

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 3

What Is the Ultimate Goal of Life?

What is our ultimate goal?



Knowing God is life's highest goal, reached by mature souls following a spiritual path.

The highest peak of life...

Just as only the most highly disciplined climbers reach the summit of Mount Everest each year, only a few mature souls reach life's highest peak in this life.



Souls were not created all at once.

That is because souls were not created all at once.

There are old souls and young souls. Older souls have matured over many lifetimes.

They have enjoyed life's pleasures, suffered all the many sorrows and faced countless challenges.



What happens as we mature?

This process has made them strong, like the mountaineers, and ready for the final ascent, ready to become one with God Siva.

As we mature, we become kind, generous, understanding and truthful. Anger, fear and jealousy no longer control us as they once did.

We become wise and loving.



We do not have to be reborn.

Reaching this maturity moves us toward life's true purpose.

Eventually we no longer need the experiences of Earth, so we do not need to be reborn.

Instead, we continue to evolve and serve humanity in the heavenly worlds in our subtle body.



Liberation or Moksha

This graduation from the cycle of reincarnation is called moksha, which means freedom, release or liberation.

But before we attain moksha, we must experience the highest goal of raja yoga—the realization of the Self, God.

After Self Realization, you no longer see yourself as just someone from some place.



All souls will attain *moksha*...

Instead, when you look inward, you see Siva.

When you look at other people, you see Siva.

All souls will achieve moksha, but only a few will do so in this lifetime.

Hindus know this and do not think that this life is the last.



Life's other three goals

While seeking to perfect themselves through service, worship and yoga, they know there is also much progress to be made in fulfilling life's other three goals: righteousness, wealth and enjoyment.



After moksha the soul continues to evolve.

Even moksha is not the end of our path.

After liberation from rebirth, the soul body continues to evolve in the inner worlds until it fully merges with God.

Jiva (the soul) becomes Siva, a union called *vishvagrasa*.



A perfect ancient path...

Being on an ancient path followed by countless souls gives the serene feeling that everything is all right as it is, that everything is perfect.



Gurudeva explains...

Each soul discovers its Sivaness,
Absolute Reality, Parasiva - the timeless,
formless, spaceless Self God.



QUESTIONS

Lesson 3



3.1 Life's highest goal is to...

- A. Become wealthy
- B. Know God
- C. Make a major scientific discovery

3.2 Souls that attain God-Realization in this lifetime...

- A. Are younger souls
- B. Are older souls
- C. Are chosen at random

3.3 Check the qualities that do *not* relate to someone who is spiritually mature:

- A. Kind
- B. Angry
- C. Generous
- D. Understanding
- E. Fearful
- F. Truthful
- G. Wise
- H. Jealous
- I. Loving

3.4 To achieve moksha we must experience the realization of the Self, God

- True
- False

3.5 Moksha will eventually be achieved...

- A. By only a few souls
- B. By all souls
- C. By most souls but not all