

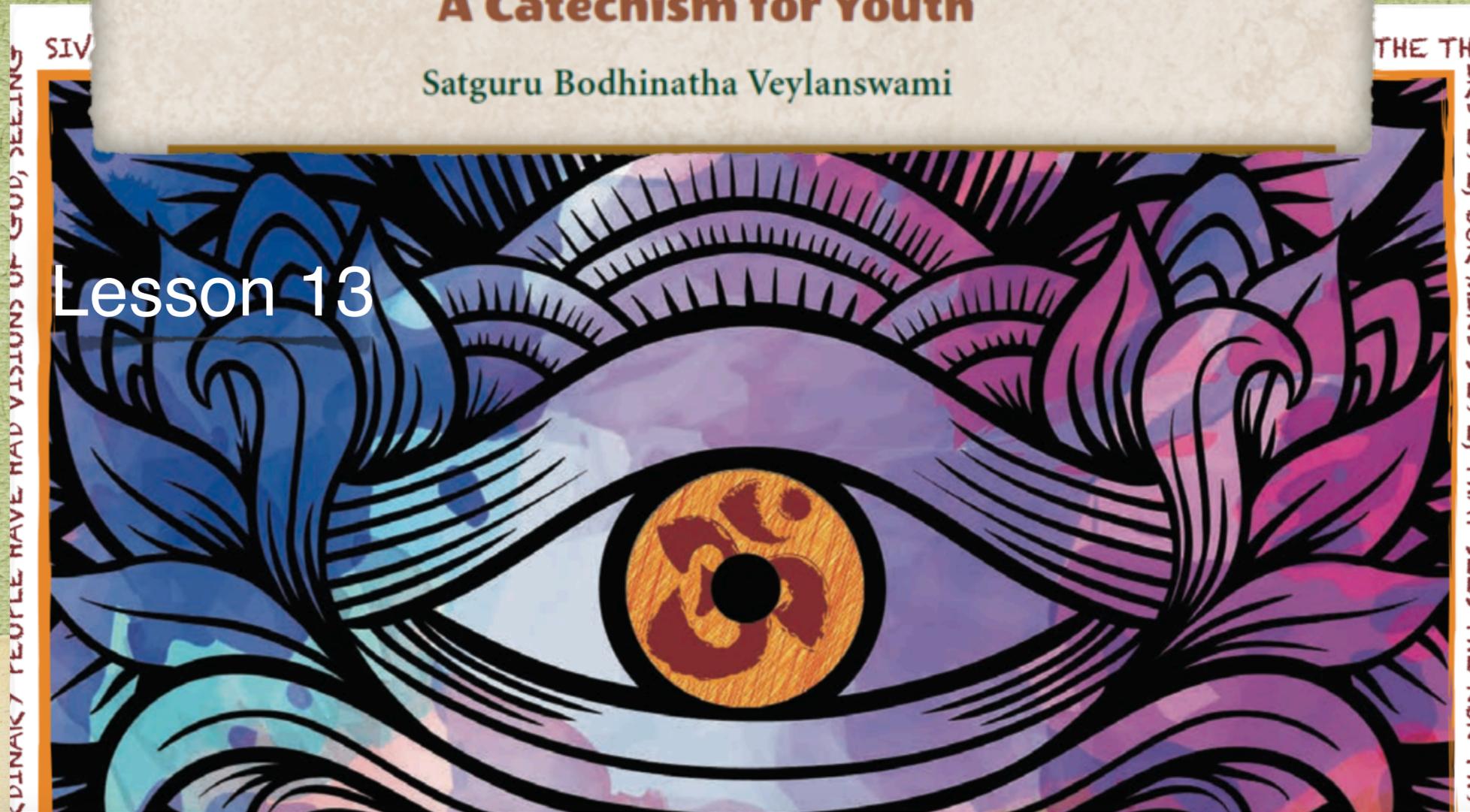
Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 13

How Can We See God?



What does Saivism teach?



Saivism teaches us that God Siva is knowable and we can experience Him right here and now. It is not just a matter of faith.

