

Thursday 25<sup>th</sup> June 2026  
RW – Sikhism - Mool Mantra

The Mool Mantra was written by Guru Nanak Dev Ji, the first Sikh Guru. He used these words to describe exactly what he believed God was like.

A mantra is a word or sound that is repeated.

The mantra says that God is Nirvair (without hate), it teaches Sikhs that God loves everyone and was never born and will never die.

Many Sikhs memorise the Mool Mantra when they are young. It reminds Sikhs to be brave (Nirbhau) and kind (Nirvair) like God. You can find videos on YouTube of Sikhs repeating the Mool Mantra.

Find evidence of these qualities, that Sikhs link to God in the Mool Mantra, around your home and describe what you did/saw.

|                                                        |                                                               |                                                                                   |
|--------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Find someone being helpful.<br>-----<br>-----<br>----- | Draw a time someone told the trust                            | Find an object that reminds you of courage<br>-----                               |
| Be kind today<br>-----<br>-----<br>-----               | Find an example of someone sharing<br>-----<br>-----<br>----- | Find something that shows love or care<br>-----<br>-----<br>-----                 |
| Do a kind deed<br>-----<br>-----<br>-----              | Find someone being fair<br>-----<br>-----<br>-----            | Find something that reminds you that everyone is equal<br>-----<br>-----<br>----- |