

Reflections on the meaning of life

with Professor P. Krishna

Questions

Generally the big questions about life arise out of grief, illness, death and seldom during happy moments – which we all chase. What is happiness for you?

Happiness is a by-product of right living, which in turn requires wisdom. Theosophy literally means the quest for wisdom, which is the same as the quest for truth since the perception of truth ends illusion. The perception of what is true and what is false is self-knowledge which is the key to wisdom and therefore to happiness. Only then is happiness not dependant on circumstances.

What is love for you?

Love is a state of being in which there is compassion for all living beings without any self-interest or judgement.

How do you explain suffering in any form?

Ignorance as illusion is the cause of suffering. One must distinguish between personal suffering and the suffering due to compassion. Personal suffering ends when the mind is freed of all illusion. The ego is the greatest source of illusion and therefore freedom from the ego is the beginning of wisdom and the end of psychological suffering.

What is death for you?

Death of the body is a natural fact of all life and therefore a part of living. There is real creative and joyous living only when one dies to the ego, which is attachment to the personality. That is also freedom from conditioning due to the past or the known.

We know we are born, we know we will die and within this temporal space we live and build up a route; for some this is lived consciously, for others unconsciously. What are your objectives in life and what do you do to realize them?