009

MOOL MANTAR

(Writer: Dr. Kala Singh)

The opening verse and briefest composition of Aad Guru Granth Sahib is not titled by the Guru as Guru has titled Bara Maha, Sukhmani or Jap but has been named as Mool Mantar by some Sikhs and Mangla Charan by others. For the purpose of this paper I will use Mool Mantar. It has been variously interpreted by scholars and this paper is as I understand it. Gurbani is directed at human mind (mann) how to live Truthful life (Sachiar), so is Mool Mantar. Godly virtues in Mool Mantar are the basic fundamental virtues which are already in human mind (mann), but needs to be manifested as per shabad.

– ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ॥ (੧)

Nanak says to realize the God (Godly Virtues) within our mind (mann) which has been written within everyone when the creation was created by the creator, is to remain within the confines (Rza) and abide its Cosmic Law (Hukam) as contained within the entire creation.

MOOL MANTAR

– ੧ਓ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ॥ (੧)

੧ਓ One Universal Energy (Creator) which is permeated and present in each and every molecule of the Cosmos.

ਸਤਿਨਾਮੁ Its Philosophy (Wisdom, Code of Conduct) and Virtues are true and in existence.

ਕਰਤਾ Perfect Creator.

ਪੁਰਖੁ Its philosophy, wisdom and virtues is pervasive and diffused in its entire creation.

ਨਿਰਭਉ Fearless and not under Laws of Nature (Hukam)

ਨਿਰਵੈਰੁ Without enmity. Does not hate anyone.

ਅਕਾਲ Timeless

ਮੂਰਤਿ Formless

ਅਜੂਨੀ Beyond Spiritual birth and death.

ਸੈਭੰ Came into being Itself. Self -Existent.

ਗੁਰ ਪ੍ਰਸਾਦਿ Can be realized through enlightenment of the Shabad found only by Guru's Grace (Spiritual Knowledge and wisdom).

੧ (IK) Guru has used numerical number to remove any doubt that there is one and only one creator, the universal energy. In Guru Granth Sahib Guru has clarified it several times as per Shabads:

- ਸਾਹਿਬੁ ਮੇਰਾ ਏਕੋ ਹੈ॥ ਏਕੋ ਹੈ ਭਾਈ ਏਕੋ ਹੈ॥ (੩੫੦)

I have only one Master (creator). Guru said it thrice, thus putting three fold stamp on it and removing any doubt.

- ਏਕੁ ਪਿਤਾ ਏਕਸ ਕੇ ਹਮ ਬਾਰਿਕ ਤੂ ਮੇਰਾ ਗੁਰ ਹਾਈ॥ (੬੧੧)

The one Creator is our father, we are the children of the one Creator. So we are spiritual brothers and Kinsmen.

- ਇਕਾ ਬਾਣੀ ਇਕੁ ਗੁਰੁ ਇਕੋ ਸਬਦੁ ਵੀਚਾਰਿ॥ (੬੪੬)

There is one Bani which is authentic and genuine, one Guru, only one concept and doctrine.

- ਏਕ ਨੂਰ ਤੇ ਸਭੁ ਜਗੁ ਉਪਜਿਆ ਕਉਨ ਭਲੇ ਕੋ ਮੰਦੇ॥ (੧੩੪੯)

Bhagat Kabir says the entire universe had originated from one "NOOR" (One Universal Energy, Light), so who is good, and who is bad?

As there is only one creator, universal energy my body with its sense organs (Giyan Indre) is one with mind (mann) as axis (Dhur) of the body. Mind (Dhur) have to manifest Godly Virtues and distribute them to all sense organs (Giyan Indre) to have eternal peace. One alien (Cancerous) cell in the body will disturb the harmony of the whole body. It disturbs oneness of the body leading to pain, misery and death. In the same way if there is cancer of caste, colour, gender, religion in the society, it disturbs oneness leading to pain and misery in the society.

