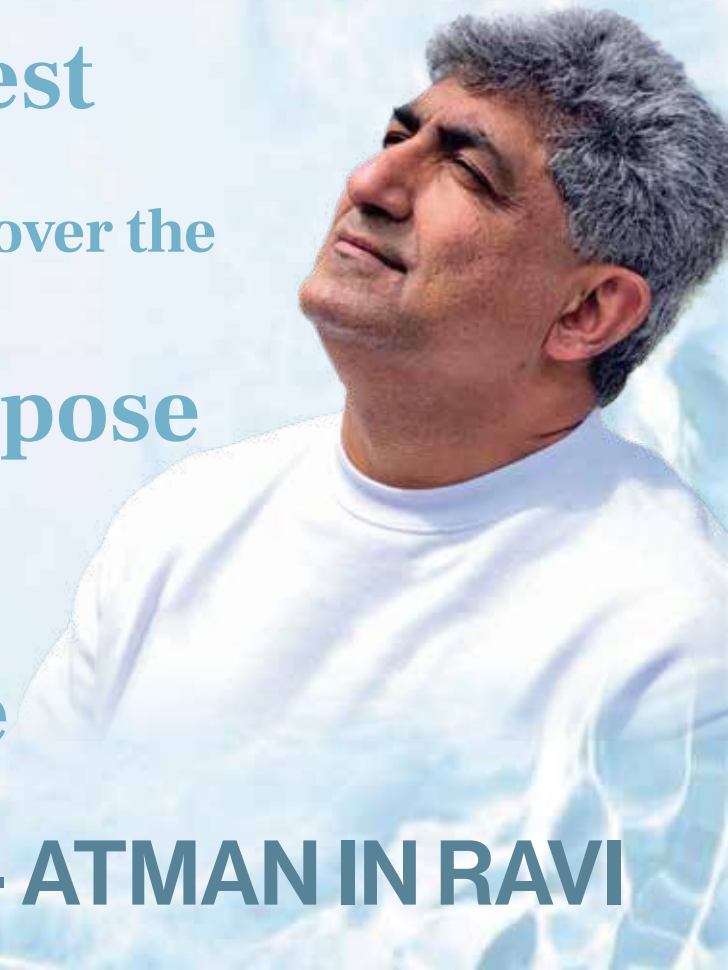


# Start A Quest

to Discover the

# Purpose Of Life

**AiR - ATMAN IN RAVI**





A man with grey hair, wearing a white t-shirt, is looking upwards with a contemplative expression. The background is a bright blue sky with wispy white clouds. The text is overlaid on the left side of the image.

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**AiR - ATMAN IN RAVI**

# Start a Quest to Discover the Purpose of Life

By



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# ABOUT THE AUTHOR

AiR - *Atman* in Ravi



*Started with Nothing, Became Something...  
Achieved Everything, Only to Realize, we are Nothing!*

AiR — *Atman* in Ravi, is a Spiritual Mentor, Transformational Author, Singer and a Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR lived a life of success, fame, fortune and achievement. But that was before he took the road less travelled. He was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened three destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 800 homeless and needy people - their food, clothing, medicines and hospitalization. They are all a part of the AiR family!

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to Shivoham Shiva temple. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything.



His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of God, doing His Divine Will.

On his mission to spread Eternal Happiness through Enlightenment, AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. He has also established the AiR Centre of Enlightenment which is envisaged as an Abode of Spirituality, especially for seekers who are new in their Spiritual journey, eager to learn and explore Spirituality and evolve on their path towards Enlightenment. Not restricted to seekers of Enlightenment, it also welcomes and gives various pursuits to those who seek joy, peace, happiness and solace.

Based on his Realizations, AiR has authored over 70 books, composed and sung about 1400 Bhajans and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment. AiR believes that success cannot lead to happiness; only happiness can lead to success. To him, happiness has three peaks – Achievement, Fulfilment and the ultimate peak, Enlightenment, where one is liberated from all misery and sorrow and attains Eternal Bliss in the Consciousness of the Truth.

# PREFACE

*If we don't know 'Who we are and why we are here,'  
We will Suffer from Anger, Hate, Anxiety and Fear!*

After writing over 70 books on Life, I realized that the biggest problem in this world is that we don't know who we are and why we are here. We think that we live but we only exist. One day, we die and never discover, 'Who am I?' We remain fools because of what we are taught in schools. We believe the lie that God lives in the sky and so, when something happens, we look up at the sky, we cry and ask, 'Why?'

I too lived a life of ignorance for over 40 years. Then one day, I realized the truth. I was enlightened and awakened with the reality of life. I discovered my Purpose. It all happened when I went on a Quest. I wrote down several questions inspired by my Spiritual Master and contemplated the possible answers. My Quest was more intense than any treasure hunt that I had been on. One day, I got that spark, that light, that moment of 'Aha!' But it happened only after I started a Quest.

I wanted to be in a state of Eternal Bliss. I wanted peace, joy and love. I wanted to know why there was so much suffering and how to overcome it. I wanted to realize the truth about God. I loved my God a lot. But how could I attain God? My Guru helped me consolidate my thoughts, my questions and initiated my Talaash, my Quest, my search for the truth. Today, I think that writing this book will inspire people to Ask, Investigate and Realize the Truth.

We must discover the Purpose of our life. Otherwise, we will live with misery and strife. Before we die, we must find out, 'Who am I?' But what stops us? It is ignorance. We are enveloped in a blanket of darkness. It is a Quest that will help us open our real eyes and realize the truth. We are not this body that will die. When this body dies, people will say that we passed away. This body came later. We were conceived 9 months before our birth date. We are not the mind that we cannot find. The ego says, 'I' but this is the biggest lie. We are a Spark Of Unique Life, the Soul and to realize this, is our ultimate goal. This is just the beginning but it leads us to the grand finale. It will take us from Self-Realization to God-Realization. We will discover why we came to earth and the Purpose of our human birth.

This will only happen if we go on a Quest. We will realize the truth if we are sincere in our effort to discover the Purpose of our existence. Every 'body' will die but we are immortal Souls. The Quest will help us win over our greatest sin. It will help us overcome our ignorance. It will help us be free, not just from the triple suffering on earth but also from the cycle of death and rebirth.

Therefore, this book can become a real treasure in your life. It can lead you to a state of Eternal Bliss, Everlasting Peace and Divine Love, if only you start your Quest to Realize the Truth, today!

# INTRODUCTION

*Either we can Suffer, living in Eternal Wandering,  
Or we can Start A Quest and Attain Bliss with Awakening!*

What is a Quest? Why must we put our beliefs to test? Why must we find out, 'Who am I?' Why can't we just enjoy, till we die? Most people are caught in this tornado and they suffer the rollercoaster called 'Life'. Everybody wants pleasure. Nobody wants pain. Then, why do we become miserable, again and again?

This book is for those who want to make the best of their life. It is for those who want to achieve Eternal Happiness. It will show us the way to discover the Purpose of our life, just as it will liberate us from all misery and strife. Is this even possible?

Most of us believe that life is a bouquet of roses and we will have to face the thorn, once we are born. Of course, we will die. We believe this and we cry but this book will teach us that we are immortal Souls. That is why people will say that we passed away. Our own near and dear ones will destroy our dead body, only because we are no more in the body. This book will lead us to the Realization of what happens after death. It will reveal why we came to earth.

Did we choose our birth, our parents? We did not. It was Karma. But what is Karma? What is this law? Does such a law actually exist? This book will inspire us to go on a Quest and scientifically question every belief. Spirituality is not a fairy tale. It is the science of the Spirit. It is

not some Divine magic. It is based on real logic. And unless we go on a Quest, we will remain in ignorance.

This book will guide us on how to start a Quest and how to discover the Purpose of life. It will help us consolidate the questions that lie unanswered deep within us. More importantly, it will lead us to the answers.

This book is not just a book of knowledge that you can get in a college. This book is an inspiration for Realization. It is a tool for Purification that will lead to Illumination but all that depends on our inclination. It will show us how to go on a Quest and how to realize the truth. But it is for us to seek and find. If we don't ask, life will be a futile task! Not only must we know the answers, we must also realize them. We must be awakened with the truth about life.

This book is not just a theory. Here, I share my personal experiences of how I was wandering through life. Then, I started a Quest. I went to the bottom of the root to discover the truth. And then, there was an Awakening. Just like when we wake up from a dream and realize that it was not true, when we wake up after a Quest, we realize, so it is with life too. 'Who am I? Why am I here?' When we realize this, we will unlock the door to Eternal Happiness. But for this, we will have to flip over from mind to Consciousness. This Quest will take us on a journey onward, forward, upward, inward and Godward.

## CHAPTER 1

# WHAT IS LIFE ALL ABOUT?

*Is Life meant such that we must just Live and Die?  
We must Discover our Purpose and Find out, 'Who am I?'*

We are all alive but have we ever paused to think what this life is all about? How did we come to earth? What is the Purpose of this human birth? We think it is our parents who gave us life. Is it actually, true? No doubt, they were involved in an act of copulation but did our parents actually create the life that is alive in us? Who made this body? Who made our hands, our feet, our heart and our brain? And finally, that birth date on our birth certificate! Isn't that date, fake, although we cut a cake? When we awake, we realize that we were born 9 months before.

Life is not what it appears to be, to most of the world. We know that death is certain. Death is the end of the journey called 'life'. Therefore, to anybody who walks the street, life is a journey between birth and death. One day, we all will die. But in reality, 'I' will never die. When the body dies, people will say that I passed away but today, I am alive just as you are alive. I am writing a book just as you are reading it. If there was no life, neither would I be able to write nor would you be able to read.

Therefore, life is that Power within us that enables us to live. But then, why did we come to earth? Is there a Purpose or are we given

breath to just last us till our death? What is this drama called 'life' all about?

The earth is like a humongous stage. We are like actors, who come and go but we do not realize that it is all just a show. Just as actors depart after the drama, we have to leave, as per our Karma. But we all face trauma in this drama called 'life'. We enjoy pleasure just as we suffer pain and this goes on, again and again. Are we meant to live just to die? Are we created in a womb just to zoom to our tomb? What is this journey called life all about? Is this life just a race in which we chase to become an ace?

We did not choose our life. Did we? We did not choose our parents, our nationality and our gender. Therefore, there is no point in looking up at the sky, crying and asking, 'Why?' We human beings are blessed with an intellect. We can contemplate, 'Who am I and why am I here?' If we desire, we can discover the Purpose of our existence. In fact, the Purpose of life is to discover the Purpose of life. But unfortunately, because we don't realize 'Who am I?' we just live and die.

Only a few people go on a Quest. They try to discover the Purpose of their life, of this human existence. Before they lose their breath in that ultimate moment of death, they try to realize the truth about life. They are the ones who are liberated from all strife. They are the ones who make the best of this treasure called life that we human beings are blessed with.



## CHAPTER 2

# WHAT ARE WE ALL SEEKING?

*We are all seeking Pleasure, nobody wants Pain,  
Then why is it that we become Unhappy, Again and Again?*

Whether we are seeking to be a millionaire or a billionaire, the President or the Prime Minister of a country or whether it is our passion to be an artist, a painter, a singer or a YouTuber, we all want some achievement. To some, it may just be money in the bank and to others, it may be winning an Oscar award or becoming a world champion in cricket, football, swimming or chess. But guess what? All of us who are swimming through this ocean called life are actually seeking only one thing – Happiness. The one who wants to become the President of America or the Prime Minister of India would not seek that if that position of power and fame made them unhappy. We all seek pleasure. Nobody wants pain.

Just as we human beings are fitted with sense organs, eyes, ears, nose, tongue, skin and just as we are given critical organs, like the heart, the brain, the lungs and the kidneys, it seems that we human beings are also fitted with what we can call the pleasure-pain drive. There seems to be a drive inside us that constantly wants to be glad just as it hates to be sad. Therefore, despite our religion or our nationality, we are all seeking Happiness. The Chinese may like noodles, the Indians may like Tandoori food, while Americans may like burgers but regardless,

## WHAT ARE WE ALL SEEKING?

all nationalities like Happiness. Therefore, is the Purpose of life just to be happy? Is the essence of being alive just to smile, all the while? What is the Purpose of our existence?

I may be happy enjoying the turquoise waters and the white sand beaches in the Maldives but you may enjoy the buzz of Singapore or New York. However, we both enjoy the smile on our face. In fact, nobody likes to cry and die. We all like to laugh, rejoice and be merry. But somehow, while we have days of celebration, we also have moments of desperation. Just like there is sun and rain, loss and gain, we experience pleasure and pain. Is life just meant to be a merry-go-round where we pass happiness and unhappiness in cycles? While this is what life seems to be, the truth is that we can attain a state of Eternal Happiness.

We all want to be happy. There is no doubt about this. But most of us do not enjoy this state of Eternal Bliss. We all are seeking success and achievement because we were taught that success is happiness and because we believe what we had learned in our schools, we remain fools. We do not realize that success is not happiness. We are all seeking happiness but we are chasing success and achievement. Therefore, we end up with momentary pleasure. And eventually, we don't attain True Bliss or Eternal Happiness. If we really want to be happy, we must stop and contemplate. We must start a Quest to discover the true meaning of Happiness. Then we will realize that we can achieve true Happiness, an Eternal state of Bliss if we discover, 'What is the Purpose of my life?'

## CHAPTER 3

# ARE WE JUST MEANT TO LIVE AND DIE?

*Every 'body' must Die, every living being that is Born,  
But are we just meant to have Fun, till we are Gone?*

Every 'body' must die. Is there any doubt that just as we were born, one day we will be gone? No. We have no control over our birth and our death but we have control over our life.

Many people believe in the concept of luck, fate or serendipity. They even believe that life is predetermined and that everything is predestined. But is it so? No doubt, we have no control over many things that unfold in life. Whatever is happening is unfolding as per Karma, our past deeds. But do we have control over our Karma? Of course, we do. We have been given a free will. We can choose. We have been given the intellect to discriminate.

So, are we just meant to live and die? Or are we meant to find out who am I and why am I here? Many of us believe the myth that we have grown up with. We believe that life is to have fun, till it is done. Therefore, we do not seek to realize the meaning of our existence. We experience pleasure and pain just as we go through loss and gain and enjoy sun and rain. All this happens, again and again and our life goes in vain. We don't use our brain. Although we have been blessed uniquely as a highly specialized species with a fully developed intellect, we don't discriminate to discover the purpose of life. Then, what happens to us? We live and we die.

## ARE WE JUST MEANT TO LIVE AND DIE?

When something goes wrong, we cry, look up at the sky and ask, 'Why?' We suffer, as we are both glad and sad, till this journey of life is over. One day, we will lose our breath in that moment called death. Then, we are gone and because of our Karma, we are reborn and this cycle seems to go on and on. Is this what life is all about? Let us contemplate.

Can I question animals and birds about what their life is meant to be? No. A dog or a frog doesn't decide its meal. A cat or a rat doesn't have a fully developed intellect. The butterfly, the bee and the tree are alive but they have no Purpose in their life. All these are living creatures but they just live and die. They cannot go on a Quest to find out, 'Who am I?' Are we humans just like animals, birds and plants? No. Surely, we are the most privileged of all, for only we can go on a Quest. Only we can discover what our Purpose is. Only we can pray and ultimately, realize God.

While we human beings have a limited lifespan and have an opportunity to live for a few more decades, this opportunity is limited to the life that we have. Let us put this in our head that we cannot be Enlightened with the Truth after we are dead. We have this life to find out who we are, in reality. Once we discover this, we will also discover the Purpose of existence. It is unfortunate that the majority of us just live and die. We think life is to be happy and at most, to make others happy but is this truly our Purpose?

## CHAPTER 4

# WHAT IS THE PURPOSE OF LIFE?

*There is a Purpose to our Life on Earth,  
There is a Meaning as to why we got this Precious Human Birth.*

The Purpose of life is to discover the Purpose of life. To get the true meaning of this human existence, we have to answer two important questions.

1. Who am I?
2. Why am I here?

Unless we discover who we are in reality, we will never be able to achieve the Purpose of our existence. Are we this body? This body is ever-changing. One day, this body will decay, experience disease and will die. Then, people will say that we passed away. So, how can we be this body? Most of us think that we are the mind but where is the mind, we cannot find! Then, we believe the lie, when the ego says it is 'I'. Who is the one that says, 'I', 'me' and 'mine'? When we start a Quest to discover the Purpose of life and find out who we are not, then we progress in our journey.

One may think, 'I may not be the body, mind and ego. But I exist. So, who is this 'I' that is alive?' Some of us think that we have a Soul, a Life Power but little do we realize that our life goal is to realize that we are the Soul. Until we realize who we are in reality, we will never discover the Purpose of our life. The moment we come to the Realization that one day,



## WHAT IS THE PURPOSE OF LIFE?

this body will die but we will return to earth in a rebirth, we start paying attention to Karma, the Law of Action and Reaction. Although we don't awaken to the truth, we realize the importance of good deeds. We try to win over sin because otherwise, not only will we suffer on earth but return to suffer another birth. Many people think that doing good Karma is the main Purpose of life but even by doing good Karma, one cannot attain that state of Eternal Happiness, one cannot realize God.

Many of us believe in heaven and hell and the stories that the scriptures tell. We believe that one day, we will meet God but we don't realize, 'Who is God? Where is God? And what is God?' Little do we realize that the way to realize God is to go on a Quest to realize the truth about life. Unless there is Self-Realization, there cannot be God-Realization. The belief that God lives in the sky is a big lie and the moment we find out, 'Who am I?' we will not just live and die. In that moment of death, when we lose our breath, we will not return to earth in a rebirth. If we start a Quest and discover the Purpose of our existence, our Spiritual Awakening and our Realization will lead us to Liberation and ultimately, Unification with the Divine.

This is the Purpose of our life. It is to realize the truth as we overcome our ignorance. It is to be free from the Triple Suffering of the body, mind and ego on earth and be free from the cycle of death and rebirth.

## CHAPTER 5

# WHY DID WE COME TO EARTH?

*Is it just Magic that brought us to Earth?  
Or is there a Reason for this Precious Human Birth?*

Have you ever pondered on why you were born on earth? Have you contemplated the cause of your human birth? You could have been born in some other country, some other religion or even as some other species. You could have been born as a cat, a rat, a dog, a frog, a butterfly, a bee or a tree. There are millions of species. Then, why are we this very special human being that we are? Is it just a matter of chance, of luck?

Why were we born to our parents? Did we choose them or did they decide to create us? We often believe that our parents gave us life. But is it actually true? No doubt, they were involved in an act that led to the fertilization of the zygote but was our conception in the hands of our mother and father? Did they create this body that was formed over 9 months in our mother's womb? Did they decide whether we will be a boy or a girl? Who decided all this? Who controls birth and death and gives us this precious breath? Is all of this serendipity or some kind of Divinity?

Because we do not search for the truth, we believe in the lies that God lives in the skies. We believe that God is controlling everything. No doubt, there is a Supreme Immortal Power that has created this magical



## WHY DID WE COME TO EARTH?

stage called Earth but that Power is not deciding every birth. The Power has created a Universal Law of Action and Reaction, a law known as Karma. It is a Divine Law that governs our birth and whatever happens on earth. In fact, it is Karma that is responsible for our birth. Who is responsible for our Karma?

Each one of us does Karma or action, good and bad. It is this Karma that is directly responsible for whatever is happening in our life. Each deed becomes a seed that will decide our destiny. Unfortunately, we do not realize that our life, death and everything that is happening in between, is controlled by Karma and because we are ignorant about who we are and why we are here, we think it is good luck or bad luck when something happens. We believe that God will decide the moment of our death when we will lose our breath. But we do not realize the truth about the Karmic law that governs everything.

Most of us just live and die. We don't know why. This is because we have not realized the truth of, 'Who am I?' We want to be glad but so often we are sad. It is because we are mad! We are ignorant of the truth. We let the mind make us blind and we believe the myth that we grew up with. We don't realize the truth. Until we start a Quest, we will never go to the bottom of the root and reach the truth. We will believe in the lie and will cry, till we die. Then, we will return to earth in another rebirth and this will go on and on. Very few of us start a Quest. These are the few who discover what life is all about.

