

The Purpose of Life

The purpose of life is to discover the purpose of life.

Some people doubt that there is any purpose or meaning to our existence; but to others the quest for the Meaning of Life is the greatest of pursuits, indeed the only pursuit of any value at all; to know the truth of our existence here, to understand the nature of the Ultimate Reality, to attain enlightenment – whatever words one may choose the many paths all lead to the same goal.

So it comes as a bit of a surprise to discover that the answers were all discovered many thousands of years ago and are available at your local library!

The catch is that such profound truths are beyond the limitations of the mind and must be experienced directly. When one is afforded a glimpse of the true nature of our lives on Earth and realises that it is what the founders of all the religions have spoken of, it seems that the organisations created in their names have sought to obscure the truth from humanity rather than trying to spread enlightenment. But perhaps this is necessary as revealing subtle mysteries to people who are not earnestly seeking might be described as ‘casting one’s pearls before swine’.

In many cultures and religions there is a tradition of those who ‘know’ coaching a seeker of truth until they are ready to receive initiation into the deeper mysteries. But the problem was always to find a true ‘Master’ who really has and can deliver the awakening of the ‘garden of flowers’ within which is necessary for a direct experience of the truth.

We live in extraordinary times when all knowledge, even doctrines kept secret for thousands of years, to be revealed only to those rigorously prepared for initiation, is available in books or on-line. For example, if you are interested in the cult of Goddess-worship through the mystical diagram known as Shri Chakra there is more than enough information on several websites to satisfy you. However reading and unguided experimentation will not result in your experiencing the absorption in the Divine Nature which is its object. This knowledge really does have to be passed on from one who has it to another who desires it and is ready to receive it.

The Ugly Ducklings

Many seekers of truth feel themselves to be 'outsiders'; being ill-at-ease in the society of 'normal' people; finding little or no satisfaction in materialism or limited human relationships as others seem to. When they finally meet like-minded people it can be a great relief to discover that there is nothing wrong with them but, on the contrary, they are on the evolutionary cutting-edge of humanity in seeking for something higher.

The Divine

To understand the purpose of our lives it is necessary to take on board some fundamental concepts. These can be verified by personal experience once one has achieved inner awakening. The first major concept one must be willing to adopt is that there is a Supreme Spirit which creates and maintains this Universe.

When people say that they do (*or don't*) believe in God, they will have some concept of God that they do, or don't, believe in – an old man

with a long white beard up in the sky or perhaps something less anthropomorphic and more subtle. Until experienced directly, it can only be a concept. In the meantime we must accept the idea that there is a 'Higher Being' which is the source of everything (*including ourselves*) and which can be known directly; but only if we purify ourselves to be capable of such a subtle experience.

'Divine experiences are not available to those who are attached to sensual things'.
Zarathustra, founder of Zoroastrianism

Reincarnation and Karma

Another concept to take on board is that each soul evolves through a series of lifetimes in which lessons are (*slowly!*) learnt to develop higher states of awareness. This has been a fundamental part of most philosophies and religions, Buddhism, Hinduism and Judaism to name a few, and was part of Christ's teachings until it was removed in the fifth century AD. Whether individual personality is maintained from one lifetime to the next or we emerge from and re-enter a 'pool of consciousness' is a matter open to discussion.

Connected with reincarnation is the concept of Karma – the idea that we are forced to repeat situations until we learn to deal with them in an enlightened way. Even if we do not subscribe directly to the idea of Karma, most of us believe that the situations in which we find ourselves are of our own creation through the choices we make and things we have done in the past.

These two concepts help us to take responsibility for our own lives and put our present situation into perspective. Ultimately we will want to fulfil the Purpose of Life as this is the only desire which,

being pure, does not bind us to the endlessly spinning wheel of existence (*and suffering!*) but gives us joy and liberation.

The Process

Being a natural process all the mechanisms required to rise higher are in-built and awaiting the right time to manifest. Through Sahaja Yoga it is possible to have profound experiences, and even the ultimate state of awareness, while leading normal lives in society. The pathways have been created and the only limitation is the strength of our desire to extricate ourselves from the gravity of the physical world and enter the beautiful and liberating realm of Spirit.

‘The ultimate purpose of life is to achieve happiness and joy. But there is no happiness and joy in gathering all these material things. The greatest joy is in being one with the Divine.’

Meta Modern Era, Ch.8, World Peace.

Note: ‘All quotations in Maiandra font are by H.S.H. Shri Mataji Nirmala Devi, referenced in the text’.

