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Dance has always been a medium to express the inner feelings of living beings. These are involuntary movements generated by emotions. Every living being is a bundle of emotions, which are actuated by joy, fear, sorrow or love. The love may be for material objects or for the Divine. However materialistic one may be, a stage comes, when an urge to know the real self springs up. This urge is the beginning of search for God and makes the man wander in various directions till he realises his oneness with the Divine. Such realisation fills him with bliss, and in that blissful stage he dances to give vent to his feelings of joy. Thus divine nature is inherent in dance. People through ages have danced to express the subtle feelings of love for God.

My grandmother was an ardent devotee of Guru Nanak and used to worship him with extreme devotion. She would recite Jap ji Sahib regularly, she would always call Baba Nanak as a redeemer of the world and whenever I took up a new assignment, she would bless me with the words "Baba will crown you with success." She would never be tired of narrating
the sublime teachings of Baba Nanak. Dance being my subject and coupled with this background, I was inspired to take up research work about the attitude of Guru Nanak towards the art of dance.

I was in search of a scholarly person under whose supervision and guidance, I could take up this challenging task. In my quest I met Dr Jatinder Singh of Govt College Mohali who was a colleague of mine and I broached my difficulties in finding a suitable guide. He took me to Dr Darshan Singh, the Chairman of Guru Nanak Sikh Studies, Punjab University, Chandigarh. When I expressed my earnestness in this direction, he in his graciousness accepted to guide me in this task. As I proceeded with the research, I was struck with awe of his indepth knowledge of Gurbani, and his sublime and benevolent attitude in guiding me. I am extremly grateful to him for permitting my indulgence even at hours when he was extremely busy with his multifarious academic engagements. Everytime I met him in connection with this research work, I found him extending a helping hand without any reservations and every time giving me new ideas in the field of research without which I could not have accomplished this herculean task.
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I sincerely and unconditionally apologise for any errors committed by me unconsciously in interpreting or quoting the holy verses.

(Sneh Lata Badhwar)