## CHAPTER 6

# WE MUST START A QUEST

*To Realize the Truth, we must get to the Bottom of the Root,  
Putting our Beliefs to the Test, we must Start a Quest.*

Death is certain. Every 'body' will die. But before we human beings die, we have a Purpose. We must find out, 'Who am I?' We must discover why we came to earth in this human birth. Most of us are so busy running after pleasure and escaping from pain that we just live, die and we are reborn, again and again. Everybody who is born, suffers. There is no escape. We all experience pain of the body, misery of the mind and agony of the ego. Our goal is to realize we are the Divine Soul. We must realize that we are not the Mind and Ego, ME. We are not the body that we see. We must be free. We must be liberated from the Triple Suffering on earth and be free from the continuous cycle of death and rebirth. This is the Purpose of human existence.

How can we be free? We can be free with Realization. This is called Enlightenment. It is a Spiritual Awakening. Whether we are looking for Eternal Bliss, Everlasting Peace or Divine Love or whether we are seeking the true meaning and Purpose of life, we need to go on a Quest, a search. Maybe we are trying to find God - Who is God? Where is God? What is God? These answers will not come from a temple or a church. We have to on a search! We have to start a Quest.

## WE MUST START A QUEST

What is a Quest? A Quest is a journey inwards. It is not just knowledge that we can get from books or a college. It is an experience, a Realization. A Quest is a deep yearning and seeking for answers. A Quest is a journey where we put our beliefs to the test. We let go of the myth that we have grown up with. We question everything - our birth, our death and the Power that gives us breath. We try to find out, where did we come from and where will we go. We question, who is controlling this earthly show? We have many questions and conflicting answers. It is the Quest that clears all our confusion and leads us to the conclusion. That is why the Quest Awakens us, Enlightens us and Liberates us.

But if we don't start a Quest, we will just live, die and when something wrong happens, we will cry. In ignorance, we will look up at the sky and to an unknown God we will question, 'Why?' All of this happens because we do not realize the simple truth, 'Who am I?'

It is a Quest that will reveal that we surely have a body but this body will die. People will say that we passed away. Who departs at the moment of death? Is it the mind? Where is the mind, we cannot find. The ego says, 'I' but isn't this a lie? If we are not the body and mind but for sure, we exist, then who are we? And more importantly, why are we here on earth? What is the Purpose of this birth? Unless we search for answers, take the help of a Guru or a Spiritual Master and start a Quest, we will just follow the herd. We will not fly like a bird and open our wings that are tied with strings!

## CHAPTER 7

# WHAT ARE YOUR QUESTIONS?

*Don't just Rest, put all your Beliefs to the Test.  
Make a List of Questions and Start your Quest.*

Everybody has questions but most of our questions are based on the myth that we have grown up with. 'How to be successful? How to be rich and famous? How can I become happy?' We keep asking these questions as we get caught in a maze, trying to be an ace in this race called life. We chase after meaningless things and ultimately, we die. We don't ask relevant questions.

What is the way to Eternal Happiness? Who controls everything that happens on earth? If there is a God, then who is God, where is God and what is God? How did I come to this earth? What was the reason for this human birth? Why was I not born a frog, a dog, a cat or a rat? Does the Law of Karma really work? Who governs the rotation of the earth and everything that unfolds in this drama called life? Isn't death certain? Who dies? What exactly happens in that moment called death? People destroy the body that dies and they say that the person passed away. So, who passed away? Where did they go? Is there really a heaven and a hell? If the body is destroyed on earth, then who goes there? What is the doctrine of rebirth? What is Liberation, *Moksha* and *Nirvana*? What is the meaning of Enlightenment? What is Self-Realization and

## WHAT ARE YOUR QUESTIONS?

God-Realization? What is the Soul? Where does the Soul come from and where does it go? What is the Purpose of our existence? Are we meant just to live and die? There are so many questions that remain unanswered. Of course, every 'body' will die but we do not ask the most important question, 'Who am I?' 'Am I this body? Which body am I?' The body started as a single-celled zygote and one day, the body will return to dust. Then, how can I be this body? Am I the mind? Where is the mind? When I try to find my mind, I realize that there is no mind! Still the mind appears to be, as it steals my peace and makes me blind. The ego says 'I' but this is the biggest lie. If there is no body and no mind, how can I be the ego? But still, I exist from birth to death. There is breath. Then, who is the one that is alive?

We all go to school but we remain a fool because we believe in the myth that we grew up with. We just follow the herd. We don't fly like a bird up in the sky to explore and discover, 'Who am I and why am I here?'

A very few of us will think about such important and relevant questions and make these questions a part of our life Quest. We will search for answers. We will Ask. We will Investigate and we will Realize the Truth. The rest will just believe in the lie that God lives in the sky. When something wrong happens, they will not understand why. Isn't it time to make a list of questions you must find answers to before you die? Isn't it time to start a Quest to discover the Purpose of life? Isn't it time to find a way to Eternal Happiness, Divine Love and Everlasting Peace?



## CHAPTER 8

# THE SEARCH FOR ANSWERS

*We need Answers, the Truth we must Find!  
Unfortunately, we don't! Our Mind makes us Blind!*

It is not enough to have questions. We must find answers. We must start a Quest to find out what the truth is. How can we be sure of what is wrong and what is right? We have to discriminate black from white. We have to go beyond the mind. We have to use our intellect. We need the help of an Enlightened Master, a Spiritual Mentor or a Guru.

The search for the answers starts with the knowledge that we can collect from books or a college. But knowledge is not Realization. Knowledge can be diluted. Today, there is too much information, not just in printed books but also on the internet. Anybody can upload fake information on the web, free of cost and confuse seekers. Then, there are those with vested interests, who are selfish and have ulterior objectives in confusing people. Religions too add to this confusion and stop us from reaching the conclusion. The goal is Realization. This is called Enlightenment. It is switching on the light within. For this, we have to overcome the darkness of ignorance that we are enveloped in. Just as you can't sweep away the darkness in a room. You need a light. So also, to be Enlightened with the right answers, you need to switch on the light within. How can we switch on the light of truth? We have to go to the bottom of

the root. Not only must we read but we must also contemplate, till ultimately, we experience that spark called Enlightenment. Not everybody is blessed with the gift of Self-Realization. Those who are, are the ones who realize the truth about 'Who am I and why am I here?' They discover the Purpose of their life. They realize that God is not God. God is a Supreme Immortal Power, SIP. But for this, they need the guidance of a Guru and the grace of the Divine.

Enlightenment is not something that you can shop for in a supermarket or a course that you can do online. It is an experience. To discover the Purpose of life, just having questions and starting a Quest is not enough. That is just the beginning. To finish the Quest, we need guidance from a Guru, from one who is Enlightened and who can mentor us to take the right path. Otherwise, if we go in the wrong direction, we will never reach our destination.

The journey of human life is short. Man is not blessed to live over a hundred years. In this limited duration of being human, we spend years in learning and then we get caught in the cycle of earning. Very few of us invest our time in Spiritual Awakening. If there is no Illumination with the truth, there will be no Realization. The body will die and we will not realize, 'Who am I?' And then, we will return in a reincarnation. Not only will we suffer pain of the body, misery of the mind and agony of the ego in this human birth, we will die and return in a rebirth, to suffer again and again. So, it is imperative to discover the Purpose of our life. It is important to reach that state of Realization that will lead to Liberation and Unification with the Divine.



## CHAPTER 9

# READ, REVIEW REALIZE

*Not Everybody on a Quest can Read, Review and Realize.  
The Purpose is Revealed to one who opens their 'Real' Eyes.*

What is the way to discover the Purpose of life? One may go on a Quest but just starting a search is not enough. There is a 3-step method to discover our Life Purpose.

The First Step is to Read and Learn. It is accumulating the correct information and knowledge, creating a library of relevant books, listening to appropriate philosophers and watching speakers debate over topics that can Enlighten us. Therefore, the first step is the accumulation of information. As we are in the process of absorbing knowledge, we must eliminate all that is irrelevant. We should be able to scan and just like a magnet, attract those iron filings that will help us stick to find our Life Purpose. What next? What after we finish reading a lot of information? Will it give us the Purpose of life?

The Second Step is Reflection, Introspection and Contemplation. It is going beyond the mind into a state of Consciousness, where the intellect discriminates what is black and white, wrong and right. It is in this stage that we take the raw material of information and cook it into wisdom that should give us our Purpose. However, not everybody who reads and reflects will attain the Purpose of life. The Purpose of life is a treasure received only by a select few.

They are the ones who are sincere seekers, who go on a Quest picking relevant questions and are committed to overcoming ignorance and realizing the truth. There are a lot of distractions in our journey to Realization. Our own mind confuses us and stops us from reaching our destination. Therefore, on this journey, one important challenge is to transcend the mind. Sometimes, this needs silent contemplation or an important resolution that we must make to discover our Purpose. Everybody who has knowledge does not get Enlightened with the Truth, even though the process is the same. We first, have to Read, then we must Reflect and finally, we will Realize the Truth.

The Third Step is to Realize, to Open our Real Eyes. It is switching on the light of truth and overcoming the darkness of ignorance. Sometimes, we follow some beliefs for decades. Those who go on a Quest are often shocked that they have wasted their life following rituals and superstitions that have no meaning. Therefore, the true seekers who go on a Quest, do one very important thing. They are ready to unlearn the myth that they have been indoctrinated with. It is only then that their reflection leads to Realization. It reveals the Purpose of life. It shows the path to pursue, to achieve the Purpose of our existence.

How many people actually go on a Quest? How many people list the existential questions that they want answers to? How many people actually read, reflect and realize the truth? Very few amongst us are blessed to find our Life Purpose. This is the beginning because just finding our Purpose is not enough, we must live it.

## CHAPTER 10

# ELIMINATE JUNK

*To Discover your Life Purpose, Eliminate Junk!  
Lock the Monkey Mind with the Intellect and Live like a Monk!*

What is the Purpose of our life? Most of us are caught by our mind and therefore, our Purpose, we do not find! Our Mind and Ego, become the ME and do not let us be who we are meant to be. The ME tells us that the Purpose of life is Success. It makes us believe that Success is Happiness. It pushes us to accumulate name and fame just as we try to increase our wealth and focus on our physical health. Very few amongst us discover who we truly are and why we are here. We just live and die. We accumulate a lot of junk because our monkey mind stops us from becoming a monk!

A monk is not just one who renounces the world, wears a spiritual robe and retreats into a monastery. A true monk is the one who has mastered his mind. A true monk is the one who has eliminated junk. After having gone on a Quest, an intelligent monk reflects, introspects and contemplates life. 'What is the Purpose of my birth. Why did I come to earth?' Even a monk seeks happiness like you and me. But a monk realizes the distinct difference between pleasure and bliss. He realizes that the Ultimate Happiness comes from discovering the Purpose of life. Therefore, it is a real monk who spends time on the Quest, to eliminate all junk from his life.

What is the junk that we have to eliminate? The junk is nothing but the lies that fill our lives. Haven't we been taught the lie that God lives in the skies? Don't we believe that we will go to a heaven or hell after we die? Although we go to a school, we remain a fool because we accumulate junk. We just follow the herd but we don't fly like a bird to explore and discover the Purpose of our existence. Though we are blessed with wings, our ignorance ties them with strings and we crawl through life, as we suffer without discovering our true Purpose.

Therefore, the key factor to make our Quest successful is to eliminate junk. We must sweep away the nonsense that fills our belief system. But just like we cannot go into a room and sweep away the darkness with a broom, we need light, similarly, to eliminate junk, which envelops us in the darkness of ignorance, we need the light of truth. The junk that fills our life has entered the depths of our memory and our belief systems. It has become a habit for us to follow things and breaking that habit is not easy. The one who is successful in the Quest, not only realizes his Purpose, he also goes about making changes and replacing the myth with the truth. Therefore, in the Quest, we need action. Just thinking and contemplating is not enough. This must lead to new resolutions, which we must execute. The Quest will show us our destination but unless we change our direction, we will never get to where we want to go. Therefore, it's time to wipe out the lies and put into action what we realize we must do, to reach our destination before our journey is over.

## CHAPTER 11

# MAKE THE MONKEY MIND A MONK

*The Monkey Mind can make our Life, a Hell!  
With Toxic Thoughts, we are caught in its Spell!*

Before we progress on the journey to discover the Purpose of our life, it is time to pause and reflect. Have we followed the steps till now? Have we created a list of questions that will initiate our Quest? If we are reading this book just as an interesting story, it will not take us to our destination. Chances are that the monkey mind has not permitted us to organize a list of questions and start our Quest.

It took me one year just to become serious about starting my Quest. I was inspired by my Spiritual Master to discover the Purpose of my existence. I had even made my Quest one of my priorities but when I met my Spiritual Mentor a year after the initiation of the idea of the Quest, I had not moved forward at all. I realized that I was a slave to my mind that wanted to take me to my grave being ignorant and without the Realization of my Purpose. I snapped out of the trap, cut the tail of my monkey mind and made it a monk. Thereafter, I rapidly progressed in my Quest and discovered my Life Purpose.

So, how can we make the monkey mind into a monk? There is no doubt that the mind is a monkey. While we cannot go back to yesterday, our mind can. Our mind is constantly jumping to a



yesterday that is gone and a tomorrow, not yet born. In this way, our monkey mind steals our present moment. It is the present moment of life that is our true treasure but we lose it to the monkey! If we look at the word 'MONKEY', it has a tail – EY. The mind is Ever Yelling and Ever Yearning. Because of its yelling and its noise, we do not hear the Divine voice. Because of its yearning and its desires, we seek junk and we do not become a monk! We do not move from the state of mind to the state of intellect, where we discriminate and realize the Purpose of our life.

Therefore, it's time to make the monkey, a monk. It's time to still the mind and kill the mind. Unfortunately, as such the mind doesn't even exist. It is just a bundle of thoughts but because of its subtle existence, it drills us and kills us with up to 50,000 thoughts a day. When in thought we are caught, the Life Purpose we already forgot. Therefore, we have to slow down the mind. We have to tame the monkey and make it into a monk. Otherwise, our life will be spent jumping from one meaningless thought to another and soon, this precious gift of life will be consumed by the Monkey Mind and our Purpose, we will never find!

The mind is a rascal. It fools us into believing that it is king, when in reality, it is the cause of all our suffering. It creates fear, worry, stress, anxiety and fills us with toxic thoughts. Somehow, it has fooled humanity and most of us are under the spell of the mind, which makes our life hell. Until we eliminate the mind, the monkey will create a pandemonium and we will never discover the Purpose of our existence.

## CHAPTER 12

# DOES SCHOOL MAKE US A FOOL?

*What is Good, is that we all Learn by going to School,  
What is Bad, is that we are not Enlightened, we remain a Fool!*

We all go to school but we go to learn, not to be indoctrinated with lies. Still, we are taught that God lives in the skies. One of the biggest problems in the education system is that it is planned by the majority. The majority, most unfortunately, is unaware of the truth. It has been indoctrinated with the myth itself and so, it creates a syllabus for us that keeps us bound to the ground. Our education does not help us to cut the strings, open our wings and realize things that are the absolute truth.

We all celebrate our birthday and cut a cake. Little do we realize that our birthday is fake. Because so much importance is given in school to our birth certificate that we believe that the date on the certificate is when we were born actually. This leads us to believe that we are the body that arrived. When will schools change the narrative that the day we arrived on earth is not our 'birth' day, rather it is our arrival day? We were born 9 months before that date. We all know this but we still remain a fool because of what we learned in school.

If you ask anybody, 'Will you die?' They will reply, 'Of course, I will die!' But the very same people, in the moment of death say,



‘He passed away.’ The whole world accepts that we leave the body in the moment of death. Therefore, we don’t die. Only the body dies. But our wrong education stops us from the right Realization because of mythological indoctrination. It is time to break free from the lie that makes us cry and suffer till we die. It’s time to unlearn what we have learned. Of course, we need the basics that we are taught in school but we need to overcome the myth that we have grown up with.

If we just continue to believe what we receive in our formal education, we will never reach our ultimate destination. One day, the body will die and if we don’t find out, ‘Who am I?’ we will return to earth in a rebirth. Again, we will suffer and die if we don’t find out, ‘Who am I?’

Does any school teach us, ‘Who am I?’ and ‘Why am I here?’ We are taught languages, mathematics and sciences. Today, education has evolved to even learning different technologies. We are regressing but we think that we are progressing. We are learning everything about the outside world but we are all ignoramuses when it comes to the inside world. When will we stop and go beyond education and gaining qualification to attain Realization? When will we start a Quest to discover the Purpose of our existence? When will we learn that one day, this body will be buried or it will be burnt. Then we will return, only to repeat the cycle. We will learn, we will earn, we will burn and then, we will return. We yearn for the material world but we must seek that ultimate peak of being Enlightened with a Purpose. School is a good foundation, provided it leads to Realization.

## CHAPTER 13

# NEED OF AN ENLIGHTENED GURU

*A Guru takes us from Darkness to Light,  
He helps us Discriminate, what is Wrong from Right.*

How can we overcome ignorance? How can we realize the truth? If all schools teach us things that make us remain fools, then what is the way to escape from this cycle of mythology? We need a Guru, a Spiritual Mentor, an Enlightened Master.

The Guru takes us from 'Gu' to 'Ru'. 'Gu' means darkness and 'Ru' means light. The Guru Enlightens us with the truth. This happens provided the Guru himself is Spiritually Awakened. Otherwise, the guidance of the Guru is like the guidance from a faulty GPS. It will give us the wrong direction and we will reach the wrong destination. An Enlightened Guru is like a good GPS, who gives the Guru's Powerful Signals. A Guru helps us discriminate black from white and what is wrong from what is right. Without the guidance of a Spiritual Mentor, we will just live and die without the Realization of the Truth.

It was my Guru, Dada Vaswani, who inspired me to start a *Talaash*, a search. I used to ask him so many questions - 'What is the way to Eternal Happiness? How can I attain God?' My Guru was Enlightened. He helped me to start a Quest. He made me realize that the Purpose of our life is to discover the Purpose of our life. He guided me,

as I walked the path that was less travelled. He helped me take an exit from the highway of achievement. I was running a race to become an ace and I was caught in that maze! My Guru liberated me from this chase. I evolved to living a life of contentment and fulfilment and travelled to over a hundred countries experiencing the Creator in all his beautiful creation. Little did I realize that I had experienced God but not yet realized God. It was my Guru, my Master, whom I respected as my God on earth, who led me to the ultimate peak of Enlightenment.

A Guru can enlighten us only if we are disciplined and dedicated. If we do not discriminate and eliminate thoughts of the mind which are full of junk, then we can never become a monk who will realize the truth. Despite having an Enlightened Master, many live and die only to return to earth in a rebirth. But without having an Enlightened Master, it is impossible to be Spiritually Awakened and be Enlightened with the Truth.

Not everybody is blessed to discover the Purpose of life. Not everybody is fortunate to start a Quest but those who have an Enlightened Guru to lead them down the path of Enlightenment, are lucky. It is the Guru who can touch, trigger and transform us. Therefore, the journey of life can be truly successful if we have a connection with an Enlightened Master. This is the way to reach our destination faster. If we do not overcome darkness or 'Gu' and make our life bright with light or 'Ru', we will remain in ignorance. Not just till we die but this cycle will go on as we will be reborn.

## CHAPTER 14

# OVERCOMING THE MYTH

*If we continue to Believe the Myth, we have Grown up With,  
We will Suffer, Cry, Live and Die, not Realizing, 'Who am I?'*

I believed in a God with name and form for 40 years. I could do anything for my Lord. I started my journey when I was 8-years-old and only when I became 48, after 4 decades, did I realize the myth that I had lived with. God is not God. God is SIP, a Supreme Immortal Power. I was flabbergasted when I was Spiritually Awakened! How could I have been so silly to believe in the lie that God lives in the sky! How could I have believed what people said about heaven and hell! When I realized, 'Who am I?' I realized what happens after we die. The body returns to dust and opening our real eyes, is a must. Otherwise, we will continue to experience the trauma, without realizing that life is a drama, in which everything is unfolding as per Karma.

Who decided birth and death? Did we decide our parents? Still, we believe that our mom and dad gave us life! Is this true? Everything that we are taught is a myth in which we are caught. We go to school to learn and then we live to earn but ultimately, we burn and we return. But we are told that we will go to God in a distant heaven in the skies and we believe these lies. As long as we are trapped in the myth, we will never realize the truth.

