

Teachers notes:

The Golden Chain – The Gurus

The foundation of Sikhism was laid down by Guru Nanak. Guru Nanak infused his own consciousness into a disciple, who then became Guru, subsequently passing the light on to the next, and so on. The word "Guru" is derived from the root words "Gu", which means darkness or ignorance, and "Ru", which means light or knowledge. The Guru is the experience of Truth (God).

Each one of the ten Gurus represents a divine attribute:

- Guru Nanak** - Humility
- Guru Angad** - Obedience
- Guru Amar Das** – Equality
- Guru Ram Das** - Service
- Guru Arjan** - Self-Sacrifice
- Guru Hargobind** - Justice
- Guru Har Rai** - Mercy
- Guru Harkrishan** - Purity
- Guru Tegh Bahadur** - Tranquility
- Guru Gobind Singh** - Royal Courage

Guru Gobind Singh, the Tenth Guru, exemplified the Sikh ideal of the Soldier-Saint. He was also an inspired and prolific writer, courageous warrior, and a source of Divine Wisdom to his Sikhs. "When all other means have failed," he said, "only then is it righteous to take up the sword." He was the defender of the poor, the meek, and the oppressed masses of India.