

Don't cut a Cake,
AWAKE!
YOUR
BIRTHDAY
is FAKE!!!

By
AIR
Atman in Ravi



Be Enlightened with the Truth

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By
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Atman in Ravi
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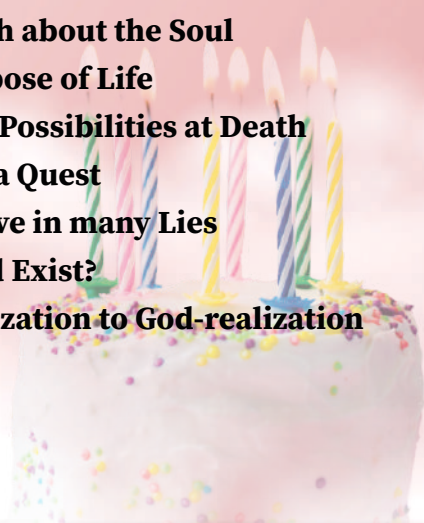


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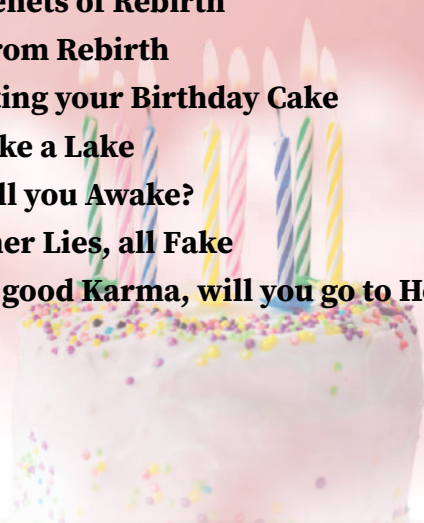
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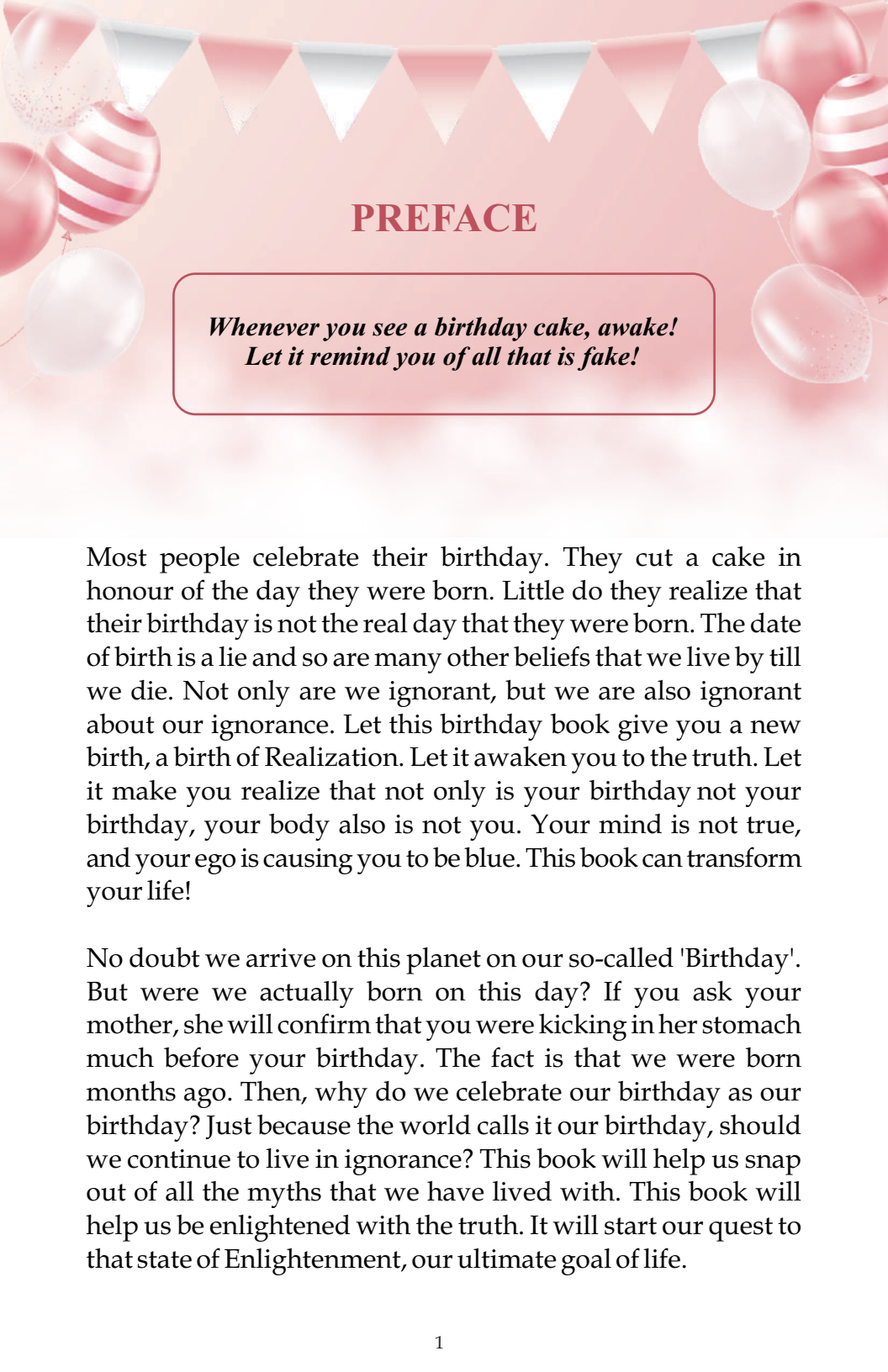