੧ਓ Ik Onkar

One and only one creator which is one Universal Energy after creating the Universe permeated and present in each and every molecule of the cosmos as per Shabads:

- ਸਾਚੇ ਤੇ ਪਵਨਾ ਭਇਆ ਪਵਨੈ ਤੇ ਜਲੁ ਹੋਇ॥ ਜਲ ਤੇ ਤ੍ਰਿਭਵਣੁ ਸਾਜਿਆ ਘਟਿ ਘਟਿ ਜੋਤਿ ਸਮੋਇ॥(੧੯)

From the Creator came the air, and from the air came water. From water Creator Created the entire cosmos and abides in each and every molecule.

- ਸੁੰਨ ਕਲਾ ਅਪਰੰਪਰਿ ਧਾਰੀ॥ ਆਪਿ ਨਿਰਾਲਮੁ ਅਪਰ ਅਪਾਰੀ॥
  ਆਪੇ ਕੁਦਰਤਿ ਕਰਿ ਕਰਿ ਦੇਖੈ ਸੁੰਨਹੁ ਸੁੰਨੁ ਉਪਾਇਦਾ॥
  ਪਉਣੁ ਪਾਣੀ ਸੁੰਨੈ ਤੇ ਸਾਜੇ॥ ਸ੍ਰਿਸਟਿ ਉਪਾਇ ਕਾਇਆ ਗੜ ਰਾਜੇ॥
  ਅਗਨਿ ਪਾਣੀ ਜੀਉ ਜੋਤਿ ਤੁਮਾਰੀ ਸੁੰਨੇ ਕਲਾ ਰਹਾਇਦਾ॥ (੧੦੩੭)

In the beginning there was only Primal Void. The Infinite, unattached, incomparable Creator assumed its power and created the creation. From the Primal Void, it formed the Void. From this Primal Void, creator created air, water and the universe. All living beings are made of water, fire have Creator's Light in them and Creator abide in them.

– ਘਟ ਘਟ ਮੈ ਹਰਿ ਜੂ ਬਸੈ ਸੰਤਨ ਕਹਿਓ ਪੁਕਾਰਿ॥ (੧੪੨੭)

The Guru proclaims that the Creator abides in each and every molecule of the universe.

– ਫਰੀਦਾ ਖਾਲਕੁ ਖਲਕ ਮਹਿ ਖਲਕ ਵਸੈ ਰਬ ਮਾਹਿ॥
ਮੰਦਾ ਕਿਸ ਨੋ ਆਖੀਐ ਜਾਂ ਤਿਸੁ ਬਿਨੁ ਕੋਈ ਨਾਹਿ॥ (੧੩੮੧)

Farid, Creator is in the creation, and creation is in the creator. Whom can we call bad as there is none without the Creator.

– ਸਭੈ ਘਟ ਰਾਮੁ ਬੋਲੈ ਰਾਮਾ ਬੋਲੈ॥ ਰਾਮ ਬਿਨਾ ਕੋ ਬੋਲੈ ਰੇ॥ਰਹਾਉ॥
ਏਕਲ ਮਾਟੀ ਕੁੰਜਰ ਚੀਟੀ ਭਾਜਨ ਹੈਂ ਬਹੁ ਨਾਨਾ ਰੇ॥
ਅਸਥਾਵਰ ਜੰਗਮ ਕੀਟ ਪਤੰਗਮ ਘਟਿ ਘਟਿ ਰਾਮੁ ਸਮਾਨਾ ਰੇ॥ (੯੮੮)

Within all, the Creator speaks (means resides). Out of the same clay, the elephant, the ant, and the many sorts of species are formed. Creator resides in all stationary life forms, moving beings, worms, moths and within each and everyone.

– ਇਹੁ ਜਗੁ ਸਚੈ ਕੀ ਹੈ ਕੋਠੜੀ ਸਚੇ ਕਾ ਵਿਚਿ ਵਾਸੁ॥ (੪੬੩)

This world is the dwelling and abode of the creator.

