Moksh

Maya

What is Moksh?

Moksh or liberation does not have a particular place or time; it is a state of being; it can only exist in the now, in the present moment.

Moksh is a state of non-ego, where the "me" vanishes and one stands free from all desires, actions and consequences.

Vedant declares that our real nature is divine: pure, perfect, everlastingly free. We do not have to become Brahman; we are Brahman: *Aham Bramhasmi*. Our true self, the atman, is one with Brahman.

How to attain Moksh

The most fundamental tool needed to attain Moksh is awareness. Through awareness we can gradually begin to see our illusory perspectives, likes, dislikes, and judgements for what they are. Once we become conscious of the distorting factors, —including the most important, our ego—we are better able to set these aside. This unlocks the way to experiencing the ultimate reality.
Through the practice of Yog, we then equip ourselves to successfully free ourselves from the bonds of Maya and see—and enjoy!—the omnipresent and eternal nature of reality.
The paths of Yog include selfless work (karm yog), self-dissolving love (bhakti yog), absolute discernment (gyan yog) and meditative immersion (raj yog).
Gradually, as we become stronger in Yog, we shake off the enslaving grip of Maya and attain Moksh: the union of the inner self (atman) with the oneness of all (Brahman)

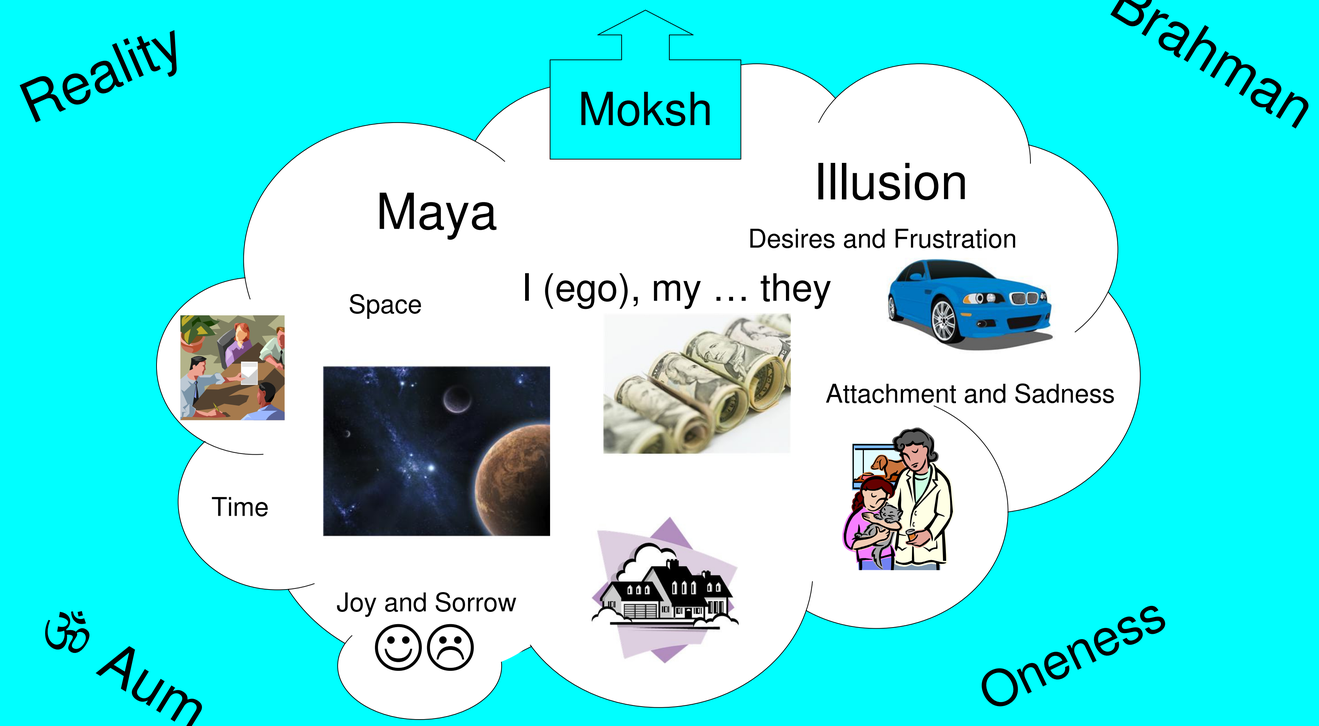
What is Maya?

We create and sustain Maya. Everyday, every moment, through our thoughts, words, desires, frustrations, joys and suffering, we create and sustain the "great illusion".

We strive daily in a more and more complex material world telling ourselves that happiness lies somewhere on the horizon, sometime in the future, after we solved the next problem, after we accomplish this or that. And yet …

Driven by our ego, we desire more and more from the material world. Frustrated desires lead to anger, suffering, and unhappiness. These are just some of the weapons of Maya that weigh us down, hiding what the ultimate, eternal happiness is, what the reality is.

By playing along with Maya, we become Maya's toys; one moment happy, the next sad! And it goes on forever, life after life … unless we decide it is time to free ourselves, to attain Moksh!



Immersed in Maya, we feel constrained by time, space and causality—*the law of Karm.*

Our vision of reality is obscured by our illusory identification (we identify ourselves with the body, mind and ego (the illusion, Maya) rather than with Brahman, the divine self and ultimate reality).

This basic misperception creates more ignorance and pain: when we identify ourselves with our body and mind, we fear disease, old age and death; when we identify ourselves with the ego, we suffer from anger, hatred and dozens of other miseries.

Yet none of this affects our real nature! … We just need to "discover" it!

Maya can be compared to clouds which cover the sun: the sun remains in the sky but a dense cloud cover prevents us from seeing it.

When the clouds disperse, we become aware that the sun has been there all the time.

Our clouds (Maya), manifested as egotism, selfishness, hatred, greed, lust, anger, ambition, are pushed away when we meditate upon our real nature, when we are engage in unselfish action and when we act and think in ways that manifest our real nature: that is, through truthfulness, purity, contentment and self-restraint.

This purification drives away the clouds of Maya and allows our divine nature to shine.