

Indian reformers in Sri Lanka: Guru Nanak's visit- A myth or reality?

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Guru Nanak, the founder of Sikh religion, like the Buddha earlier, sowed the seeds of spiritual democracy. The process of its germination and growth is still in progress and continues to flourish due to Guru's message for the world at large, conveyed through his writings and personal visits to the then known countries of the Asian sub-continent.

The paper seeks to examine the historicity of Guru Nanak's visit to Sri Lanka. The Guru, possessing neither territory, nor wealth, nor aided by the forces of arms, preached his doctrine of peace in the countries during the course of his travels including Sri Lanka.

The paper concludes that much evidence in written and oral tradition is available with regard to Guru Nanak's travels, beyond the limits of Hindustan, including Sri Lanka, then known as Simhal Dweepa, to spread his message of virtue and righteousness. The paper tries to put at rest the controversies relating to Guru Nanak's visit to Sri Lanka and establishes his visit as a fact and not poetical imagination, a reality and not a myth.

Key words: Religion; Guru Nanak; Historical perspective; India- Sri Lanka relations