

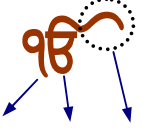
Naam Simran (ਨਾਮੁ ਸਿਮਰਨ)

“Naam” -> literally means **Name** i.e. God's Name. But for the formless God, “Name” implies the **Waheguru's Virtues, Divine Laws and Command**

“Simran” -> means to **Remember**; Therefore, **Naam Simran** means, “to remember Waheguru's virtues and follow Waheguru's Command (Hukam). Remaining within Waheguru's command gives supreme joy referred to as “Anand” and most importantly, unseen & unconceivable Waheguru is realised pervading through the creation. That is the ONLY objective of Human life.

Guru Granth Sahib reveals how to keep the conscious fixed on Waheguru's virtues. Following verse is taken from the very beginning of Guru Granth Sahib referred to as “Mool-Mantar” i.e. Fundamental Chanting Spell that describes Waheguru's virtues. By continually keeping these virtues in mind, one begins to feel Waheguru presence in every action & within the creation. Divine virtues like Compassion, Contentment, Divine Wisdom, Righteousness & truthfulness are developed within one's mind and mind is filled with Divine Bliss (Anand)

Now, come along and contemplate upon the virtues of Waheguru through the “Mool-Mantar” and feel love and power of Waheguru.

 <p>Ik- Ong- Kaar</p>	<p>Waheguru, You are the ONLY Creator, Sustainer & destroyer and You exist at all times. You are the owner of the universe. Thanks for blessing us with life & all the provisions. Our body & soul belong to you. Please reveal to us the purpose of this life and enable us to serve You. You are our father & mother. In your grace, there are many joys.</p>
<p>ਸਤਿਨਾਮੁ Satnaam</p>	<p>Waheguru, Your Naam (Divine Laws/Command) is true. Your ever-true Divine Laws (Naam) sustain the creation. In your Naam, there is harmony & peace. Bless us with wisdom & strength to enable us to follow your Naam in order to enjoy Your blessing & love.</p>
<p>ਕਰਤਾ ਪੁਰਖੁ Karta-Purakh</p>	<p>Waheguru, You are the creator and You reside within the creation. You take care of all at all times and places. Bless us with realization of Your presence.</p>
<p>ਨਿਰਭਉ Nir-bhau</p>	<p>Waheguru, You are fearless. You are invincible. No one can harm You. Waheguru, we seek your protection. Please remove all our fears</p>
<p>ਨਿਰਵੈਰੁ Nir-vair</p>	<p>Waheguru, You are without hatred and enmity. You are Loving & Caring and forgiving. Forgive our sins committed consciously & unconsciously and embrace us in Your love.</p>
<p>ਅਕਾਲ ਮੂਰਤਿ Akal-Moorat</p>	<p>Waheguru, You are immortal You are always present everywhere in the universe. You are the ONLY TRUE Master, TRUE Guardian & TRUE Companion during all times (past & present)</p>
<p>ਅਜੂਨੀ Ajoonee</p>	<p>Waheguru Your existence is beyond birth You exist within Your creation. Everything depends upon your existence. You are the source of life.</p>
<p>ਸੈਭੰ Sai-bhung</p>	<p>Waheguru, You have created yourself and the whole creation. You are owner of the universe, You are most Powerful, Innovative, all-Wise, most Intelligent, Orderly, best organizer, perpetual & fascinating.</p>
<p>ਗੁਰ ਪ੍ਰਸਾਦਿ Gur-Pursad</p>	<p>Waheguru, You are the source of Divine wisdom & Anand (bliss) Help us to practice your Command as contained in Guru Granth Sahib in order to reach You. Shower Your mercy upon us; Bless us with wisdom, peace & contentment.</p>

Now Recite **WAHEGURU** continuously keeping your focus on Waheguru's virtues for as long as you can comfortably. May Waheguru bless You!

The indication that you are getting closer to Waheguru can be felt if you are feeling to be honest, fulfilled, humble, kind & joyful and your faith in Waheguru is increasing day-by-day.