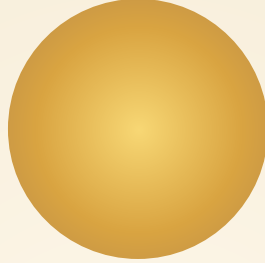


A REFLECTION ON CREATION & WISDOM



WHEN THE UNIVERSE BECOMES YOUR GURU

On the four teachers of creation — the human guide, the elements, the natural world, and the cosmos itself — and the discipline of learning to see them.

جب کائنات آپ کی گرو بن جائے

Difficult words are marked in the text below, each followed by its Urdu meaning and two to three English synonyms in a small bracketed note, so the sentence can be read without pausing to look anything up.

I · THE HUMAN GURU

There are four types of gurus in creation. One is a human guru who not only **imparts** عطا کرتا ہے | bestows, conveys, transmits knowledge of the material world but also sets an example for others to follow by actively and **purposefully** پر | بامقصد طور | deliberately, intentionally, resolutely **cultivating** پروان چڑھانا | nurturing, fostering, developing qualities and values in life. This ethical discipline is critical to obtaining higher knowledge – you could even refer to it as heavenly wisdom. Knowledge without character, intelligence without **compassion** ہمدردی | empathy, kindness, mercy, and learning without ethical discipline can become a means of **exploitation** استحصال | misuse, manipulation, abuse. A teacher whose life reflects the values they teach becomes a living **scripture** صحیفہ | holy text, sacred writing, gospel; they become a bridge between information and wisdom, between **intellectual** عقلی | rational, cognitive, cerebral understanding and lived experience.



II · THE ELEMENTAL GURU

The second kind of guru can be found in all forms within creation itself. The sun is a great teacher; it provides energy to all life on Earth and **sustains** برقرار رکھتا ہے | maintains, upholds, supports the natural world. The earth provides **nourishment** غذائیت | nutrition, sustenance, nurture for all living things, including humans, in the form of fruits, grains, vegetables, and greens. Rivers and streams, **revered** محترم سمجھا جاتا ہے | venerated, honoured, esteemed as **divine** الہی | sacred, godly, celestial powers in all **civilisations** تہذیبیں | cultures, societies, civilizations and cultures, sustain life.



III · THE GURU OF NATURE

Nature, being a **component** جزو | part, element, constituent of creation, is regarded as the third **magnificent** شاندار | splendid, majestic, glorious moral and spiritual teacher. Since forests are the ideal locations for reflection and meditation, **sages** حکما | wise men, philosophers, seers of the Upanishad retired

amidst (درمیان | amid, among, surrounded by) nature. Every object and creature, be it a tree, a flower, a grass blade, a bird, an animal and an amphibian, **unintentionally** (غیر ارادی طور پر | inadvertently, unknowingly, accidentally) imparts a specific discipline or **virtue** (فضیلت | goodness, merit, quality) from which we can benefit.

Thus, ants teach us order, **coordination** (ہم آہنگی | cooperation, synchronization, teamwork), teamwork, and **organisation** (تنظیم | arrangement, structure, system) skills. In the same way, one can learn **stability** (استحکام | steadiness, firmness, balance) and **modesty** (انکساری | humility, simplicity, moderation) from a little blade of grass and **joyfulness** (خوشی | happiness, cheerfulness, delight) from birds. The flower teaches us **impermanence** (پن | عارضی | transience, temporariness, mortality); butterfly, **transformation** (تبدیلی | metamorphosis, change, conversion); dog, **loyalty** (وفاداری | faithfulness, allegiance, devotion); elephant, memory and strength; bee, **diligence** (محنت | industriousness, perseverance, hard work); spider, patience and **persistence** (استقامت | perseverance, tenacity, endurance); fish, **adaptation** (موافقت | adjustment, acclimatization, flexibility) to its environment; and the tortoise, **withdrawal** (کنارہ کشی | retreat, seclusion, detachment) from sense organs. Nature **surpasses** (بڑھ جاتا ہے | exceeds, outdoes, transcends) all human gurus in that sense. The real question is whether we are **attentive** (توجہ دینے والا | mindful, observant, alert) enough to learn. A closed mind sees only objects; an attentive mind sees relationships; a **contemplative** (غور و فکر کرنے والا | reflective, meditative, thoughtful) mind sees lessons; and a wise mind sees **unity** (وحدت | oneness, harmony, integration).



