

Purpose of Life



By

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Purpose of Life

Preface

In latter part of my life some “force” motivated me to read Scriptures. One day a young neighbor asked me, “Why are we here”? His question prompted me to write this brief on my understanding of the Purpose of Life.

This brief found favor with adults also. Hence, we went to print.

Hopefully, upon reading this, you will be motivated to follow religion of your choice but above all hope is, that we will all learn to live as ONE, meaning we came from one Lord and we shall return to the same Lord after this short “tour of duty”.

Word “senses” used in this text stands for sense of smell, touch, taste, sight and hearing.

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The Lord created each one of us to be physically and characteristically different to all others. He spent his valuable time to assign us unique and special attributes made from a combination of:

1. Honesty and caring for others
(attribute of GOODNESS)



2. Aggressiveness and egoistic behavior
with drive to make money/succeed
at any cost (attribute of PASSION)



3. Laziness (attribute of LAZINESS)



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We all have a little of each of these three basic attributes in different amounts, just as our food and drinks are mixed to our individual taste. All our activities and actions are result of these attributes.

If we are in attribute of laziness, then we procrastinate (I will do this tomorrow). Sleep a lot and generally not care about what is going on around us.

If we are aggressive, we care only about ourselves. We may even be rude to others so we can achieve what we want, money, fame, power, recognition etc. Whatever it is we seek, is only for our very selfish needs.

People in mode of honesty and caring are best exemplified by people like Mother Teresa, and Mahatma Gandhi. Mother Teresa gave up a successful career to devote her life to children of the poor.

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You may argue that she should have educated the poor to practice birth control instead, but her focus was on what she saw in front of her, poor children in need of help.

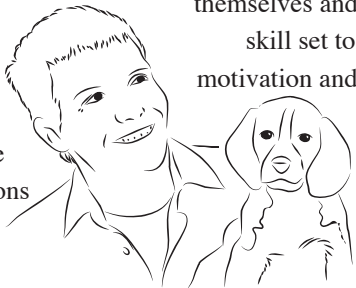
Mahatma Gandhi showed the world that major international problems can be solved peacefully. He endured humiliation, insults and aggressive behavior. One can argue against his hunger strikes.



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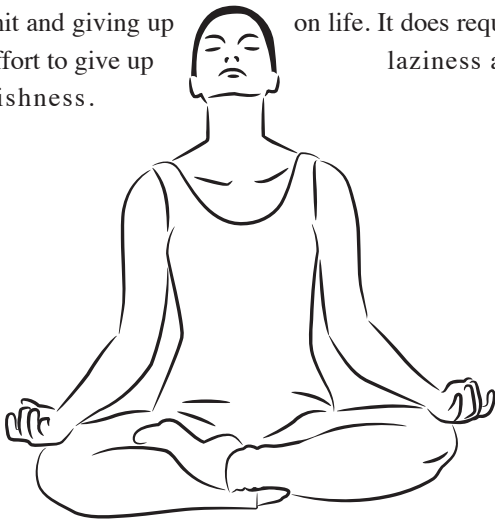
Mother Teresa and Mahatma Gandhi may not have been perfect but they surely were a cut above the rest of us. Fact is no one is perfect. At whatever level we operate we all exercise a cocktail of three basic attributes in our very own unique manner assigned to us by The Lord. No one is always good or always bad. We are all sometimes good, sometimes bad.

Human beings are the **ONLY** living species that have ability to modify their behavior. Sure you can teach an animal different “tricks or skills” but they only have ability to perform what they are taught. Humans can educate themselves and move from one skill set to another by learning, practice. In other words we can change our habits, compulsions and our likes and dislikes.



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So, purpose of life is to “lift” ourselves to highest attribute we can. No one can be in attribute of “goodness” ALL the time but we can learn to give up, or at least modify, our behavior to reduce our reliance on other two attributes during course of a life time. This does not require becoming a hermit and giving up on life. It does require an effort to give up laziness and selfishness.



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What is our reward? Like a good employee the reward is promotion. The Lord will promote us to a better life, a better mix of attributes for our next life.

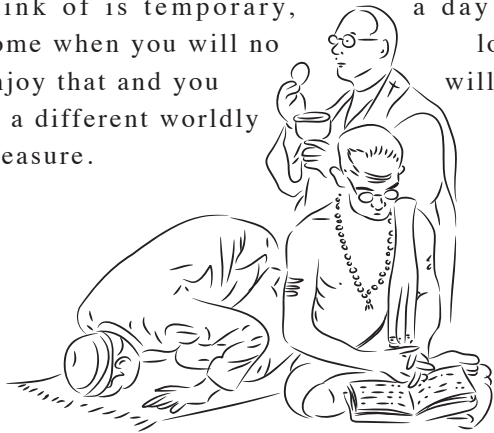
The Lord exists of us. Our soul is reborn time again until perfected pattern to ultimate gift can give, which in His abode there is no or poverty.



equally in all never dies. It and time we have our behavior receive the The Lord is residence where sickness, pain,

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In scriptures of all religions there is promise of eternal life, but people do not take The Lord's promise seriously. We all seek worldly pleasures. The Lord does NOT stop us from pursuing worldly pleasures but we can make an effort to raise ourselves to a higher attribute while enjoying worldly pleasures. Any worldly pleasure you can think of is temporary, a day will come when you will no longer enjoy that and you will take to a different worldly pleasure.