So, how can we overcome the myth? We have to question everything. We have to ask, investigate, realize the truth. Even to do this, there is a big roadblock. We are warned by our religion that it is blasphemous to question God's existence. Therefore, we live with blind faith. We do not embark on the journey of Self-Realization and God-Realization. All this is because we accepted the myth as the truth. When we eliminate the junk and live like a monk, killing the mind and activating our intellect, then we will be able to live with the truth. In school, I was taught, 'Practice makes a man perfect.' Practice can never make us perfect. Practice only makes improvement. Nobody is perfect. But like this and the several myths that we have discussed, we live, we die, believing in the lie and not discovering 'Who am I?' and 'Why am I here?'

If we have to achieve the Purpose of life, then starting a Quest is not enough. With the help of knowledge and the guidance of a Guru and using our intellect to discriminate, we must destroy the myth and replace it with the truth. This is Enlightenment. This is Spiritual Awakening. When the mirror looks at us and says it is 'me', we must wipe out the myth and realize, 'I am not that body that I see. I am that Spark Of Unique Life, the Soul. I am immortal. I am birthless and deathless. I come from SIP, the Supreme Immortal Power.' As long as I don't realize this truth, I will be under the spell of the myth and experience hell, not just on earth but even when I return in a rebirth. It's time to overcome the myth and realize the truth. This is possible only if we go on a Quest to discover the Purpose of our life. Then the myth will disappear like fog in the morning sun.



# BOTTLENECKS ON THE JOURNEY

*Problems and Difficulties are Bottlenecks in Everyone's Life.  
But our Mind and Ego are a Bigger Threat; they create Strife.*

In this journey called life, we face so many bottlenecks. Right from the time we are kids in school, we need to study, pass examinations, get into a good college and furthermore, get a good job. We find these to be big challenges. Then we face other bottlenecks. There are fear, anger, worry, anxiety and jealousy. Most of all, we get caught in the thought that we have to be successful before we die.

While these bottlenecks are real, these bottlenecks hardly matter because ultimately, life is just a show. We are actors, who come and go. All these problems will hardly matter because in the end, nothing matters. What really matters is to understand what life is all about. The most important question is to know what is the Purpose of this existence. And to discover the Purpose, the first few questions to answer are, 'Who am I? Am I just meant to live and die? When something goes wrong, should I just pray to a God in the sky?'

To get to the root of our existence, we need to realize the truth about life. We need to go on a Quest to discover the Purpose. But does everybody who goes on a Quest realize, 'Who am I and what I must do before I die?' No! There are many bigger bottlenecks in the Spiritual



world than what we face in the material world. A Spiritual journey is far more challenging. In the material world, we face the common bottlenecks that everybody faces but when we are on a Quest and on an inward journey, we face greater enemies. We have to transcend the ego, kill the mind and tame the senses. Unless we do this, we cannot realize that we are the Divine Soul.

*A lady who was sitting in silence in a retreat, meditating as a part of her Quest, was asked by someone, 'Why are you sitting in silence and doing nothing for so long?' She replied, 'I have a lot of work. I have to train two hawks, two eagles, two wild rabbits, one snake, one donkey, one lion and a monkey!' 'Where are all these wild animals?' asked the curious seeker. She said, 'The two hawks are my eyes, the two eagles are my claws, the two wild rabbits are my feet, the donkey is my body, the lion is my ego, the snake is my tongue and the monkey or the gorilla is my mind. Until I tame all these, they will continue their yelling, yearning and running all over.'*

These animals are within each one of us. Animal instincts become the greatest bottleneck of our life. Unless we tame our senses, still the mind and transcend the ego, we cannot progress on our Quest and be Awakened to the true Purpose of our existence. These bottlenecks are far more challenging than the bottlenecks of the material world. If we do not break through these limitations, we will live as the body, mind and ego, suffer the Triple Suffering on earth and return in another rebirth. This is not a myth. This is the absolute Truth but unless we are Awakened, we will not realize this. When are we going to start the most important journey of our life?

## CHAPTER 16

# RELIGION, GOOD OR BAD?

*All Religions are Good, no Religion is Bad,  
But with so many Gods and Scriptures, we will just go Mad!*

When we start a Quest to discover the Purpose of life, one thing that we will confront is religion. Most of us are born into a religion and unless we are among those few who arrive in a family of non-believers, we have no choice but to follow the rituals and dogmas of our religion. We get caught in superstitions just as we are inspired to pray and believe with faith. Both aspects of religion become a part of our journey called life.

The question that one must answer is - Is religion good or bad in the Quest of discovering our life's Purpose? Religion teaches us good things. All religions teach us to live moral and ethical lives, to pray and follow scriptures. And therefore, religion becomes a very good foundation. But will religion lead us to discovering our Life Purpose? Unfortunately, no.

Religion makes us believe the lie that our God is in the sky. Every religion talks of its personal God - a God with a name and a form. This creates confusion and we never arrive at the right conclusion because we always think that the Purpose of our life is to be devout believers and ultimately, go to heaven. Unfortunately, there is no heaven and hell, even though this is what the people tell. We are

caught in the fairy tales that heaven is a place where angels dwell just as we are made to believe that there are devils in hell. We believe this myth and we live and die with it. When we die, the body returns to dust. Then, who will go to heaven or hell? How can anybody go there when heaven and hell are not physical locations? Therefore, religion confuses us, distorts the real picture and diffuses our Purpose.

No doubt, we experience heaven and hell right here, on earth. Haven't we all experienced bliss and unhappiness? All this happens because of Karma, the Law of Action and Reaction that controls everything that unfolds. But unfortunately, religions are full of mythological fairy tales that become roadblocks in our Quest to discover our Life Purpose. While religion motivates us to do good deeds, it doesn't inspire us to realize God. It doesn't reveal that God is birthless and deathless, that God is a Power and not a person. It is unfortunate that in the enthusiasm of propagating religion, every religion becomes a roadblock on the highway to our Purpose, our destination. Therefore, is religion good or bad?

Just like in a game of pole vault, you need the pole to jump high up in the sky to jump over, in life, we need religion to push us up in our journey of faith in the Divine. But if we don't let go of religion, we will never be Spiritually Awakened and realize our Life Purpose. Just like we drop the pole to cross over to our goal, we have to let go of the kindergarten of religion and graduate in the university of Spirituality, if we want to discover our Life Purpose. All this happens when we start a Quest and put our beliefs to test.

## CHAPTER 17

# THE MIND MAKES US BLIND

*The Mind says, 'I am King! I do Everything!'  
We become Blind and don't Realize that it Causes all Suffering.*

1% people of the world are visually blind, they cannot see. But 99% people of the world are Spiritually blind. We think we are this body, this Mind and Ego, ME. As long as we don't go on a Quest, we will never eliminate the Spiritual cataract that blinds us. What causes this blindness? It is the mind that makes us blind.

People wonder where the mind is. When we try to find the mind, where it is, we cannot find! Still the mind appears to be and along with the ego, it says we are the Mind and Ego, ME. Having made us believe that I am 'I' and I am ME, the mind makes us blind.

The mind appears only when thoughts attack us. When thoughts pour like rain and push us down the drain, we become ignorant, again and again. When in thought we are caught, we become slaves of the mind. As long as thoughts are drilling us and killing us, the mind is in command of our life. The mind can think up to 50 thoughts a minute. This becomes 50,000 thoughts a day! One can imagine how much disaster this can cause.

The mind creates fear, worry, stress and anxiety. Along with the ego, it creates anger, hate, revenge and jealousy. These toxic

thoughts and emotions make us prisoners and we are unable to progress on the Quest to discover our Life Purpose. Therefore, we must stop and realize that the mind is our biggest enemy. We must kill the mind before the mind kills us. And how can we kill the mind that doesn't even exist? We have to still the mind. When we still the mind, there are no thoughts. In this state, we are free from the mind but the mind is not an easy enemy. It returns again and again. The mind wants us to remain blind because the moment we realize that the mind is an illusion, it ceases to exist. Only thoughts will remain but these thoughts that are under our control, appear gently without the presence of the mind that causes our ignorance.

If we want to progress on the path of life and reach our ultimate destination, we have to transcend the mind. The best way is to try and find the mind. The moment we start observing the mind, the mind fails and we move into the next level of Mindfulness or Thoughtlessness. It is in this state of Consciousness that we have succeeded in killing the mind by stilling the mind.

If one wants to succeed in the Quest, one has to off-board the mind. As long as the mind is on-board, we will never arrive at our destination because the mind will continue to make us blind. It will fog our vision. The mind will conceal the truth and project the lies. Through constant thoughts in which we are caught, the mind succeeds in making us blind and changes our direction so that we reach the wrong destination.



# MOVING FROM MIND TO CONSCIOUSNESS

*When we Flip over from Mind to Consciousness,  
We Discover our Purpose and with it, Peace and Happiness!*

What is the mind and what is Consciousness? The mind state is when we act based on feelings that are caused by thoughts. When these thoughts come from the mind, we are not in control of them. Thoughts don't knock at the door. They come uninvited and push us on the floor. We have no option but to walk out of the door with feelings caused by the mind that become actions.

As long as we are in the mind state, we are slaves and we will reach our graves without discovering our Consciousness. What is Consciousness? Consciousness is a state known as Mindfulness or Thoughtlessness. In this state, thoughts appear one by one, like cable cars or gondolas on a ropeway. They don't pour like rain. Rather, they appear as gentle snowflakes into the ocean of our Consciousness and we are able to choose the thoughts through discrimination, using our intelligence.

Either we are in the mind state and are caught in thought or we are in a state of Consciousness, where we become the master of our thoughts. We have to make a conscious choice. Do we want to be slaves of the mind or do we want to flip over from mind to Consciousness?



It is not easy but it is possible. The mind is an illusion. In reality, it doesn't exist but because the mind succeeds in making us blind in ignorance, it dominates our life. Then, it creates thoughts. Thoughts become feelings and feelings become actions that become habits and ultimately, decide our destiny. If only we still the mind, we can kill the mind and reach the state of Consciousness.

In the Quest to discover our Purpose, one of our biggest challenges is to flip over from mind to Consciousness. We have to consciously move away from thoughts of the mind into discrimination by the intellect in Consciousness. Unless we reach that state of Consciousness, our most important tool of discrimination, the intellect, is not activated. Then the mind returns, again and again and steals our Consciousness.

We have all experienced losing peace of mind. How do we lose peace? Peace is within. We don't have to find peace. We just have to still the mind but because the mind drills us and kills us with negative toxic thoughts, we lose our peace and our Quest can cease. We have no other option but to kill the mind. The moment we destroy it, we automatically transport ourselves into that state of peace in Consciousness. We can live with positive thoughts and choose our actions and thereby, become a master of our destiny. We can succeed in our Quest and discover our Life Purpose if we consciously flip over from mind to Consciousness. The by-product is Peace, Divine Bliss and Eternal Happiness. But this is only possible when we flip over from a toxic state of mind to the powerful state of Consciousness. Are you ready to kill your mind and be still in Consciousness?

## CHAPTER 19

# ACTIVATE THE INTELLECT AND LOCK IT

*When we are in Consciousness and our Intellect, we Activate,  
We Lock the Mind out and Every Thought, we Discriminate!*

If one wants to reach that state of Consciousness in which, one can progress on the Quest and discover one's Life Purpose, one must remain in Consciousness. How does one remain in Consciousness? We have to lock our Consciousness with the intellect.

Just like we lock a door to avoid a thief from entering, we need to shut our door to avoid the mind from entering. The mind just bombards us with thoughts. It pushes open the door of our life and destroys our peace and happiness. We have to tightly shut the door and keep the mind out. Then within, we will experience Blissful Consciousness but for this, we need to lock the door. The key to lock the door is the intellect.

We, human beings, are the only species that are blessed with a fully developed intellect. Our intellect can discriminate black from white and see what is wrong and what is right. When the mind bombards us with thoughts, we are often unable to use our Divine gift of intelligence or the intellect to discriminate. The mind acts like a gushing river and pushes the dam gates with unlimited thoughts. Unless we build a dam for the mind, like we would build a dam for gushing waters, we can be destroyed! Once we create a dam,

there is peace because there is Consciousness. The intellect locks the door and builds a dam for the gushing mind. But how can we build a dam for the mind when it is gushing?

The only way to lock the door or to dam the mind is to first still the mind and be in that state of Consciousness. In that state of Consciousness, we can activate the intellect. Activating the intellect is not enough. It is important to lock the door so that the mind doesn't enter and push us on the floor. When there is no gushing mind, the dam of the intellect must be fixed so that when the mind gushes, the flow of thoughts does not wash away our Consciousness. This locking the mind, by being in Consciousness with the key of the intellect is the key in discovering our Life Purpose.

As long as we are not locked in Consciousness, the mind will fool us into believing the myth that we are the body, mind and ego. It will stop us from realizing we are the Divine Soul. It will create confusion and we will never reach the conclusion of who we are and why we are here. But once we have succeeded in stilling the mind, then when we kill the mind and we lock our Consciousness with the intellect, we become the Master. The Monkey Mind is no more alive. It has become a monk in Consciousness. Then, every thought that enters our Consciousness submits itself to the intellect for discrimination and we become the Master of our thoughts, our feelings, our actions and our destiny. It is time to activate our intellect and lock our mind out, remaining in a state of Eternal Consciousness. Then, we can progress on our Quest to find our Life Purpose.

## CHAPTER 20

# WHO AM I AND WHY AM I HERE?

*Who am I and why did I come to Earth?  
Isn't there some Purpose of this Human Birth?*

If we have succeeded in moving from mind to Consciousness, if we are able to still the mind to kill the mind and use the key of the intellect to lock our ourselves in a state of Consciousness, then we are ready to ask the two most important questions of life - Who am I? Why am I here?

Normally, when we ask these questions, we will not get the right answers because the mind will fool us into believing that I am 'I', which is in fact, a lie with which we live and die. As long as we don't realize the truth that I am not 'I', the Mind and Ego, ME, will fool us and we will be what we see in the mirror. No doubt, we have a body and no doubt, the mind appears but the truth is that the mind is nothing but a bundle of thoughts. The fact is that the body, which is constantly changing, will die one day. This is not the 'I' that we always thought we were. It is only when we go on a Quest, introspect and contemplate with our intellect, that we are Awakened with the Divine Truth. Every human being thinks that we are the body, mind and ego and some of us are fortunate to realize that we have a Soul. But not even a fraction or a tiny percentage of us realize that we are that Soul. We don't realize the truth of, 'Who am 'I'? Therefore, not only do we suffer and cry, we live, die and return in a rebirth, again and again, to repeat this cycle.

Going on a Quest, in essence, means getting an answer to these questions. It is not enough to read the answer. It is difficult to understand and practically impossible to realize. Unless we go through the Quest sincerely with the help of an Enlightened Master, just like we hear from one ear and it goes out of the other, we will see from our eyes but we will never realize the truth. The Quest is about being Awakened. It is about being Enlightened with the Truth. Only then, will we discover our Purpose. The Quest is a journey and just like in any other journey, here also there is a take-off and a landing, a start point and an end point and everything to do in between. It starts with a preparation without which we will not reach our destination. So, the Quest needs it all.

Up to now, we have contemplated what life is about and what we are seeking. We have realized the importance of discovering our Purpose and starting a Quest. We have also prepared ourselves on the pre-requisites, taming the Monkey Mind and taking the help of an Enlightened Guru. Our basics are in place if we are in Consciousness and using our intellect. Now, when we have these two primary questions in front of us, 'Who am I?' and 'Why am I here?' we actually start the Quest. We get into the nuts and bolts of who we truly are. We will examine all our beliefs and move forward. But just like in an aircraft where we must fasten our seatbelts, here we must make sure that we have locked our mind. Otherwise, we will remain blind. This Quest is not for all. So be ready to move forward and don't fall!



## CHAPTER 21

# I AM NOT THE BODY THAT WILL DIE

*When I Realize, I am not this Body that will Die,  
This Body came later; then I Realize, 'Who am I?'*

In the Quest for the Realization of the Truth, the first question is 'Who am I?' We think we are this body. That is why we say, 'I have a headache,' because I think that I am the head that is aching. We say, 'I have blood pressure.' We don't realize that it is the body that has blood pressure. I am not the body. How can we realize this?

The first step in going on a Quest is to realize what I am not. I may have a body but the truth is that I am not the body. A seeker on the Quest makes a simple analysis and comes to the Realization that this body that is constantly changing is not me. I arrived on the day when two cells from my parents fertilized and became a zygote. When my parents were involved in an act of copulation, I was conceived. When I was conceived, my body was not even there. The body was formed later, over 9 months in my mother's womb and this is a scientific fact. It is not some Spiritual claim. Once I was conceived and the zygote was formed, could I have then changed my parents? No. It is impossible! Thus this makes me realize two things - One, I was actually born 9 months before and not on the 'birth date' that is on my certificate and second, I was alive even before my body was formed.



## I AM NOT THE BODY THAT WILL DIE

The first cell, the zygote multiplies to 2, 4, 8, 16... till it becomes a little baby of 25 billion cells. Would this have happened if I was not conceived? Would the baby ever be born if there was no fertilization? The answer is, 'No.' Therefore, a seeker is absolutely sure that 'I' came first and my body came later. The heart, the brain, the kidneys, were all formed over 9 months as though by Divine magic and without any human intervention. The seeker realizes that I am not the body.

The seeker contemplates one more aspect and becomes a hundred percent sure that he is not the body. He contemplates death. When the body dies, people say that we passed away. Our loved ones are so sure that we are not in the body that they burn or bury the body. We do this because we are all absolutely sure that the one who died, has departed. If it was not so, we would keep the body with the hope that the one who left, will return. Therefore, the seeker is now double sure that I am not this body that is sure to die. This body came into being much later. I came into existence, first. Therefore, I am not the body.

The first Realization in our Quest to achieve our Life Purpose is this – to realize that we are not this body. You may read these pages and understand but you may not realize it. It is only when we go on a Quest and this truth passes through the mind and settles in our Consciousness that it will register that we are not this body. This is not a complicated fact. It is so simple to understand but still, it is nearly impossible to realize. Once the seeker has this Realization, his journey to Enlightenment has started. If he continues on his Quest, he is sure to achieve his Purpose because he realizes the first truth of, 'I am not this body.'

## CHAPTER 22

# MY MIND, I CANNOT FIND!

*When we are caught in Thought, then Appears the Mind,  
The Mind makes us Blind, as we try to Find the Mind!*

Once the seeker has achieved his first success, his first Realization that I am not the body, he then needs to climb to Step Two – to realize that I am not the mind! The seeker, now goes in search of his mind. He has already finished his search for the body and is absolutely sure that he is not the body. When he tries to find his mind, he is shocked! Where is the mind? He cannot find! This is the most confusing fact of life.

The mind appears to be. It is there, all the time. It does not leave us for even a second. It bombards us with thoughts, practically, one thought every second. Then, why is it that we cannot find the mind? The mind does not stop thinking even when we sleep. It creates dreams and these dreams make us cry or laugh in our sleep. Therefore, the seeker now goes deeper to find the mind.

The seeker thinks that the mind is the brain and tries to contemplate the connection between the brain and the mind. After much contemplation, he realizes that the brain is the hardware and the mind is like the software. It seems to have a subtle existence. But where is the mind? He does not find because the mind makes him blind! The seeker reads a lot to understand that the mind is

something that we cannot see. It exists because of the thoughts. Therefore, it is. The question that he faces is, 'Am I this mind?'

In the Quest to discover the Purpose of our existence, it is important for us to find the mind. Then, we will realize that there is no mind. How does a seeker realize this? The seeker learns that the mind is nothing but a bundle of thoughts. As long as there are thoughts, the mind exists. When the seeker goes into a state of meditation and he learns to still the mind, he realizes that this kills the mind and its existence. The fact is that there is no mind. There are only thoughts. The mind appears to exist when the bundle of thoughts gets together and the thoughts drill us just as they kill us. These thoughts create fear, worry, stress, anxiety, regret, shame, guilt and depression. This bundle becomes the mind that rules our life. It behaves like it is a king but in reality, it is the cause of all our suffering.

