



Key concepts

Atma	Every living being, including humans and animals, has a soul (atma).
Gurmukh	Living in a Waheguru-centred way as laid down in the Guru Granth Sahib; someone who follows the Guru's teachings.
Hukam	God's divine will.
Waheguru	The name for God in Sikhism, meaning 'the wondrous Lord'; often used to refer to the one true God.

The meaning of life

In Sikhism, the purpose of life is to live according to Waheguru's will (Hukam), which means leading a life of truth, selflessness and devotion. Sikhs believe that the key goals of life are:

- **Seva** (selfless service): Helping others and serving the community to foster compassion and equality.
- **Simran** (remembrance of God): Continuously remembering and meditating on Waheguru's name to strengthen the connection with the Divine.
- **Living truthfully**: Practicing honesty, humility and integrity in all aspects of life.
- **Mukti** (liberation): The ultimate goal of freeing the soul from the cycle of samsara (rebirth) and uniting with Waheguru.

Sikh beliefs about the afterlife

Sikhs believe that life is an opportunity to live in harmony with Waheguru's will (Hukam) through selfless service (seva), meditation (Simran) and truthfulness. After death, the soul (atma) enters the cycle of rebirth (samsara) until it achieves liberation (mukti) and reunites with Waheguru, free from suffering and the cycle of reincarnation.

Karma	Karma refers to actions, both good and bad, that influence a person's future. Good karma leads to positive outcomes, while bad karma results in suffering. Sikhs believe that karma shapes the soul's journey through reincarnation and can be overcome through devotion, service and meditation on Waheguru.
Reincarnation	This is the belief that the soul (atma) is reborn into different life forms based on past actions (karma). The cycle of samsara continues until the soul achieves Mukti (liberation) by uniting with Waheguru.
Samsara	Samsara refers to the continuous cycle of birth, death and rebirth. Souls are reborn based on their karma (actions). This cycle continues until the soul achieves mukti (liberation) by living a life of truth, service and devotion to Waheguru, ultimately uniting with the Divine.
Mukti	Mukti refers to liberation from the cycle of samsara (birth, death and rebirth). It is achieved by living in harmony with Waheguru's will (Hukam), through selfless service (seva), remembrance of God's name (Simran) and leading a life of truth and humility, ultimately reuniting the soul with the Divine.
Key teachings	Guru Granth Sahib 13:11-12