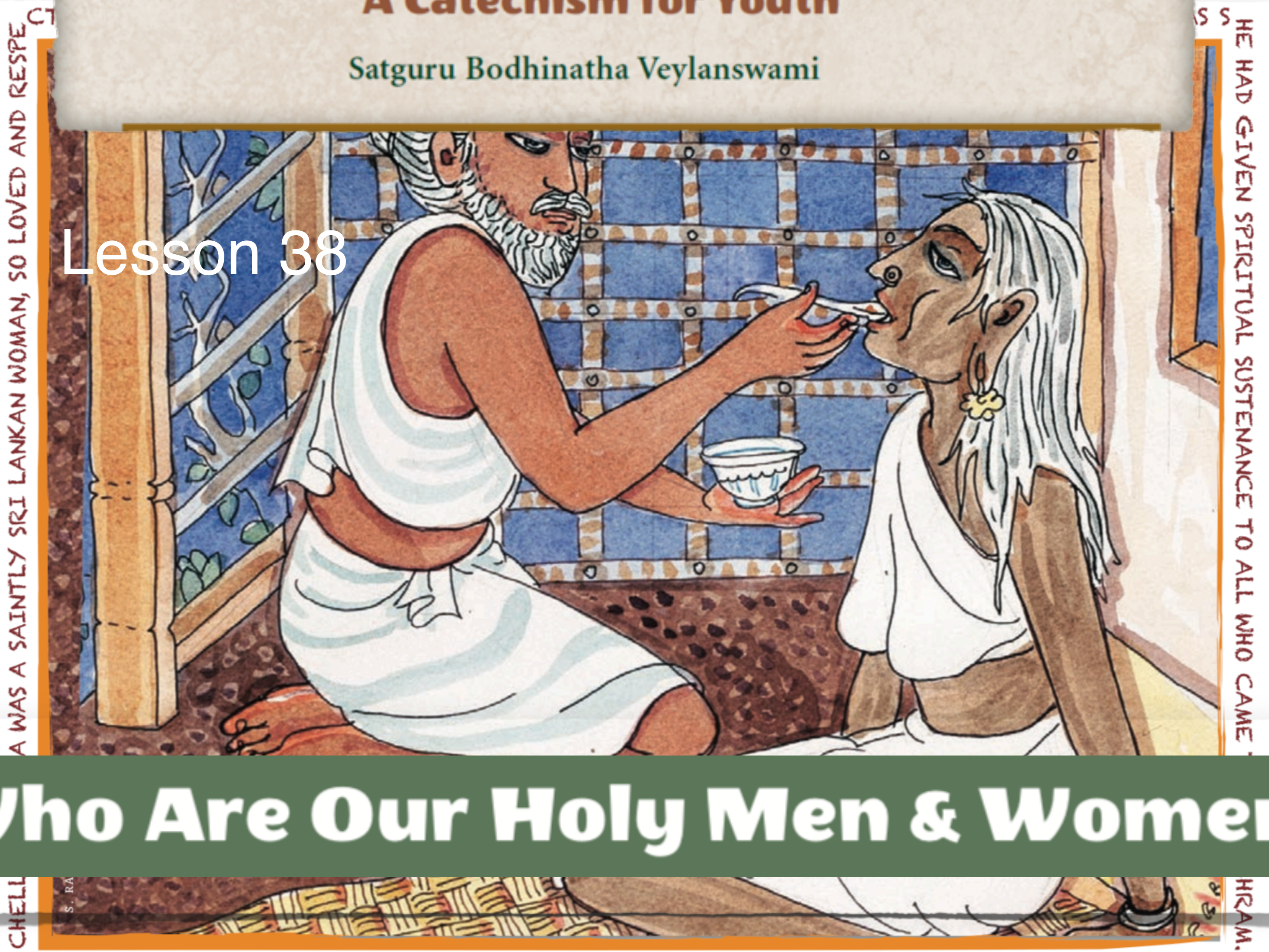


# Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 38



**Who Are Our Holy Men & Women?**

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S. RA

HRAM.