A decorative banner with alternating pink and white triangular flags hangs across the top. On either side, there are clusters of balloons in shades of pink, white, and pink-and-white stripes.

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A decorative header featuring a string of pink and white triangular bunting flags across the top. On the left and right sides, there are clusters of balloons in various shades of pink, including solid, striped, and speckled patterns.

PREFACE

*Whenever you see a birthday cake, awake!
Let it remind you of all that is fake!*

Most people celebrate their birthday. They cut a cake in honour of the day they were born. Little do they realize that their birthday is not the real day that they were born. The date of birth is a lie and so are many other beliefs that we live by till we die. Not only are we ignorant, but we are also ignorant about our ignorance. Let this birthday book give you a new birth, a birth of Realization. Let it awaken you to the truth. Let it make you realize that not only is your birthday not your birthday, your body also is not you. Your mind is not true, and your ego is causing you to be blue. This book can transform your life!

No doubt we arrive on this planet on our so-called 'Birthday'. But were we actually born on this day? If you ask your mother, she will confirm that you were kicking in her stomach much before your birthday. The fact is that we were born months ago. Then, why do we celebrate our birthday as our birthday? Just because the world calls it our birthday, should we continue to live in ignorance? This book will help us snap out of all the myths that we have lived with. This book will help us be enlightened with the truth. It will start our quest to that state of Enlightenment, our ultimate goal of life.

Isn't it strange that although our birthday is not our birthday, the entire world celebrates the day as the date of birth? We all believe in it blindly. Not only do we celebrate our birth and cut a cake, but we also believe in all the credentials on our ID cards, which are all fake. We keep saying, 'I am John,' when this is a lie. I was not John when I was born. John is my name. But why do we keep saying, 'I am John, Robert, Mary or Sheela?' We consider our home to be our permanent address when in reality, we all know it is temporary. One day we have to leave this address and depart. We look at our birthday photograph and scream, 'That is me!' when in reality, that is only my body. These and many other lies of life remain hidden and we just live and die without realizing the truth of 'Who am I?' and 'Why am I here?'

This book will open your eyes, your real eyes, as it will help you overcome ignorance and realize the truth. Not only will it make you realize that your date of birth is fake, but it will also make you awake and will enlighten you to the truth that will lead you to the ultimate goal of realizing you are the Divine SOUL - Spark Of Unique Life.

