

MOKSHA

NIRVANA

The Ultimate Goal of Life

MEN

Moksha

Enlightenment

Nirvana

By

AiR
Atman in Ravi

The Ultimate Goal of Life

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Moksha

Enlightenment

Nirvana

By
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***Are we meant to live just to die?
Are we going to stop and find out why?
What is the purpose of our birth? Why
are we here on planet earth? ”***



Table Of Contents

1. What is the Ultimate Goal of Life?	1
2. How can we achieve the Ultimate Goal of Life?	7
3. Moksha	16
4. Nirvana	50
5. Enlightenment	75
6. Which path will lead us to our Ultimate Goal?	91
7. Realization of the Truth	99



Table Of Contents

8. Liberation from Misery and Sorrow	112
9. The A to Z of Spirituality	119
10. Discover the secret of the Ultimate Peace, Bliss, and Joy	129
11. POEM	136
12. ABOUT THE AUTHOR	140
13. BOOKS BY THE AUTHOR	143



Preface

What is the Ultimate Goal of life? The whole world believes it is to be happy, to have peace and bliss, just as it is to escape from misery and suffering. While this seems to be the goal of life, it is not the Ultimate Goal of life because although man enjoys pleasure that he gets from achievement, and peace that he gets from fulfillment, man is still miserable. This is because man has not found a purpose. He has not understood the meaning of life – who he is, where he comes from and where he will go. He has not realized the truth - who created this world and who created him. Man struggles to understand the truth and when he faces misery or difficulties, he just folds his hands, looks up at the sky and prays. But his problems are not solved. Unless man finds the meaning of life, the true purpose of life, he will continue to struggle and be miserable.

Are we meant to live just to die? What is our purpose here on earth? Most of us are so busy in life that we have no time to think about this. Religions all over the globe however, advocate that there is a goal for human life - some call it Moksha, some Enlightenment, and some Nirvana. Different religions give a different title or

name to our Ultimate Goal. What do these religious or spiritual concepts mean? Is Enlightenment the same as Moksha or Nirvana? Are all these concepts different religious dogmas, each unique to its own religion?

To get to the Ultimate Goal, we need to make an inquiry about life. We need to study certain facts. Are we sure to die? Will our human existence end? The world calls this Death. What is Death? What happens after Death? Is it just "Game Over"? If we use our intelligence and ponder over the mystery of Death, of life, we know there is something beyond human comprehension. There is some connection between our birth, our death, and our life in between. Why is it that some people are born fortunate and some in the most unfortunate circumstances? Some are born rich and some poor. Some are born healthy and some physically and mentally challenged. Who controls all this? Who controls this Universe and everything that happens in it? How did all this happen? Science says the entire Cosmos was caused by a humungous 'Big Bang'. But who created this 'Big Bang'?

The earth is a marvel with so many beautiful creatures, insects, plants, animals and we, human beings - each so amazing, so unique! How did all this come about? The mountains and the oceans, the trees, the seas, and the breeze, could all this 'just happen'? Each human being is made up of several trillion cells, each cell is sizzling

with life. Theology comes out with an answer. It is God!
The Creator!

But who is God? Where is God? What is God? Who is the Creator of this universe? Is God just a statue or a saint? No! God is not a picture that anyone can paint. God or the Creator is beyond human comprehension. We don't know who God is, where God is, and what God is, but God *is*.

When we try to study what the Ultimate Goal of Life is, then we will realize the Ultimate Truth. Our Ultimate Goal is Unification with the Divine, the Creator, the one who created us, who gave us breath, without which there would be death. The one who caused our birth on earth, the one who created the planet and the stars, the sun, and the moon and all life that exists.

We seem to be actors on this humongous stage called Earth. This magic show called 'Life' seems to be controlled by a Cosmic Magician through His own universal laws that make things happen in order. Nothing happens by chance. We know that, don't we?

What we don't understand is, who we are and why we are here. What is our purpose on earth? Are we just the physical body or are we the mind? Some think we are the Ego that says 'I'. A few believe that we are the Divine Soul. What is the Soul? It is the Life Energy that is inside us, the Power that gives us breath and when it

leaves, it causes our death. It is like air inside a balloon which gives life to an otherwise dead balloon. When the balloon is deflated, the air merges with the air that is everywhere. So does our Soul!

We are the body, mind, ego, and Soul. All these put together create a human being. We are born with nothing and we see that when people die, they take nothing with them. We all seek Happiness and Peace, but we suffer. The suffering is because of our ignorance. We live in darkness without realizing the Truth.

Different religions in different countries offer different solutions to the issue of Happiness, each advocating their concept to be the best. Some religions promise that their God will solve all our problems, will even suffer on our behalf. Others talk of our actions being important when we face the final day of judgement and go to heaven or hell. Each religion has its own concept of God and Happiness. There are some Eastern faiths that believe in Liberation from misery and sorrow, with some advocating a rebirth based on our past actions.

If we go through all the religions of the world, we will find that they all believe that their God will give their followers a life of peace and bliss. However, not all religions advocate concepts that are tenable. Some advocate beliefs that can no longer be considered relevant, practical or logical. Amongst the various concepts that promise us our Ultimate Goal, a life of

Bliss and Joy without suffering, are the three major religious concepts that are worth a study and review. They are - Moksha, Enlightenment, and Nirvana.

