

## [The Science of Upanishads - Part 15: What is Moksha and How to Attain It](#)

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**Moksha** (or *Liberation*) is a term in Hinduism and Hindu philosophy which refers to various forms of emancipation, liberation, and release. It refers to freedom from *Samsara*, the cycle of death and rebirth. *Moksha* also refers to freedom from ignorance: self-realization and self-knowledge. In Hindu traditions, *moksha* is a central concept and included as one of the four aspects and goals of human life; the other three goals are *dharma* (virtuous, proper, moral life), *artha* (material prosperity, income security, means of life), and *kama* (pleasure, sensuality, emotional fulfillment). Together, these four aims of life are called *Puruṣārtha* in Hinduism.

Hinduism does not prescribe a specific way to attain Moksha. It is goal-specific but not path-specific. **In Bhagavadgita, Lord Krishna tells Arjuna: *In whatever way people are devoted to Me, in that measure I manifest Myself to them. All men, in every manner (of seeking Me), pursue a path to Me.* —[The Bhagavad Gita IV:11](#).** This way, Hinduism differs radically and fundamentally from all other major religions of the world.

[Read Here for More on Moksha](#)