

# Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

## Lesson 58



**What Is the Value of Spiritual Friends?**

# This life is precious



**As Saivite Hindus, we know this life is precious and are thankful for it every moment of every day.**

# We must be like a marathon runner

Appreciating the gift of life makes us want to do the best we can, improve our character, serve others and live a spiritual life.

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Knowing life's purpose, we hold firmly to dharma.

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Like a marathon runner, we must stay on the course to finish the race.



# Good religious friends

Having good, religious friends helps us stay on the path.

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If we mix with a worldly crowd, we may lose our way.



# The *Tirukural* says...

The *Tirukural* tells us, “As water changes according to the soil through which it flows, so a man assimilates the character of his associates.”

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# Good Hindus

Friends who are good Hindus will help you most of all.



# Who do you befriend ?

If you befriend a person who is dishonest or mean, his example will lead you into trouble.

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If you befriend someone who studies hard and is kind and helpful, their example will inspire and uplift you.



# Knowing the purpose of life?

Some people poke fun at religion or make mischief and resist authority.

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They do not know the real purpose of life.

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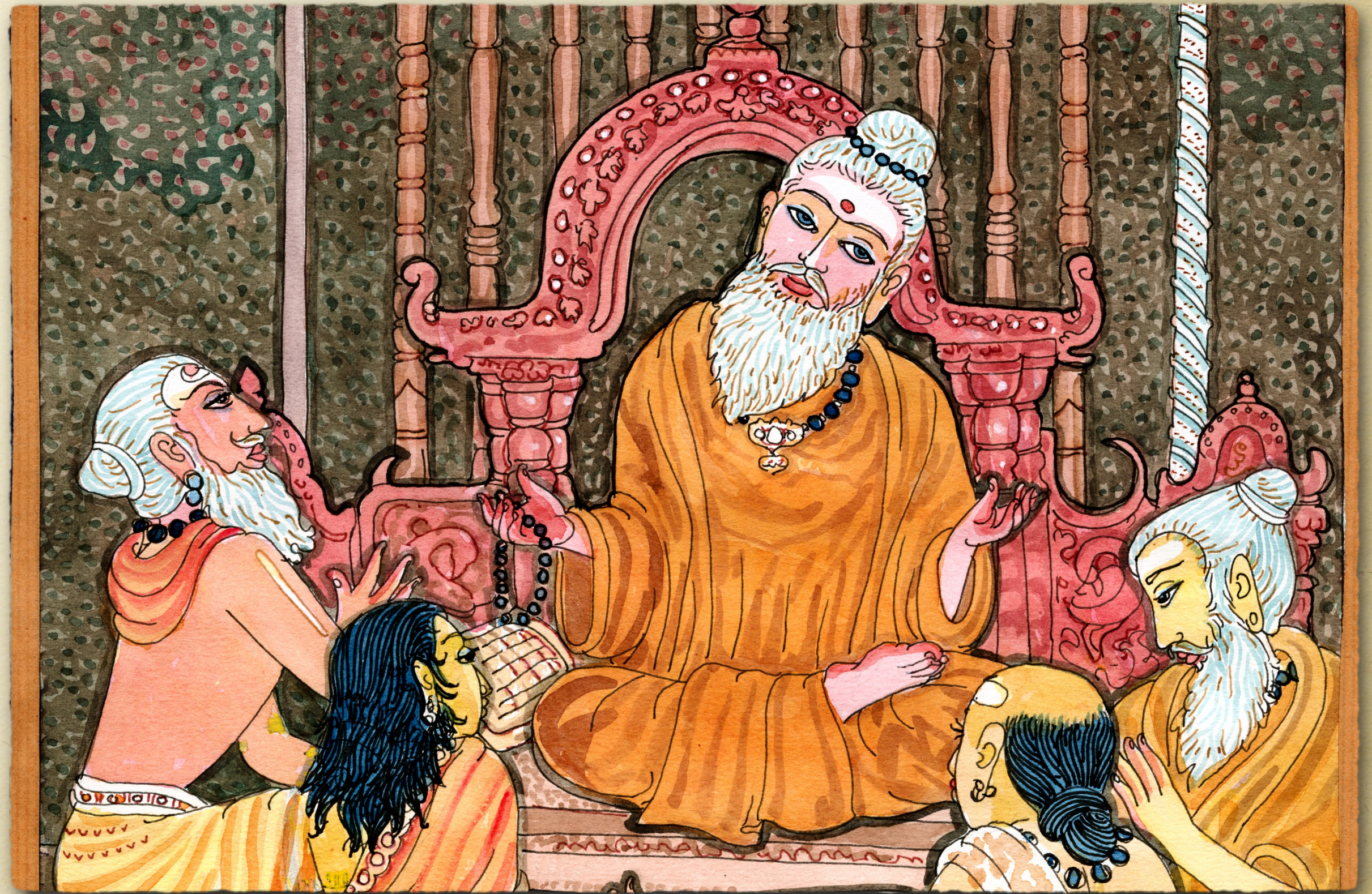
They waste their time and cause pain to others.





# What do wise teachers teach?

Wise teachers advise us to be nice to everyone, but make close friends only with those who will help build good character and set positive patterns for the future.



# The Tirukural says...

The *Tirukural* tells us,

“Purity of mind and purity of conduct,  
these two depend on the purity of a  
man’s companions.”

