



### Science & Sikhism

Sikh teachings do not disagree with science, as it does not conflict with Sikh Scriptures or beliefs. In fact scientists are just now discovering the concepts that were written in Sikh scriptures centuries ago. Sikh Gurus told Sikhs not to smoke, do drugs or drink alcohol centuries ago. Scientists confirm that drinking alcohol; smoking and consuming drugs have harmful effects on the body.

Sikh beliefs have not been disproved by science in any form. Scientific facts support the teachings of Guru Granth Sahib Ji. Guru Granth Sahib Ji states, "There are planets, solar systems and galaxies. If one speaks of them, there is no limit, no end. There are worlds upon worlds of His creation. As He commands, so they exist. He watches over all, and contemplating the

creation, He rejoices. Nanak says, it is really hard to describe" (Guru Granth Sahib Ji, 8). In addition, it is stated that God created the entire Universe including the Earth. "You Yourself created the Earth and the two lamps: the Sun and the Moon" (Guru Granth Sahib Ji, 83). Furthermore, "There are billions of regions and planets. There are billions of moons, suns and stars" (Guru Granth Sahib Ji, 275).

Clarification: The reference to Sun and the Moon as lamp is figurative not literal. Both give us light, Sun during the day and Moon during the night. But in no way Guru Granth Sahib Ji is saying that Moon makes or generates its own light.

"He created the Sun and the Moon; night and day, they move according to His Will" (Guru Granth Sahib Ji, 580). "Many millions are the fields of creation and galaxies. Many millions are the skies and solar systems. Many millions are divine incarnations. He has unfolded Himself in so many ways. He has expanded His expansion of creation many times. Forever and ever, He is the One, the One Universal Creator. Many millions are created in various forms. From God they emanate, and into God they merge once again. His limits are not known to anyone. O Nanak, God exists by Himself." (Guru Granth Sahib Ji, 276).

Furthermore, "He established the Earth, the sky and the air, the water of the oceans, fire and food. He created the Moon, the stars and the Sun, night and day and mountains; He blessed the trees with flowers and fruits. He created the demigods, human beings and the seven oceans; He established the three worlds (life in water, on land and in the air)" (Guru Granth Sahib Ji, 1399). God created the gases and everything came from God's creation. For example, water (H<sub>2</sub>O) came from the gases. When two hydrogen atoms and one oxygen atom combine, they form water. Life in the ocean, on land and in the air is based on water. Within all life, He has infused His Light, the soul, which is a part of God. God created the entire Universe including the Earth and life on the Earth.

Sikhism states that God created this Universe billions of years ago. The Universe including the Earth has been evolving since. Furthermore, this is not the first time God created this Universe, He has done so many times. The life not only exists on Earth alone but many other planets.

Scientists have found that there are billions of galaxies, each galaxy containing billions of stars and millions of planets revolving around those stars with millions of moons revolving around

those planets. Our galaxy, the Milky Way, has approximately 200 billion stars and millions of planets from which few are known. There are billions of galaxies like ours in the universe and this is just now being realized by modern science, whereas Sikh Scripture mentioned it long before its discovery.

Scientists are slowly attempting to unravel the creation of God but the whole creation is so vast that currently it is beyond what humans can explore. Scientists study the creation of God and try to comprehend the mysteries of His creation. The more they learn, the more they are amazed. Some spend their entire life studying God's creation and yet they are unable to find His limits. However, when one meditates on God, God Himself unfolds the mysteries and reveals the galaxies, the stars, and all of His creation.