We human beings, just live and die without asking the question, 'Why did we come to earth?' There is a purpose for us, not just to celebrate our date of birth, but to find out why we were given this human birth. We are the only species who is blessed with an intellect, a tool with which we can discriminate. But, if we do not choose to discriminate, then we will lose this opportunity to be enlightened.



A decorative header featuring a string of white and pink triangular pennants across the top. On the left and right sides, there are clusters of balloons in shades of pink, white, and pink-and-white stripes.

INTRODUCTION

***What you have in your hand
Will make your mind expand!
This is not just a book,
It will change your outlook!***

We read many books, but this is not just another book. It must make you stop. It must transform your paradigm, your perspective, and your philosophy of life. If it doesn't, then it has failed! But if it does, then, you would have succeeded in achieving the ultimate goal of life. Therefore, don't just read this book as if it is another fairy tale that you have believed in all these years. It is a book of truth. It will help you realize all the myths that you have lived with.

This book investigates when you were actually born. We all know that we were conceived 9 months before our so-called 'birthday'. When the two cells from our mother and father fertilize to create the zygote, our life starts. And this is not on our birthday. It is about 9 months before. Doesn't science endorse this truth? Then why do we set aside this scientific reality and celebrate our birthday on a wrong day?

In this book, we explore the truth of our birth. Not just when we were born, but the fact that we were just one spark of energy. Did our parents create our life? Is it in the hands of our mother and father to decide our fate of being male or female? The fact glares at us in our face. But we continue to live with ignorance.

Not just is our birthday fake, we have no clue about what happens after death — where do we go? Although we cremate or bury our near and dear ones, we foolishly perform rituals, *poojas*, and ceremonies for the ones who do not exist anymore. Their life is over, but instead of accepting the truth, we believe in all the myths we have grown up with. The lies continue generation after generation. The ignorance is passed on from our forefathers to our children and grandchildren. When will we stop? When will we ask, investigate and realize the truth?

This book will lead you on a quest. It will start your journey of Enlightenment. It will help you sweep away all the darkness of ignorance by revealing the facts. Then it is up to you. You can use your intellect and discriminate as you fly like a bird, searching for the truth or you can just follow the herd and live with the myth.

Unfortunately, the majority of mankind lives and dies with all the lies. Very few of us tread that path, the road less travelled. We find it safer to zoom on the popular highway that will just take us from the womb to the tomb, without getting to the root of the truth. Let this book transform your life. Let it make you discover who you truly are. The facts will stare at you in your face and if you have the Divine grace, this book will reveal all the answers, answers about the most important questions about life. This book can help you discover your purpose and you can be enlightened with the truth.



1

DON'T WE ALL CELEBRATE OUR BIRTHDAY?

*Why do we celebrate our birthday every year?
Why do we cut a cake and create so much cheer?*



Most of us celebrate our birthday with balloons and a cake. We light candles as we are happy that we have completed one more successful year on earth. We keep on counting our years, our 25th silver jubilee, and then the golden 50th. Some of us are lucky to reach platinum at 75! But eventually, we all die! Every 'body' must die and then we cry, when we see a dear one pass away. Why? Because we think life is a celebration, and death is something to mourn. We do not realize the truth about Life and Death.

While it is perfect to celebrate our birthday, we must realize that we were not born on that day. We may cut a cake on our date of birth, but our date of birth is fake. We were actually conceived much before. Why then, do we celebrate our birthday as our 'birth' day?

We human beings, are ignorant. Year after year, we continue to celebrate life, but we know very little about life. We don't

know who we are, and where we came from. We don't even know when we were born. In fact, not only is our date of birth fake, but everything in our credentials is wrong. We must awake. We must realize the truth.

