

Eternal life has been sought after by every civilization since the beginning of the human race.

Eternal life can be attained when one becomes spiritually enlightened, also called Satori, Nirvana, Samadhi Cosmic Consciousness, Union with Tao, At-One-Ment, Self Realization, Christhood, the Kingdom of God, etc.

During meditation-cultivation the body, mind and thoughts are set aside and as one discovers, or actually uncovers, one's own SELF AWARENESS. One intuits that one's inner self is "*eternal*." It was never born and it will never die. This inner self ("consciousness prior to and inner witness to the outer body, mind and thoughts") *is* the eternal self. This eternal inner self is also called the "Holy Spirit."

For man does not just possess a soul; man *is* a soul.

My life is dependent upon the "internal." A good way to live one's life is to be more dependent upon the "internal."

-Chuang Tzu

Eternal life is found in meditation-cultivation. This is self salvation. Truly this *is* what Jesus was trying to teach, as well as Buddha, Lao Tzu, and Mohammed.