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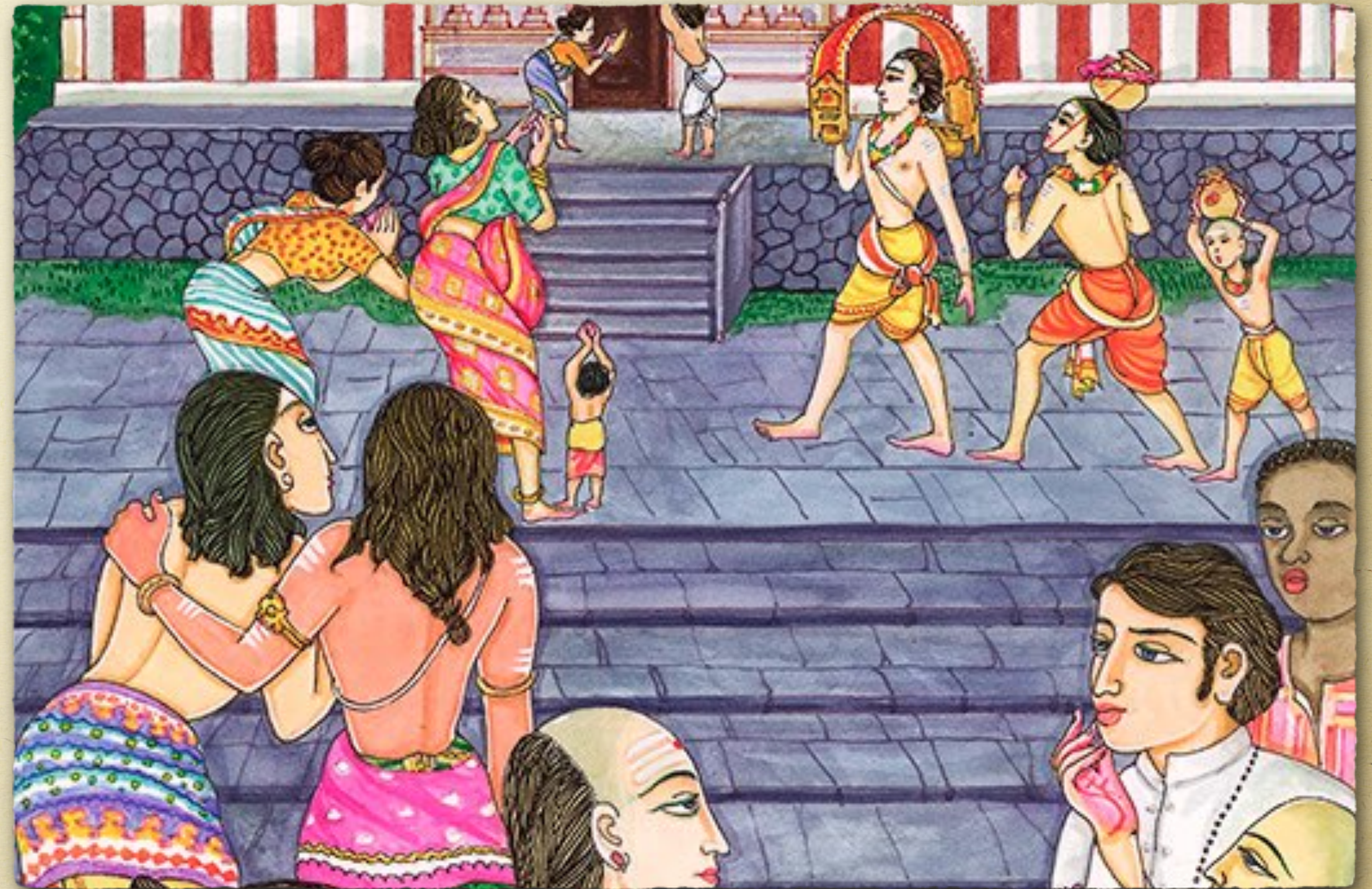


# Being part of a religious group

Following our religious path is made easier when we are part of a satsang group with shared values and goals.

Such companionship helps keep our sadhana strong, especially during difficult times in life.

As Gurudeva often said, “The group helps the individual and the individual helps the group.”



# Gurudeva says...

**Make friends with those who are on the path.**

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**Be with fine, positive people.**

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**Don't be with negative, complaining people who have no relationship to what you are doing on the inside, or who are criticizing you for what you are doing.**



# QUESTIONS for Lesson 58



**58.1** Appreciating the gift of life makes us want to do the best we can, improve our character, serve others and live a worldly life.

- True
- False

**58.2** Enter the letter from below of A - C for the phrase that correctly completes the idea.

- \_\_\_ Knowing life's purpose
- \_\_\_ Having good, religious friends
- \_\_\_ If we mix with a worldly crowd

- (A) Helps us stay on the path
- (B) We may lose our way
- (C) We hold firmly to dharma

**58.3** Enter the letter from below of A - C for the phrase that correctly completes the idea.

- \_\_\_ Friends who are good Hindus
- \_\_\_ If you befriend a person who is dishonest or mean
- \_\_\_ If you befriend someone who studies hard and is kind and helpful

- (A) Will help you the most
- (B) Their example will inspire and uplift you
- (C) His example will lead you into trouble

**58.4** Make close friends  
(Check the correct answer)

- A. With those who resist authority
- B. With those who will help build good character
- C. With those who poke fun at religion

**58.5** Following our religious path is made difficult when we are part of a satsang group with shared values and goals.

- True
- False