

WHAT IS THE GOAL OF HUMAN LIFE?

by
AiR



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PREFACE

Of course, everyone wants to be happy. But is happiness the goal of life?

While most people think that happiness is the goal of life, they are mistaken because it is very difficult to be happy all the time. Happiness is like a shadow. The more you run behind it, the further it goes away. But when you turn to make somebody else happy, it follows you.

So, how can happiness follow you all the time? People try to be happy through

achievement, contentment and fulfillment. But the truth of life is that we are born and we will die. We will be born again, and we will die again. The cycle of death and rebirth continues again and again. And the true goal of human life is to escape this cycle of death and rebirth.

Can we escape from this cycle of death and rebirth? Yes, we can! If we realize the truth of who we are and the truth about God, we can escape this cycle of death and rebirth. It is called Nirvana, Moksha, Liberation or Enlightenment. This is the true goal of human life!

WHAT IS THE GOAL OF HUMAN LIFE?

What is the goal of life? When we ask anybody this question, the answer is happiness. Everybody seeks happiness and it seems that the goal of human life itself is happiness. To achieve happiness, one continues to chase wealth, success and achievement. But this, in contrary, leads to disappointment, suffering and unhappiness.

Happiness comes and goes. Happiness is like a wave of the ocean. Sometimes we

are glad and sometimes we are sad and while we all seek happiness the fact is that we are unable to be happy all the time.

Chasing something cannot be the goal of human life. The real goal of human life is Liberation or Moksha.

What is Liberation?

It is commonly referred to as Nirvana, Moksha or Enlightenment. But what is this all about?

Enlightenment itself comes from two steps - first Self-Realization and then God-Realization. Together the realization of Self and God takes one to a state of being Enlightened.

We human beings live, but cannot escape death. Nobody can escape death; death is a sad reality of life. Whoever is born has to die. The cycle of death and rebirth continues and coming into this world and living is ultimately leading a life of joy and sorrows.

Buddha, the awakened one analyzed that while we may be happy in this world we cannot escape from *dukha* or sorrow. The cycle of life itself is such that first we are born, then we grow and ultimately we experience disease and death. Thus, it can be concluded that this world or Samsaar is full of suffering.

How does one escape from this

suffering? How does one escape from the cycle of death and rebirth? How does one attain liberation?

The only way to be liberated from this cycle of birth and death is to realize the truth that we are not the body-mind-intellect complex. We are in fact something else. We are the Energy, the Atman, the Soul.

When we realize the truth that we are not the body but we are the soul, this is called Self-Realization.

However, the knowledge of this is not enough. We actually need to realize this.

Once we realize what the Self is then we

can realize what God is. God is the Power that created the universe, the Master who cannot be defined; who is beyond human comprehension; who is Omnipresent, Omnipotent and Omniscient.

On realization of the Self and God, we logically understand that we are not the body-mind complex and in a moment when true knowledge dawns, we are liberated.

Self-realization leads to God-realization because we know that we are not the body, but we are the Atman or the Soul. We also realize that we are nothing but energy and this energy is not dual, it is a

single Universal Energy which is nothing but God.

Together realization of the Self and realization of God leads to enlightenment and liberation from the cycle of death and rebirth.

This is the true goal of human life because this is what leads to ultimate joy, ultimate bliss which is spiritually termed as Satchitananda.

Satchitananda means the everlasting bliss that comes from the realization of the Truth that we are nothing but consciousness that pervades everywhere. We are not the human body but we are the Divine Soul. We are

nothing else but a manifestation of God.

Once we reach a state of Liberation and Enlightenment and live in this state of everlasting joy, we have achieved the ultimate goal of life which is both a combination of Ananda as well as liberation from suffering, together with the knowledge of the Truth that we are nothing but that energy that is referred to as God.

Therefore, when somebody asks what the goal of human life is, we should not give the shallow answer that we seek happiness, we should realize that the goal of life is Enlightenment and once we reach enlightenment, we do not need to

seek happiness because we become happiness.

Therefore, it is necessary to understand the temporary nature of happiness experienced from pleasures and materialistic possessions. One should choose an eternal goal to experience everlasting joy and bliss!

