

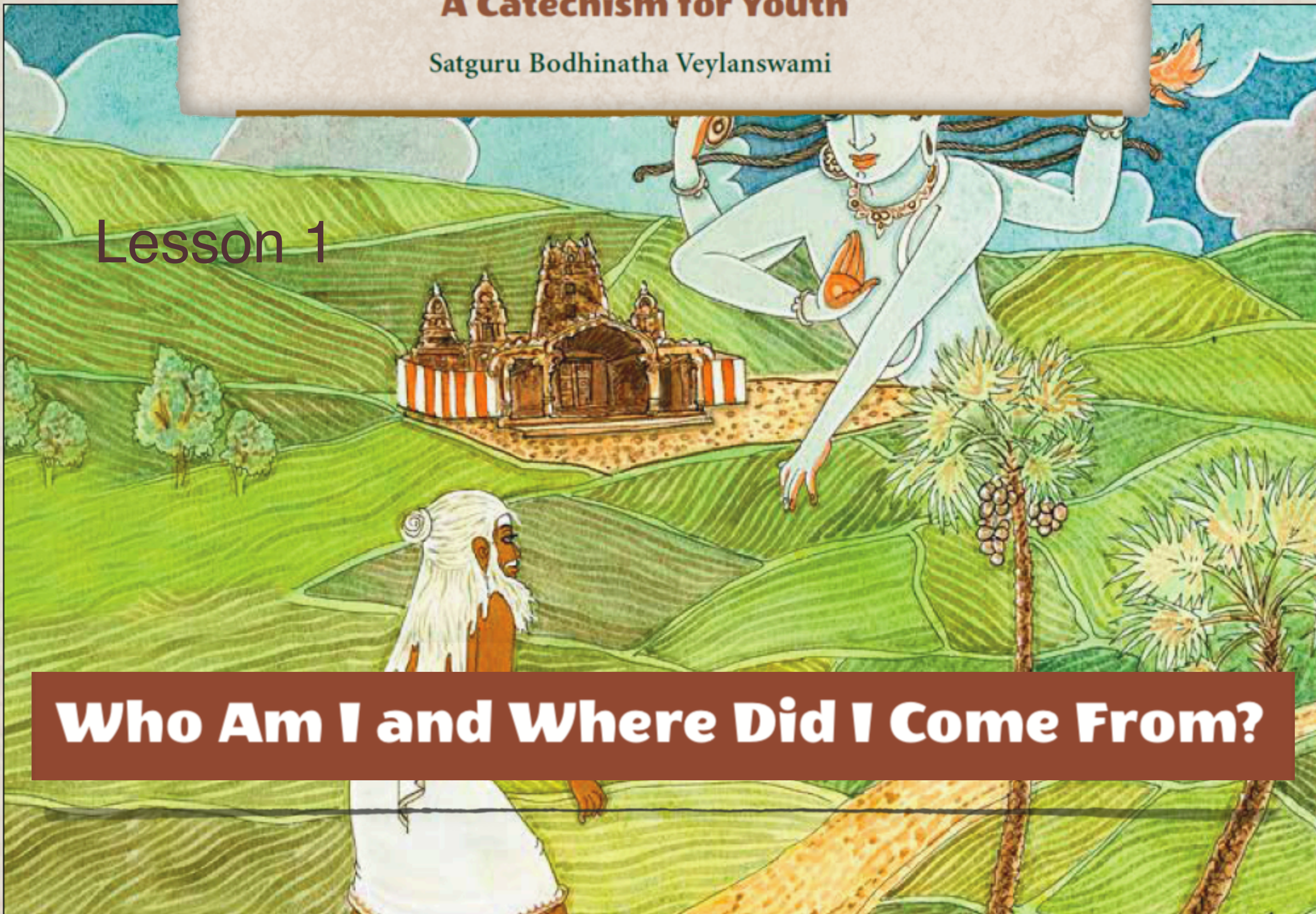
# Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 1

**Who Am I and Where Did I Come From?**



# Seekers ask: "Who am I and where did I come from?"



**They inwardly know they are more than just another person with a particular name who was born in a certain place.**

# They want to understand...

They sense that they are more than their body, mind and emotions.

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They want to understand, "Did I exist before I was born? Will I exist after death?"



# We are a divine soul ...

The answer given in Saivite Hinduism is that we are each a divine soul on a wondrous journey.

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We are an immortal body of light that has lived many lives, had many bodies and personalities.



# Gurudeva explains...

“When the soul has had enough experience, it naturally seeks to be liberated, to unravel the bonds. That begins the most wonderful process in the world as the seeker steps for the first time onto the spiritual path.

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Of course, the whole time, through all those births and lives and deaths, the soul was undergoing a spiritual evolution, but unconsciously. Now it seeks to know God consciously.”

