these may have some overlap with concepts in secular philosophy. Religion can also be described as a way of life.

Sikhism does indeed have a set of beliefs, noble truths and wisdom aimed at helping humanity. However these beliefs and traditions are the direct product of a spiritual practice which is geared to providing an direct experience of Oneness and a set of useful services to society. So with this in mind it is technically not a religion as it is not a 'thou shall believe' system but instead it is a 'thou shall experience and then believe' faith system.

Definition of a Spirituality

Spirituality may be defined as, *"a belief in ideas of religious significance, such as God, the Soul and Heaven, minus the bureaucratic structure and creeds of a particular organised religion."* Some people choose the term spirituality rather than religion to describe their form of belief, perhaps reflecting a disillusionment with organised religion and a movement towards a more 'modern', more tolerant and more intuitive form of religion.

Sikhism is a living religion in the sense that it is a complete system of life, a spiritual practice in the truest sense of the word. However, it does have some degree of organisation so technically it would not satisfy the definition of a spirituality.

Sikhism - A Collection of Spiritual Sciences

One way of defining Sikhism is as a collection of six different spiritual sciences or 'vidyas'. Anyone is free to learn as many or as few of these sciences as possible in order to benefit themselves or their communities. The way of the Masters does not require anyone to convert to the Sikh way of life. The spiritual tools are available to everyone. A list of these sciences are as follows:

Shastar Vidya (Science of Martial Arts)

Shastar Vidya is one of the most ancient of all Martial Arts originating from India. This branch of knowledge teaches the use of many types of weapons including bows and arrows, maces, swords, guns and it also has a powerful empty hand fighting system similar to Wing Chun Kung Fu.

The Sikhs mastered Shastar Vidya and perfected its use in battle. Many hundreds, if not thousands of battles were decisively won by the Sikhs, despite often being outnumbered. The techniques within Shastar Vidya were combined with the spiritual practices of the Sikhs to create a complete fighting system. Opposing forces are documented to have cursed the Sikhs for their skills in fighting.

The Sikhs actively used Shastar Vidya in warfare for over 200 years, until they finally enjoyed peace under their own rule, free from the Mughal Empire.

Yoga Vidya (Science of Union)

There are six main systems of yoga but they vary, and that variety makes a total of twenty two different types of yoga. Sikhs focus on the most powerful yogas which include Naad Yoga, Kundalini Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga.

1) Naad Yoga

The 'Science of Sound', also known as Naad Yoga, is one of the oldest forms of techniques to attain union with God. Naad Yoga works at many different levels to

create a healing effect on the whole human being, body, mind and spirit. The sounds and vibrations stimulate the natural self-healing powers of the body, to allow relaxation and permit rejuvenation. The sounds are based entirely on the human voice together with musical instruments designed by the Sikh Gurus. Classes may be found at:
www.rajacademy.com

2) Kundalini Yoga

Kundalini Yoga is the 'yoga of awareness' and the oldest, most powerful and inclusive of all yoga systems. It consists of body postures (asana) combined with breathing techniques (pranayama), hand and finger positioning (mudra), body locks (bhandas), chanting (mantra) and meditation. The yoga is practiced in sets of postures (kriya), all of which have a specific effect. This yoga can be used to experience expansion of consciousness by:

- Balancing the glandular system
- Strengthening the nervous system
- Detoxifying the lungs and bloodstream
- Focussing the mind and leaving you relaxed

A free online course in KY is available at:
www.kundaliniyoga.org

3) Bhakti Yoga

This is the practice of singing and chanting God's name, glorifying, remembering and worshiping God. Sikhs usually do this through Keertan, which is devotional singing. Most Sikh temples have classes where you can learn Keertan and devotional singing.

4) Karma Yoga

Karma Yoga basically consists of selfless service, without reward, in which the ego is given up to the desire to serve God in everything. Sikhs perform this daily through the free community kitchen which offers food (and shelter if required) to anyone and everyone regardless of their background.

5) Raja Yoga

Raja Yoga translates to 'the King of Yogas' and works directly with the mind. In this yoga there is no struggling with breathing exercises, physical body postures or yogic sets. A Sikh typically sits crossed legged and recites hymns from the Shri Guru Granth Sahib Ji, the Sikh holy scripture, whilst keeping pure focus and concentration.