A WAS A SAINTLY SRI LANKAN WOMAN, SO LOVED AND RESPE

HE HAD GIVEN SPIRITUAL SUSTENANCE TO ALL WHO CAME

# Holy Men and Women of Saivism



**Saivism has many holy men and women.**

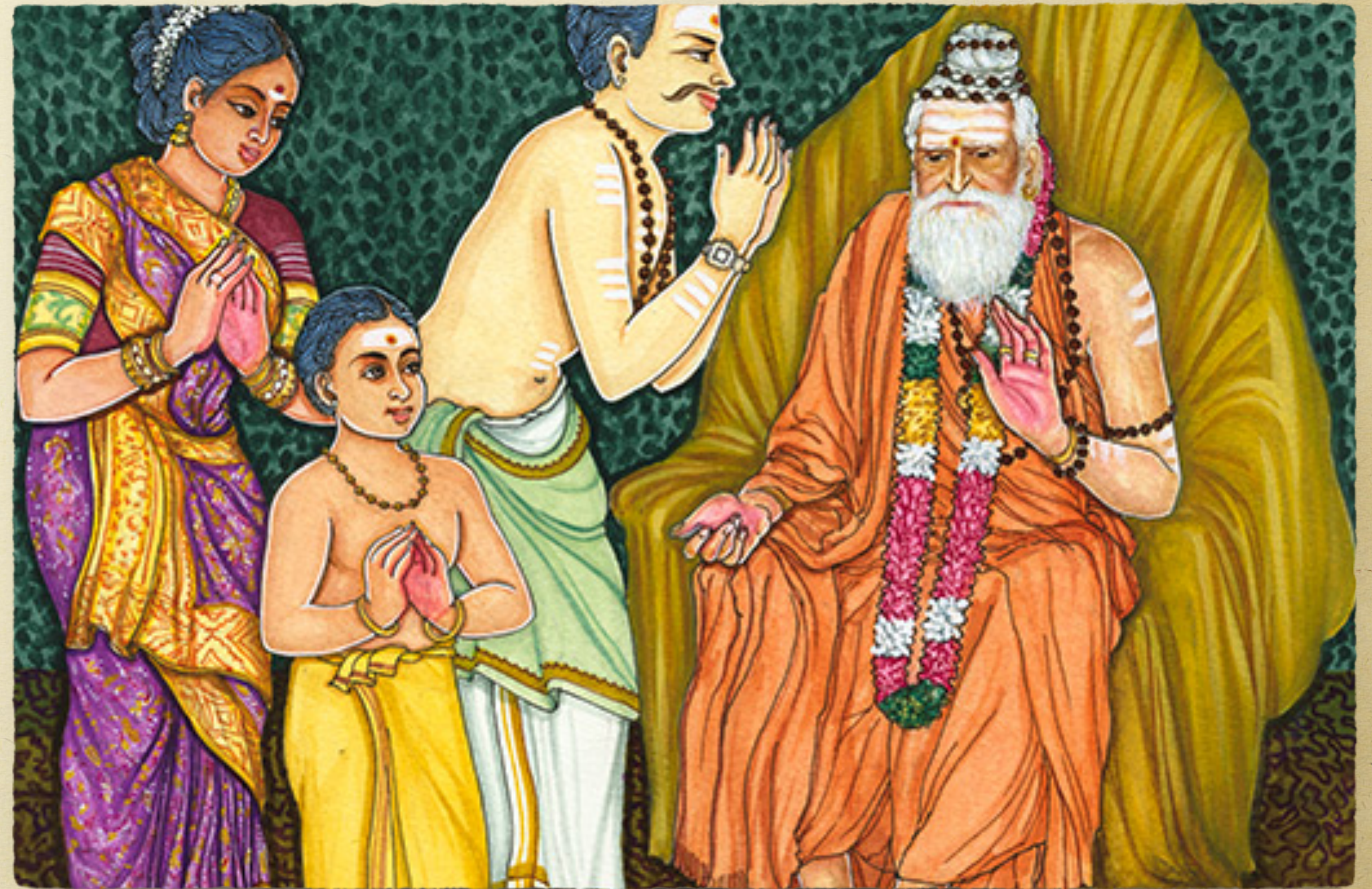
**All are great devotees of Siva, Murugan and Ganesha.**

# We honour holy ones

We honor living holy ones on their birthday, or *jayanti*.

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Those who have left this Earth we revere on the day of their passing, or *mahasamadhi*—their new birthday.



# Saints and sages

Saints reflect the peace, humility and purity of a devout life.

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Sages are great souls who may outwardly appear ordinary.



# Who are Satgurus?

Satgurus are enlightened beings who guide others on the path.

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# Holy men and women in history

Holy men and women—married people as well as gurus, sadhus and swamis—have stood strong for Saivism at critical times throughout history.

Many traveled widely and spread Saivite culture and knowledge to new areas.



# Some solitary, others composing songs..

Some were solitary mystics, meditating and performing yoga.

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Some wrote scriptures or composed beautiful songs to God that we sing today.