As long as we continue to live in ignorance, and continue to cut a cake year after year, we will keep on adding years. But as we add years, we will continue to live with tears. We will experience pain of the body, misery of the mind and agony of the ego, because of our ignorance. Because we do not know the answer to the question, 'Who am I?' we continue to look up at the sky, ask 'Why?' and cry. It's time to stop! It's time to realize the truth and a simple investigation about our 'birth' day will reveal some startling facts about life. It will reveal how billions of people in this world are ignorant and they just follow the herd. They do not fly like a bird to explore the truth about our birthday.

Let your birthday cake make you awake to the reality of life! Let your birthday help you realize the truth about life! Contemplating your birthday can lead you to overcoming ignorance and becoming enlightened with the truth. Unfortunately, you may stop cutting a cake when you realize that your birthday is fake. But you will realize something far more profound. You will realize that you are not this body that is born and that will die. You are not the mind that you cannot find. You are not the ego that says, 'I'. You will realize who you truly are.

Life is not just about celebrating birthdays. Life has a purpose, and our purpose is to discover the purpose of life. We are so busy in celebrations, that we remain trapped in momentary pleasures. We do not experience eternal bliss and everlasting peace that comes from being enlightened with the Truth.

2

WHEN WERE WE ACTUALLY BORN?

*While our birth certificate tells us our date of birth,
That date is fake; on that day we just arrived on earth!*



Isn't it true that we were alive much before our birthday? If you ask your mom, she will tell you how you were kicking in her stomach, much before you arrived on this planet. We all know that we were alive months before our so-called birthday. Then, why do we celebrate our birthday as our 'birth' day?

Not only do we celebrate our birthday on the wrong date, but we also think, 'I am John' when in reality, that name was not there when I was born. We think we are male or female because we consider ourselves to be the body, which in reality, we are not.

When we analyze, 'When were we actually born?' we will realize the truth. We were not born on our birthday. We were conceived 9 months before. This is the absolute truth and is endorsed by science.

The first sign of life arrived when we were conceived as the first cell of existence. If there was no conception, then, we could never celebrate our birth day on earth which happened after 9 months. The fact is that we were conceived or created on that day, about 9 months before our so-called birthday. Because man is ignorant, the whole world believes their birthday to be their arrival day. In reality, the simple truth is that we were alive much before our so-called birthday. Because we do not get into investigating the truth, not only do we believe our birthday to be true, but we also even consider ourselves to be the baby that was born, that grows, and ultimately dies. If only we get into the details, we will realize the truth of who we are - not the body that arrives on earth on our birthday, but that life that was conceived in the very first cell of our existence. The fact is that we don't even know when we were exactly born. The magical moment is only known to the Creator and is approximately 9 months before what we call our birthday. Nobody on earth is responsible for our birth. Although we attribute our birth to our parents, the fact is that they did nothing other than the act of copulation to cause our life. Then, for us to be blessed with all our critical organs, all this magic is caused by a Power unknown to man, a Power that is responsible for life and death, a Power beyond human comprehension.

It is time for us to go on a quest, rather than just celebrate our birthday. We must discover, 'Who am I and why am I here?' This journey will start when we realize when we were actually conceived or born. When we are enlightened that we are the first spark of life that was caused 9 months before our birthday, we will realize we are that life, the Spirit, the Soul, the *Atman*. This will transform our life, as we will overcome our ignorance and realize the truth of who we are. It is time to awake. Don't just cut your birthday cake! That day and many other things in the world we believe to be true, are fake!

FERTILIZATION OF THE ZYGOTE

*With the fertilization of the zygote, we were already born.
Although after 9 months, we were called Mary or John!*



Jumping straight into the truth, the fact is that we were not born on our birthday. We were born when the two cells from our parents fertilized to become one. In this moment of fertilization, life was created. Thereafter, the zygote developed into an embryo and all our organs – the brain, the heart, kidneys, and lungs were formed in our mother's womb. Ultimately, the final product, a little baby, was born 9 months later. But life began when the zygote was fertilized.

