

# Sikhism 1 – The Teachings of Guru Nanak

## Activity 1

How would you describe God. Make a list.

## Activity 2

Guru Nanak's teachings on the nature of God:

### Mul Mantra

*Aum Sati Namu Karata Purukhu nitabhauniravaira akal  
Murati ajuni saibhan gur prasadi*

### Meaning

This being (God) is one. He is eternal. He is present in all things and the sustainer of all things. He is the creator of all things. He is present in his creation. He is without fear and enmity. This being is not subject to time. He is beyond birth and death. He is himself responsible for his own manifestation. (he is known) by the Guru's grace.

## Question for Quiz

1. According to the above are there two Gods? Give reasons for your answer.
2. Guru Nanak said that God is formless or Nirakara. What does that mean?
3. Is God found only in one place?
4. Who created God?
5. What does Sustainer mean? What does creator mean?
6. How can you come to know who and what God is?

## Activity 3 – Debate

*Guru Nanak (and the Vedas) has said that God is both Nirguna without qualities and who cannot be limited and Saguna with qualities and can be limited.*

What does this mean and how is it possible?

#### **Activity 4 – Bhajan**

*Vaahe Guru Vaahe Guru Vaahe Guru Jee Bolo  
Sathya Naam, Sathya Naam, Sathya Naam Jee Bolo  
Nithya Nithya Japiye Therey Naam Jee Bolo  
Sathya Naam, Sathya Naam, Sathya Naam Jee Bolo  
Ram Ram Ram Ram Ram Ram Jee Bolo  
Nithya Nithya Japiye Therey Naam Jee Bolo  
Krishna Krishna Krishna Krishna Kirshna Naam Jee Bolo  
Sathya Naam Sathya Naam Sathya Naam Jee Bolo*

Victory and glory to the spiritual teacher! Say the name of truth! We repeat your name constantly Rama, Krishna and Sai