If we investigate and study 'MEN', Moksha, Enlightenment, and Nirvana, it will help us understand the **A to Z of Spirituality** and lead us to discover the Ultimate Purpose of life.

“ ***What is the Ultimate Goal of life?
Why this misery, why this strife?
Instead of living with Peace and Bliss,
The Joy of this beautiful world we miss.***”

CHAPTER

01

**What is the Ultimate
Goal of Life?**

Most of humanity rightly believes that our Ultimate Goal is Happiness. Everybody wants to be happy, but unfortunately, not everybody is. We live with the sole purpose of doing things that can put a smile on our face. There are some who just exist, they drag through life. It seems like their life has no meaning, no purpose, and no goal. We all come into this world, live for about 5 to 10 decades and then depart. Very few really stop to find out what is our true purpose. There are some who feel that they have discovered the secret that the goal of life is not just to be happy, but to make others happy too! Is this true?

Can we be happy all the time? While we all experience pleasure and joy, each one of us suffers misery and pain. We live with stress, fear, worry, anger and anxiety and this seems to be part of the life fabric that we are woven into. While we seek pleasure and shun pain, it seems that there is no way to escape from misery. Very rarely do we find people who make this their Ultimate Goal, not just to enjoy bouts of happiness, but to achieve the state of Everlasting Peace and Eternal Joy without clouds of negativity spoiling their bright sky.

The most common way people try to achieve this Ultimate Goal of Happiness is through success and achievement. Most people think that success is Happiness because achievement gives them a feeling of exhilaration and excitement. There is no doubt that achievement and success create pleasure and

happiness, but the question is - can we be successful all the time? We desire and when the desire is achieved, we become happy. But when it is not, we become disappointed and feel discouraged. It feels like we are defeated. Some people, therefore, stop this mad chase to be an ace in the race of life. Instead of getting caught in the maze, they try to live with grace on the second peak of happiness.

While the first peak of happiness seems to be Achievement, some people are lucky to take an exit from this highway because they realize that such a peak doesn't exist. They transcend their greed and try to live with contentment, fulfilling their needs. These are the few lucky people who go beyond pleasure and live with peace on the second peak of happiness, Fulfillment. They stop this mad chase of success and achievement and live joyously and peacefully. But less than one-fifth of the world is lucky to do so.

While this minority who leaves the first peak of happiness, Achievement and scales the second peak, Fulfillment, lives peacefully and blissfully, is their life free from misery and suffering? Unfortunately, no! Everybody who lives on earth, who has been given this human birth, experiences both joy and sorrow. They are both glad and sad as they live through this journey called 'Life'. Less than one percent of humanity tries to make this their Ultimate Goal, not just to live with Contentment and Fulfillment, but to be Liberated from misery and sorrow.

Is there a way to escape misery and suffering? Yes, there is! In fact, this is the Ultimate Goal of every human being, not just to live with pleasure and peace but to be liberated from pain and suffering. The only way to get to this Ultimate Destination is by realizing the true purpose and meaning of life. Only a few are fortunate to go on a quest. They ask questions and investigate their doubts about life to ratify their beliefs. They are the ones who realize the Truth and achieve the Ultimate Goal of life.

Most of humanity suffers misery and pain. Not just the pain of the body which we all have to suffer, we also suffer the misery of the mind. As we age, our body tends to face all kinds of aches and pains. We also experience some diseases and ultimately the body dies. Nobody on earth can escape from this physical pain. Today, the world has advanced and we have medicines that can nullify physical pain. Not just ordinary painkillers, there are advanced opioids and drugs that can kill any kind of pain. If we can't reduce pain with medication, then we can use anesthesia to create an absence of physical pain. But what about mental distress? Who on earth is able to live without worry, stress, regret, anxiety, fear, revenge, guilt, and hate? We all experience such misery of the mind. While we are able to take painkillers to overcome physical suffering, how do we transcend mental pain? Then comes the agony of the ego. We are all subject to the ego making us miserable. We get angry, and upset over so many things

just because of the ego - the ego that demands and has expectations. All these together make us suffer the pain of the ego, the body, and the mind.

Seekers of Truth, seeking the Ultimate Goal of life ask questions and investigate how they can achieve this state of Everlasting Peace and Eternal Happiness, where there is no suffering, misery, and pain. Not only do they study all religions, but they also make every attempt to analyze every known philosophy and theology to achieve their Goal. Let us glance at the efforts of seekers who want to realize the Truth, on how they can achieve the Ultimate Goal of life.

**“ Most people don't live through life, they drift!
Alas, they lose the Happiness gift!
But there are a few who go on a quest,
For them, life is at its best! ”**

SUMMARY - CHAPTER 1

What is the Ultimate Goal of Life?

- We live with the sole purpose of doing things that can put a smile on our face. While we seek pleasure and shun pain, it seems that there is no way to escape from misery.
- Most people think that success is happiness because achievement gives them a feeling of exhilaration and excitement. This is the first peak- Achievement.
- But the question is - can we be successful all the time? We desire and when the desire is fulfilled, we become happy. But when it is not, we become disappointed and feel discouraged.
- There are a few lucky people who go beyond pleasure and live with peace as they scale the second peak of happiness, Fulfillment and live with Contentment.
- Those who aspire to achieve the Ultimate Goal of Life, go on a quest, ask questions and investigate the truth behind their beliefs.
- Less than one percent of humanity tries to move beyond the second peak of happiness - Fulfillment, realizes the Truth and attains Liberation from misery and sorrow.

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