

THE WISDOM OF YOUR ESSENCE  
BY GURU NANAK



MOOL MANTAR

TRANSLATION & CONTEMPLATION  
BY BALJIT SINGH

# Contents

<b>1</b>	<b>Ek-oan-kaar - One, the Formless unfolding as sound</b>	<b>6</b>
<b>2</b>	<b>Sat Naam - The Nature of the One is Truth</b>	<b>8</b>
<b>3</b>	<b>Karta Purkh - The Being of Creative Force</b>	<b>10</b>
<b>4</b>	<b>Nirbhau - Beyond the fear</b>	<b>12</b>
<b>5</b>	<b>Nirvair - Beyond Enmity</b>	<b>14</b>
<b>6</b>	<b>Akaal Moorat - The Timeless Presence</b>	<b>17</b>
<b>7</b>	<b>Ajooni - Beyond Birth &amp; Cause.</b>	<b>20</b>
<b>8</b>	<b>Saibhan - Self-existent.</b>	<b>22</b>

<b>9</b>	Gurprasaad - Through the Guru's grace	24
<b>10</b>	Jap - Immerse In Contemplative Remembrance	26
<b>11</b>	Salok - Aadh Sach Constant Truth.	28

## About This Book

This Mool-Mantar eBook is an invitation into contemplation rather than explanation.

Each word of the Mūl Mantra is offered with a simple translation and reflective contemplation, allowing the wisdom to be felt, not just understood. You'll also find gentle guided practices woven throughout, supporting you to pause, sense, and rest in your own direct experience.



ARTWORK BY RAJPAL SINGH

This is not a book to rush through.

It is an offering to sit with slowly,  
returning again and again, allowing  
the words to reveal what is already  
present within you.

Let this be a companion for reflection,  
remembrance, and quiet inner  
listening.

Who am I?

The Wisdom of Your Essence

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Ek-oan-kaar

One, the Formless  
unfolding as Sound

*Contemplation*

Ek-Oan-Kaar holds the vastness of the entire story: the story of the One, Formless, manifesting into creation through Sound.

## The Wisdom of Your Essence

Creation moves, changes, and dissolves, but the Source remains unchanged, ever-present, silently witnessing.

Ek-Oan-Kaar reminds us that we too are part of this unfolding.

Each of us plays a unique character in this Divine play — yet behind every role, behind every movement, we remain the Cosmic Actor, quietly watching.

*There is only One; all else is illusion*

The Wisdom of Your Essence

ਸਤਿ ਨਾਮ

Sat Naam

The Nature of the One is Truth  
- unchanging and eternal

*Contemplation*

Naam is not merely a spoken name or label. It points to our essence. That which is, before identity, before roles, before stories.

## *The Wisdom of Your Essence*

Beyond the many masks we wear and the shifting experiences of pleasure and pain, there is something within us that never changes.

Unborn. Without beginning or end. Untouched by sorrow, because it was never created in time.

Isn't this the most freeing truth - that what we truly are cannot be lost, damaged, or diminished?

This reality cannot be grasped by the mind. It is not understood through thought, but lived and remembered.

*The Nature of the One is Truth -  
unchanging and eternal*

The Wisdom of Your Essence

ਕਰਤਾ ਪੁਰਖੁ

Karta Purkh

The Being of Creative Force

*Contemplation*

Karta Purakh is the force by which your heart beats and your breath flows.

The sun shines, water flows, fire burns, and each element retains its nature because the creative force holds a profound memory and intelligence.

## The Wisdom of Your Essence

This same force moves through us as thought, emotion, intention, and action.

It is neutral but how we use it matters.

As we engage with this creative force consciously or unconsciously,

it shapes our energy, and that energy carves our destiny.

To recognise Karta Purakh is to realise that life is not happening to us,

but is being created through us.

*What if you are part of the creative force?*

The Wisdom of Your Essence

ਨਿਰਭਾਉ

Nirbhau

Beyond the fear of survival

*Contemplation*

Transcend the narrow lens of fear, the instinct that clings to protecting the body and identity and discover yourself in a vast ocean of love.

## The Wisdom of Your Essence

Fear will shout back, “Don’t let go! You need me to protect your identity from getting hurt.” But this very fear, the fear of getting hurt, the fear of loss creates the very energy that attracts what you’re trying to avoid.

The only way forward is to step with faith...to let go of fear and fall into love. When your energy shifts, your life truly changes. When your energy shifts, life begins to respond differently.

*Be mindful that the energy fear arises from is meant to protect you but can become your enemy.*

The Wisdom of Your Essence

ਨਿਰਵਾਿਰ

Nirvair

Beyond Enmity

*Contemplation*

Release the deep-seated emotion of resentment and bitterness, the grudges, the “me against you” and rest in the vast embrace where no one is separate, and love flows without barriers.

Enmity and resentment are born from fear. They arise from a survival state, where the body, mind, and identity convince us that opposition will keep us safe.

The mind reasons, “If I resist the other, I will protect myself.” And so, division deepens. A way forward is understanding.

When we take the time to understand another, we begin to see the fear beneath their actions.

Understanding softens the need to oppose, and from this softening, compassion naturally arises.

Where there is understanding, enmity loosens its grip.

