

## Guru Nanak - Sabad 1

**ikOankaar (ੴ) sat naam karataa purakh nirbhau nirvair akaal moorat  
ajoonnee saibha(n) gur prasaad ||  
Moolmantar, Guru Nanak, Guru Granth Sahib, 1**

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saibha(n) gur prasaad ||

**Summary:** The 'Mool Mantar' is an expression of Guru Nanak's spirit of Oneness. It is a short composition encompassing the vastness of universal concepts for spiritual and social growth. The verses of diverse spiritual masters enshrined in the Guru Granth Sahib are an elaboration of the 'Mool Mantar'.

'Mool' means fundamental.

'Mantar' comprises two words: 'Mann', meaning mind, and 'Tar', meaning tool.

'Mool Mantar' can be summarised as a tool for critical thinking that unlocks the mind to access the awareness that identifies the entire creation as One singular composite phenomenon.

The opening words in the 'Mool Mantar' exemplify Guru Nanak's primary creed of Monism, the principle that the substratum of all life forms is a singular energy that manifests and expresses its presence through the plurality in Creation. It affirms the presence of the invisible all-pervading energy, also referred to as consciousness. This energy emerges as creation, sustains for a period, and then disintegrates to merge within itself. It is like water that evaporates to form clouds, then transforms into rain droplets to merge as water with water to nurture growth.

ik Oankaar (ੴ)

ik (One), Oan (Trilogy), kaar (Manifestation)

The singularity of the source of creation, the unseen all-pervading awareness, is expressed through 'ik', the numeral One affixed before 'Oan'+ 'kaar'. The syllable 'Oan' represents a Trilogy, the three faculties of existence - Creation, Sustenance, and Dissolution, which is commonly referred to as the God principle. 'kaar' is derived from the word 'Aakaar', meaning a shape that represents the manifestation of the unseen all-pervading singular awareness, demonstrating the inherent unity in diversity.

sat naam

sat (Truth), naam (cognizance)

The principal notion of existence is an unseen, omnipresent awareness that is all-pervading within the observer and the observed. The Truth about this entity unfolds through uninterrupted cognizance.

**kartaa purakh**

kartaa (creator), purakh (substratum)

The activities and laws of nature are executed by unseen, omnipresent awareness, the all-doing singular entity embodied in diverse forms constituting the same substratum.

**nirbhau**

nir (bereft), bhau (fear)

Recognizing the presence of the unseen, omnipresent awareness as the singular entity residing in the entire creation instills fearlessness from the unknown and the concept of otherness.

**nirvair**

nir (bereft), vair (discrimination)

Unity in diversity is the absolute truth that the entire creation is connected through the unseen, omnipresent awareness; this entity sees no stranger endorsing that Oneness is devoid of discrimination.

**akaaal moorat**

akaaal (eternal), moorat (form)

The continuity of time and the inevitability of change are constants of nature. They present the reality of the eternity of the unseen, omnipresent awareness that creates, sustains, degenerates, and regenerates as diverse forms in nature.

**ajoonee**

ajoonee (beyond birth & death)

Birth is inception; death is an end. The past is a memory, and the future is unknown. It is in the present that life flows beyond birth and death, where the infinity of the unseen, omnipresent awareness, unfurls.

**saibha(n)**

sai (self), bha(n) (existent)

Self-actualization illuminates the truth of self-existence, the serene yet dynamic attributes of the unseen, omnipresent awareness that manifests, sustains, or disintegrates on its own accord.

gur prasaad ||  
gur (wisdom), prasad (grace)

Interactions with nature facilitate experiential wisdom, which graces the transition from ignorance to realizing the omnipresence of the unseen, all-pervading awareness.

**Essence:** Guru Nanak says that Oneness is not a mere experience but an immaculate state of existence. Ignorance engrossed in duality creates division, intellect focused on salvation accumulates knowledge, and enlightenment anchored in Oneness gains awareness of Unity in Diversity.

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