

Satgurunath, what is the purpose of human life?

The human is mortal; life is immortal. And immortality has no purpose... We need not limit everything to a purpose. We must realize the fact of things as they are. But to give you a simpler view, the purpose of human life is the evolution of human consciousness.

Why is it difficult for an average person to understand this larger purpose?

Because an average person will do average things. To grasp the inner essence of existence, deep meditation and an awakening of the evolutionary *kundalini* energy is of paramount importance.

If God-realization is man's birthright and human nature is essentially spiritual, why is the majority of humanity ignorant of its own spiritual nature?

[It is] because ignorance is the basis of knowledge of one's nature. Just as the darkness is the background against which light is seen, so also *avidya* is necessary for human life to gain experience in *maya* and to evolve its way up to its own spiritual self. The human soul, in order to complete its cycle of evolution, must first reincarnate into the descending arc of evolution called the *Pravritti Marg*, in which his individualized consciousness, the soul, descends more and more into the material world, garnering the experiences thereof in its state of *avidya* (ignorance). After having satisfied all its desires in the material

world, being buffeted by *raag* (attraction) and *dvesh* (repulsion) and its lust for life, and having learnt therefrom, the inner spirit of the soul then pushes it forth gradually towards the *Nivritti Marg*, which is the evolutionary path of renunciation and detachment from pleasures of *samsara*. Thus it completes its cycle of evolution as it ascends, and as it becomes more and more transparent by yogic and spiritual practices, the flame of its soul expresses more and more of its innate spiritual radiance. The descending arc of the *Pravritti Marg* and the ascending arc of *Nivritti Marg* are then completed in the journey of the soul and the yogi stands triumphant in his knowledge, for there is nothing on the earthly or heavenly sphere of which he is ignorant.

If this evolutionary process is fixed, where does karma come in?

Karma decides the evolutionary process. It is on the basis of *karma* that you are reborn and come into the *samsara*. To get out of the cycle of *samsara*, you have to dissolve *karma*. *Sanatana* philosophy is based on three things - *karma*, which leads you to *punar janma* (rebirth), which leads you to be born into *samsara* to fulfill your desires and the experiences of the *Pravritti Marg*. After you have fulfilled your desires of the *Pravritti Marg*, you break the cycle of birth and death by yoga and *tapasya* and you go to the ascending arc of the *Nivritti Marg*, where you attain *Nirvana*.

Is there a meeting point between religion and spirituality?

Religion is bondage; spirituality is freedom. The very word 'religare' means 'to bind'. Religion means "to hold on to", which implies bondage and conforming to certain set pattern of norms and moral codes. Spirit, on the other hand, is eternity and freedom itself and knows no bounds or limits. When the initial lessons and support of a particular religion have been gained, then the *hamsa* soul must leave the crutches of religion and fly free into the skies of self-realization.

Why is it that only a minuscule part of humanity seeks the truth of one's existence, and still lesser number find what they seek?

(laughs) Isn't God mean? God is mean (laughs). (striking a more serious note) Human effort is feeble, being so engrossed in temptations of the flesh... It takes him a long time to understand that behind every pleasure and temporary euphoria he seeks the essential happiness, which is his true nature. After having experienced the fleeting joys of materialism he asks himself, what is that joy which, having enjoyed, I shall never thirst again, and the voice of silence deep within him answers: God. It is then and then alone that the soul turns from its descending journey into materialism and gets ready to ascend to the eternal happiness within him called God. Such cases are few and far between but today more and more people are taking the path of yogic meditation.

Does Nirvana mean total annihilation of the thought bubble? After Nirvana what?

Yes, thought bubble is the obstruction on the way to truth. After *Nirvana* what? Those who know it tell it not. Those who tell it know it not. It has to be experienced. For thousands of years people have been trying to prove God, and they have failed. For thousands of years people have tried to disprove God, and they have also failed. God, or Brahma, Nirvana, or *Parmarth Satya*, is not a subject of intellectual speculation but self-experience, that is, *atma anubhuti*.

What does the prevalence of violence all over the world reflect?

It reflects *karma*. Everything is connected to everything. In the placid, crystal lake of Mansarovar, if a stone is thrown, the ripples will affect the whole lake. Such is the mind of humanity, evolving. Life is connected to consciousness, to evolution, and it is also connected to *karma*. Man cannot escape. You have to hold yourself responsible for whatever happens, good or bad, and make the essential effort. Life connects humanity through the breath we breathe and the consciousness we are.

What is Hamsa Yoga?

Hamsa Yoga is the ancient Nath-Yogic tradition, where the incoming and the outgoing breath are linked. The magnetic potencies of the words ‘ham’ and ‘sa’ represent the Swan of

Life. They dissolve all your thoughts and make one realize himself as a crystal consciousness united with the universal consciousness. It's an evolutionary technique.

What role can Hamsa Yoga Sangh (Satgurunath's mission) play in a world where violence is all-pervasive?

We teach the way to achieve world peace through self-peace. We use the peaceful breath, which flows equally in all as means for attaining earth peace, thereby diffusing individual and international conflicts. We intend to take our "Declaration of Human Rights for Earth Peace" to international forums, and show it to the world that at the level of consciousness humanity is one.