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Material enjoyment necessarily ends in misery. There are basically three possible consequences in quest for selfish pleasure. (1) We seek out pleasure, and are unable to achieve it, leading to misery. (2) We seek out pleasure, we achieve it, but it doesn't live up to our expectation, leading to misery. (3) We seek out pleasure, we achieve it, and it does live up to our expectation. But, we must inevitably lose it after some time. This too, leads to misery.

Is there any approach to pleasure that doesn't end in one of these three outcomes?

Success at material enjoyment, must eventually come to an end leading to disappointment and sorrow.

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Nothing is forever, ultimately we or our loved ones die, and so if we are selfishly attached, we suffer. Love and pleasure are, of course natural. But if we do not do our duty to the best of our ability, without concern for the result, as a service to The Supreme Being, we are destined to misery. Therefore, The Lord calls demoniac those forms of life that neglect development of consciousness of The Lord.



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How do we know that The Lord will reward us? The Lord is our father. A father never harms his children. There are of course, misguided fathers in attribute of aggressiveness and selfishness who harm their children. The Lord is above all these attributes. He is The Creator of all that exists, animate (living) or inanimate. Scientists for decades have been hunting for “God Particle” which allows matter to exist. Without “God Particle” nothing can exist, animate or inanimate.



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Our personal attributes are result of our previous actions. By changing our behavior we can change our future attributes and also negate effect of previous actions. Lord is very kind to his children, He forgives us easily. In general, in a lifetime we get or achieve what we ask for, providing our requests of The Lord are reasonable. You can ask The Lord to make you tall and strong but that is not going to happen. Remember, The Lord gave you physical and mental abilities to fulfill purpose of your existence for this lifetime.

To change your behavior you have to think positive thoughts. Meaning, think about welfare of all. You should not think about getting even with someone who does you wrong but think about how you can change the situation. This does not mean that you

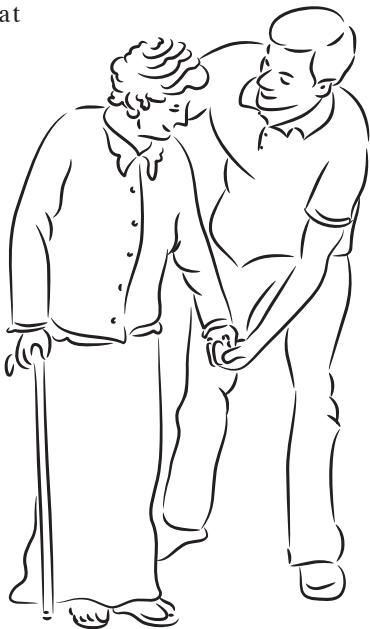
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become a "door mat". If you have a difficult employee right course of action would be to exercise patience and understanding. If you have a difficult boss, you can only do you very best to meet his/her expectation. Obviously not ALL situations can be resolved. As a parent, treat your children with respect. They are not a door-mat for you to use when you have a "bad day." As a child, respect your parents, they are not there just to satisfy your physical and monetary needs. The point is, the effort or rather the "kind" of effort you make. Try not to put people down, that surely is negative approach, not one aimed at improving your "cocktail" mix.

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To worship God, all you need to do is to put living beings around you before yourself. Treat people with respect.

If you can do that you are showing respect and care for the Lord for He exists equally in all living beings.



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You have complete control over your thoughts but no control over your actions. Your actions are dictated by your thoughts. If you think angry thoughts you will act with anger, but if you forgive people who you think have done you wrong, you will act out of love and compassion. This will surely elevate your attribute. Angry people often have a problem that leads them to be short tempered. Do not dwell on past mistakes but concentrate on improving yourself.

As mentioned earlier, we pay our dues based on our previous activities. If you were unkind to your parents, you will have children who will be unkind to you. We often feel guilty about things we do and regret what we did. Point is, the situation we are in is result of our previous deeds. If you were nasty to someone that is what his previous deeds asked for. This is NOT justification of our bad behavior. Of course we had a choice. We could have forgiven that person. Had we done so we would not have been nasty

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to him or her and thereby taken a huge step towards moving from lower attribute to a higher attribute.

One has to strive to live without, ego, pride, lust, anger, fear, greed and jealousy. Lust, here means “desire to own, control or have power”. Talking ill of others is a terrible sin for it pollutes mind of the speaker without any beneficial effect. Some argue that these emotions are part of our “make up” and should not be denied. If you wish to change your future attributes you need to control your emotions. Emotions arise from what you think, not from your natural make up. You can choose to forgive someone who has done you wrong or plan to get even which surely will result in anger. Life will be a lot easier if we can raise ourselves above these emotions. Realize that these emotions arise but take charge of your life.



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When angry or negative thoughts enter your mind, say a prayer. There is a saying in Chinese, “you are only insulted if you feel insulted”. Make up your mind not to let anyone or anything, get you annoyed. Say to yourself, these people are trying to get me annoyed, I am not going to give in to their desire. First time you try to do this it will be difficult, but once you stop yourself from getting frustrated or angry, next time it will be easier.

If you keep thinking of sense objects, attachment arises. Attachment breeds desire. Lust for possession or satisfaction of sensual desire when unfulfilled results in anger. Anger clouds judgment. You can no longer learn from past mistakes. Lost is the power to choose between wise and unwise. When you are free from attachment and aversion, all sorrows end. You can take steps to “raise” yourself to a higher attribute.

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A person who is not disturbed by incessant flow of desire that enter the mind, like rivers into an ocean which is ever being filled but is not disturbed by the rivers, can achieve peace, not one who strives to satisfy those desires.

They are forever free who break away from the ego of I, Me and Mine, to be united with The Lord of love.