Fulfilling the Purpose of Life

Fulfilling the purpose of life gives us joy. This is another concept we must take on trust until we are able to verify it for ourselves. But it is a useful guide – ‘is this path giving me joy?’

On a physical level the purpose of life is to propagate the species and survive. Hence sex and eating give us joy and are used by humans as sources of pleasure. But these indulgences will bind us to the physical plane. Fulfilling the spiritual purpose of life gives a lasting joy and satisfaction.

Creation

No-one can say where the Supreme Spirit, whose nature is Consciousness, Bliss and Love, came from – there could simply be nothing. However this Supreme Consciousness somehow exists and over the centuries many people - mystics, yogis, prophets and sages – have been able to commune directly with it.

What follows is one explanation for the Creation of this Universe:-

Before anything material existed the perfect tranquillity of the Supreme Spirit was disturbed by a glimmer of desire – the desire to become aware of Itself. This desire gave rise to the Creation of matter (*the Big Bang*) which is governed by physical laws but is driven by the evolutionary desire to develop life and raise the level of awareness.

Ultimately human beings evolved, some with an intense desire to understand the nature of Reality. Humans have the ability to turn their attention inward and become aware of their innermost nature as pure consciousness and bliss. In doing this they fulfil the Purpose of Creation by identifying with the Spirit within and realising its identity with the Supreme Consciousness without. Hence God becomes aware of Itself.

This is the ancient understanding expressed in the Vedas and Upanishads. Do not expect to grasp the following subtle description of the ‘Purpose of Life’ immediately!

‘How He evolved the creation using different reflectors can be better understood from this analogy: God (*the object containing the dormant light*) sits in a dark room surrounded by darkness. In

these circumstances He is unable to reflect Himself, so He switches on His light. This light is His Power (*Prakriti*) which is separate from Him. But with no reflectors or mirrors the light is still not able to reflect. So reflectors like glass windows are created by the Power, who places them one after another before Him, reducing the distance between them and Him until their reflections match exactly the object. God is the object and human beings are the reflectors..... Through His creation of human beings His identity is reflected and expressed in human awareness, and in that way God becomes aware of Himself.'

Creation. Chapter 1.

Humans are at the pinnacle of Creation as, alone among the animals (*as far as we know*) they have the ability to achieve this awareness. In the history of the world, few individuals have fulfilled this role, but the time has arrived for us to get this experience in larger numbers, in a collective way.

Thus we realise that 'we are the Spirit' – that our essence is consciousness and that the body, mind, emotions, memories, human identity, etc. are all temporary, impermanent and illusory. When we have risen to this level of understanding, it is a short step to become aware of and merge with the All-pervading Consciousness.

Hence one gains a perception of every human being – indeed every living and non-living entity – as being the Supreme Spirit. It is the Universal Consciousness that is seeing Itself through our eyes.

With this connection, one is an instrument channelling the Kingdom of Heaven onto this Earth. The central channel of our subtle system,

Suṣhumnā Nāḍī, widens out through meditation and we become the 'hollow flute' through which the Divine energy can flow.

This helps to uplift the planet and its inhabitants even without direct contact with others. Compassion for our fellow sufferers engenders the desire to pass this experience on, and we find another purpose (*and joy*) in helping our fellow humans along the path to a deeper happiness.

"What is the purpose of life?" asked a press correspondent to Shri Mataji Nirmala Devi. "To realise the Divine and be His Instrument" was the prompt reply.

New Delhi, 23-02-77

"Shri Satya Lakshmî - '*Goddess of Truth*' is the one who has given you awareness that you are the instrument of God and that He is working through you.

(Second truth) is 'Who are you?' You are the Spirit.

And the third truth is 'Who am I'?

And the fourth truth is 'Who is God'?

If they become your awareness, then you have got Satya Lakshmi."

'Eighth Day of Navaratri', Pune, 18-10-88

An extract from Rabindranath Tagore's book 'Sādhanā':

Once I met two ascetics of a certain religious sect in a village of Bengal. "Can you tell me," I asked them, "wherein lies the special features of your religion?"

One of them hesitated for a moment and answered, "It is difficult to define that."

The other said, "No, it is quite simple. We hold that we have first of all to know our own soul under the guidance of our spiritual teacher, and when we have done that we can find Him, who is the Supreme Soul, within us."

"Why don't you preach your doctrine to all the people of the world?" I asked.

"Whoever feels thirsty will of himself come to the river," was his reply.

"But then, do you find it so? Are they coming?"

The man gave a gentle smile, and with an assurance which had not the least tinge of impatience or anxiety, he said, "They must come, one and all."

Rabindranath Tagore - Sāadhanā