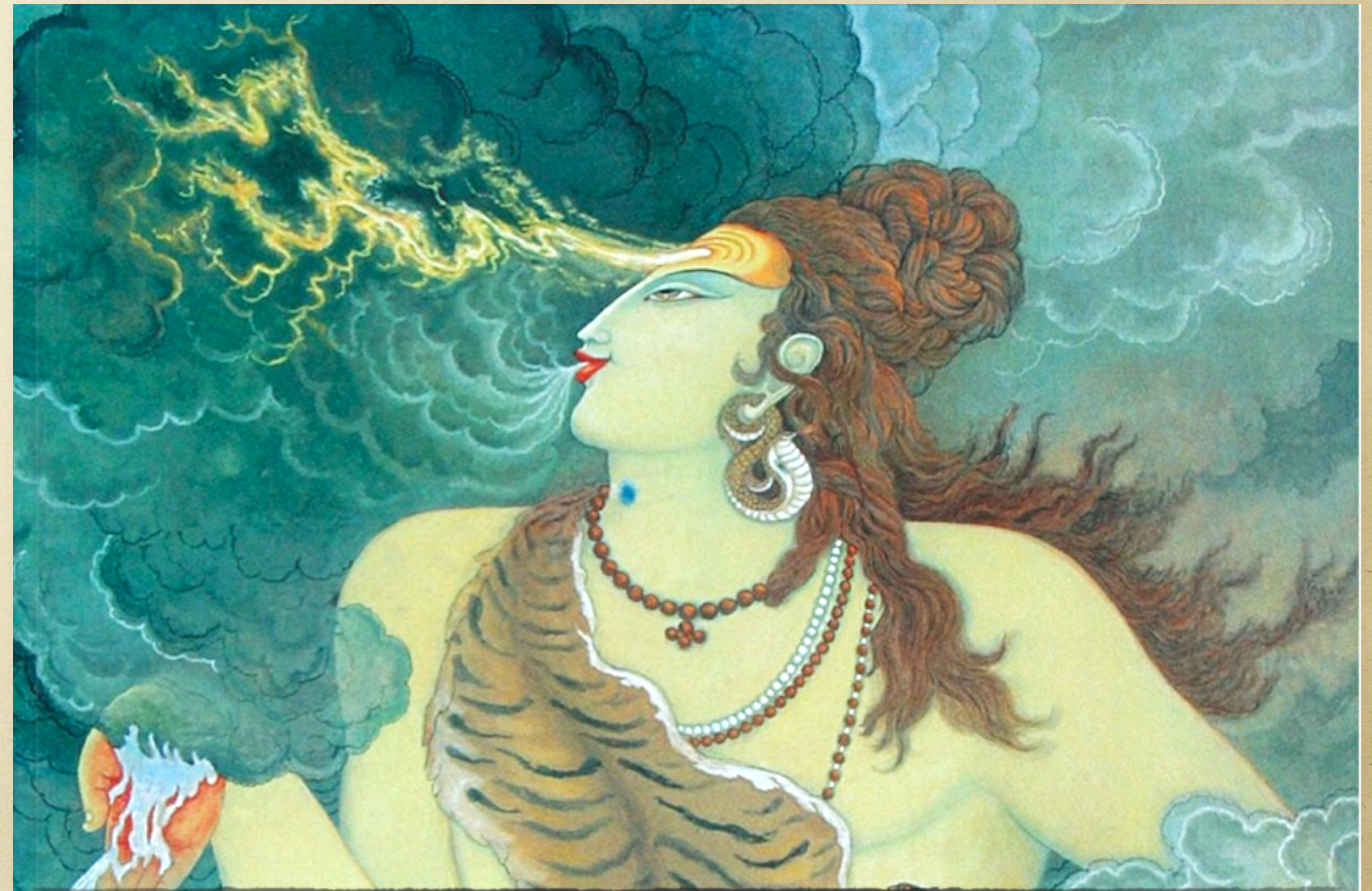


# Who has created our soul?

Our soul was created by God Siva out of Himself, like sparks flying forth from a fire.

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Like the sparks and the fire, we are both the same and different from Siva, our source.



# Lord Siva is in all things

We live within His boundless creation,  
this unthinkably vast cosmos which is  
filled with His divine presence.

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Siva is the life energy in the birds, in the  
fish and in the animals.

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His being flows through all we see and  
experience.



# According to our Vedic rishis...

Our Vedic rishis have assured us that  
“God is the Life of our life.”

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We are all beautiful children of God  
Siva.

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Deep within, we are one with Him this  
very moment.





# We were created in perfect state

We came from God, live in God and are evolving into complete unity with God.

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Siva created each of us in a perfect state, but we have to discover that perfection within us to be whole.



# God Siva is the life energy...

By seeing the life energy in all creatures  
and in all people, we are seeing God  
Siva in action.

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By drawing close to God, we draw  
nearer to our immortal soul.

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Siva is all and within all.



# Gurudeva explains...

When we realize that we have come from Siva, the way back to Siva is clearly defined.

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That is half the battle, to realize we came from Siva, live in Siva and are returning to Siva.

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Knowing only this much makes the path clear and impels us to return to Him, to our Source, to our Self.



# QUESTIONS

## Lesson 1



### 1.1 Our soul is a body made of...

- A. Water
- B. Light
- C. Flesh

### 1.2 Our soul lives on Earth...

- A. Only one lifetime
- B. Three lifetime
- C. Many lifetimes

### 1.3 Being on the spiritual path means to...

- A. Walk around a temple
- B. Climb a sacred mountain
- C. Seek to know God consciously

### 1.4 Our soul was created by...

- A. Our parents
- B. God Siva
- C. The hospital in which we were born

### 1.5 The life energy in all living creatures...

- A. Comes from eating food
- B. Comes from the sun
- C. Comes from God