Fortunate is the one, who realizes that he must tame his Monkey Mind, goes ahead and does it. The monkey, that is the mind, is constantly jumping to a 'yesterday' that is gone and a 'tomorrow' that is not yet born. It confuses the seeker and stops him from realizing that we are not the body and we are not the mind. In fact, there is no mind. The seeker realizes this fact. The mind appears when we lose the state of Consciousness and let our thoughts rule us. When we are caught in thought, we become the mind. Then we say, 'I am stressed. I am worried. I am depressed.' But a seeker, who realizes that there is no mind also realizes that he is not the mind. Then he asks, 'If I am not the body and I am not the mind, who am I?' He continues his Quest for the Truth.

## CHAPTER 23

# THE 'I' OF THE EGO IS A LIE

*The Ego may say 'I' but that is a Big Lie,  
When we Realize this, we can find out, 'Who am I?'*

When the seeker is sure that he is not the body, the body will die. Then, he tries to find out, 'Who am I?' He thinks that he is the mind but he realizes that the mind only makes us blind. It bombards us with thoughts that pour like rain and we get caught in ignorance, again and again. But the seeker is free from ignorance. He is sure of, 'I am not the body. I am not the mind.'

In his Quest, he says, 'I want to realize the Truth. I have a body but I am not the body. I seem to have a mind. Who is this 'I' that is saying all this?' he questions. He is now sure that he has some identity. How can he be a nobody? He appears in the body and seems to have a mind but he is also sure that he is not the body or the mind. 'Am I this ego?' he questions, 'The ego that is constantly saying 'I', 'me' and 'mine'? Maybe I am the ego,' this question leads the seeker deeper in the Quest. 'This is my house. This is my car. This passport is mine. I have two beautiful children. That is my mother and father. So, who am 'I' then, if I am not the body and mind? Aha!' says the seeker, 'I am the ego!'

The seeker now starts to believe that since he is not the body that appears later and disappears after death and he is not the mind that he cannot find, he is the ego. But then, he questions, 'What is this ego and where is it?' He is unable to find the answer. 'I do

so many things,' he contemplates, 'I pray. I work. I serve. I learn and I earn. But who is this 'I' who does all this? If there was no body and no mind, how could I exist?' The seeker is confused! His mind tricks him into believing, 'You are the body, mind and ego. Don't be fooled by the Quest!' If the seeker is weak, he will fail. But if he is sincere in his journey, he will sail forward.

Often, it is a Guru, an Enlightened Master, who helps the seeker beyond the simple fact - 'We are not this body. We are not the mind. Without the body and mind, there can be no ego, no 'I'. Then who are we, in reality?' The Spiritual Master guides a true seeker to contemplate in Consciousness, where there is no disturbance from thoughts and he is free from the mind. Then, he realizes, 'I am neither the body nor am I the Mind and Ego that says, 'ME', then who can I be?' The seeker continues his search. He continues on his Quest without any rest. He wants to get to the bottom of the root. He wants to Realize the Truth.

The Quest is not a simple matter. It is the most exciting and difficult journey of life. But these first few questions give the seeker a spark called Realization. If only he gets to realize that he is not the body, the body will die. He is not the mind he cannot find. He is not the ego that says 'I', that is a lie. The seeker takes these three Realizations and continues as an unstoppable, powerful human being to find out the answer to the question, 'Who am I?'



## CHAPTER 24

# AM I THE DIVINE SOUL?

*I am not the Body, Mind and Ego, for sure. What am I?  
I am the Divine Soul, I must Realize before I die!*

‘If we are not the body that is surely going to die and we will leave the body and depart, are we the mind or are we the ego or are we the Mind and Ego, ME, that leaves in the moment of death?’ The seeker is caught in this thought. He believes, for a moment that he is surely not the body. He has a body that was conceived 9 months before he arrived on Earth. His birth is controlled by ME, the Mind and Ego. He begins to believe that he is ‘ME’.

The body may perform actions, good and bad but each action is under the direction of ME, the Mind and Ego. ‘I want to be rich,’ says the ego. The mind gives this idea or thought and the body is just a tool of action. Therefore, the seeker learns that Karma or the action belongs to ME, the Mind and Ego, which he could be. The body will die but as per many religions and scriptures that he has read, the Mind and Ego, ME, carries Karma and returns to earth in a rebirth. He is quite convinced that he is not the body. But he is ME, the Mind and Ego. He takes this case to his Spiritual Master for advice.

The Spiritual Master explains, ‘You just told me that you have realized that you are not the body, you are not the mind and you are not the ego. How did you now decide that you are ME?’



The seeker questions, 'Who else could I be? I am sure that I am not this body, it was formed after I was conceived. One day, it will die. Therefore, I should be the subtle Mind and Ego, ME.' The Guru questions, 'Where is the mind? What is the ego?' The seeker is lost! Then, the Guru explains, 'You are a Soul, a Spark Of Unique Life. You came alive in a zygote only because you believed that you were ME, the Mind and Ego. Therefore, you created Karma in a body. So, when the body died, you had Karma to settle because you believed you were ME. So, Karma made you return to earth in a rebirth and here you are! If you do not realize that you are not the Mind and Ego, ME and you are the Divine Soul, the Spark Of Unique Life, that you are just energy, you will never be free from the cycle of death and rebirth.'

For the seeker, this is the most difficult Realization since he started his Quest. It was easy to realize that I am not the body. It was not difficult to realize that the mind, which we cannot find, is just a bundle of thoughts. Therefore, he was neither the mind nor the ego. But to realize that he was a Soul, a Spark Of Unique Life, was a big challenge.

The seeker now knew that this was the truth but he could not realize this. He could touch his heart and feel the throbbing of the Power. He realized that the body has energy and his Guru explained that he was this energy. It was the Soul energy that made the zygote multiply and create all its critical organs. But for the first time, he was faced with the truth- 'I am not the body. I am not the mind. I am not the ego. I am the Soul. He had to realize this goal.'

# DON'T FOLLOW THE HERD

*Either we can be Ignorant in Bliss and Just follow the Herd,  
Or we can Explore the Truth in our Quest, Flying like a Bird!*

The seeker has two options. Either he just follows the herd and can choose to cry, to look at the sky and ask, 'Why?' or he can fly like a bird, high up in the sky to discover, 'Who am I?' If he follows the herd, then he will be like the 99% population of this world. Of course, he will accept like everybody does that the body will die but he will think, 'I am the one who does good Karma and returns to earth in a rebirth?' If he believes in the Western thought, then he will follow the herd that believes that they will go to heaven, one day, meet God and there will be a day of judgement. If the seeker is a fool, then he will accept whatever the world believes. But if he is sincere, he will not follow the herd. He will take the road that is less travelled and continue his Quest for the Truth.

The seeker, in his Quest has learned that he is not the body. This body will die. Therefore, he somehow believes that heaven and hell are just myths that people believe in. But he is not sure whether he is the Mind and Ego, ME, as the herd believes or he is the Divine Soul, as explained by his Guru. So, the sincere seeker does not follow the ignorant herd. He continues on his Quest to try to discover that he is the Soul. However, there are many things that confuse the seeker. He has learned that success is happiness.

He too wants to be happy. But his Guru tells him that happiness does not come from achievement. It comes from Enlightenment. So, having realized that he is not this body and mind, he tries to understand what life is, how important success is, how one can be happy and how one can overcome suffering. He decides to take a detour in his Quest. He is sincere and wants to discover the truth but since he is unable to realize the fact that he is the Soul, he tries to explore other aspects of the Quest.

His Guru explains to him, 'This journey of seeking and being Enlightened with the Truth is not an easy one. You cannot realize that you are the Soul with knowledge. You have to open your real eyes to realize this. You have to explore Self-Realization, which you have started. Then, contemplate Life-Realization before you ultimately reach God-Realization.' While the seeker understands this a little, he still cannot digest it at this point.

Having realized the simple Truth that I am not the body that will die, I am not the mind that I cannot find and the ego that says 'I' is a lie, the seeker sets out to understand life and the world. He is sincere in his Quest and wants to discover the Purpose of life.

Not only does he want to find out, 'Who am I?' he also wants the answer to his next question, 'Why am I here? What is the Purpose of this human birth?'

## CHAPTER 26

# SUCCESS IS NOT HAPPINESS

*Success is not Happiness, it creates so much stress,  
Those who chase Success, End their Life in a mess!*

What is everybody seeking in this world? Somebody wants to be successful, somebody wants to be famous and somebody wants Power. But whether we want to be a business tycoon, a brilliant professional or a powerful politician, we all want what we want because we want to be happy. Every human being wants pleasure. Nobody wants pain and this is what motivates us, again and again.

To be happy, we have been indoctrinated with the belief that achievement gives happiness. We have been taught to succeed and to become rich and famous, to achieve the state of bliss and joy. But is this true? One who goes on a Quest, examines what happiness is all about. When the seeker of the truth investigates, he finds that all successful people are not happy. On the contrary, he finds the opposite to be true. Successful people have so much anxiety, tension and stress. First, they struggle to become successful. They use fair and foul means, ethical and unethical methods to reach the peak and once they reach the peak, are they satisfied? No. They fulfil their desires but desires don't quench their thirst. It only makes them burst. Therefore, the seeker of truth reexamines the belief that success is happiness. The Quest teaches the seeker to reverse this belief. Success is not Happiness, rather, Happiness is Success.

The Purpose of being successful and climbing the peak of achievement is because it should give fulfilment. But if it does not create contentment and the pleasure is short-lived, then success cannot be true happiness. It can give pleasure that is ephemeral and can create momentary excitement but success is not happiness.

Just as the seeker examines life and its Purpose, he learns that life has 3 peaks. The first peak is Achievement which gives pleasure. The second peak is a plateau called Fulfilment, where there is peace because there is contentment. But the ultimate peak of life is Enlightenment. It is the Realization of our Life-Purpose. This state of Enlightenment liberates one from all misery and sorrow and transports us to a state of Eternal Bliss, where there is no unhappiness.

Those who go on a Quest, not only discover the Purpose of life but also find a way to that state of Eternal Bliss and Everlasting Peace. Sometimes, people who are seeking happiness, find that achieving the Purpose leads them to the Spiritual Truth of life. Whatever the route, the Quest will ultimately take us to that state of Awakening and that state of Enlightenment, where we will find bliss that flows, not pleasure that comes and goes. Therefore, the seeker on the Quest stops running after pleasures and possessions of the material world. He realizes that these cannot make him truly happy. Discovering the Purpose of existence can open the door to Eternal Bliss, Everlasting Peace and Divine Love.



## CHAPTER 27

# BE HAPPY, DON'T TRY TO BECOME HAPPY

*Just Be Happy, it is the Secret to Happiness,  
Don't try to Become Happy, Your life, You will Miss!*

What is Happiness? It is a state of being but most of us are trying to become happy. We say, 'I want to be happy.' The moment we say that 'I' want to be happy, the ego comes in and soon, there is anger, hate, revenge and jealousy. When we say, 'want', the mind comes in and there is fear, worry, stress and anxiety. As long as the mind and ego are playing the Happiness game, we cannot be happy because we are trying to become happy. We are trying to reach a destination called Happiness but Happiness is not a destination!

Only a few people realize that Happiness is a journey. They enjoy their life as it flows but still are unable to learn this secret of Happiness. If we want Happiness, we have to learn to be happy. Happiness is in being and not becoming. Because we try so hard to become happy, we lose the present moment, which can be spent in bliss.

The seeker on the Quest realizes that pleasure is not Happiness. He discovers a profound truth that Peace is the foundation of Happiness. And peace, we cannot find. It is within, we have to still the mind. This is where the Quest for a life Purpose leads the seeker. The Quest leads not just to the Purpose but also a state of Eternal Happiness. The seeker learns the art of living life, moment by moment. He makes a vow to be happy in the 'now'.



While he does his bit to achieve noteworthy success, he doesn't get caught in that race to become an ace and he doesn't consume his life in the chase, getting caught in a maze. His Quest teaches him to live with grace and leads him to a state of Eternal Bliss that comes from Truth Consciousness.

Why are we unhappy? We are unhappy because we have not learned the art of being happy. We have not learned the art of acceptance and surrender and because we haven't discovered the true meaning of life, we haven't understood that everything that is unfolding, is a reaction of our past action. We have to accept without protest. Then, by doing our best, we have to surrender and learn to be happy, no matter what. The seeker realizes that happiness doesn't depend on what you have, rather on how you feel. You may have everything and be unhappy or you may have nothing and still be happy. Happiness is a state of being. The seeker learns to be happy.

As we go on a Quest to discover the Purpose of life, we realize that Awakening to the Truth elevates us to a state of Happiness that is unknown to the majority of humanity. Most of us are caught in the desire for sensual pleasures. We are trapped and our Happiness lies in an unknown tomorrow. We lose life, moment by moment, living in a dream and before we realize it, our life is over. Those who go on a Quest, make the best of every moment, living in peace and bliss. They realize the Truth that life is just a show, we come and we go. Not only do they evolve from pleasure to peace and bliss but they also learn how to be liberated from all unhappiness.

# WE SUFFER THE TRIPLE SUFFERING ON EARTH

*Every human being who is Born, Suffers on Earth,  
The Body, Mind and Ego, create Misery after our Birth!*

Don't we all experience pain of the body, misery of the mind and agony of the ego? Who doesn't fall as they grow tall? The body will experience aches and pains but the one who has evolved in the Quest doesn't suffer these aches and pains because he realizes he is not the body that is subjected to pain. He has learned the mantra - 'Kill the pain before the pain kills you.' So, he is by and large, free from physical pain and suffering. However, more important than physical pain is the mental trauma and the ego's anguish that troubles humanity. How does a seeker on a Quest deal with this suffering?

The seeker is Awakened to the Truth of, 'I am not this body that suffers physical pain. I am not the mind that tries to make me blind. I am not the ego who tries to lie that I am 'I.' The seeker who realizes all this is free from the toxic thoughts of the mind and the agony of the ego. How does he achieve this? When the seeker is bombarded with toxic thoughts of the mind, he flips into a state of Consciousness, which makes him realize that the mind is our biggest enemy. It is a fugitive that seems to be alive but in reality, doesn't exist. So, the seeker is not subjected to fear. He realizes that FEAR is a False Expectation Appearing Real and thoughts in which, we are caught. He breaks free. When the mind tries to drill him and kill him with stress,

## WE SUFFER THE TRIPLE SUFFERING ON EARTH

anxiety, worry and depression, the seeker accepts none of these. He lives in a state of Consciousness with the Realization that these are just thoughts. So, he becomes free from the Mind and Ego, ME. Normally, people who are slaves of the ego are enraged with anger. They burn with hate, suffer in jealousy and are tense with revenge. All this anguish is caused by the ego. To the one who is progressing on the Quest, there is no ego. The ego is Enlightened with the Realization that I am not 'I'. I am not the body that will die. I am not the mind that I cannot find. He overcomes the lie of the ego that says 'I'. With this, he is free from all anger and anguish. He is liberated from all mental misery and he faces the pain of the body with detachment and without letting the pain become suffering.

Therefore, the Quest also blesses us with a life that is devoid of the Triple Suffering – the pain of the body, misery of the mind and agony of the ego. However, this Liberation from misery happens only as a seeker progresses on the Quest and realizes that he is not the body, mind and ego. He is the Divine Soul. Thereafter, he lives in Consciousness, Awakened with this Truth and in a state of Eternal Bliss that comes from Truth Consciousness.

Most of us just live and die. We cry and question, 'Why?' because we don't realize, 'Who am I?' The Quest reveals that we are neither the body nor the Mind and Ego, ME. We realize that we are the Divine Soul and in this Realization, we achieve our ultimate goal of Eternal Bliss that is free from all misery, all pain and all unhappiness.

# HOW CAN I BE LIBERATED FROM SUFFERING?

*Is there a way to be Free from all Suffering and Pain?  
Those who Succeed in their Quest, Never Suffer Again!*

One who reads this book is sure to be attracted to the idea of a life free from all suffering. Who wouldn't like to live in a state of Eternal Bliss, where there is no suffering and unhappiness? The challenge is how to be free from all misery and pain. It is most unfortunate that we suffer, again and again. From the time we are born, till the time we are gone, there is no relaxation in the Triple Suffering. But here is some good news! When we go on a Quest to discover the Purpose of life, not only will we discover the Purpose of life but as we Awaken to the Truth, all misery and pain will be left behind.

Those who have succeeded on the Quest, experience this state of Eternal Bliss. They realize that they are not the body that suffers. Therefore, when the body experiences pain, they don't suffer. They get rid of the pain, rather than being desperate in vain. This part can be dealt by anybody who makes this simple resolve. But what about the mind? Our mind imprisons us with toxic thoughts. The misery created by the mind is far more challenging than the pain of the body, which can be dealt with pain killers or advanced medicine like opioids or even anaesthesia. What can one do for the misery caused by the mind? The seeker on a Quest is able to find a way to deal with the mind. He flips to Consciousness. Whenever

## HOW CAN I BE LIBERATED FROM SUFFERING?

the mind tries to attack him with a thought, he is not caught in that toxic thought. Rather, he flips into a state of Thoughtlessness or Consciousness in which the intellect discriminates the toxic thought and shoots it down before it can become a messenger of misery. All the misery of the mind is just of the mind. It is not real. But most of us suffer this beyond measure. The seeker on the Quest becomes free of the Mind and Ego, ME. Living in Consciousness as the Soul, he also deals with the anguish that the ego tries to create.

When the ego says 'I' and creates anger, hate, revenge and jealousy, the seeker retorts with the Realization that I am not 'I'. Therefore, there is no anger. Just as the right leg doesn't kick the left leg in anger, the seeker does not express anger because he realizes that there is no duality. He experiences oneness with every Soul, knowing that we are all Sparks Of Unique Life, that came from SIP, the Supreme Immortal Power. So, there is no hate, revenge or jealousy.

If one wants to be liberated from all suffering, there is a way. It is the same Quest that we must undertake to discover the Purpose of life. When we discover that we are not the body, mind and ego, we are the Divine Soul, we achieve this goal and are free from the pain of the body, which we are not, misery of the mind, which nobody can find and agony of the ego because the ego says, 'I', which is a lie. When we transcend the Mind and Ego, ME, we become free from all suffering and pain. This is not just some theory but a real story of those who succeed in their Quest.



## CHAPTER 30

# THE JOURNEY OF THE SOUL

*Until we Understand the Journey of the Soul,  
We will Remain Ignorant and Won't Achieve our Goal!*

There are people who go on a Quest just to discover the Truth about the Soul. Do we have a Soul? What is the Soul? Where is the Soul? Where does the Soul come from and where does it go? There are so many theologies and philosophies. People talk of the transmigration of the Soul. But what is the Truth about the Soul? Going on a Quest will be incomplete without realizing the Truth about the Soul. As we discover the Purpose of our existence, the Quest reveals many things. Not only does it reveal the Truth about who 'I' am, it also shows us the way to Eternal Bliss that comes from being in Truth Consciousness. But this can happen only after realizing the Truth about the Soul.

Our human body is like a computer. It has a physical body or the hardware and a subtle body or the software. The human hardware is the bone and skin and everything is within like the blood, organs like the brain, kidney, heart and lungs. The human software is primarily the mind and along with it, there is the intellect, the memory and the ego. These are subtle and therefore, considered software. But can a computer work with just hardware and software? No, it can't. It needs a source of Power. The Power of the human-computer is the Soul. It is a Spark Of Unique Life. It is the

life energy that gives us breath till our death. Without the Soul, we are nothing! The first Realization is to realize the presence of the Soul. We have already realized the fact that we are not the body, mind and ego. We are the Soul. But where does the journey of this Soul start from? The Spark Of Unique Life, our Soul creates life in us in the moment of fertilization, in that moment of conception. Thereafter, the Soul makes that human cell multiply until it becomes a body of a baby with about 25 billion cells. We arrive on the earth and the Soul gives us Power to walk, talk, sing or do anything. One day, the body will die when the Soul departs. Then what happens?

The Soul is birthless and deathless. It comes from SIP, the Supreme Immortal Power and returns to SIP. Its journey is from the moment of conception to the moment of death. The Soul is energy, Divine energy. But we don't realize this. We live and die thinking that we have a Soul but only a few of us achieve the ultimate goal of realizing that we are the Soul. Only these few, not only discover the Purpose of life but also achieve it.

