

This is the Mool Mantra.

Write it out and then learn it by heart. It is said to contain all of creation with in it. There are many sung versions of it around.

The translation of the words is in English, below.

**Ek Ong Kar
Sat Nam
Kartaa Purk
Nirbahao
Nirvair
Akaal Moorat
Ajoonee
Saibhang
Gur Prasad
Jap!
Aad Sach
Jugaad Sach
Hai Bhee Sach
Naanak Hosee Bhee Sach**

**There is One Creator
Truth is the Name
Doer of Everything
Fearless
Revengeless
Undying
Unborn
Self-Illuminated
Gurus Grace
Repeat
In the beginning: Truth
Throughout the ages: Truth
Even now: Truth
Nanak says Truth shall exist forever.**