Sikh Gurus: Their Lives And Teachings

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Sikh Gurus - Their Lives and Teachings is a unique book which is a wonderful overview of Sikh history. Even if you may know some stories and general history about Sikhism, this book with its capturing stories puts it all into context. It is written in plain English, something that many Sikh historians fail to do. The descriptions of all the Gurus is detailed without being overly dramatic and the end of each chapter has a summary of the values and morals. Sikhism was established by ten Sikh Gurus, human spiritual teachers or masters, over the period from 1469 to 1708 — that is over a period of 239 years. These teachers were enlightened souls whose main purpose in life was the spiritual and moral well-being of the masses. By setting an exceptional example of how to live a holy and worthy life through practicing righteous principles of living their human lives, they sort to awaken the higher consciousness in the human race. The Gurus taught the people of India and beyond, to live spiritually fulfilling lives with dignity, freedom and honour. Each