– ਹਿੰਦੂ ਅੰਨ੍ਹਾ ਤੁਰਕੂ ਕਾਣਾ॥ ਦੁਹਾਂ ਤੇ ਗਿਆਨੀ ਸਿਆਣਾ॥
ਹਿੰਦੂ ਪੂਜੈ ਦੇਹੁਰਾ ਮੁਸਲਮਾਨੁ ਮਸੀਤਿ॥ ਨਾਮੇ ਸੋਈ ਸੇਵਿਆ ਜਹ ਦੇਹੁਰਾ ਨ ਮਸੀਤਿ॥ (੮੭੫)

Bhagat Namdev says the Hindu is sightless because Hindus lost one spiritual eye when they started propagating devotion less and faithless stories about their gods. They lost second spiritual eye when they started preaching that gods abide only in the temples (Mandir) and started worshiping temples (Mandir). The Muslim has only one spiritual eye. They saved one spiritual eye because they have full faith in Mohammed but lost one spiritual eye because they think that Allah abide only in mosque (Masjid). Here eye and eyesight means spiritual knowledge (Giyan). Only that person is wiser (Giyani) than both Hindus and Muslims, who have obtained spiritual knowledge and wisdom from the Guru and has adopted and assimilated the Godly Virtues. The Hindu worships at the temple, the Muslim at the mosque, but I Namdev worship that creator, who is not limited to either the temple or the mosque.

When we believe in this philosophy and see light of one creator in all of us, we will not hate anyone on the basis of their faith, religion, caste, colour and gender. There will naturally be world peace.

If I have a problem in life, believing in one creator, I'll not go to solve them to so called Babas, Sants, Mahapurakh etc. because I have full faith on one creator.

As Gurbani is directed at human mind, this philosophy of one Cosmic Law and one Universal Energy (creator) is permeated and applicable to all humans also to live a truthful (Sachiar) life of eternal peace (Anand) as per Shabd:

– ਜੋ ਬ੍ਰਹਮੰਡੇ ਸੋਈ ਪਿੰਡੇ ਜੋ ਖੋਜੈ ਸੋ ਪਾਵੈ॥ (੬੯੫)

The one who pervades the Universe also dwells in the body, whoever seeks it, finds it there.

If I find Godly Virtues within me, the mind (mann) who is the axis (Dhur) of the body, will then direct all my sense organs accordingly which will be in Rza of Cosmic Law (Hukam) and give me eternal peace.

ਸਤਿ ਨਾਮ (Sat Naam)

Its Philosophy (Wisdom) (Code of Conduct) and Virtues are true and in existence.

Creator God does not have a name. Parents give name to their children, but in the case of Creator, who created the entire Universe and all of us are children of that one Creator, is named by its children according to its Virtues. For example Ram (Hindu Name) means the one who is permeated in every molecule of the Universe and Rahim (Islamic Name) means the Compassionate.

– ਤੇਰੇ ਨਾਮ ਅਨੇਕਾ ਰੂਪ ਅਨੰਤਾ ਕਹਣੁ ਨ ਜਾਹੀ ਤੇਰੇ ਗੁਣ ਕੇਤੇ॥ (੩੫੮)

Your Names are so many and your Forms are endless. No one can tell how many glorious virtues you have.

The message of Guru Granth Sahib is that it is not the name of the Creator which is important but its Virtues. One has to obtain those virtues and do good deeds to merge with the creator in this life. That's the Salvation.

All these, virtues, philosophy and code of conduct is true and in existence. They do not change with time. They are true for me as well and I need to create my virtues accordingly, to live a truthful (Sachiar) life of eternal peace (Anand). For me also they should not change with time. We should do deeds which will be remembered even after our physical death. A Judge has studied to be a Judge. If that Judge delivers judgement after taking bride is known as corrupt judge (Parria Murakh). If thus Judge has Godly Virtues, will not take bride, and deliver judgement in a truthful way and is known in the society as Truthful Judge. In the same way someone has a title of Jathedar, but leads in a corrupt way. Such a Jathedar is called Murakh corrupt Jathedar.

ਕਰਤਾ (Karta)

Perfect Creator. As perfect creator has created perfect universe with perfect cosmic law, I should create a perfect spiritual body with perfect Godly Virtues.

ਪੁਰਖ (Purakh)

Its philosophy, wisdom is pervasive, diffused in its entire creation. The entire universe is under one cosmic law.