The Soul, by itself, doesn't need to do anything. It is just like the electricity in the house. It gives Power. The Soul gives life. The Soul doesn't have a Purpose. It is that life energy that gives us, the ignorant humans, an opportunity of Enlightenment, an opportunity for Spiritual Awakening and of discovering the Purpose of our life. The Soul is unique in you and me but we all come from the same source, SIP and we will return to SIP. We must realize this.

## CHAPTER 31

# LIGHTING THE LIGHT WITHIN

*There is Darkness within, we must Switch on the Light,  
The Quest leads us on the Inner Journey and makes it bright!*

Those who go on a Quest often hear the phrase, 'We need to light the light within.' What does this mean? Suppose you enter a room and you can't see anything. What does it indicate? It indicates darkness in the room. There is darkness but can you sweep away the darkness in the room with a broom? No, you can't. You need to switch on the light. The moment you switch on the light, you can see everything or maybe, you need to switch on more lights.

So also, there is darkness within us. The Quest of life is all about overcoming this darkness. What is this darkness all about? This darkness is ignorance. It does not let us see and it makes us believe that we are the body, Mind and Ego, ME. If we light the light within, we will be free from the darkness that envelops us. The Quest is all about lighting this light. The Quest is about starting a journey inward. Most of us are on an outward journey into Samsara, the world of pleasures, possessions and people.

The human body is said to be a city of nine doors. We have nine openings, namely, two eyes, two ears, two nostrils, a mouth, one organ of excretion and one organ of procreation. All these nine doors are looking outward. None of them looks inside.

Therefore, we are unable to experience the darkness within because we haven't even started our inner journey. The Quest is all about going on that inward journey. Only then, in life, can we go onward, forward, upward and Godward. But if we don't start the inward journey, neither can we go within nor realize that we are the Soul and not this body and skin.

The Quest leads us within and inspires us to illuminate what lies within. The seeker realizes all these organs did not come from anywhere. They are the handwork of the Soul. It is the Soul, that Spark Of Unique Life that created the zygote that also multiplied into these organs, the blood, bone and skin. Every cell of our existence is nothing but Soul energy. Because we are so enveloped in darkness, we don't realize that we are the Soul. The journey of the Soul begins and ends and we remain ignorant. We live as the body that will die. Then, the Mind and Ego, ME, carry Karma into another birth on earth and we, remaining in darkness, don't achieve our goal of realizing that we are the Divine Soul. This is the Purpose of the Quest. When we light the light within and realize the Truth, we are liberated from all misery on earth and the cycle of death and rebirth. Unfortunately, there is no Realization because there is no Illumination.

The Purpose of life is to go on a Quest to eliminate all old beliefs that keep us under arrest. The Quest is about going to the bottom of the root to realize the Truth, to switch on the light and discriminate the wrong from the right. Otherwise, we will just live and die without realizing, 'Who am I?' We will experience pain and return to earth, again and again.

# PURIFICATION LEADS TO ILLUMINATION

*The Purpose of Life is Discovered with Realization,  
Realization needs Illumination that comes from Purification.*

What is the way to Illumination, to lighting the light within? How can we achieve the goal of Realization of the Truth? If we are seeking Illumination in our Quest that will take us to the Realization of the Truth, we need Purification.

Suppose you take a cup that has coffee and you pour pure, clean water into it. Will it remain pure and clear? No, of course it will not. It will be contaminated with the coffee. So also, our cup of life is already filled with the myth that we have grown up with and with mythology that comes from history. Unless we clean our cup of life, all knowledge and wisdom poured into it will become unclear and murky. Our first challenge, therefore, is to unlearn the lies like God lives in the skies. We must eliminate what we have been taught. Otherwise, in these beliefs, we will be caught. If we want Illumination in our life, we need Purification. Purification is all about lighting the light of Truth and eliminating the darkness of ignorance. So, how can we achieve this state of Purification?

Going on a Quest is a journey that ends in the Unification with the Divine. This is possible only when there is Liberation, both from ignorance and from the body, mind and ego. This happens with Realization but for this, we need Illumination, the light of the Truth.



There can be no Illumination without Purification. The Awakening journey involves removing all impurities, which dilute the reality of life. Purification also needs contemplation and introspection. It needs direction from an Enlightened Master. Every Purification process is painful but the reward is worth its price. It is the Quest that purifies us. The Quest eliminates all junk and leads us to the state of a monk. We let go of our theology, our philosophy and even our religion because there is deep love and longing for the Realization of the Truth and God.

When I started my Quest, I had so much faith but I had to reverse my faith through Purification. When there was Illumination that my God was not God, that God was a Supreme Immortal Power, SIP, it was a challenge to purify myself and be illuminated with the Truth. But the Quest led me on to the Realization. The Quest purifies us and Enlightens us. Therefore, without the Quest, it is very difficult to discover the Purpose of our life.

Have you started your Quest? Have you started the process of Purification, distilling every thought and getting clarity about who you truly are? If you have not been illuminated with the simple truth that you are not this body that will die, you are not the mind that you cannot find, you are not the ego that says 'I', the ego is a lie, then it is time to retrace your steps on the Quest and to purify your thoughts and beliefs. If there is no Purification, there will never be Illumination and Realization of your life Purpose. It will all remain a dream. Therefore, it's time for introspection and contemplation so that we can progress in our journey and attain Purification.

## CHAPTER 33

# OVERCOMING IGNORANCE

*We are Ignorant because of what we Learned in School,  
We must Question and Overcome Ignorance, Not be a Fool!*

The biggest challenge in the Quest is to overcome ignorance and the biggest problem is that we are ignorant about our ignorance. We think that we know everything when the Truth is that we know nothing! If we don't know, 'Who am 'I' and why am I here?' then, what do we know?

Till I was 48, I thought of myself as a star. I thought that I was brilliant till I got the Realization that I was completely ignorant. I knew nothing! Everything that I believed in, was a myth. I was shaken. This happened in the Quest for the Truth. Then, when I realized my ignorance, I was liberated from all misery and sorrow. I learned that there is nothing like 'yesterday' and 'tomorrow'. All we have is 'today', the present moment. All we have is the 'now'. I believed in my God and thought that he was far away in the mountains. My love and longing for my Lord led me to the Realization that I had believed in the lies that God lives in the skies. It was only when I realized that I was ignorant that I was able to overcome my ignorance. My Guru, my Spiritual Master, who was himself Enlightened, led me to be Awakened to the Truth.

Once we start a Quest, we have to catch hold of every lie, every myth that we grow up with. One by one, we replace each myth with the Truth.

Little by little, we overcome our ignorance. Before the Quest, we look at the mirror and see how this ME looks like. After the Quest, when we look at the mirror, we laugh because we realize that we are not the one whom we see in the reflection. Therefore, each aspect of our ignorance is overcome and ultimately, the Truth is revealed. First, comes the Realization that I am not this body. This is a lie. This body will die. I am so foolish to think that I am this body, even though I know that it was formed over 9 months and one day, people will destroy it when I depart. This starts the process of overcoming ignorance. Then, finding the mind that makes us blind and realizing that there is no mind is the second Realization. Then going higher up in the Quest, we realize that the ego that says, 'I,' is a lie. When we realize that we are not this body, mind and ego, we overcome a large chunk of our ignorance. But this is not all. The Quest must go on and on, till we realize many other foolish beliefs that we followed.

It is ignorance that makes us believe in so many Gods and think of God as somebody with a name and form. We even celebrate God's birthday out of ignorance. How can God be born? God is birthless and deathless. God is a Supreme Immortal Power but we are ignorant and we believe in what we learn in school and remain a fool. We all believe that one day, we will die but that is also a lie. We are ignorant of the fact that we are not this body that will die. We are the immortal Soul. Overcoming ignorance makes us realize this goal. Then, we live in that state of Eternal Bliss in Truth Consciousness. Once we overcome all ignorance, we shine in the light of the Truth. Then, there is no worry or fear, anxiety or stress. We live in a state of Eternal Peace, Divine Love and Everlasting Happiness. But first, we must overcome ignorance!

## CHAPTER 34

# WHAT HAPPENS AT DEATH?

*Everybody who Lives, Dies, we lose our Breath,  
But what Exactly Happens in the Moment of Death?*

In the journey of life, one inevitable thing is 'death'. Every 'body' has to die. Nobody can escape death. While we understand that death is certain, we don't understand what exactly happens at death.

What is death? The body dies but people say that we passed away. Haven't you heard people say, 'Let's pray for the departed Soul'? The world is so certain that we depart at death that our near and dear ones destroy our body. They burn or bury the mortal remains. Why? Because they are absolutely sure that the one who was alive, has left. But who has left the body and where did they go? This baffles humanity.

The one who was alive in the body finishes living as that person, with that name and that body, having so many relationships and connections in the material world. However, in the moment of death, it's game over! The person is no more - no more possessions and no more relationships. It is, 'The End!'

While death seems to be the end, in reality, it is only a bend. The body dies but in most cases, the ME, Mind and Ego, that leaves the body, returns to earth in a rebirth carrying all the unsettled Karma.

We cannot deny this, just as we accept death as a reality. What causes our birth? Did we decide how we came to earth? We don't choose. It is based on our Karma. Our unsettled deeds are responsible for our return to earth in a rebirth. Therefore, death is only the end of one chapter in the book of life. After death, we start the next chapter and then, the next chapter and this goes on and on.

One who goes on a Quest realizes that the Purpose of life is to be free from this cycle of continuous death and rebirth. Everybody who is born in the world experiences sorrow and pain and to stop this misery again and again, one has to attain the ultimate Purpose of Realization and then, Liberation. Only a few seekers are blessed to discover this Purpose. They are the ones who realize that we are not the body that dies. We are not the Mind and Ego, ME. We are the Divine Soul. Such a seeker transcends death as he transcends all his Karma. He realizes that the Karma doesn't belong to him and thus, in the moment of death, he does not return to earth in a rebirth.

Death is one of the most complicated subjects to decode in the Quest for the Realization of the Truth. The one who understands the mystery of death becomes free from all the history of Karma and is united with the Divine, SIP, the Supreme Immortal Power. Such a person does not view death as a moment of desperation, rather it becomes a moment of celebration as it is Unification with the Supreme. This is our ultimate goal of life!



## CHAPTER 35

# REALIZATION OF THE TRUTH

*Only when we start a Quest, will there be Realization,  
The Realization will lead us to Liberation and Unification!*

The Purpose of starting a Quest is to realize the Truth. What is the Truth all about? It is about everything. We have to realize the Truth about life, about the self and about God. Every Truth must be extracted from the myth that we are taught. This is the Purpose of the Quest. The Purpose of life is not just to live and die. It is to find out, 'Who am I?' But why? Because there is a Purpose for this human birth and why we came to earth. The Purpose is to overcome ignorance and not only reach that state of Self-Realization but also realize the Truth about life and ultimately, God.

As we traverse on this Quest over the pages, we will get a clarity about who we are. We are not the body, mind and ego, we are the Divine Soul. However, we are unable to achieve this goal because our mind makes us blind. We have to open our real eyes to realize the Truth. The fact is that every 'body' has to die, one day but the bigger fact is that we are all immortal Souls and because of ignorance, we don't realize this fact. Therefore, the Quest is the only way to succeed in the journey called life.

The first challenge is to start the journey. Most people fail here. But just starting the journey is not enough. We have to finish the Quest, not only with Self-Realization but ultimately, with Liberation and

Unification with the Divine. Therefore, each Truth that we realize and each Realization becomes like one piece in the Spiritual Jigsaw Puzzle. Piece by piece, we have to fix and solve the puzzle. Till now, we have put the easy pieces in place. How to be happy? How to overcome misery and sorrow? How to tame the monkey mind and make it a monk? All this is good but it is just the foundation of discovering our Life Purpose. Our Life Purpose is bigger. It is not just Realization but a Spiritual Awakening that will take us to Liberation.

Now that we have finished the basic foundation of the Quest, it's time to change the gear and to be Awakened to the Ultimate Truth. We must realize what is controlling everything that is happening in this world. Is there a God? Who, where, what is God? All this is important in the Quest, for ultimately, the Quest must liberate us from returning to earth in a rebirth and it must unite us with the Divine. Not everybody is fortunate. Not even all those who go on a Quest. Only a few who search, will find answers. And from those few, only a few will reach the ultimate destination of Unification with the Divine but nothing will happen without Realization. Realization opens the door to reach the Ultimate Purpose of Life.

Unification with the Divine is our ultimate goal. For this, we need Liberation from ignorance and from this world. This happens with Realization of the Truth and this is possible only if we start a Quest to discover the Purpose of life. If we don't start a Quest, we will just live, die, suffer, cry and return to earth in a rebirth.

## CHAPTER 36

# DECODING KARMA, THE LAW

*The Quest Frees us from Karma and with it, all Trauma,  
It frees us from Samsara, the World, as we Realize it's all a Drama!*

One of the biggest challenges in the journey of life is to understand and accept the Law of Karma. Karma is the Law of Action and Reaction. It is based on the principle – ‘As you sow, so shall you reap.’ Everything that is unfolding in life is happening as per Karma but most of us know very little about this law.

We know that life is like a boomerang. What goes around, comes around. We don't deny that if we plant apples, we cannot get mangoes. But still, while we are so clear about the concept of Karma, we suffer because we don't accept whatever is happening. We don't realize that bad things cannot happen to good people. Whatever is happening is a reaction of past action. Therefore, going on a Quest and decoding the Law of Karma is an important key in the journey of life.

Most people believe that all there is to Karma, is to do good deeds. These deeds become seeds and they control our destiny. This is absolutely true. But most people don't realize that while good Karma is preferred to bad Karma, any Karma, good or bad, leads to our return to earth in a rebirth. The moment there is rebirth, there is suffering. Therefore, even the Buddha, the Enlightened One said

that the goal of life is *Nirvana*, to be free from Karma and the cycle of *Samsara*, continuous death and rebirth.

But how can one be free from Karma? Everybody who lives is creating some Karma, whether it is good or bad. Only the one who realizes the Truth gets the Realization that the Karma doesn't belong to me. They realize that Karma is done by the body but it is directed by the Mind and Ego, ME. Therefore, while the body seems to suffer, the owner of the Karma is the Mind and Ego, ME.

The Mind and Ego, ME, not only experiences Karma on earth but also returns in a rebirth based on unsettled Karma. The realized ones know that they did not choose this birth. They did not decide their parents. Who did then? It all happens as per Karma. But there is something even more profound that the Quest reveals. The Quest reveals the secret that if we overcome ignorance and realize that we are the Divine Soul, we are free from all Karma. Then, we become free from all suffering on earth and from the cycle of death and rebirth.

Only those who go on a Quest, contemplate and introspect on life, death and Karma, decode the Law of Karma. They understand how they can be liberated from Karma and attain Mukti or freedom from the Triple Suffering on earth. Those who don't go on a Quest either remain ignorant of this Law of Action and Reaction that governs the universe or even if they are aware of this law, they believe the myth that they must do good Karma. Thus, they get caught in the Karmic Cycle. One of the main objectives of going on a Quest is to decode Karma, overcome all trauma and realize life is a drama.

## CHAPTER 37

# REBIRTH IS INEVITABLE

*Rebirth is Inevitable, we must Die and we will be Reborn,  
If we don't go on a Quest and Realize the Truth, this will go On and On!*

Can you escape death? No'body' can. Everybody who lives must die. It may be you, me, a cat, a rat, a dog, a frog, a butterfly, a bee, or a tree. These are all alive and one day, they will die. While we understand the Truth of death, we don't realize that rebirth is inevitable.

All the non-human species automatically come back to earth in a rebirth. This is understood by those who understand the basic tenets of the Law of Karma. There is a residual Karma and that is what causes our birth. We did not decide as to how we came to earth. It was only because of Karma that we were born and this will go on and on. Only a human being, who has a fully developed intellect can escape the cycle of rebirth.

At death, one of two things happens. If we are Enlightened with the Truth that we are the Divine Soul, we achieve our goal of Liberation and Unification. In the moment of death, we become free from the Mind and Ego, ME and become one with the Divine. However, this happens only to a small fraction of humanity. Only very few of those who have realized the Truth, reach this state. These few come from the bunch that started a Quest. Without starting a Quest, where



is the question of Realization or Liberation? What happens to all those who are not blessed with Realization? What about those who do not go on a Quest?

The majority of humanity just live and die. Most people don't understand, 'Who am 'I'? There is nobody up there, who is controlling things. Everything is controlled by Karma, a Universal Law that governs on behalf of the Supreme. Our birth on earth was decided by Karma and eventually, our death too is controlled by a combination of our past and present Karma. As long as we continue to create Karma as the body, mind and ego, there is no other option than to die and to return to earth in a rebirth. Rebirth is inevitable. Nobody can escape from it except those who realize, 'I am not 'I'. I am not the body that will die. I am not the Mind and Ego, ME. I am the Soul. The Soul has no Karma. The Soul doesn't die. There is no rebirth for the Soul. To achieve this is our ultimate goal.'

Therefore, there is only one way to be free from all misery on earth and from rebirth. The way is the Realization of the Truth. And there is only one way to realize the Truth. We have to go on a Quest. Does the cow give milk? No! We have to milk it. Similarly, we have to do what it takes to get to the peak of Enlightenment. Some people surrender like a sailboat. This act of surrender is needed after Realization. Till we are Awakened with the Truth, we need to work hard to attain Illumination through Purification and reach a state of Self-Realization. If we don't, we will be reborn and this cycle will go on and on. It's our choice. Do we want to return to earth and suffer another rebirth?

# WHO, WHERE AND WHAT IS GOD?

*We don't know Who, Where, What is God.  
But this, the Seekers on a Quest are able to Decode.*

Most of us pray but do we really understand what we say when we pray? Do we even know to whom we pray? Who is God? Where is God? What is God? But there is no doubt that God is. Unfortunately, because we use the term God, we are lost in the world of numerous Gods.

Can there be so many Gods? There are hundreds of religions and millions of Gods. Does this seem logical? On the other hand, there are people who believe that there is no God. God is the Creator and if there was no Creator, how would this creation come about? The entire universe, planets, earth, all the living creatures, animals, birds, plants, fish, where did all these come from? You and me, and all the other people, where did we all come from? What about the mountains, oceans, rivers and the seas? This could not have come out of nowhere. If these are effects, there must be a cause. Coke is a product. The manufacturer is Coca Cola. Benz is a car that is produced by Mercedes. Therefore, there has to be a Creator of this mammoth universe and all that is beyond human comprehension. When we say 'God', an image of our personal God emerges in our head. Depending on our religion and our upbringing, we may think of God as Krishna, Jesus, Shiva, Rama, Hanuman or the Buddha.

The list is endless. But we have grown up with an image of our God. If these are Gods, who made them? A super God? And then, who made the Super God? A Super Super God? Those who go on a Quest, realize that God is not God. God has no name and form. God never dies just as God is never born. God is beginningless, endless, birthless and deathless. The seeker realizes that God is a Supreme Immortal Power. God is SIP. Therefore, he does not discriminate between Gods. God is one Supreme Power. All the Gods of all religions are ultimately one Power, the SIP beyond the definition and comprehension of humanity.

The seekers of the Truth are Awakened to a very profound Truth that God is SIP and SIP is the same Power that is the Soul in every living creature. The Soul is also an Immortal Power. It comes from SIP and returns to SIP. Therefore, God is the Soul that exists in every living being. The seeker has a greater Awakening. Not only is everything animate, the Supreme Immortal Power, SIP, but also every molecule of the inanimate world is SIP. To most, this would seem so ridiculous and impossible. However, we are fortunate that in recent times, science has accepted this theory through its branches of Quantum Physics and Quantum Mechanics. The Nobel Prize for Physics in 2022 was in fact, awarded to 3 scientists who endorsed this belief of science. What does science say? Science says that every molecule of matter is nothing but energy. What is this energy? It is SIP. Therefore, God is SIP, Omnipresent – present everywhere, Omniscient – knows everything and Omnipotent – all-powerful.