***a little something for you...***

1. Notice when these emotions surface...simply acknowledge their presence.
2. Explore why they have arisen, recognising they come from a place of fear and a need to feel safe.
3. Understand that holding on to these emotions harms us, diminishing our quality of life and attracting more of the same energy.
4. Release them by opening to the love of oneness, allowing it to guide your words, actions, and decisions.

*True safety is found not in opposition, but in letting go and flowing with the love that unites us all.*

The Wisdom of Your Essence

ਾਕਾਲ ਮੂਰਤਿ

Akaal Moorat

The Timeless Presence

*Contemplation*

At the core of our being lies something untouched by time. Time is simply change, movement, often resisted by the mind, bringing suffering. Yet our deeper truth remains constant, unchanging... pure stillness, the eternal now.

## *The Wisdom of Your Essence*

The very power of the human mind, its ability to plan for the future and learn from the patterns of the past, is the same power that can cripple us. It creates fear and anxiety when projecting into the future, and depression through its non-acceptance of the past.

Yet, in truth, every moment, the eternal now is forever new. Each moment is a new opportunity, a new life, inviting us to completely let go of the last moment, to release the grip of the past, and step fully into what is here now.

*At the core of our being lies something untouched by time.*

***Steps to experience this timeless being:***

1. Sit in stillness and notice your breath, effortless, constant, always here.
2. As you take a breath, accept that this moment, just as it is, cannot be any other way.
3. Breathe into that acceptance... this moment is what it is.
4. When the mind wanders to past or future, don't follow it. Gently return to the breath and the present moment.
5. Feel into the awareness that is present before thought, during thought, and after thought.
6. Rest in that awareness, this is the eternal now, the timeless presence within you.

The Wisdom of Your Essence

ଅଜୁନୀ

Ajooni

Beyond Birth & Cause

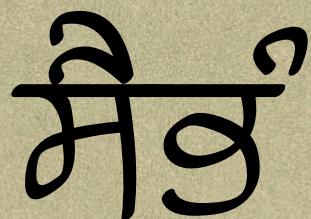
*Contemplation*

Stepping into a world beyond birth means breaking free from the shackles of dependency — no longer waiting on external things to be a certain way before tasting the stillness of bliss. Otherwise, we remain stuck in cyclic patterns.

## *The Wisdom of Your Essence*

In the endless realm of cause and effect, everything unfolds in patterns. Yet so often, we fall into the pain of resisting what is, trapped in unconscious reactions.

To step beyond birth and cause is to awaken to the deeper self, the still witness within...who does not resist, but watches the unfolding in wonder.



Saibhan

Self-existent, self-radiant  
Intelligence

*Contemplation*

You have not emerged from a separate entity called God. Self-existence means there is no other, your very essence is the Divine. Step beyond the realm of beliefs and thoughts, and realise that your being itself is self-radiant Divine Intelligence.

## *The Wisdom of Your Essence*

The Divine Intelligence is already within you, quietly speaking to you. Many in the world may try to dim that voice, simply because they do not know another way. Beliefs, expectations, and so-called norms will keep pulling you away from your inner guidance. Stay with that voice. Trust it. Let it guide you home.

*Self-existent, self-radiant Intelligence*

ਗੁਰ ਪ੍ਰਸਾਦ ॥

Gur Prasaad

Through the Guru's grace,  
the Divine is known.

### *Contemplation*

The Guru's grace arises when we are ready, that is the nature of the play.

The moment a thirst awakens within us for Divine connection, the Guru begins to flow toward us, guiding us back home.

## *The Wisdom of Your Essence*

Only within the acceptance of the Guru's grace can we truly go beyond the grasp of the ego.

The eternal Guru meets us in different ways to remind us of the Divine connection that is always present.

*Through the Guru's grace,  
the Divine is known.*

॥ ਜਪ ॥

Jap

Immerse In Contemplative  
Remembrance

*Contemplation*

Jap is an opportunity to pause and listen to the internal longing, a natural vibration that cries out from separation. Bringing this call into consciousness draws the Guru to us, and grace begins to shower.

## The Wisdom of Your Essence

Through this grace, we realise that our very essence is self-existent, self-radiant Intelligence —

    beyond birth, beyond time, beyond enmity and fear.

We come to see that this essence itself is the creative force,

    that this essence is the eternal One.

You are not separate from the play.

You are the entire play of the One.

Immerse in the remembrance that your essence existed before time,

    remained when time and space arose,

    and will forever remain as pure consciousness.

ਆਦਿ ਸਤਿ  
ਜੁਗਾਦਿ ਸਤਿ ॥

Aadh sach, jugaadh sach

You have always existed as pure consciousness, even as creation unfolded through the play of sound, You remained untouched, resting as stillness.

ਹੈ ਭੀ ਸਤ੍ਤਾ  
ਨਾਨਕ ਹੈਮੀ ਭੀ ਸਤ੍ਤਾ ॥੧॥

Hai bhee sach,  
Nanak hosee bhee sach

Nanak says, You remain as  
stillness in this very moment;  
You shall forever exist as that  
eternal essence.

## *The Wisdom of Your Essence*

The ultimate remembrance is knowing that we are the source... pure consciousness from which everything flows. The play unfolds, but the essence remains still.

You have always existed

## The Wisdom of Your Essence

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reflections © 2025 Baljit Singh

Gurbani is the eternal wisdom of Guru  
Nanak and the Sikh Gurus and is offered  
freely to all.

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