ਕਰਤਾ ਪੁਰਖ (Karta Purakh)

After creating perfect universe, its philosophy, wisdom is pervasive and diffused in its entire creation. In the same way, I need to create a perfect mind (mann) with Godly Virtues which are then permeated in all sense organs and cells of my body, which will then function perfectly as per cosmic law of Godly virtues. As creator is the creator of the universe, I am also creator of my mind (mann). I should have a creative mind and should not shy away from

any job. As the Creator is pervasive and diffused in the creation, I should also diffuse myself with my conscious mind and all virtues in whichever job I do.

- ਕਾਇਆ ਕਾਗਦੁ ਜੇ ਥੀਐ ਪਿਆਰੇ ਮਨੁ ਮਸਵਾਣੀ ਧਾਰਿ॥
  ਲਲਤਾ ਲੇਖਣਿ ਸਚ ਕੀ ਪਿਆਰੇ ਹਰਿ ਗੁਣ ਲਿਖਹੁ ਵੀਚਾਰਿ॥
  ਧਨੁ ਲੇਖਾਰੀ ਨਾਨਕਾ ਪਿਆਰੇ ਸਾਚੁ ਲਿਖੈ ਉਰਿ ਧਾਰਿ॥ (੬੩੬)

If my body (Sense Organs, Indre) is the paper, and my mind the inkpot, If my tongue became the pen to talk and write virtues of the creator God (Naam), This is how to contemplate (Vichar), write and practice (Likhahu) and in the mind (mann). Nanak says blessed is the scribe (Conscious mind), who inscribes and enshrines the True Virtues (Sach Likhai) in his mind (mann).

ਨਿਰਭਉ (Nirbhau)

Being fearless is one of the Godly Virtues. I need to be fearless of others and superstitions. Some common superstitions are – If a black cat crosses your path, then your tasks get delayed or postponed, Omitting the 13th floor from the building, Adding one rupee to a gift sum is auspicious, putting a small black spot on a baby's forehead take care of "Buri Nazar", when we do good deeds, we are always fearless (ਨਿਰਭਉ Nirbhau). We are afflicted with fear (ਭਉ) only when listening to our mind (manmat) we take bribe, indulge in sexual lust, corruption and other illegal activities. When we imbibe and inculcate Godly Virtues we are neither afraid (ਭਉ) of superstitions nor of any person or law because we are then law abiding citizens. Nothing can do any harm to us.

- ਸੋ ਡਰੈ ਜਿ ਪਾਪ ਕਮਾਵਦਾ ਧਰਮੀ ਵਿਗਸੇਤੁ॥ ਤੂੰ ਸਚਾ ਆਪਿ ਨਿਆਉ ਸਚੁ ਤਾ ਡਰੀਐ ਕੇਤੁ॥(੮੪)

The one who commits sins (Sexual lust, Anger, Greed, Attachment and Ego) live in fear (ਭਉ ਡਰ), while the one who lives righteously, rejoices. When I am (Toon is directed to me, not God) truthful, then justice in my mind (mann) will be truthful. I am at peace in my mind (mann). Then why should I be afraid (ਭਉ ਡਰ) of anything and anybody?

- ਭੈ ਕਾਹੂ ਕਉ ਦੇਤ ਨਹਿ ਨਹਿ ਭੈ ਮਾਨਤ ਆਨ॥ ਕਹੁ ਨਾਨਕ ਸੁਨਿ ਰੇ ਮਨਾ ਗਿਆਨੀ ਤਾਹਿ ਬਖਾਨਿ॥(੧੪੨੭)

Says Nanak, listen, mind, call him spiritually wise (Giyani) who does not frighten anyone, and who is not afraid of anyone and anything.

- ਨਿਰਭਉ ਸੰਗਿ ਤੁਮਾਰੈ ਬਸਤੇ ਇਹੁ ਡਰਨੁ ਕਹਾ ਤੇ ਆਇਆ॥ (੨੦੬)

The fearless Creator abides with you. So where does this fear come from?

- ਜਿਨ ਨਿਰਭਉ ਨਾਮੁ ਧਿਆਇਆ ਤਿਨ ਕਉ ਭਉ ਕੋਈ ਨਾਹਿ॥ (੩੧੦)

Those who have imbibed the virtues of the fearless creator have no fear at all of anything and anyone.

