



What is the purpose of life?

The purpose of life is to purify yourself, meditate on God and eventually become one with God.

God is the greatest spirit of all and our soul is a part of God. Our soul has been separated from God and it's dignity remains in merging back with God. The purpose of this life is to become one with God, to merge in the One whom we originated from. Our Guru tells us, "This human body has been given to you. This is your chance to meet God. All other works are of no use. Join the holy congregation and meditate on the Name of God" (Guru Granth Sahib Ji, 12).

The goal is to break away from the cycle of birth and death and attain salvation by being one with God. Our soul has been separated from God filled of many impurities such as lust, anger, greed, attachment to materialistic things, and ego. We are to purify our soul so that we can become one with God. We can do so by living an honest and humble lifestyle and meditating on God.

In addition, "The blind have forgotten the Name of God. The self-willed people are in utter darkness. Their comings and goings in reincarnation do not end; through death and rebirth, they are wasting away" (Guru Granth Sahib Ji, 19). Furthermore, "Those who meditate single-mindedly on the Name of God, and contemplate the teachings of the Guru. Their faces are forever radiant in the Kingdom of God" (Guru Granth Sahib Ji, 28). The ones who do not meditate on God keep going through the cycle of birth and death while the one who meditate on God and love Him become radiant in His Kingdom.