'The goal of human life is God-Realization'
–Ramakrishna Paramhansa

'The only useful purpose of the present birth is to turn within and realize the Self. There is nothing else to do' –Ramana Maharshi

In reality, it is not so difficult to achieve the goal of human life, but what is most

unfortunate is that most people do not even know that the goal of life is Liberation. This is called *Avidya* or ignorance. Due to the ignorance of the true goal of life, human beings continue to pursue seeking material pleasures and live and die in this Samsara with the pleasures, powers and possessions that one seek.

The entire journey of self-realization is unknown to most of humanity. Most of humanity thinks that the goal of life is happiness, success and achievement.

The first step for a Seeker is to understand what the goal of life is. The goal of life is realization and when one

comes to know this, thereafter it is not so difficult to realize the Truth. One will have to pass through the veil of Maya; the illusion of this world or Samsara to reach God, but until we know that the goal of life is realization, we continue to seek and achieve shallow things as we live and we die. And the cycle of death and rebirth continues.

It is most unfortunate that we lose the gift of human birth and miss the goal of realization. Imagine if we were born as animals or other creatures, we would not have got the opportunity to realize God. Therefore, it is said that human birth is a gift that one must not waste and one must continue with the goal to seek and

realize God.

On realizing the goal of human life, the first step is achieved. Then one goes about inquiring as a seeker 'Who am I?' 'Where is God?' 'Who is God?' 'What is the purpose of life?'

The Seeker's progress on the path is a difficult journey. It is like climbing a mountain steep that is dangerous, but the true seeker can achieve the goal of human life realizing the truth of who he is.

Thereafter, one needs the grace of God to realize 'Neti Neti' (Not this Not this) which means I am not this body. I am the Atman or the Soul. And going further to

realize the truth of Shivoam; that God lives within me.

A true Seeker will not lose sight of the goal. The true Seeker will remain in Yoga; constant connection with the Divine and become one with the Divine, achieving the goal of human life.

About AiR

AiR is not what the dictionary defines as the invisible gaseous substance surrounding the Earth, which is a mixture mainly composed of oxygen and nitrogen.

AiR is the author of this booklet. AiR is a Spiritual Seeker who has set out to find the truth about life.

Born as Ravi V. Melwani, he was a very successful retail businessman who revolutionized retailing in India with the stores – Kids Kemp, Big Kids Kemp and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business and

instead of making money, transformed his life to RVM and started making a difference with H.I.S work – Humanitarian, Inspirational and Spiritual work.

His objective was to “Make a Difference” in this world before his journey was over. He was the happiest man on Earth living the RVM Philosophy – to Rejoice, Value Life and Make a Difference.

However, one day, several questions and thoughts flashed in his mind: What is the purpose of life? Is life just meant to seek happiness and to live and to die, without any purpose? What happens after death? Will we be reborn? Where is

God? Where is Heaven? Are we the Soul? What is Enlightenment? Several questions like these took him on a Talaash, or a search for the truth.

After a few years of intense search in silence, deep in the mountains, he realized that we are not this body, but we are the Atman, the Soul. Thus he changed his name for the second time from RVM to AiR (the Atman in RVM or the Soul in RVM) as realization dawned upon him that we are not this physical body, but we are the Atman. He metamorphosed to AiR and gave up his entire life as RVM. He started the study of Atman, God and Life. This led to several realizations that formed the

mission of life – to realize God and to help Seekers realize God.

As RVM, AiR had built a Shiva Temple in the year 1995, which attracts millions of visitors all around the year. As AiR, he now believes that Lord Shiva lives in the temple of our heart. The temple in Bangalore is now called Shivoam Shiva Temple. Being a devoted believer in Lord Shiva for long, he now believes that religion is just a kindergarten of spirituality, and we all have to go beyond religion to truly realize God.

AiR booklets are small, easy-to-read booklets for Seekers who want to realize the truth about God, life and themselves.

Who are we? Where did we come from? What is the purpose of life? Where is God? Where is Heaven? Is Rebirth real? Does the Law of Karma exist? What about the Soul? What is Enlightenment?

These AiR booklets attempt to clear such doubts and answer questions about God and life that many people have in their mind and also help Seekers to move forward on the path of self-realization.

Every human being has a goal. But everybody does not have the same goal. Some people's goal is to make money, some want success and some want just to be happy. In fact, eventually everyone wants to be happy. But is happiness the goal of life, or is there something beyond happiness?

A very few people are fortunate to go beyond happiness and find the true goal of human life.

For more information on AiR booklets
and AiR, please visit www.air.ind.in
or  9739522222.