- ਭੈ ਵਿਚਿ ਪਵਨੁ ਵਹੈ ਸਦਵਾਉ॥ ਭੈ ਵਿਚਿ ਚਲਹਿ ਲਖ ਦਰੀਆਉ॥
  ਭੈ ਵਿਚਿ ਅਗਨਿ ਕਢੈ ਵੇਗਾਰਿ॥ ਭੈ ਵਿਚਿ ਧਰਤੀ ਦਬੀ ਭਾਰਿ॥
  ਭੈ ਵਿਚਿ ਇੰਦੁ ਫਿਰੈ ਸਿਰ ਭਾਰਿ॥ ਭੈ ਵਿਚਿ ਰਾਜਾ ਧਰਮੁ ਦੁਆਰੁ॥

ਭੈ ਵਿਚਿ ਸੂਰਜੁ ਭੈ ਵਿਚਿ ਚੰਦੁ॥ ਕੋਹ ਕਰੋੜੀ ਚਲਤ ਨ ਅੰਤੁ॥
ਭੈ ਵਿਚਿ ਸਿਧ ਬੁਧ ਸੁਰ ਨਾਥ॥ ਭੈ ਵਿਚਿ ਆਡਾਣੇ ਆਕਾਸ॥
ਭੈ ਵਿਚਿ ਜੋਧ ਮਹਾਬਲ ਸੂਰ॥ ਭੈ ਵਿਚਿ ਆਵਹਿ ਜਾਵਹਿ ਪੂਰ॥
ਸਗਲਿਆ ਭਉ ਲਿਖਿਆ ਸਿਰਿ ਲੇਖੁ॥ ਨਾਨਕ ਨਿਰਭਉ ਨਿਰੰਕਾਰੁ ਸਚੁ ਏਕੁ॥ (੪੬੪)

In this Salok Guru explains that everything in the cosmos in under the Cosmic Law (Hukam ਭੈ) of the Creator. The wind breezes, thousands of rivers flow, heat of fire, the earth producing vegetation and minerals, the clouds move across the Sky, the Righteous Judge of Dharma doing its duty (As per Hindu philosophy). The sun shines and the moon reflects and travel millions of miles endlessly (Means Everything in the cosmos is moving). All the wisdom is under your Hukam (The Sidhas, the Buddas, the demi-gods and yogis). The Sky and the warriors and the most powerful heroes who fight worldly temptations are under your Hukam. Millions take birth and die under your Hukam. God has inscribed the Inscription of its Cosmic Law (Hukam ਭੈ) upon everything in the Cosmos. O Nanak, the fearless, the formless True Creator is one who is beyond it (ਨਿਰਭਉ).

Amongst all mentioned above only Humans have freedom of choice to follow the Cosmic Law (Hukam ਭੈ) or not. Everyone else follow the Cosmic Law (Hukam ਭੈ) which says that I should do my duty fearlessly (ਨਿਰਭਉ) as others in the cosmos are doing.

ਨਿਰਵੈਰੁ (Nirvair)

As creator is without enmity and do not hate anyone, we should imbibe this virtue. God does not differentiate. Everyone enjoys the same sun, moon, air, fire and sky. Greed and attachment to worldly possessions and children (Moh) creates enmity even with own brothers and sisters. To take illegal possession of parental property (Greed) and leave it for children (Moh) creates enmity with siblings leading to court cases and murder. We should not be jealous of others progress. We should be compassionate and help others.

- ਨਾ ਕੋ ਬੈਰੀ ਨਹੀ ਬਿਗਾਨਾ ਸਗਲ ਸੰਗਿ ਹਮ ਕਉ ਬਨਿ ਆਈ॥ (੧੨੯੯)

None is my enemy, no one is a stranger to me. I get along with everyone. I should not consider children of my siblings as others (ਬਿਗਾਨਾ). I will not then take illegal possession of parental property and deprive my siblings and their children of their rights. It will bring domestic peace and world peace if implemented globally.

- ਸੇਵਾ ਕਰਤ ਹੋਇ ਨਿਹਕਾਮੀ॥ ਤਿਸ ਕਉ ਹੋਤ ਪਰਾਪਤਿ ਸੁਆਮੀ॥ (੨੮੬)

One who performs selfless service, without thought of reward, merges with the Creator.