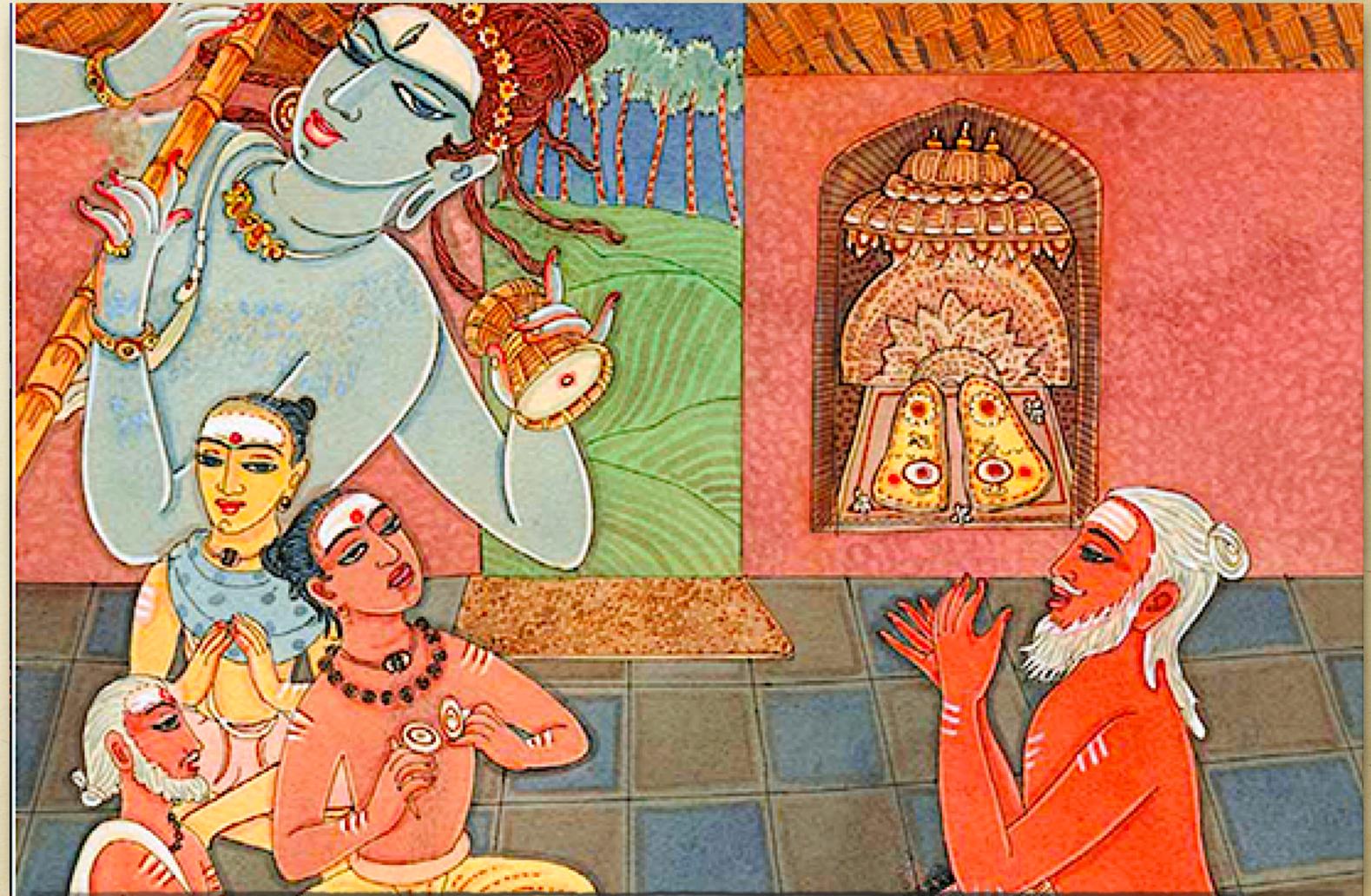
Sivayogaswami: See God in everything

Satguru Yogaswami declared, "See God in everything."

You are in God. God is within you.

God is in everyone. See Him there".

It takes much meditation to find God Siva in all things, through all things.



Gurudeva taught,
“He is there as the Soul of each soul.

You can open your inner eye and see
Him in others, see Him in the world as
the world.”



See God in religious teachers

Perhaps the easiest place to start seeing God is in great religious teachers.

We feel a spiritual aura about them that is uplifting.

We see a light in their eyes that we do not see in others.

The mere sound of their words encourages us to live a more spiritual life.



See God in the eyes of another person

Another way to see God is to look deeply into the eyes of another person.

Look beyond the personality, go deeper than his or her intellect and see the pure life energy, which is God.

This practice does not stop with people but can also include seeing the life energy in trees, birds and animals.

Doing this, you discover that God is our life.



God is the life in all beings.

Becoming aware of this life energy in all that lives is becoming aware of God's presence.



God is the life of life

The *Brihadaranyaka Upanishad* explains:
“He who knows God as the Life of life,
the Eye of the eye, the Ear of the ear, the
Mind of the mind, he indeed
comprehends fully the Cause of all
causes.”



God is in the Hindu Temple

A third place to look for God is in the Hindu temple.

In powerful temples you can sense the Deity's presence in the enshrined murti, and even catch a glimpse of His divine form during the puja.

This is done with your third eye, your inner eye of divine sight.

Many people, not just saints and sages, have seen God in such mystical visions.



Gurudeva says...

Smile when you feel unhappy with someone and say to yourself, "How nice to see you, Siva, in this form."

Animals, beggars, princes, politicians, friends and enemies, holy men, saints and sages are all Siva to the soul that loves God.

He smiles and thinks to himself, "How nice to see you, Siva, in this, another of your many forms."



QUESTIONS for Lesson 13



13.1 Saivism teaches us that
(Check the correct answer)

- A. We can only experience God after death
- B. God can never be experienced
- C. We can experience God right here and now

13.2 The easiest place to see God is
(Check the correct answer)

- A. In the temple's enshrined murti
- B. In great religious teachers
- C. As the pure life energy in another person

13.3 To see God in another person we need to
look at their personality.

- True
- False

13.4 When you catch a glimpse of the Deity's
divine form, this is done with your physical eyes.

- True
- False

13.5 Who have seen God in mystical visions?
(Check the correct answer)

- A. Only saints and sages
- B. Only a very few people
- C. Many people