IV · THE COSMIC GURU

The universe as a whole is the greatest guru – the **cosmic** (کائناتی | universal, celestial, galactic) guru – who imparts and explains its **mysteries** (اسرار | secrets, enigmas, riddles) and the **evolving** (ارتقا پذیر | developing, progressing, transforming) nature of matter through the impermanence principle. The greatest lesson that one can **imbibe** (اپنانا | absorb, assimilate, internalize) is that since nothing lasts forever, one need not become too **attached** (وابستہ | attracted, bound, clinging) to anything in life. Even death, the most difficult teacher, teaches us to value life. This does not mean that life is meaningless. On the contrary, impermanence is what gives life its **urgency** (فوری اہمیت | immediacy, pressing need, exigency) and beauty.



V • THE TEACHER WITHOUT WORDS

All living and non-living things in nature and the entire creation, are gurus. The teacher does not always have to stand before us and speak. Sometimes the teacher crawls beneath our feet, flies above our heads, grows silently beside our homes, or disappears into the forest. **Consequently** چنانچہ *therefore, hence, accordingly*, when you wake up in the wee hours علی الصبح *early morning, dawn, daybreak*, bow down before the entire creation and convey پہنچانا *express, communicate, transmit* your deepest gratitude شکرگزاری *thankfulness, appreciation, gratefulness* to existence وجود *being, life, presence*. The sun, sky, land, and nature are all part of the infinite لا محدود *boundless, endless, limitless* creation, therefore begin your day by giving them your sincere مخلصانہ *genuine, heartfelt, earnest* pranams سجدہ / سلام *bows, salutations, obeisance*.

جعکو، شکر ادا کرو، اور دیکھو — سیکھنے کے لیے صرف توجہ درکار ہے۔

GLOSSARY · DIFFICULT WORDS AT A GLANCE

WORD	اردو	SYNONYMS
imparts	عطا کرتا ہے	bestows, conveys, transmits
purposefully	بامقصد طور پر	deliberately, intentionally, resolutely
cultivating	پروان چڑھانا	nurturing, fostering, developing
compassion	ہمدردی	empathy, kindness, mercy
exploitation	استحصال	misuse, manipulation, abuse
scripture	صحیفہ	holy text, sacred writing, gospel
intellectual	عقلی	rational, cognitive, cerebral
sustains	برقرار رکھتا ہے	maintains, upholds, supports
nourishment	غذائیت	nutrition, sustenance, nurture
revered	محترم سمجھا جاتا ہے	venerated, honoured, esteemed
divine	الوہی	sacred, godly, celestial
civilisations	تہذیبیں	cultures, societies, civilizations
component	جزو	part, element, constituent
magnificent	شاندار	splendid, majestic, glorious
sages	حکما	wise men, philosophers, seers
amidst	درمیان	amid, among, surrounded by
unintentionally	غیر ارادی طور پر	inadvertently, unknowingly, accidentally

virtue	فضیلت	goodness, merit, quality
coordination	ہم آہنگی	cooperation, synchronization, teamwork
organisation	تنظیم	arrangement, structure, system
stability	استحکام	steadiness, firmness, balance
modesty	انکساری	humility, simplicity, moderation
joyfulness	خوشی	happiness, cheerfulness, delight
impermanence	عارضی پن	transience, temporariness, mortality
transformation	تبدیلی	metamorphosis, change, conversion
loyalty	وفاداری	faithfulness, allegiance, devotion
diligence	محنت	industriousness, perseverance, hard work
persistence	استقامت	perseverance, tenacity, endurance
adaptation	موافقت	adjustment, acclimatization, flexibility
withdrawal	کنارہ کشی	retreat, seclusion, detachment
surpasses	بڑھ جاتا ہے	exceeds, outdoes, transcends
attentive	توجہ دینے والا	mindful, observant, alert
contemplative	غور و فکر کرنے والا	reflective, meditative, thoughtful
unity	وحدت	oneness, harmony, integration
cosmic	کائناتی	universal, celestial, galactic
mysteries	اسرار	secrets, enigmas, riddles

evolving	ارتقا پذير	developing, progressing, transforming
imbibe	اڻانا	absorb, assimilate, internalize
attached	وابسته	attracted, bound, clinging
urgency	فوري اهميت	immediacy, pressing need, exigency
consequently	چنانچه	therefore, hence, accordingly
wee hours	علي الصبح	early morning, dawn, daybreak
convey	پهڻجنا	express, communicate, transmit
gratitude	شڪرگزارى	thankfulness, appreciation, gratefulness
existence	وجود	being, life, presence
infinite	لامحدود	boundless, endless, limitless
sincere	مخلصانه	genuine, heartfelt, earnest
pranams	سجده / سلام	bows, salutations, obeisance