## CHAPTER 39

# THE SOUL IS GOD

*The Soul is God, our Quest makes us Wise,  
We Overcome Ignorance and to the Truth, we Rise!*

One of the biggest Realizations that one receives in a Quest is that Soul, the Spark Of Unique Life that gives us breath till our death is the very God we seek. We always believed that God lived in the skies but our Quest wipes out the lies. We realize the Truth. We discover that God is not God. God is SIP, a Supreme Immortal Power and our Soul is none other than SIP. It is a Spark from that Supreme Power that creates conception in the moment of fertilization, when two cells in our mother's womb become one. In that moment of birth, 9 months before the birth date on our birth certificate, we start our journey on this earth. Little do we realize the simple Truth that when the journey starts, we are nothing more than one cell of existence, the zygote. Although science endorses this Truth that we are conceived as that single cell empowered by the Soul, we do not realize that we are a manifestation of SIP, till we start a Quest to discover the Purpose of life.

When we progress on the Quest, one by one, we overcome the lies and the myth. First, we realize what we are not. We are not the body, mind and ego. We are the Divine Soul. Then, we realize that the Soul is energy that is eternal and immortal. The Quest continues and reveals that God in reality, has no name or form. We believe in

such a personal God because we cannot fathom a God that is invisible. However, the Quest reveals that God is omnipresent, omnipotent and omniscient. When we put the pieces of the Spiritual Jigsaw Puzzle together one by one as we discover them in our Quest, we realize that the Soul is God.

The Soul is energy. God is energy. When we question as to where the Soul comes from and where the Soul goes, we realize that the energy that is within us comes from the energy that is omnipresent. This is God energy. This is SIP, the Supreme Immortal Power. There is no other possibility. Through inference, we realize this.

When we take two balloons and blow them up with air, where does the air come from? The air is in the atmosphere, present everywhere. If we burst these balloons, where does the air go? It merges with the air that is everywhere. So does the Soul. The Soul becomes one with SIP. SIP is everywhere. Therefore, the Soul Power cannot be any other Power other than the Power of SIP. The Realization dawns upon us – The Soul is God. The Soul is SIP, the Spark Of Unique Life that gives us breath from birth to death. It is none other than the God that is the Supreme Immortal Power, SIP. This is one of the biggest Realizations in the Quest. When we realize that the Soul is SIP, it takes us to the final part of the Quest. It leads us to our ultimate Purpose, which is Liberation from ignorance and Liberation from the cycle of death and rebirth just as we become free from all misery on earth.



# DO HEAVEN AND HELL REALLY EXIST?

*Where are Heaven and Hell? Either we Believe what others Tell,  
Or we realize that they are here on earth. The Quest rings the truth-bell!*

Those who don't go on a Quest, continue to fight the battles of life with the body, the mind and the ego. They suffer physical pain and disease thinking that they are the body. They suffer the misery of the mind, fear, anxiety and more. They are anguished by the ego and are full of anger, hate, revenge and jealousy. Their ignorance makes them continue to live as the body, mind and ego, aspiring to go to heaven and escaping from hell. Because they don't go on a Quest, they just believe what others tell. The journey of life goes on and on just as they are reborn.

Isn't this the Truth? Let us pause for moment and look around. Death happens every day. The body dies. People say that the deceased 'passed away'. They destroy the body but nobody knows where the person departed to. Out of ignorance, we say, 'R.I.P or Rest in Peace.' We even pray for the departed Soul. Depending on our religion, we perform poojas and religious ceremonies to wade-off evil spirits from stopping the spirit of the dead to reach heaven. Religions create more fairy tales than Hollywood and Bollywood movies just to play with our mind that blinds us with ignorance. Can't we see straight through that the person who is dead on the bed will never ever return? When the body of the deceased is destroyed by either cremating or burying, where is the

question of that body going to heaven or hell? When we further question, we realize that heaven and hell are not physical locations like people tell. God is not an old man with a long white beard as we were taught to believe in school and each one of us remained a fool. The Quest Enlightens us. So, what is the Truth?

Heaven and hell are right here on earth. We experience heaven and hell when we take birth. Either we are born in fortunate circumstances and enjoy a heavenly life or due to our sins, we may be born blind or poor and experience hell, when we return to earth in a rebirth. The day of judgement that religions talk about does exist but just like a modern computer does online accounting, our Karmic Account is always updated. The moment a person is dead and gone, they are reborn in a new body to experience heaven or hell, right here on earth.

We can believe in the myth and the fairy tales that there is a distant place called heaven and a place called hell, far away in the skies. But these lies stop us from being wise and we will never rise to the Truth. We will live, cry and die without realizing, 'Who am I?' If only we realize the Truth about the moment of our birth, the reality of our death and understand the Universal Law of Karma, we don't need anything else to decode the mystery of heaven and hell that has filled our history. We can either continue to experience hell due to our ignorance or we can be free from this ignorant spell as we progress on our Quest to discover the Truth.

## CHAPTER 41

# THE STAGES OF SPIRITUAL AWAKENING

*The Quest leads us forward from Ignorance to Realization,  
Stage by stage, we are Awakened with Illumination!*

The Quest is like a ladder. We have to climb the steps, one by one, till we reach the top. Then, we will discover the Purpose of life. As long as we remain at the bottom of the ladder, it will seem impossible to understand the secret of life. This is also because of the myth that we grow up with. There is so much confusion that unless we climb the ladder, we will not reach high enough to get to a conclusion. Therefore, the Quest takes us forward, stage by stage in the journey of Spiritual Awakening.

The start of the Quest needs us to have a deep yearning for the Divine and the Truth. Only then can we develop the passion for learning and seeking. Without this, the Quest is meaningless. Just like a swimmer uses both of his hands to progress in the water and the bird uses both its wings to fly in the sky, the seeker on the Quest also uses his ability of yearning and learning, to propel himself forward into the next stage of the Quest.

The stage that gives us progress in our Quest is the stage that makes us wise and makes us rise over the ignorance that kept us bound to the ground. One by one, we realize the Truth. Then we don't need to memorize. We don't need to analyze because we have realized the Truth. This leads us forward to living in union with the Divine.

This connection creates a strong bond and doesn't let us slip down the ladder that ascends to our Ultimate Purpose.

The biggest step in the ladder of realizing the Truth on the Quest is being Enlightened with the Truth. We are Awakened, as we live with a Divine connection and wisdom that comes from yearning and learning. Now, the spark of light has made it bright. There is no ambiguity and we are Enlightened. Is this the end of our Quest? Yes, but just a part of it. If we have to discover the Purpose of our life and achieve it, we have to go beyond being Enlightened. We have to be liberated from ignorance and ultimately, be united with the Divine. Therefore, we have to move from Illumination to Realization and then, towards Liberation. Our Purpose is very clear. Not only must we be free from all suffering on earth but we must also be free from the cycle of death and rebirth.

The Quest, therefore, Awakens us, Enlightens us and takes us forward to living in Consciousness, locking the mind with the intellect. Only then, living with a steady intellect, can we move forward to the stage of living as a Liberated Soul. Otherwise, we will never achieve our Life Purpose and goal. Of what use is the Quest, if after discovering the Purpose, we just live and die without transcending the ego's 'I'? Then, our Quest has failed. For the Quest to succeed, we must live in Eternal Bliss, in Truth Consciousness till that moment of death. Then, we will not return to earth in a rebirth. When we don't return to earth in a rebirth, it means that our Quest has succeeded.

# FROM REALIZATION TO LIBERATION

*Most of the world experiences Death and Reincarnation,  
A few go on a Quest and Achieve Realization and Liberation!*

The world knows very little about Realization and even lesser about Liberation. We are enveloped in the darkness of ignorance. Those who go on a Quest realize that their Purpose is not just overcoming ignorance and realizing the Truth. Their Purpose is attained when they are liberated from the Triple Suffering on earth and thereafter, the cycle of death and rebirth. This is our goal and it starts when we realize that we are the Divine Soul.

The biggest problem is that most people don't even start a Quest. Majority of the humanity just live, die and they don't even know, 'Who am I?' Thereafter, they return to earth in a rebirth and suffer. They are reborn and this goes on and on. In fact, most people think that life has no Purpose. All they say is, 'Have fun till life is done. Make merry. Do good.' These are some of the *Mantras* of life. We are programmed such that at most, we learn to do good deeds. We believe in the illusion that good actions will make us attain God in heaven. We believe in this lie and hope to meet God in the sky. One day, we die. We don't realize that we have to return to earth and suffer another birth. Very few people go on a Quest. They realize that the goal of life is Liberation. Liberation is freedom from the cycle



of death and rebirth. The Hindus call it *Moksha*. The Buddhists call it *Nirvana*. The Western world refers to it as Salvation. The terms are different but they all mean the same. They refer to us attaining God. Some say that we will go to heaven or hell and others believe that we will return to the planet. Those who pass through Spiritual Awakening attain that state of Realization. Thereafter, they have to live the Realization till the moment of Liberation.

Liberation happens in the moment of death. Liberation is not possible when we are alive. When we lose our breath, in that moment, if we are Enlightened that we are not the body, mind and ego, we are the Soul, then in that moment, we are liberated from all Karma. Because we have no Karma, there is no reincarnation. In these rare few cases, there is Unification with the Divine, which comes after the Realization of the Truth. It happens in the moment of death when we are liberated from the body. The majority who are ignorant will carry their Karma into a rebirth but those who succeed in the Quest move from the state of Realization to the ultimate goal of Liberation. They will experience Unification with the Divine.

The fact is that we are not the body that we wear. We are the Divine Soul but because of the Mind and Ego, ME, we are under their spell and believe in heaven and hell. We don't even understand the concept of being Liberated from this body and being united with the Lord, the Supreme Immortal Power, SIP.

## CHAPTER 43

# FREEDOM FROM REBIRTH

*All those who Die, Return to Earth in a Rebirth,  
Except the ones who Realize, 'Who am I?'*

The world has atheists who don't believe in God. There are agnostics who doubt the existence of God. They are so baffled by the overdose of theology and philosophy that their confusion doesn't lead them to any conclusion. Then, there are the believers who believe in God. We all believe in a personal God. How else can a child imagine God other than picturing him with a name and form? But instead of growing out of the myth and realizing the Truth, we believe that in the moment of death, we will go to heaven or hell. We are so influenced by what people tell us that we are caught in this spell. We are unable to realize the Truth. This is because we don't question what we believe.

How many of us understand the Law of Karma? It unfolds every day on our planet. Everything that is happening in the world is a reaction of our actions. It is our Karma. We can't escape from Karma. Just like the seeds we plant are responsible for the fruits on the tree, our deeds determine our destiny.

Somehow, we have been fooled into believing that we must not sin. That's it. As long as we do good deeds, we will attain God but is this true? Is it a fact that good Karma will take us to God just as bad

Karma will take us to the devil in hell? Whether we do good or bad Karma, we will have to return back to earth and suffer.

The only way out of suffering is freedom or Liberation. First, freedom from ignorance and then freedom from the pain of the body, misery of the mind and agony of the ego. Once we are free from the Triple Suffering on earth, our next challenge is to be free from the cycle of rebirth after death.

Who can be free from rebirth? It is wrong to believe that the pious devotees of God who chant His name and sing His praises will be free from rebirth and become one with God. It is a myth or a fairy tale. The only way to be free from rebirth is to be free from Karma. But how can we be free from Karma? Nobody can. Anybody alive has to accumulate some Karma. It can be good or bad. The moment we accumulate Karma, we cannot be free from rebirth but when we realize that we are not the body that dies, we are not the mind that we cannot find, we are not the ego that says, 'I', that's a lie and that we are the Divine Soul, we achieve our ultimate goal. We become free from all Karma just as we become free from the cycle of rebirth.

The majority of this world cannot fathom that we can be free from rebirth and be united with the Divine. They imagine that we will go to some distant heaven but they do not question who will go after the deceased returns to dust. Even though the Truth stares at us in our face, we cannot realize it without Divine grace. Only a few rare ones attain Liberation from rebirth.

# WE MUST WIN OVER OUR GREATEST SIN

*We all Sin, don't we? But what is our Greatest Sin?  
It is that we don't Realize God Within.*

As we progress on our Quest, we must get several Realizations. This is the reason for the Quest. If we keep on asking questions but don't get answers, this means our Quest has failed. Either we are not picking the right knowledge or we don't have a good and Enlightened Master to guide us. Both are needed to attain the Purpose of life.

Having come this far in asking questions and discovering what life is all about, the biggest Realization should be, 'What is our greatest sin?' Is it anger, hate, revenge, jealousy or what the world considers to be deadly sins? No! We must realize that our greatest sin is that we think that we are this body, mind, and ego when in reality we are the Soul. We are a Spark Of Unique Life. And how can we win over this sin? We must live as a manifestation of the Divine. We must live, not as the bone and the skin but as the power that is throbbing within. If only we start to live as the Divine Soul, our Quest has succeeded and we have discovered the Purpose of life. Only this means that we have won over our greatest sin.

Because we don't go on a Quest, we don't answer questions, don't discover our Purpose, we just live and die. We are so lost in pleasure

that we don't discover the greatest treasure that is within. Although the scriptures tell us that the kingdom of God is within and that God lives in the temple of our heart, we continue to search in a temple and a church and before we realize it our life is over.

Not everybody who goes on a Quest is fortunate to win over this greatest sin. A small minority is blessed. They yearn for the Divine, seek the Truth and make Spirituality a priority. They are the ones who let go of the little pleasures of life to live with peace and fulfilment, till they discover their life Purpose. Then they live in Eternal Bliss that comes from Truth Consciousness. All this is possible. But it is not knowledge that we can pick in a college. It is Realization. Until we open our real eyes, we will never Realize the Truth.

It is the Quest that helps us discover the Purpose of our existence. If we don't win over this greatest sin, if we continue to live as the body, mind and ego, when in reality, we are the Soul that is none other than the Divine, then not only will we suffer as we live but we will return to live another cycle on earth. Therefore, nothing can be more important than going on a Quest. Nothing can be more important than discovering the Purpose of life. Nothing can be more important than to win over the greatest sin.

Sadly, we think that we know everything when in reality, we know nothing. Ignorance is bliss and we blissfully live and die, suffering on earth and returning in a rebirth only because we do not realize, 'Who am I?' We believe the ego and its lie, and we die. We don't discover God within.



## CHAPTER 45

# GIVE BEFORE YOU ARE GONE

*The Quest teaches us that we must Give before we are Gone,  
If we don't, we will Suffer and we will be Reborn!*

What do we do in this journey called life? We are born and we all go to school and college. We accumulate skills with our knowledge because if we don't learn, we cannot earn. If we look around, most of the world will learn in the first quarter of their life. Until we are around 25, most of us start to earn usually. But thereafter, while learning may continue as this process sometimes never ends, we start to earn.

The second quarter of our life, presuming that our lifespan is about 100 years, is from 25 to 50. We are ready to even lose our health to create wealth. We build a family and our focus is now on our kids, our business or our career. Then, what? In the third quarter of life, some of us continue to go from peak to peak, while a few of us seek a greater Purpose. Whatever we do, we can't stop time from passing. If we are fortunate, we will still be around after the third quarter. The average life expectancy of a human being today is less than 75 years. This means that most of us may not see the fourth quarter of life. Even if we cross 75, our body becomes frail and we will start to descend towards our end.

Don't we realize that everybody who is born will one day, be gone? This is a fact. No 'body' can escape death. And there are two things

that we don't control on earth – our death and our birth. But there is one thing we all control – whether we will give before we are gone or we will just be reborn.

We have two options. Either we can discover the Purpose of human life and be liberated from the cycle of rebirth or we can return to earth. If we realize that we are nothing and nothing belongs to us, then we will be wise to spend before our end. We will realize that we brought nothing with us and we can take nothing when we depart. So, whatever we have collected during this journey called life, we leave behind when we are gone. Even though we all know this, we don't realize it. Therefore, we are even ready to compromise our health sometimes to create wealth. But the story of money is very funny. We can't take with us even a penny! Still, we hoard and keep our treasure, thinking it is our greatest pleasure. This is ignorance and the more we cling, the more will be the suffering.

Those who go on a Quest realize that we must give before we are gone. They also realize that this world is a show and everybody must go. Therefore, there is no point in collecting more and more. They stop and find a cause to spend before they end their life journey. They don't let their mind make them blind. They are the ones who go to their grave after they stop to crave. They are detached from people and possessions. Their goal is simple – they should not be reborn. They have discovered the Purpose by going on a Quest. What about the rest? They live but they don't give. And so when they are gone, there is no other option but for them to be reborn. And thus, the cycle continues.

## CHAPTER 46

# LIFE IS... LIBERATION FROM IGNORANCE AND FINDING ENLIGHTENMENT

*What is Life? It is not Success and Achievement,  
It is Liberation from Ignorance and Finding Enlightenment.*

What is life all about? The acronym of LIFE reveals it. Unfortunately, some of us think life is to have fun, till it is done. Others believe that life is about success and achievement. Only a very few ask the questions - Why did I come to earth? What is the Purpose of human birth? What is life? Why so much misery and strife? Because we continue to live in the darkness of ignorance, we experience pleasure and pain and this repeats, again and again.

The Buddha said, 'Life is *Dukkha*'. It means life is suffering. What did he see? He saw that everybody who is born experiences the Triple Suffering. They suffer physical pain, they experience misery of the mind and they are tormented by the anguish of the ego, anger, hate, revenge and jealousy. The Buddha went on a Quest. He was then Prince Siddhartha Gautama and after experiencing the Spiritual Awakening, he was titled 'The Buddha, the Enlightened One'. According to him, the Purpose of life is *Nirvana* or Eternal Bliss. At that time, the Hindus called it *Moksha* - to be free from all suffering on earth and from rebirth or coming back again and again. The western world called it Salvation. Whether one calls it *Nirvana*, *Moksha* or Salvation, it is Liberation. It is Liberation from Ignorance and Finding Enlightenment. It is LIFE.

LIFE is Liberation from Ignorance and Finding Enlightenment. Life is all about going on a Quest. Why go on a Quest? Because we want to find answers. Why do we need answers? Because we have questions that have no answers. Why must we find the answers? Because we are seeking ultimate happiness. We realize that pleasure is ephemeral, it is momentary and so, we are looking for that state of Eternal Bliss. Some of us want to discover the Purpose of our existence and some are searching for God. There are different pursuits and we have in this journey called life. Many have no pursuits. They just exist. They consume life. They just live and they die. For them, it hardly matters to discover, 'Who am I?' But for the seekers who go on a Quest, life definitely has a Purpose.

The Purpose of life is Liberation and it can happen only with Realization. Realization is not possible unless there is Illumination and by now, we know that for this we need Purification. For this process to be completed, we need Liberation from ignorance. The moment we overcome ignorance, we are Enlightened. This summarizes the acronym of LIFE - Liberation from Ignorance and Finding Enlightenment.

While life reveals what it truly is, the majority of us just drift through life. We live and we die. We don't go on a Quest to Realize who am 'I'. There is no Enlightenment and in the real sense, there is no achievement.

# FROM SELF-REALIZATION TO GOD-REALIZATION

*Self-Realization is Realizing, 'I am not the Body, Mind and Ego, ME.'  
When we Realize God, then in Everything, God we can See.*

It is the Quest that takes us to that state of Liberation, both from the Triple Suffering on Earth and from the cycle of death and rebirth. But how does this happen? The Quest takes us through Self-Realization to God-Realization. Only then, can we attain that ultimate goal called Salvation, *Moksha* or *Nirvana*.

When we start the Quest, we go through a process of elimination. First, we realize what we are not. We have no doubt that we are not this body that will die. We are also sure that we cannot be the mind, that we cannot find. We realize the lie when the ego says 'I'. While we are not the body, mind and ego, we are sure that we exist. Then comes the question, 'Who am I?' The first Realization is that I am a Soul, a Spark Of Unique Life. This is the first 'Aha!' moment but this is not the end of the Quest. In fact, it is just the beginning of finding the Purpose of life.

When we attain Self-Realization, we experience the Divinity within. We transcend the ego and we kill the mind. It is in this state of Self-Realization that the Quest evolves into its next phase. We now start a second Quest for God-Realization. It is only when we continue the Quest that we will achieve our Ultimate Purpose.



Discovering the Purpose of life is not achieving the ultimate goal of life. This is just Realization – Self-Realization. The ultimate goal is God-Realization. This is the reward for continuing the Quest till we are liberated. What is God-Realization? It is realizing that I am not 'I'. I am not what I appear to be. I am not the Mind and Ego, ME. I am a Soul. But what is the Soul? The Soul is a Spark Of Unique Life. Where does the Soul come from? Just like energy in the bulb flows from its main source, the source of the Soul is SIP, the Supreme Immortal Power. When we realize that the Soul is none other than SIP, which is none other than God, we attain the state of God-Realization. 'I am not 'I'. I am nothing. I am the Spark Of Unique Life that is in fact, God, SIP the Supreme Immortal Power.