That's why Sikhs all over the world are always ready to help anyone at any cost. It has been seen during COVID-19 pandemic help given by Sikhs, especially contribution of Sarbat Da Bhalla, Khalsa Aid and United Sikhs and many individual Sikhs and organizations around the globe during natural disasters like earthquake, floods etc.

ਅਕਾਲ ਮੂਰਤਿ (Akal Moorat)

Creator is not effected by time and is formless. There should not be any effect of time on one as well. I rejoice when something good happens and go into depression if some

untoward happens. That is the effect of time on me. When I imbibe Godly Virtues my mind (mann) will be exact picture (Moorat) of the creator and there will be no effect of time on me. I'll be in eternal peace in all circumstances.

- ਨਰ ਚਾਹਤ ਕਛੁ ਅਉਰ ਅਉਰੈ ਕੀ ਅਉਰੈ ਭਈ॥
  ਚਿਤਵਤ ਰਹਿਓ ਠਗਉਰ ਨਾਨਕ ਫਾਸੀ ਗਲਿ ਪਰੀ॥(੧੪੨੮)

We wish for something, but something different happens. Nanak says when we plot to deceive others we place noose around our own neck instead, which gives us unhappiness (Dukh). Expectations from others, even from the Creator cause unhappiness when our expectation is not fulfilled.

- ਸੁਖੁ ਦੁਖੁ ਦੋਨੋ ਸਮ ਕਰਿ ਜਾਨੈ ਅਉਰੁ ਮਾਨੁ ਅਪਮਾਨਾ॥
  ਹਰਖ ਸੋਗ ਤੇ ਰਹੈ ਅਤੀਤਾ ਤਿਨਿ ਜਗਿ ਤਤੁ ਪਛਾਨਾ॥ (੨੧੯)

One who knows that sufferings and pleasure (Sukh Dukh), honour and dishonour are the same, who remains detached from joy and sorrow, realizes the true essence in the world.

ਅਜੂਨੀ (Ajuni)

Creator is beyond spiritual birth and death. We die spiritually many times a day when we get into ardent worldly temptations like jealousy, anger, sexual lust and greed.

- ਗੋਬਿੰਦ ਹਮ ਐਸੇ ਅਪਰਾਧੀ॥.....
  ਪਰ ਧਨ ਪਰ ਤਨ ਪਰ ਤੀ ਨਿੰਦਾ ਪਰ ਅਪਬਾਦੁ ਨ ਛੂਟੈ॥
  ਆਵਾ ਗਵਨੁ ਹੋਤੁ ਹੈ ਫੁਨਿ ਫੁਨਿ ਇਹੁ ਪਰਸੰਗੁ ਨ ਤੂਟੈ॥ (੯੭੧)

O God, We are such a Sinner! We die spiritual death and rebirth again and again many times a day because of our greed for others wealth, hostilities with others, sexual lust and slandering others. This cycle of spiritual death and rebirth never ends.

- ਲਲਾ ਲਪਟਿ ਬਿਖੈ ਰਸ ਰਾਤੇ॥ ਅਹੰਬੁਧਿ ਮਾਇਆ ਮਦ ਮਾਤੇ॥
  ਇਆ ਮਾਇਆ ਮਹਿ ਜਨਮਹਿ ਮਰਨਾ॥(੨੫੨)

Using the word Lalla (ਲਲਾ) Guru is explaining that people are entangled (ਲਪਟਿ) in the love of corrupt pleasures. Those who are intoxicated under the influence of worldly temptations and egoism spiritually die and reborn again and again.

We need to imbibe Godly Virtues to save ourselves from this cycle of spiritual death and rebirth.

