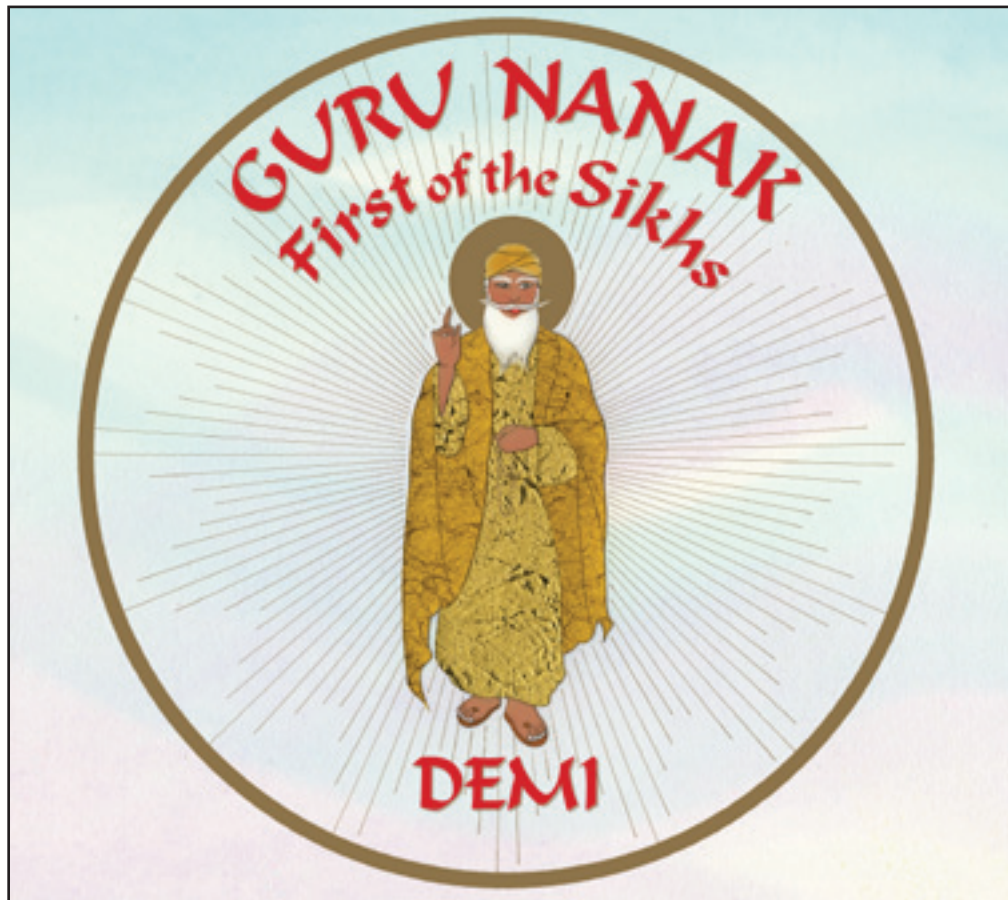


# Guru Nanak

## First of the Sikhs

by DEMI



Guru Nanak (1469-1539) is the founder of the Sikh religion, which has over 25 million followers worldwide. As a young man, he embarked on an inspired mission that took him from the sacred Himalayas to the holy city of Mecca, always preaching a message of one God, and of peace and equality for all. Award-winning author, Demi, recounts the remarkable life of Guru Nanak, who today is revered by Hindus and Muslims alike.

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# Selections from the Book

At five years of age, when his Hindu teacher said, "There are many gods and goddesses who provide for us," Nanak replied, "There is only one God, Lord of the universe. He is the sole creator and provider."

When his Hindu teacher said rituals will wash away your sins and appease the gods, Nanak responded, "Rituals are unnecessary. Repeat God's true Name to cleanse your soul. Fill your heart and soul with love for Him."



When his Hindu teacher said, "There are four main castes, brahmin (priest) is the highest and shudra (laborer) is the lowest," Nanak said, "All humans are equal. Only our own actions can uplift or lower us!"

At that time Barbar the Great was on the warpath and his army began to attack Emnabad. Thousands of people were about to be killed. Guru Nanak ran right up to Barbar's horse and grabbing the reigns shouted, "O Barbar! Stop this bloodshed!"



Barbar the Great's sword was raised, ready to strike, but he was so shocked by such valor and by seeing such a glowing spiritual face, that he did not harm Guru Nanak. Instead Guru Nanak was put in prison where he was forced to grind corn on millstones.

But in prison Guru Nanak performed yet another miracle! When he started to sing, the other prisoners joined him, and the millstones began to turn and grind the corn on their own.



Barbar the Great was again so astounded by the holy Guru's miracle that he had to release him.

After twenty-five years of traveling and spreading his message of peace and equality, Guru Nanak returned to his home in Kartapur.



On September 22, 1539, Guru Nanak told his followers that he would now depart from the mortal world. He covered himself with a white sheet, and his soul departed from his body. When the white sheet was removed, only beautiful fragrant flowers were seen in place of his body.



In death, Guru Nanak had shown that good deeds and the remembrance of God can make our life and our afterlife as beautiful as the fragrant flowers of his death shroud.



# About the Author and Illustrator



Demi is the award-winning author of over 300 bestselling children's books, including *The Fantastic Adventures of Krishna*, *Shiva*, *Mahavira*, *Gifts of Our Lady of Guadalupe*, and *Talking to God*. Her titles have sold over two million copies. *The Empty Pot* was selected by former First Lady Barbara Bush in 1990 as one of the books to be read on the ABC Radio Network Program Mrs. Bush's *Story Time*, sponsored by the Children's Literacy Initiative. Demi's book *Gandhi* was named a *New York Times* Best Illustrated Book and received an Oppenheim Toy Portfolio

Platinum Award. Major exhibitions of her work have been held in numerous museums in the U.S., including the Time/Life Gallery in New York, the Botolph Galleries in Boston and Cambridge, and the Los Angeles County Museum. Demi won a Fulbright Scholarship to India, and in addition she represented the U.S. at the First International Children's Book Conference in Beijing, China, in 1992. She lives with her husband in Yarrow Point, Washington State.

