

# Guru Nanak's Ten Sacred Words of Faith

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THE INFINITE WISDOM (Vaheguru) is said to have revealed the *Sacred Words of Sikh Faith* to Guru Nanak that he pronounced on the Day of Full Moon in September-October 1499. At that time, the local natives employed Vedic vocabulary to practice the Sacred Words as the *Mool Mantra*, meaning a basic formula to meditate upon. Guru Nanak made use of this sect of sacred words for recitation and contemplation in order to inculcate worship of the divine attributes within human spirit.

In the Sikh belief system, the human soul is an infinitesimal part of God's manifestation in a perceivable form. We can behold and experience this form through our inner faculty of *Surati* (extra-sensory consciousness as developed through practices of *gurmat*.)

The *Sacred Words of Sikh Faith* articulates this doctrine. They identify those divine attributes which Guru Nanak felt were necessary as the seeds to fashion a perfect human being; a being who qualifies to be in the divine image. Indeed by meditating on our divine traits through the *Sacred Words* we are worshipping divine itself.

Their contemplation takes our mind from worshipping the Indivisible Virtual Reality (Ek, 2) to a visualisation of its manifested form (Onkar, >). The manifested form consists of the soul to process the attributes such as the truth being its identity (Sat Naam, ). infinite creativity(karta purakh, ) total fearlessness (nirbhau, ) absence of animosity (nirver, ) timeless and ageless entity (akal moorat, ) which does not suffer the cycles of birth and death (ajooni, ) is self evolving (seybhang, ) and which is ever in gratitude of Infinite Wisdom ( ) for realizing one's real personality.

Just as biological processes create favorable circumstances for a seed first to become a tree and then to transform itself into a fruit, meditation on the Sacred Word creates the necessary energy through which an individual human may reach the heights of supreme attributes and merge in eternal union with the Infinite Wisdom.

Once found, the faithful must continually nourish this consciousness to guard against its weakening or atrophies like an unused nerve or muscle. The meditation and worship of the Sacred Words like a mantra provides this continuous nourishment.

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