



The Only Reason You Are Alive

Shiva Puri Baba's Radical Blueprint for Reality

EXECUTIVE SUMMARY

The primary focus of this text is the attainment of God, presented as the sole purpose of human existence. According to Shiva Puri Baba, the creator cannot be described but must be personally experienced through unwavering faith and a profound internal yearning. To achieve this spiritual goal, one must master three specific disciplines involving the body, mind, and spirit. Physical discipline requires fulfilling worldly duties and maintaining health, while moral discipline involves weeding out negative traits like arrogance to cultivate virtues like compassion. Once body and mind are stabilized through reason and practice, the seeker can focus on the spiritual discipline of constant meditation. Ultimately, these integrated efforts prepare the individual for a divine revelation that resolves all earthly problems.

1. The Singular Pursuit: Why We Are Really Here

We live in an age of profound fragmentation. We are pulled apart by the hum of digital notifications, the weight of professional ambition, and the relentless pursuit of minor comforts. Beneath this activity lies a quiet, existential restlessness: a feeling that we are perpetually busy but fundamentally adrift. According to the teachings of Shiva Puri Baba, this malaise exists because we have forgotten the singular objective of the human experience. The only purpose of life is to see God.

This is not a suggestion or a theological platitude; it is a radical, practical claim. The rationale is anchored in a simple logic: as we look upon the complexity of the creation around us, reason dictates the existence of a creator. To live in the house and never meet the Architect is to leave the primary work of life unfinished. Shiva Puri Baba posits that once this vision is achieved, the human condition is finally resolved; every problem, every sorrow, and every doubt is solved in the light of that realization.

2. Takeaway 1: Your Career and Wealth are Spiritual Requirements

Modern spirituality often mistakenly demands an escape from the world, suggesting that the divine is found only in silence and solitude. Shiva Puri Baba's teaching upends this notion. He identifies the "Discipline of Body" as the non-negotiable starting point, asserting that spiritual freedom is earned through the meticulous fulfillment of worldly obligations. We often treat our 9-to-5 as the tax we pay for our existence, but in Baba's view, the office is the temple's foyer.

Your profession is not a distraction; it is a spiritual requirement. To perform your duties, you require wealth, and that wealth is earned through professional excellence. Before the mind can be allowed to wander into the infinite, the finite must be handled with total integrity.

“Only after fulfilling our duties to self, family, nation and profession we can free ourselves without any deviation we can focus on God.”

— Shiva Puri Baba

By viewing “ordinary” work as a spiritual foundation, your perspective shifts. You are no longer working for a paycheck; you are clearing the path of obligation so that your eventually focused mind has nowhere else to go.

3. Takeaway 2: The Body is a Tool of Reason, Not Impulse

The physical discipline is not merely a list of chores; it is an internal recalibration. The body is an instrument that performs a thousand works (seeing, hearing, smelling) and it must be governed by reason rather than the whims of “liking and disliking.” To be led by impulse is to be a slave; to be led by reason is to be a practitioner.

A strong, well-maintained body is the essential foundation for the higher mental and spiritual work to come. This foundation rests on three pillars of physical protection:

- **Right Food:** Consumed solely for survival and health, not indulgence.
- **Right Hygiene:** Maintained as a shield for the physical form.
- **Right Sleep:** Utilized strictly for rest and rejuvenation.

When your sensory intake (what you see and hear) is filtered through the lens of reason, your body ceases to be a source of distraction. It becomes a stable platform, allowing for the mental tranquility required for deeper inquiry.

4. Takeaway 3: You Are the Gardener of Your Own Mind

The transition from the body to the mind marks the beginning of “Moral Discipline.” Shiva Puri Baba describes the mind as a “wild” thing, a chaotic collection of thoughts and passions that must be tamed. Using the analogy of a gardener, he suggests that our task is to cultivate a mental ecosystem where the mind becomes a servant to our higher will, rather than our master.

To cultivate this inner landscape, one must aggressively pull the “weeds” of our lower nature while nourishing the “harvest” of our higher virtues.

THE WEEDS (LOWER NATURE)

- Fear, Crookedness, & Ostentation
- Arrogance, Pride, & Anger
- Hardness of Heart & Ignorance

THE HARVEST (HIGHER NATURE)

- **Foundational:** Fearlessness, Purity.
- **Social:** Charity, Truth, Compassion.
- **Self-Mastery:** Renunciation, Effort.
- **Internal:** Tranquility, Forgiveness.

5. Takeaway 4: Spirituality is a Result of Logical Practice

In this framework, wisdom is not a sudden emotional epiphany; it is the result of rigorous, logical practice. This involves the development of “Reasoning Ability,” specifically through the mechanics

of **Viveka** (the discrimination between the real and the unreal) and **Viragya** (dispassion or non-attachment).

This is a “long-game” discipline. It requires decades of practice: observing the relationship between cause and effect, analyzing whether our actions lead to the desired outcomes, and making the necessary corrections. Wisdom “automatically evolves” when we consistently observe the right way to do things. Once a virtue is “reasoned out” as correct through this observation, it must be practiced without alteration. You aren’t forcing yourself to be good; you are uncovering the logical necessity of virtue through life experience.

6. Takeaway 5: God is an Experience, Not a Definition

The final stage is the “Discipline of Spirit.” Here, the intellect reaches its boundary. God cannot be taught, explained, or captured in a definition. God can only be experienced.

The seeker must cultivate a redirected “Will” so intense that the pursuit of the divine becomes the primary purpose of their existence. To see God, one must reach a state where life without that vision becomes “intolerable.” The path involves constant prayer and meditation, specifically to see Him as per the traditions of your own religion, refining the mind until it can think of God alone.

“God can only be experienced. Think God alone, you will see God.”

7. Conclusion: The Fruit of the Discipline

The journey to the ultimate is systematic and patient. Like a gardener who plows the soil, applies manure, and irrigates the seeds, you do not “create” the fruit through force. You simply prepare the conditions. When the three disciplines of Body, Mind, and Spirit are practiced with unwavering consistency, the result is inevitable. The “vision of God” is the fruit that grows automatically once the labor is done.

As you navigate your daily life, ask yourself: Which of these disciplines are you currently neglecting? Are you failing in your physical duties to your family and profession? Is your mind overgrown with the weeds of pride and anger? Or have you simply lost the will to seek the source?

Attend to the labor of the disciplines. The work is yours, but the realization is a lightning strike: a sudden, blinding flash that reveals the world as it truly is.