

**Guru Nanak - Sabad 33**  
**aasan loi loi bha(n)Daar ||**  
**Jap, Guru Nanak, Guru Granth Sahib, 7**

aasan loi loi bha(n)Daar ||  
jo kichh paiaa su ekaa vaar ||  
kar kar vekhai sirjanhaar ||  
naanak sache kee saachee kaar ||  
aades tisai aades ||  
aad aneel anaad anaahat jug jug eko ves ||31||

**Summary:** Human beings can lose their connection with nature when they view the earth as a resource to be used rather than something that is a vital part of their being. This outlook can prevent humans from connecting with the natural world as a nurturing force. If humans can accept the truth that the natural world is a nurturing force, with each element depending on the others, they will realize that the ecosystem thrives in harmony. This understanding can lead them back to the oneness of the source of creation.

aasan loi loi bha(n)Daar ||  
Nature is a treasure trove of a wondrous manifestation of the omnipresent force that permeates and governs every aspect of creation.

jo kichh paiaa su ekaa vaar ||  
The One omnipresent consciousness that infused its creation with the seed of life continues to evolve.

kar kar vekhai sirjanhaar ||  
The all-pervading Creator brings the creation into being and sustains its existence.

naanak sache kee saachee kaar ||  
Nanak says the creation of the truthful creator is true.

aades tisai aades ||  
Respecting the will of nature is a universal law.

aad aneel anaad anaahat jug jug eko ves ||31||  
The source, the flawless, the infinite, the eternal, all-pervading unseen energy since time immemorial has been one primordial entity. (31)

**Essence:** Guru Nanak states that as a universal law we have an inherent and unconditional obligation to respect nature as the ultimate authority for universal benevolence.

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