# When did our lineage begin?

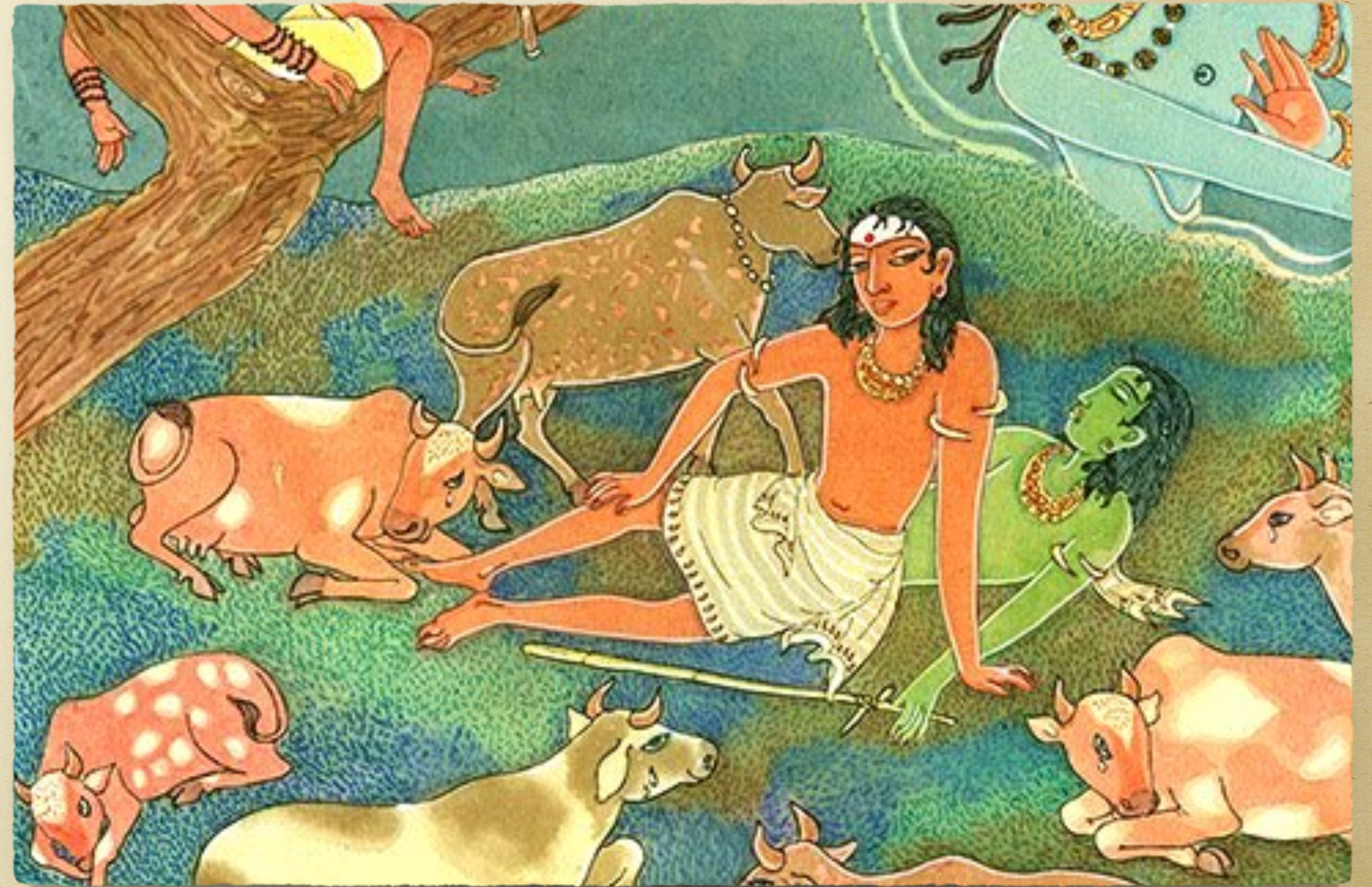
Our lineage began over 2,000 years ago with Maharishi Nandinatha, a yoga master from Kashmir.

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His disciple Sundaranatha, later known as Rishi Tirumular traveled by foot to South India to teach Saivism.

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Our many gurus followed from him.





# Other saivite traditions...

Other Saivite traditions include that of Matsyendranatha and his disciple Gorakshanatha, who expounded hatha yoga and spread Natha Saivism through central India and Nepal.



# Woman saivite saints

The many women saints include the austere yogini Karaikkal Ammaiyar and the beloved Saint Auvaiyar, whose poems children study to learn religion and good conduct.



# Tamil saiva saints

Among the most famous Tamil Saiva saints are the Nalvars, who kept Saivism strong in Tamil Nadu twelve centuries ago.



# Gurudeva says...

Though it may not be your dharma to formally renounce the world, you can benefit your search immensely by knowing how the great ones seek to live and respond to life.

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You can find ways in the midst of your life to follow their example.

in the midst of your life to follow their exam



# QUESTIONS for Lesson 38



**38.1** Saivism's many holy men and women are all great devotees of  
(Check the incorrect answer)

- A. Siva
- B. Krishna
- C. Murugan
- D. Ganesha

**38.2** Enter the letter from below of A - B for the correct Sanskrit term.

- \_\_\_ Living holy ones are honored on their birthday
- \_\_\_ Those who have left this Earth are revered on the day of their passing

- (A) Mahasamadhi
- (B) Jayanti

**38.3** Enter the letter from below of A - C for the correct category of holy men and women that applies to that description.

- \_\_\_ Reflect the peace, humility and purity of a devout life
- \_\_\_ Are great souls who may outwardly appear ordinary
- \_\_\_ Enlightened beings who guide others on the path

- (A) Sages
- (B) Saints
- (C) Satgurus

**38.4** All our holy men and women were solitary mystics, meditating and performing yoga.

- True
- False

**38.5** Enter the letter from below of A - B for the correct woman saint who fits that description.

- \_\_\_ Austere yogini
- \_\_\_ Author of poems for children

- (A) Karaikkal Ammaiyar
- (B) Saint Auvaiyar