It is really strange that although the truth stares at us in our face, and that it is Divine grace that caused our birth on earth, we attribute our birth to our parents. Our parents are not responsible for our birth. No doubt, they are responsible for the act of copulation that caused the sperm to reach the ovum. But was the fertilization process controlled by our mother and father? They have no role to play, except for choosing the date of copulation. Sometimes, children are born as planned by parents, but many a time, our parents will admit that we were

a mistake. We were no mistake. We had to arrive. And nobody can stop our arrival. The Divine Will for the zygote to be created lies in the hands of the Creator, and the Universal Laws that govern everything that happens on earth.

Just look at babies that are born, baby rabbits, baby birds, baby geese, and baby fish. You will be amazed at how life unfolds on earth! How grass grows, how buds bloom into flowers, and how fruits manifest on trees! There is life bubbling all around us, but we fail to realize that life is the Power of the Supreme. The life that appears to be in you and me, is none other than SIP, the Supreme Immortal Power. But we don't realize this truth. The more we continue living in ignorance that is revealed in some acts like cutting a birthday cake, it signifies we are sleeping, not awake! We are sleeping in ignorance, deep darkness that stops us from the Enlightenment of the truth.

The fertilization of the zygote is one startling fact that should awaken us. We are not the body of 30 trillion cells that we appear to be. We are that first spark of energy that was conceived 9 months before the day we celebrate as our birthday. This is such a simple truth, and we all know it. Sadly, 99% of people don't realize that they are 'That', the spark of energy in the zygote that later developed into the embryo and was born.

We must not let go of this truth. If we want Enlightenment, if we want to overcome ignorance, we must be absolutely sure that our birthday is fake. We must not cut a cake! We must awake. It is not important to try to discover what was the exact date or moment that we were born, because ultimately, we will realize that we are not the one that was born. We must seek Enlightenment!

4

THE LIFE CYCLE OF AN EMBRYO

*The life cycle of the embryo is the magic of our Lord,
Little do we realize, that we are all manifestations of God.*



While a few of us are fortunate to study biology and further, get a master's degree in medicine, understanding the life cycle of the embryo, most of us only have a faint idea of what happens in the process of our birth.

We were born, there is no doubt about it. That is why we are alive today. Our birth on earth is a fact that cannot be denied. It is also absolutely true that our birthday is not our real birthday. We were conceived about 9 months before. We were born when two cells became one and that act of fertilization was an act of the Divine. Life is not given to us by our parents. They were a part of the process and were responsible for the act that led to conception. But they did not control fertilization, nor did they have any power over the creation of our life or even our body.

The life cycle of the embryo is quite magical! First, is the point of fertilization. Then, is the germinal stage of 2 to 3 weeks,

during which period, couples either celebrate or are shocked in fear, 'Oh, I am pregnant!' We all hear this. Then from the 3rd to the 8th week, is the embryonic period when our body starts getting formed. Thereafter, from the 9th week till our birth, is the foetal period. However, between 3 to 8 weeks after fertilization, we are already able to see the shape of the embryo, a small cuddly baby, with the brain clearly appearing in a scan. How does all this magic happen? Once the fertilized egg has life, it multiplies into 2 cells, then 4 cells, then 8 and 16, often referred to next as a blastocyst. Month after month, the embryo remains alive with the umbilical cord that nourishes it from its mother. But there is no doubt that the baby has life. It moves, it kicks as it lives within.

All species that are alive on earth have their own unique pre-birth life cycle. Some of it is scientifically known, some imagined. Don't we look in awe when a little egg hatches and a chick is born? Have you ever experienced the joy when your pet dog delivers a litter in about 60 days after the act of fertilization? All this is magic that is beyond human logic!

Although it is so obvious that life is throbbing all around us, we fail to realize that we are *the very life* that throbs *in* the body. We are not the body that we appear to be. When we contemplate further and realize this truth, we become enlightened. Not only do we realize that truth about when we were born and who we truly are, but also about the planet and the Power we call God. This process is called Realization. As we move forward in our quest for the truth, not only will we realize that our birthday is not our 'birth' day and that this body is not us – one day it will die and return to dust, but we will also be enlightened with the truth and be liberated from all misery and suffering. It all starts when we awake to realize our birthday is fake and we stop cutting a cake!

