

## **What is Our Ultimate Spiritual Goal?**

### **Hinduism**

Instill in us a wholesome, happy mind  
With goodwill and understanding.  
Then shall we ever delight in your friendship  
Like cows who gladly rejoice in meadows green.  
This is my joyful message.

*Rig Veda X, 25:1*

### **Buddhism**

May I be well.  
May I be happy.  
May I enjoy good health.  
May I be peaceful.  
May all my good purposes be fulfilled.

May all sentient beings everywhere,  
In all realms, in all world systems, be well.  
May they be happy.  
May they be peaceful.  
May all their good purposes be fulfilled.

*Visuddhimagga 9:3-39*

### **Zoroastrianism**

With uplifted arms O Mazda, I pray  
And humbly ask for happiness.  
May all my actions be attuned with Wisdom

And Good Thought, and in harmony with  
the Law of Righteousness.  
So that I may please You and bring  
Happiness to the Soul of the Earth

Thus, O Mazda Ahura  
I come to You with Good Thought,  
so that, I may learn through Righteousness,  
the joy of both worlds,  
the physical and that of the mind.  
So, I may teach my companions  
and lead them to happiness.

*Gathas 1:1-2*

Ahura Mazda  
has set the principles of existence  
in such a way that  
happiness is for the one  
who makes others happy.

*Gathas 8:1*

## **Taoism**

Health is the greatest possession.  
Contentment is the greatest treasure.  
Confidence is the greatest friend.  
Non-being is the greatest joy.

*Unknown*

## Indigenous

For us, truly, there are no “surroundings.”

I can lose my hands and still live. I can lose my legs and still live. I can lose my eyes and still live. But if I lose the air I die. If I lose the sun I die. If I lose the earth I die. If I lose the water I die. If I lose the plants and animals I die. All of these things are more a part of me, more essential to my every breath, than is my so-called body. What is my real body?

We are not autonomous, self-sufficient beings as European mythology teaches. We are rooted just like the trees. But our roots come out of our nose and mouth, like an umbilical cord, forever connected with the rest of the world.

Nothing that we do, do we do by ourselves. We do not see by ourselves. We do not hear by ourselves. We do not think, dream, invent, or procreate by ourselves. We do not die by ourselves.

I am a point of awareness, a circle of consciousness, in the midst of a series of circles. One circle is that which we call “the body”. It is a universe itself, full of millions of little living creatures living their own “separate” but dependent lives. But all of these “circles” are not really separate—they are all mutually dependent upon each other.

*Jack D. Forbes, A World Ruled by Cannibals: The Wetiko Disease of Aggression, Violence, and Imperialism (Davis, Calif.: D-Q University Press, 1979), 85–86. See also Jack D. Forbes, Columbus and Other Cannibals (Brooklyn: Autonomedia, 1992), 145–147.*

We must try to use the pipe for mankind, which is on the road to self-destruction. This can be done only if all of us, Indians and non-Indians alike, can again see ourselves as

part of the earth, not as an enemy from the outside who tries to impose its will on it. Because we also know that, being a living part of the earth, we cannot harm any part of her without hurting ourselves.

*Lame Deer, Lakota holy man.*

## **Jewish**

Trust in the Lord with all your heart and lean not on thy own understanding. In all thy ways, acknowledge Him and He shall direct thy Paths.

*Proverbs 3:5-6*

Happy is the one who finds wisdom  
And gains understanding.

*Proverbs 3:13*

## **Christianity**

For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, who committed no sin, nor was any deceit found in His mouth; and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously.

*1 Peter 2:21-23*

Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.

*Matthew 5:1-12*

## **Islam**

O you who have faith!  
Be conscious of God with all the consciousness that is due Him,  
and do not allow death to overtake you before you have surrendered yourselves to Him.  
And hold fast, all together, to the rope of God, and do not draw apart from one another.  
And remember with gratitude the blessings which God has bestowed on you:  
how, when you were adversaries, He brought your hearts together,  
so that through His blessings you became as though of one family;  
and how when you were on the brink of a fiery abyss, He saved you from it.  
In this way, God makes clear His signs to you, so that you might be guided,  
and that there might grow out of you a community who invite to all that is good, and encourage the doing of what is right  
and forbid the doing of what is wrong:  
and it is they who shall attain happiness!

*Qur'an 3:102-4 (trans Camille Helminski)*

## **Truth**

Is it power which is the object of the spiritual person, or is it inspiration after which he seeks? It is in fact neither of these things which he pursues, but all such things as power and inspiration follow him as he proceeds on his path towards the spiritual goal. The goal of the spiritual person is self-realization, and his journey is towards the depth of his own being, his God, his ideal.

The work that Sufis consider their sacred task has nothing to do with any particular creed or religion. It is only one simple thing: To be in rhythm with life's conditions. And in tune with the infinite.

*Gathas, Hazrat Inayat Khan*