- ਜਿਨਾ ਸਤਿਗੁਰੁ ਪੁਰਖੁ ਨ ਸੇਵਿਓ ਸਬਦਿ ਨ ਕੀਤੋ ਵੀਚਾਰੁ॥
  ਓਇ ਮਾਣਸ ਜੂਨਿ ਨ ਆਖੀਅਨਿ ਪਸੂ ਢੋਰ ਗਾਵਾਰ॥
  ਓਨਾ ਅੰਤਰਿ ਗਿਆਨੁ ਨ ਧਿਆਨੁ ਹੈ ਹਰਿ ਸਿਉ ਪ੍ਰੀਤਿ ਨ ਪਿਆਰੁ॥
  ਮਨਮੁਖ ਮੁਏ ਵਿਕਾਰ ਮਹਿ ਮਰਿ ਜਮਹਿ ਵਾਰੋ ਵਾਰ॥ (੧੪੧੮)

Those who do not get spiritual knowledge and wisdom from the True Guru are human only by species, but actually are not only animals but dead animals and stupid. They have no spiritual wisdom and have no love for the Creator (Virtues). They live life entangled in worldly passions (Maya) according to their mind (mann) and are always in the cycle of spiritual (Moral) death and rebirth.

ਸੈਭੰ (Saibhang)

The creator is self-Existent, so should we be. We should not be under the protection and support of anyone except Godly Virtues. Our enlightenment and spiritual awakening (Prakash) should be from self by imbibing Godly Virtues. My mind (mann) becomes capable of creating new creation through Godly Virtues in which all sense organs (Giyan Indre) are self-radiant with new virtues.

- ਜਿਉ ਜਨਨੀ ਗਰਭੁ ਪਾਲਤੀ ਸੁਤ ਕੀ ਕਰਿ ਆਸਾ॥ ਵਡਾ ਹੋਇ ਧਨੁ ਖਾਟਿ ਦੇਇ ਕਰਿ ਭੋਗ ਬਿਲਾਸਾ॥
  ਤਿਉ ਹਰਿ ਜਨ ਪ੍ਰੀਤਿ ਹਰਿ ਰਾਖਦਾ ਦੇ ਆਪਿ ਹਥਾਸਾ॥ (੧੬੫)

The mother nourishes the foetus in the womb, hoping for a son, who will grow, earn and give her money so that she can enjoy herself in the old age. In just the same way, the humble servant of the Creator loves the Creator, who extends its Helping Hand to us. A son may or may not help the mother but the creator always will.

ਗੁਰ ਪ੍ਰਸਾਦਿ (Gur Prasad)

Can be realized through enlightenment of the teachings of the Guru (Spiritual Knowledge and wisdom). Through it one has to merge with the virtues taught by the Guru in Gurbani.

- ਗਿਆਨ ਅੰਜਨੁ ਗੁਰਿ ਦੀਆ ਅਗਿਆਨ ਅੰਧੇਰ ਬਿਨਾਸੁ॥ (੨੯੩)

The way antimony beautifies eye and improves vision, Guru has given the antimony to my mind (mann) of spiritual knowledge and wisdom, which dispelled the darkness of ignorance and beautified my mind (mann).

- ਸਤਿਗੁਰ ਕੀ ਬਾਣੀ ਸਤਿ ਸਰੂਪੁ ਹੈ ਗੁਰਬਾਣੀ ਬਣੀਐ॥ (੩੦੪)

The teachings of the True Guru are the embodiment of the Truth (Creator). We should be the Virtues from the teachings (Gurbani).

Conclusion

Our existence is because of one creator. For example Zeroes added with one makes 10, 100, 1000, 10000 so and so on. If we remove one, Zeroes have no value and existence. In the same way without one (creator), we have no value and existence. We need to imbibe Godly Virtues of one to have any value, otherwise we are valueless, ZERO. Godly Virtues are lying dormant in our mind like butter is within milk but is not visible. We have to manifest them. Manifesting butter from milk is a process. In the same way to manifest Godly Virtues in our mind is a process of getting and imbibing spiritual knowledge and wisdom from the Guru (Gur Prasad). Then the recessive saintly (Godly Virtues) genes which were dormant becomes active. Software will not work on its own. It has to be downloaded on the computer to be effective. In the same way we need to download Godly Virtues on our mind (mann) to have enlightenment and spiritual awakening.

Mantar is chanting, but we discussed above is not for chanting but imbibing and inculcating these virtues in our mind (mann). So it cannot be called Mool Mantar. I will Conclude it to be the opening verse of Guru Granth Sahib.