Is knowing this God-Realization? No! When we realize the self, we start to live as the Soul and when we realize God, we experience God in one and all. We don't look at people as a composition of bone and skin. We look at people and realize God within. This is God-Realization. God is in every Soul and not just in every Soul, we realize that God is a Power. God is the energy that constitutes the 5 elements of nature - earth, water, air, fire and space. We realize that every molecule, every atom is in fact, God energy. This is God-Realization. It has become a blessing that science has awarded Quantum Physics and Quantum Mechanics, a Nobel Prize. This branch of science endorses that all physical matter is energy. God-Realization is realizing that this energy is God.

# LIVING IN ACCEPTANCE AND SURRENDER

*In Ignorance, we can Thunder and we can Blunder,  
Or Accept, Not Wonder and Replace Hope with Surrender!*

The greatest reward of going on a Quest is not just Happiness but the understanding that surpasses all misery and suffering. The greatest reward is not just peace, which is the foundation of Happiness. It is discovering the Purpose of life, which lets us live in a state of acceptance and surrender.

What do those who don't go on a Quest do? Whenever something happens, they just wonder. They look up at the sky and question, 'Why?' But those who go on a Quest, those who realize the Truth don't wonder. They surrender. Because we are ignorant, we let our entire life depend on hope. Hope becomes like a dope and we cannot cope. We don't realize the scope of hope. Will just 'hoping' make things happen? No. Of course, having hope is better than being hopeless and having faith is better than doubt but the one who goes on a Quest, accepts. He doesn't wonder. He replaces hope with surrender.

When things are happening in our life, we have to learn to accept. Realization of the Truth makes us understand that everything unfolding in life is as per the Divine law of Cause and Effect. This is the Law of Action and Reaction, known as the Law of Karma.

An Enlightened person accepts without protest. He lives, understanding that life is unfolding as per his twin Karma — his past deeds, which are like seeds that are causing the fruits to sprout and his present deeds or the choices that he makes.

The Quest teaches us acceptance and surrender. We learn to understand that things will unfold as per twin Karma. What are we capable of doing? We can do our best. But having done that, we must surrender the rest to the Universal Law that unfolds. Those who are not Enlightened are unable to live in peace. They haven't discovered, how Universal Laws intertwine with our existence. They haven't learned that the Purpose of life is to accept and surrender, realize that we are nothing, we come with nothing and we end as nothing. When we accept and surrender, we become everything. We become that Divine spark of life, which is a speck of the Divine.

The Quest rewards us with the gift of Consciousness. In fact, the reward is ABC – Accept without Protest; Do our Best and in Consciousness, surrender the rest. Can there be a better way to live? No. We realize that life is a show and one day, we all have to go but if we don't accept and surrender, we will live in anxiety, worry and being the slaves of the mind, the state of Eternal Bliss, we will never find. Life is nothing more than a long dream. Even though a dream happens but everything in the dream is just an illusion. Even though life is happening but ultimately, everything in life is also just an illusion. Because we don't see the light, we fight till we go out of sight. It is the Quest that makes us live, doing things right!

## CHAPTER 49

# SATCHITANANDA, ETERNAL BLISS IN TRUTH CONSCIOUSNESS

*The Quest leads us to SatChitAnanda, Bliss in Truth Consciousness  
There is Everlasting Peace, Divine Love and Eternal Happiness!*

The Quest is not a picnic. It is not a vacation or a holiday. It is a voyage into the depths of life's ocean. It is penetrating through the myth that we grew up with. It is unlearning all the lies, overcoming all the ignorance and Realization of the Ultimate Truth. The reward is Eternal Bliss, Divine Love and Everlasting Peace that comes with Truth Consciousness. The Quest transports us into an ecstasy unknown to man. It transforms us and liberates us from all misery and sorrow. The Quest eliminates regrets of all 'yesterdays' and the fears of every 'tomorrow'. It gives us the gift of *SatChitAnanda*, the Eternal Bliss or *Ananda* that comes from *Chit* or Consciousness of *Sat*, the Truth.

Most of us are the slaves of our mind. Although we can visually see, we are Spiritually blind. We can be glad but we choose to be sad and it is our own mind that makes us mad. It is the Quest that moves us into a state of Divine Consciousness called *SatChitAnanda*. In this state, even though we are alive in this body, we transcend our Mind and Ego, ME, and become free from all trauma because we live in the Consciousness that life is just a drama. When Karma

unfolds, being in *SatChitAnanda* not only makes us joyous as we accept without protest but it also makes us surrender to whatever is unfolding and going to unfold in the future. In this state of Truth Consciousness, we experience this world as a *Leela*, a Divine Cosmic Drama. We enjoy everything as *Maya*, a Cosmic Illusion. All of this happens only when we successfully complete the Quest, we discover the Purpose of our existence and we reach the state of *SatChitAnanda*.

Is it game over? After the Quest, we reach *SatChitAnanda*. Then, are we free from all misery and pain? Although we stilled the mind and we think that we killed the mind, our mind is like a phoenix, the mythical bird. It will rise from the ashes. As long as there is breath till our death, thoughts will try to steal our state of *SatChitAnanda*. This Truth Consciousness is a state of Eternal Bliss that we must not miss. When thoughts try to steal it, the learnings from the Quest must make us remain in *Yoga*, in the Divine union. We must not slip into *Bhoga* or the pleasure and passion of the material world. Those who master the Truth in their Quest are completely Illuminated. Their Purification is Divine and their Realization gives them complete Liberation. Such a liberated Soul doesn't slip. He has a grip of SIP, the Supreme Immortal Power and doesn't miss being in *SatChitAnanda*, even for a moment. When thoughts come, the intellect defends and protects, as it discriminates and locks the realized one in *SatChitAnanda*. Such a person lives every moment in Bliss in Truth Consciousness, till that ultimate moment of death, when they lose their breath. Thereafter, they do not return to earth in a rebirth. They become one with the Supreme.



## CHAPTER 50

# NIRVANA, MOKSHA, SALVATION

*Some call it Nirvana, some, Moksha and some, Salvation,  
It is the Quest that leads to Realization and Liberation!*

What is our ultimate goal? It is simple. It is to realize that we are not the body, mind, ego. We are the Divine Soul. When we realize that this body came later, first came 'I' and this body will die, we realize that we are not the body. When we search for the mind and the mind, we cannot find, we realize that we are not the mind. When we try to examine the ego that says, "I, 'me' and 'mine', we conclude that the ego is a lie. The Quest reveals that we are the Divine Soul, a Spark Of Unique Life. It further reveals that the Soul comes from SIP, the Supreme Immortal Power. Therefore, the Quest Enlightens us that we are not human beings with a Divine Spirit. Rather, we are the Divine Spirit that gives breath to the Mind and Ego, ME, till it settles its Karma at death.

Knowledge is not Realization. Realization comes when we overcome the darkness of ignorance and there is inner Illumination. Then, we no more desire the pleasures of the body, passions of the mind and cravings of the ego. We live in Eternal Bliss as the Soul in Truth Consciousness. But this is still not the ultimate goal. The ultimate goal is Liberation and in that moment of Liberation, Unification with the Divine, two things might happen. After there is Realization of the Truth, we may live in *SatChitAnanda*, Eternal Bliss in Truth Consciousness but we may slip and dip into the pleasures of the material world. This is very much possible.

However, a truly realized one will have a good grip on SIP. Such an Enlightened Soul will not slip back and lose Consciousness of the Spiritual world. Such a seeker, who has succeeded in the Quest and has discovered the Purpose of life will continue to live the Truth, till the death of his body. Then, there is no Karma. There is no reason for rebirth. There is no returning to earth. He is united with the Divine. The Soul becomes one with SIP, the Supreme Immortal Power. This is Unification with the Divine along with Liberation that happens only at that moment of death.

Liberation and Unification is known to the world with different names and terms. The ancient Hindus call it *Moksha*. The Buddhist call it *Nirvana* and the Western world calls it Salvation. There are different terms and names but it is all the same. It is the reward for seeking the Truth, loving the Lord and yearning to become one with the Divine. Different religions prescribe different methods but the goal is the same - to be free from this world and be united with the Divine. Different people use different methods to achieve this goal. Some think devotion or *Bhakti* will lead them there but ultimately, until we overcome the darkness and are Enlightened with the light of Truth, we cannot attain *Moksha*, *Nirvana* or Salvation.

All the religions agree that God is within. God is Supreme. But unfortunately, we get lost. We don't go on that Quest, which will take us to God-Realization. Self-Realization, Illumination and God-Realization happen only when one goes on a Quest.

# AFTERWORD

*I knew Nothing but I thought I knew Everything,  
It was my Quest that led me to this Awakening!*

Anybody can go on a Quest. We can have different questions for which we want to find answers. When I started my Quest in the summer of 2012, I did not even know what I really wanted. Over one year, I made a list of the Questions that I wanted answers to:

1. What is life? Where did I come from?
2. What is death? Where will I ultimately go?
3. Who is God? Where is God? What is God?
4. Are Heaven and Hell, real?
5. Is there life after death?
6. What is the Soul?
7. What is the Law of Karma and how does it work?
8. What is the Purpose of life?
9. What is Enlightenment?

By May 2013, my Quest became my passion. I shut down everything else that I was doing and did nothing else. For 16 months, I was reading, searching and introspecting on these 9 Questions. I left my world to go into the mountains, to go away in retreat, on a Quest to find the answers to these Questions. One by one, I was able to get the answers. It was on the 31st of August 2014 that I got all the answers. It was like I had finished putting the pieces of the Spiritual Jigsaw Puzzle together. I got that 'Aha!' I got that moment of Spiritual Awakening. I realized that this was Enlightenment. Anybody can be Enlightened.

It is switching on the light within, as we search for answers. The only challenge is that our answers must be validated by somebody who is Enlightened, a Spiritually Awakened Master, a Guru. I was blessed to have *Dada* and my Enlightenment was not something that came through the hat. These were the principles that appear in the *Upanishads* and the *Vedas*, endorsed by Vivekananda, Ramakrishna Paramahansa, Ramana Maharshi and many others, including none other than Adi Shankaracharya.

I discovered my Purpose. I realized that I was not 'I'. I experienced the Spark Of Unique Life, the Soul within. I could see God in one and all. I was liberated and free from all misery on earth and I realized that I will never die. I am that immortal Soul. These were the rewards of my Quest.

I made it my life's mission to help people realize the truth. I had lived in ignorance for over 40 years but after my Enlightenment, it became my Purpose to help people awaken from their dream, their slumber of ignorance. I helped people start a Quest to discover the Purpose of life. I wrote my first book, *Talaash*, in 2016. Years later, as my Realization evolved, I decided to write this book after completing 70 books on the subject of my Quest.

May this book create the spark that will light up your inner being. May this book help initiate your own Quest for the Truth and as you start your Quest, may you, step-by-step answer all your Questions and discover the Purpose of your life.

# POEM

## *Start a Quest to Discover the Purpose of Life*

*Who are you and Why are you Here?  
Why did you come to Earth, my Dear?  
Begin your Quest, do not Fear!*

*After 40 years, I started my Quest  
I had the Guts to put all Beliefs to Test  
The Reward was Worth it, it was the Best!*

*I am not 'I', I Realized the Truth  
I Searched and went to the Bottom of the Root  
It was my Quest that gave me the Fruit!*

*I am not this Body, this Body will Die  
The Mind, I cannot find! How can it be 'I'?  
The Ego says 'I', but it's a big Lie!*

*We think life is just to have Fun  
We live and soon, life is Done  
Like mad people, in this Race we Run!*

*What is the Truth, Why this Human Birth?  
What is the Reason we Came to Earth?  
The Quest will help us Answers, Unearth!*

*It all begins when we Start our Quest  
Many Questions we list and we don't Rest  
One by one, the Answers Attest*



*To get to the Truth, we need a Master  
An Enlightened Guru will take us Forward Faster  
It is the Master who is our Spiritual Partner*

*It all begins by Overcoming Ignorance  
Transcending the Ego that Creates Arrogance  
The Truth and the Myth, Realizing the Difference*

*Therefore, first, there is Purification  
And soon there is Illumination  
And finally, there is Realization*

*The first Realization is, 'I am the Soul'  
This, in the Quest, achieves my Goal  
But what in my Purpose does this Play a Role?*

*The Soul is nothing but a Spark Of Unique Life  
I Realized this and now I am Liberated from Strife  
Otherwise, with myths, our Life is Rife*

*The Realization helps us move Ahead  
And Ultimately, in that Moment when we are Dead  
We are Liberated and United with the Lord, it's Said!*

*Our Purpose is to become One with God  
To Realize, within is the temple of the Lord  
The Quest helps us see how our Beliefs are Flawed!*

POEM

*We always thought God was in a Temple or Church  
And then we started the Quest, the Search  
To attain the Divine, we had an Urge*

*Are we just meant to Live and Die?  
First, we must find out, 'Who am I?'  
We must Discriminate the Truth from the Lie*

*We may appear to be made of Bone and Skin  
But the Truth is that we are the Divine that Lives Within  
Alas! This Ignorance is our Greatest Sin*

*It is our Mind that makes us Blind  
It is the biggest enemy that Makes us Grind  
In the Purpose to find, we are Left Behind*

*So, first, we make the Monkey Mind a Monk  
It happens when we remove from it All Junk  
Till then, it seems we are Eternally Drunk!*

*The moment we transcend Body, Ego, and Mind  
In that moment, Life's Truth, we will Find!  
We will attain the One for Whom we Pined*

*When we move from Mind to Consciousness  
There are no thoughts, there is Thoughtlessness  
Then, there is Peace and Love, Eternal Happiness*

*Then, we Realize there is no Heaven and Hell  
These are lies that People Tell!  
There are no Devils and Angels that Dwell*

*We are Liberated from that Life Race  
Where we are running to be an Ace in the Chase  
The Quest helps us Live with Grace*

*In the Quest, we Overcome all our Trauma  
When we Realize that Life is a Drama  
Everything that happens is Controlled by Karma*

*At first, we would Cry and look at the Sky  
We would just Suffer and ask God, 'Why?'  
Till we Realized the Truth, Who am I?*

*We Realize two things we don't control on Earth  
We don't control Death, we don't control Birth  
It is then we learn to live with Mirth*

*We Realize we are not the Mind and Ego, ME  
We are not the one in the Mirror whom we See  
Then, we are Free to Be who we are Meant to Be*

*It is in that moment that all Miseries Cease  
It is the Quest that gives us Peace  
We Realize all this, Piece by Piece*

POEM

*At first, we had believed, 'I was I'  
The Quest revealed that this was a Lie  
I am the Soul that will Never Die!*

*It is the Quest that Cuts all Strings  
It Liberates us, the one who Clings  
It helps us fly, it Opens our Wings*

*We Realize that Pleasure Comes and it Goes  
But Eternal Bliss, Forever Flows  
Upon going on a Quest, this Truth Glows*

*The Mind that otherwise says, 'I am Everything!'  
It is exposed, it is a Rascal, not a King!  
In fact, it causes All Suffering*

*It is the Quest that Makes us Shine  
We Discover that within, Lives the Divine  
Then, there is Eternal Sunshine*

*Without the Quest, there will be Death and Birth  
Ignorance will make us Return to Earth  
The Quest Liberates us from Rebirth*

*How can you remove the Darkness in a Room?  
Can you Sweep it away with a Broom?  
The Quest brings in Light, that will Eliminate all Gloom*

*We all arrive from the very same Womb  
But Foolishly, through Life we just Zoom  
And Ultimately, we reach our Tomb!*

*Without a Quest, life is like a Circus  
We are Clowns living without Purpose  
It is the Quest that makes life, Precious*

*Start your Quest or you will Suffer Again  
The Mind will pour Thoughts like Rain  
And it will Push you down the Drain*

*For Thoughts don't Knock, they Enter the Door  
Uninvited they come and Push us on the Floor  
The Quest Pushes the Mind out and Shuts the Door*

*We all live in this World and Crave  
Of the Mind and Ego, we become a Slave  
It is the Quest that makes us Brave*

*The Quest begins when there is Yearning  
The Yearning is what starts our Learning  
It creates that Passion that keeps us Burning*

*Otherwise, in the Mind, we are all Caught  
In Toxic Emotions, in many a Poisonous Thought  
The Quest ties the Divine Knot*



POEM

*When we start our Quest we Venture  
Then we let go of Worldly Pleasure  
And we achieve our Life's True Treasure*

*Without the Quest, there is no Light  
We live with anger, jealousy and we Fight  
The Truth remains Far, Out of Sight!*

*Ignorance causes all the Blunder  
It creates misery, it Creates Thunder  
Realization makes us Surrender*

*Are you looking for Happiness and for Bliss?  
The Quest will lead to eternal Happiness  
Start it now, it's not something we should Miss*

*It will start with Self-Realization  
And Ultimately, lead to God-Realization  
March ahead without any Hesitation*

*It is the Quest that will give us the Purpose of Life  
It will Liberate us from Misery and Strife  
We must cut through the Myth with a Sharp Knife*

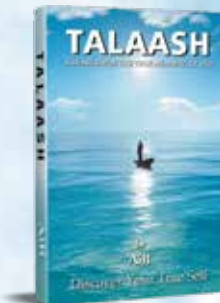
*So start a Quest, don't just Live and Die  
Find out life's Purpose, ask the question, 'Why?'  
Do it now! Start with, 'Who am I?'*

By  
**AiR**  
Atman in Ravi

# OTHER BOOKS BY AiR

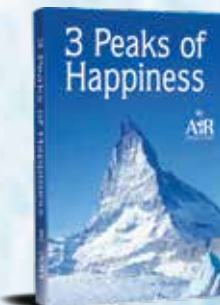
## 1. Talaash

Talaash means 'search' or a 'quest'. This book by AiR recounts his own Spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.



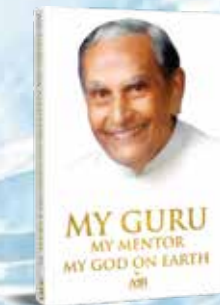
## 2. 3 Peaks of Happiness

This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us Eternal Joy and Bliss.



## 3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his Spiritual quest and bringing about the transformation in him.



#### **4. I will Never Die, Death is Not “The End”**

In the journey of his life, AiR Realized many truths. One of the truths is a revelation – we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.



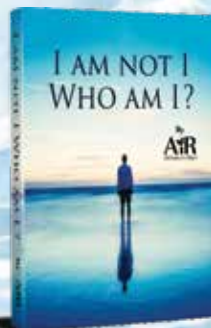
#### **5. Death is Not “The End.” Death is “Liberation”**

The second book by AiR in the series of books on 'Death' touches upon the secret of *Kathopanishad* which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to Eternal Joy and Peace.



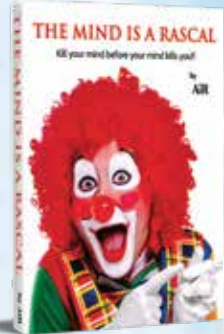
#### **6. I Am Not I. Who Am I?**

This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?



## 7. The Mind is a Rascal

You always thought that the mind is king—it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.



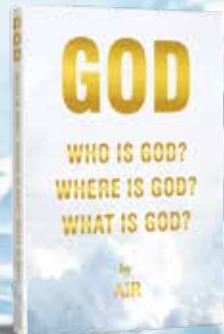
## 8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.



## 9. Who is God? Where is God? What is God?

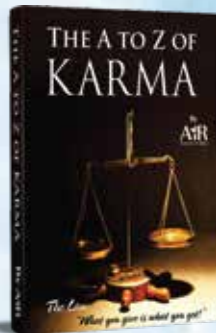
These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.





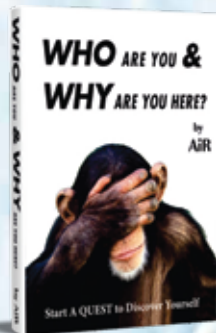
## 10. The A to Z of Karma

Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of Eternal Joy and Peace – a life without any misery or suffering.



## 11. Who Are You and Why Are You Here?

This is a simple book that prompts us to ask the right questions to discover the secret of our life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.



