

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 2

Where Am I Going? What Is My Path?

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Born in a physical body



Life has a purpose.

We have taken birth in a physical body to mature into our divine potential.

Many past lives...

This life is one more chapter in a maturing process that has been occurring over many past lives.

All souls are on this same journey.



We are like a tiny acorn

The deepest part of our soul, our essence, is and has always been one with Siva, but our soul body is still maturing.

We are like a tiny acorn growing into a mighty oak tree.



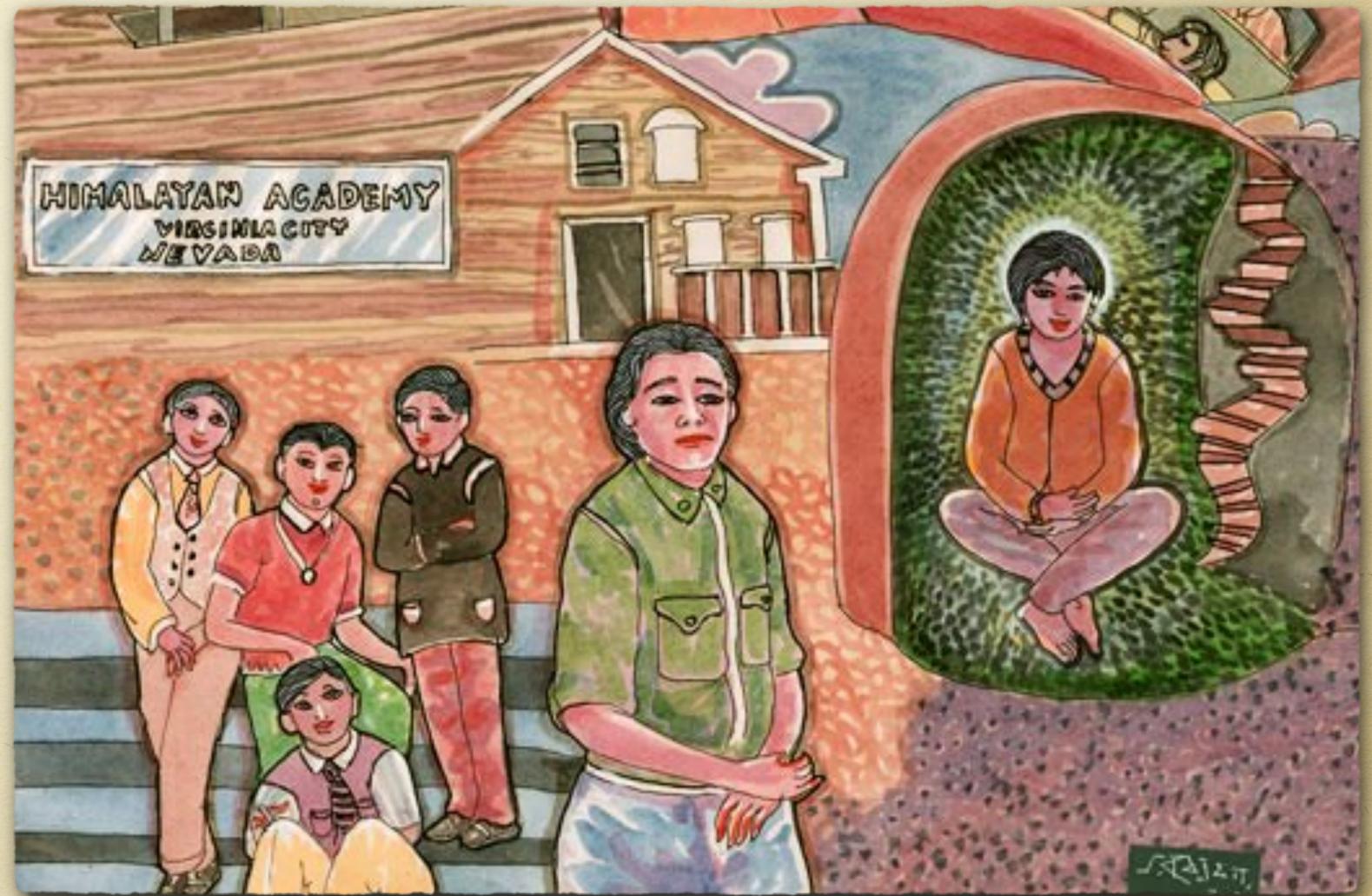
What do we learn?

We grow by learning to control our mind, body and emotions.

The stronger we get, the more we sense our Sivaness.

At first we learn from our suffering to avoid more suffering.

We turn fear into fearlessness, anger into love and conflict into peace.



Selfless service

We then learn to serve.

Selfless service is the beginning of
spiritual striving.

Through our selfless service, we come
into deep understanding and love of
God.



The world we live in.

We can then see that the world we live in, the people we relate to and we ourselves are none other than Siva.



We learn to meditate

Finally, we learn to meditate deeply, to quiet the mind, find peace and silence within ourselves, and watch ourselves going through all our experiences like watching an actor in a movie— knowing that our true identity is the soul, the watcher.



Where does meditation lead us?

That practice brings us to the realization of God within us.

At the end of this evolutionary journey, we are fully one with God—no difference remains.

We call this ancient path of spiritual striving San Marga, the “True Path.”



What is the San Marga?

It is a path of service, worship, yoga and wisdom.

Just as a train reaches its destination by following the tracks, we reach our innate perfection and freedom from rebirth by following the San Marga.



Gurudeva explains...

We are the undying consciousness and energy flowing through all things. Deep inside we are perfect this very moment, and we have only to discover and live up to this perfection to be whole.



QUESTIONS

Lesson 2



2.1 Our soul is comprised of...

- A. A soul body
- B. A soul body and the essence of the soul
- C. The essence of the soul

2.2 Our soul body...

- A. Doesn't change
- B. Is already fully matured
- C. Is in the process of maturing

2.3 Our soul body matures...

- A. Automatically as our physical body matures
- B. By learning to control our mind, body and emotions
- C. By going to school

2.4 The spiritual path leads us from:

(Number the steps in the order they occur from 1 - 6)

- __ Deep Understanding
- __ Meditation
- __ Learning how to avoid suffering
- __ Selfless service
- __ Suffering
- __ Realization of God

2.5 San Marga, the "True Path", consists of four stages which are:

(Number the stages in the order they occur from 1 - 4)

- __ Yoga
- __ Worship
- __ Wisdom
- __ Service