## 12. The 4<sup>th</sup> Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4<sup>th</sup> Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!





### 13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of Eternal Joy, Bliss and Peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.



### 14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question – Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.



### 15. Suffer No More

'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.



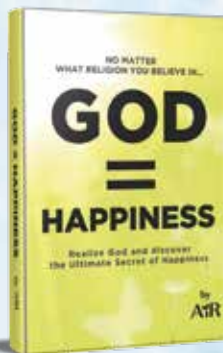
## 16. Success is not Happiness, Happiness is Success

People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.



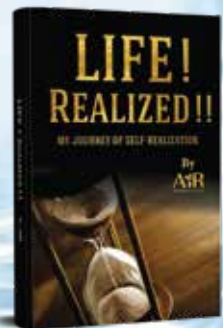
## 17. God = Happiness

In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.



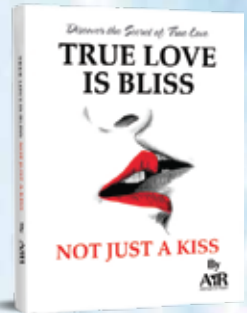
## 18. Life! Realized!!

This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.



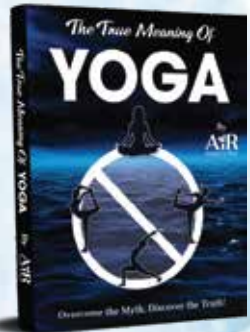
## 19. True Love is Bliss...Not Just a Kiss

Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



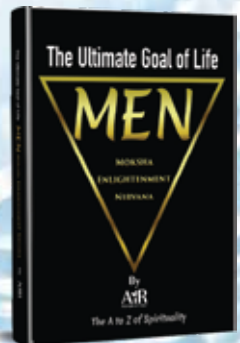
## 20. True Meaning of Yoga

Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.



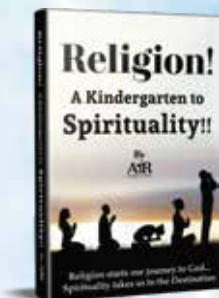
## 21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

The three most tenable concepts—*Moksha*, *Enlightenment*, *Nirvana* are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.



## 22. Religion! A Kindergarten to Spirituality!!

This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-Realization.



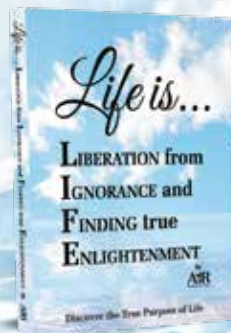
## 23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!



## 24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't realize that they lose their most precious gift—life itself. This book reveals what life is all about.





## 25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-Realization.



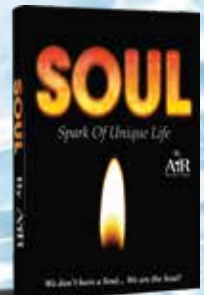
## 26. FEAR- False Expectations Appearing Real

The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.



## 27. SOUL - Spark Of Unique Life

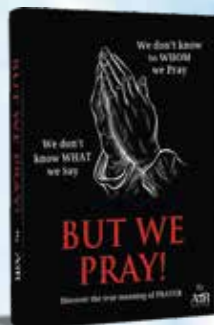
The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!





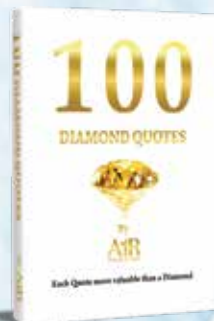
## 28. But We Pray!

The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.



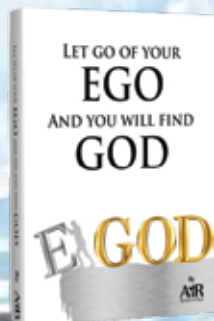
## 29. 100 Diamond Quotes

Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on Happiness, Liberation, Realization, Spirituality and Enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.



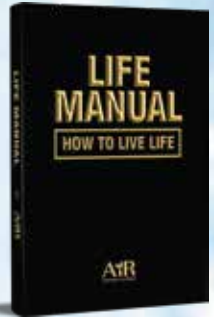
## 30. Let go of your Ego and you will find God

Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego.



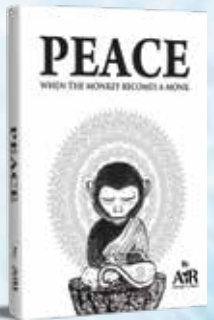
### 31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.



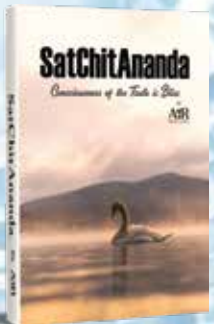
### 32. PEACE... When the Monkey becomes a Monk!

We all seek peace of mind but we don't realize that it is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it a monk, we will never be able to experience true bliss. This book will show us the way.



### 33. *SatChitAnanda* - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of *SatChitAnanda* and shows us the way to live every moment of life with seamless joy and peace.



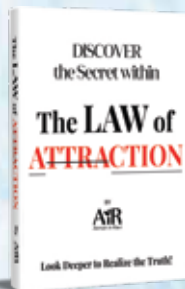
### 34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.



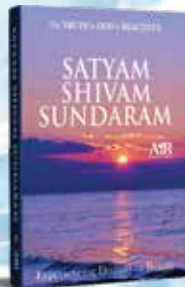
### 35. Discover the SECRET within The LAW of AttraCTION

Many of us believe in the Law of Attraction, that we can realize our dreams through this mystical, magical law. But not all people are able to realize their dreams. This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.



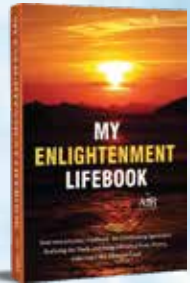
### 36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

This book, based on the ancient chant *Satyam Shivam Sundaram* - the Truth is God is Beautiful, will help us realize a profound truth, that Beauty is Divinity. It will change the way we pray and build a closer connection with God, as we realize the Divine in the temple of our heart.



### 37. My Enlightenment Lifebook

This book is a treasure of crystallized wisdom that is put together in a simple manner to help one Realize the Truth. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment.



### 38. When you overcome the FEAR of DEATH, You start to LIVE

The fear of death stops us from living life. While we are all 'alive', we are paralyzed by fear. FEAR is only a False Expectation Appearing Real, but when we fear death, we are unable to do many things. We become paranoid and phobic. Unless we overcome the fear of death, how can we truly live?



### 39. World Peace! A Simple Solution

The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth.





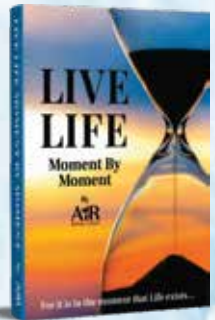
#### 40. Many Problems, One Solution

Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!



#### 41. LIVE LIFE... Moment by Moment

Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!



#### 42. The Spiritual Jigsaw Puzzle

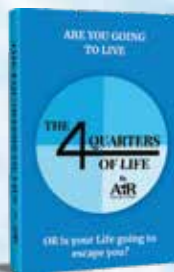
Are you seeking Eternal Happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be Enlightened with the Truth, and Liberate you from all suffering to experience a Spiritual Ecstasy unknown to common man.





### 43. The 4 Quarters of Life

Read this book to discover the purpose of life. We must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the Ultimate Goal of life, Enlightenment, which few people do.



### 44. REBIRTH... The Mystery Solved!

Do you believe in rebirth or does the mystery of rebirth baffle you? We know that death is certain but is there something beyond death? While we witness births and deaths, we wonder whether rebirth is a reality or not. This book will help you decode the mystery of rebirth, just as it will reveal the secret of escaping from the cycle of Death and Rebirth.



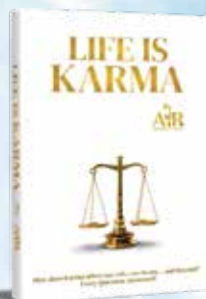
### 45. How to Live a Spiritual Life in a Material World?

Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed in this book.



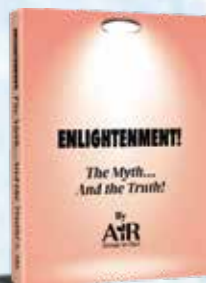
#### 46. Life is Karma

Every time something happens in life, we say, 'Karma!' Yet, we still don't understand how Karma really works. This book has all the questions along with the answers and how you can transcend Karma and be free from the Karmic cycle of death and rebirth.



#### 47. Enlightenment - The Myth and The Truth

We have been gifted with a human birth so that we can attain Enlightenment. For this we have to unlearn many lies that we have grown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.



#### 48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness.

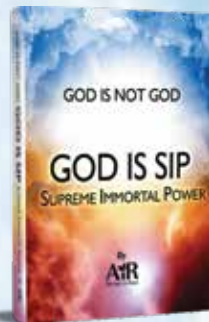
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



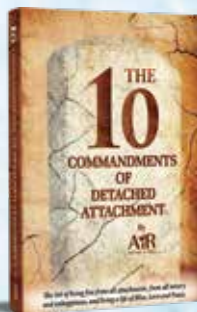
### 49. God is not God. God is SIP – Supreme Immortal Power

God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God, God. We say, God is SIP, the Supreme Immortal Power.



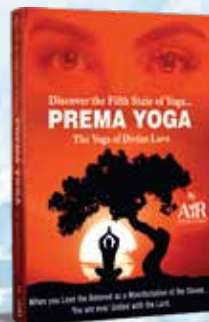
### 50. The 10 Commandments of Detached Attachment

There are the 10 Commandments which can liberate us from all attachments. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.



### 51. The Yoga of Divine Love - Prema Yoga

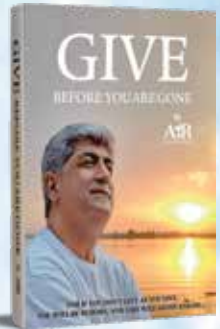
The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.





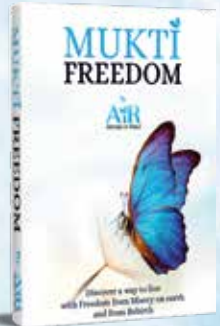
## 52. Give before you are Gone!

Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.



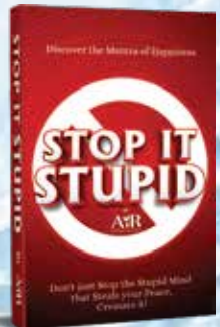
## 53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from all joy stealers, but also Freedom from the Cycle of Death and Rebirth.



## 54. Stop it, Stupid!

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you. In this book, AiR shares a simple tool that will help you stop being a fool, a *Mantra*, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic.



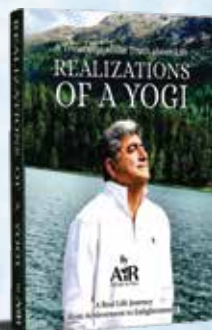
## 55. Don't cut a Cake! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! Your birthday is fake! You were born inside your mother's womb nine months earlier. We are that Spark Of Unique Life, the SOUL that comes alive at conception.



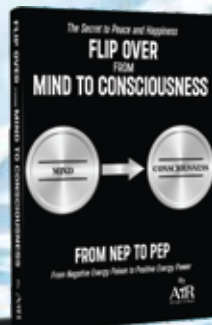
## 56. Realizations of a Yogi

This book is the real life journey of an achiever who realized the truth and became a Yogi. In this book, AiR shares how he experienced a metamorphosis and how he lives in Yoga to attain the ultimate goal of Liberation and Unification with the Divine.



## 57. Flip Over! From Mind to Consciousness, from NEP to PEP

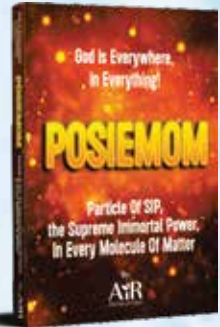
How do you flip your life over from being sad to being glad? There is a way. Flip over from a state of Mind to a state of Consciousness, from Thoughts to Thoughtlessness, from Negative Energy that is Poison, to Positive Energy that is Power. How? The solution is in this book!





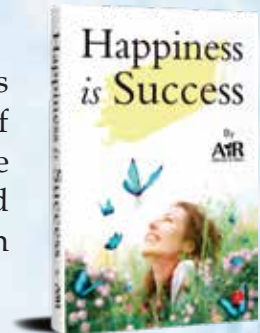
## 58. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God lives somewhere far away in the sky. But God is SIP, the Supreme Immortal Power that is everywhere, in everything. SIP appears as the Soul in living beings and also manifests as every particle that fills this universe. Everything is energy. Even science agrees with this.



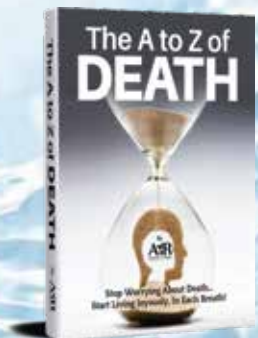
## 59. Happiness is Success

Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, then Fulfilment, only to realize that the ultimate peak of happiness is beyond these. It is Enlightenment. This book can transform your life.



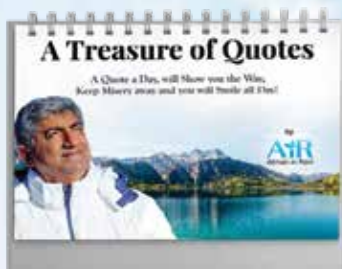
## 60. The A to Z of Death

Death is certain. Still, we fear death because we are ignorant about the truth of death. Death is not the end, it is just a bend. At death, either our Mind and Ego will be reborn based on our Karma or if we are enlightened with the truth, then we will be liberated and united with the Divine.



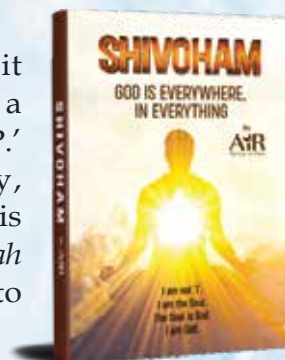
## 61. A Treasure of Quotes – Perpetual Calendar

‘A Treasure of Quotes’ is a Perpetual Calendar. It consists of 366 quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will inspire you to begin a Spiritual Quest.



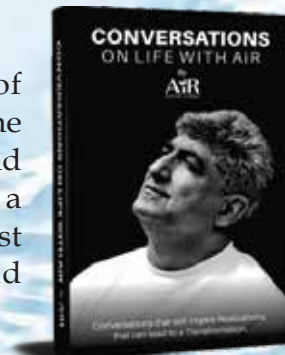
## 62. Shivoham

*Shivoham* means I am *Shiva*! Actually, it means ‘I am nothing but the Divine Soul, a part of the Supreme Immortal Power, SIP.’ Adi Shankara said in the 8<sup>th</sup> century, ‘*Chidananda Rupah Shivoham Shivoham.*’ This book will take you through from *Om Namah Shivaya* to *Shivoham*, from faith in God to realizing God.



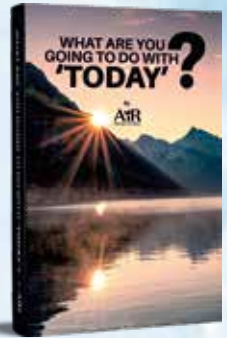
## 63. Conversations on Life with AiR

Conversations on life is a collection of discussions that AiR has had with people he has met on his travels or at conferences and talks. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all misery and suffering.



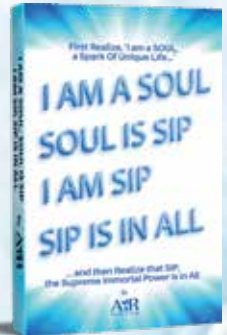
## 64. What are you going to do with TODAY?

The biggest gift that we all have is the gift of 'Today'. That is why it is called 'The Present'. Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us. This book will inspire you to take charge of TODAY.



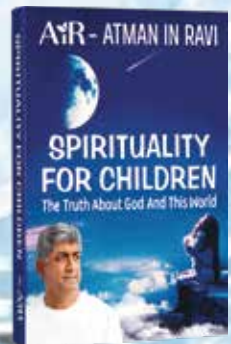
## 65. I am a SOUL. SOUL is SIP. I am SIP. SIP is in All.

We live in ignorance and don't realize the truth that we are neither the Body nor the Mind and Ego, ME. In reality, we are the SOUL that is nothing but SIP, the Supreme Immortal Power that is everywhere, in everything. These four phrases are identical to the 4 Mahavakyas of the *Upanishads*. This book can help us attain the ultimate goal of life — *Moksha*.



## 66. Spirituality for Children

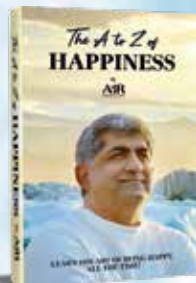
Here is a book that has a collection of stories that will help children learn and evolve in a new science, the science of the Spirit known as Spirituality. Let's change the mindset of children and help them take the path of Enlightenment.





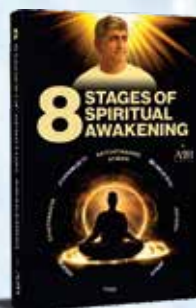
## 67. The A to Z of Happiness

Who doesn't want to be happy? We all enjoy pleasure but don't realize that Pleasure is only momentary. 'The A to Z of Happiness' is a collection of happiness secrets that are guaranteed to take us to Eternal Bliss and Joy that comes from Truth Consciousness. Get ready to smile all the while.



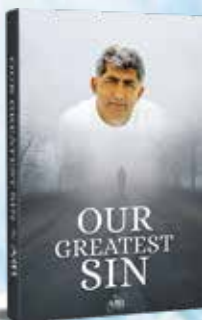
## 68. 8 Stages Of Spiritual Awakening

Spirituality is considered to be a mysterious subject. We are told that if we want to realize God, we must renounce the world and live in a forest. Unfortunately, we are enveloped in the darkness of ignorance. There are 8 Stages of Spiritual Awakening, but unless we start a Quest, we will not even begin the journey of Self-Realization.



## 69. Our Greatest Sin

What is our Greatest Sin? Is it pride, greed, lust, envy, wrath, sloth or is it something else? Our Greatest Sin is caused by ignorance and believing we are the body, mind and ego, we sin. How can we be free from our Greatest Sin? This book will show us the path to overcome all Sin and win the greatest battle of life.



## 70. Start A QUEST to Discover the Purpose of LIFE

## 71. How to overcome Fear, Worry, Stress, Anxiety and Depression

*If you have any questions on Happiness,  
Suffering, Life, Death, Rebirth, Karma, Liberation,  
Enlightenment or anything related to Spirituality,*

**YOU CAN DIRECTLY**

**Ask AiR**  
at 8 pm every day  
on  zoom

**Meeting ID: 85021104431**

## **Connect with AiR - Atman in Ravi at:**

-  Website: [air.ind.in/](http://air.ind.in/)
-  [speakingtree.in/air-atmaninravi/](http://speakingtree.in/air-atmaninravi/)
-  [linkedin.com/company/air-institute-of-realization/](https://linkedin.com/company/air-institute-of-realization/)
-  [instagram.com/airatmaninravi/](https://instagram.com/airatmaninravi/)
-  [facebook.com/airatmaninravi/](https://facebook.com/airatmaninravi/)
-  [youtube.com/channel/air-atmaninravi/](https://youtube.com/channel/air-atmaninravi/)
-  [in.pinterest.com/airatmaninravi/](https://in.pinterest.com/airatmaninravi/)



# Start A Quest

to Discover the

## Purpose Of Life

What is Enlightenment? It is lighting the light of Truth within and overcoming the darkness of ignorance. It is possible for us to be Spiritually Awakened and be liberated from all misery and sorrow.

To attain this state of Eternal Bliss, Divine Love and Everlasting Peace, we must go on a Quest and put our beliefs to test as we discover the Purpose of our existence.

Who am I? Why am I here? What is the Purpose of my birth on earth? Those who seek answers to these questions, also discover the Truth. They are liberated from all misery and sorrow and they live in ecstasy every 'today', without the fear of 'tomorrow'.

Are you free from all misery? Have you discovered that the Divine dwells within? It's time for you to Start a Quest, today and Discover the Purpose of Life.

By  
**AiR**  
Atman in Ravi



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