5

WHY DO WE BELIEVE IN THE LIE?

*Because we believe in the lie, we live and die!
We do not realize the truth – Who am I?*



Our birthday is not our birthday. This is a big lie! But all of us live and die, cutting a cake on a day that is fake. As long as we do it, we will always be ignorant. We will never realize the truth. Just because our birth certificate shows a wrong date of birth, we don't have to believe it. Just because our parents bought us new clothes on our birthday, we don't have to celebrate that day as our birthday. We have to ask, investigate, and realize the truth. It is so obvious that our birthday is not our birthday. It is a lie! But we live and die believing in that lie.

Why do we believe in the lie? We believe the lie because we are ignorant. We do not realize the truth. We just follow the herd. Everybody cuts a cake and although that day is fake, we don't awake! We don't mind being ignorant about our ignorance. We don't give importance to the realization of the truth. We just flow with the world because that is an easy way out. Unfortunately, because we believe the lie, we will just die, and we will be reborn. And this will go on and on. We will

return to earth in a rebirth, and we will suffer the triple suffering of the body, mind and ego. Do we want to suffer? We don't. But suffering becomes inevitable because of our ignorance.

Because of our foolishness, we think we are this body that was born on our birthday. Therefore, we suffer physical pain. We think we are the mind, which however much we try, we cannot find. But we are troubled with fear, worry, stress and anxiety. Because I think I am the one who was born on my birthday, the ego makes me anguished with anger, hate, revenge and jealousy. All this is because of the lie. If only we stop to find out, 'Who am I?' if only we ponder on, 'When was I actually born?' we will realize, 'I am just a spark of Divine Power that came alive 9 months before my birthday.' We may have this knowledge, we may know it, and we may read this a hundred times, but until there is the realization of the truth that our birthday is fake, we will never awake! We will never be enlightened.

The first step is to realize that our date of birth is wrong. It is a lie! This will make us realize that we are not this body that was created over 9 months ago. This will lead us to the realization that we are that spark of energy, the Divine Spirit, the Soul, the *Atman*. This will take us to that point of Enlightenment of the truth.

Do you realize that you live believing the lie? Do you realize that your birthday is fake? Will you stop cutting a cake or will you continue to blissfully live in ignorance? It is a choice. We can probe further and realize the truth of our death and our birth, or we can believe in the lie and return to earth in a rebirth. The choice is ours. To be enlightened with the truth or live and die with the myth.

6

THE REALITY OF BIRTH AND DEATH

*Everybody who is born in this world must die,
Then, why do we look up at the sky, cry and ask, 'Why?'*



Isn't it a fact that nobody can escape death? Isn't it absolutely true that birth and death are a cycle that goes on and on? Then why is it so difficult for us to realize the truth about birth and death?

Is birth a reality? Don't we see babies being born? There is no doubt that birth happens. The only question is when we were actually born. Does birth happen on our so-called birthday, or were we actually born on the day we were conceived, months before our fake birthday? Birth is that moment when we start a new journey on earth. It happens about 9 months before, when we arrive in the womb of our mother. We know the story, don't we that when two cells fertilize and form a zygote, we are conceived? It is from that point that we are alive and therefore, already born.

It actually doesn't matter when our birthday is. There is a matter of greater significance as to why we are trying to get to

the date of birth. When we realize that we were actually born 9 months before, we then realize we are that, the spark of Divine Energy that started the process of our existence. Therefore, the importance of our birthday. Our birth never happened on the day we arrived. We must be absolutely sure of this fact. Unless we are, we will live and die in ignorance.

The reality of birth and the reality of death can lead to the Enlightenment of the truth. But for this, we must be very firm in our understanding and belief about birth, that we are that spark of life, that energy that came alive 9 months before our arrival date. Once we are clear about the reality of birth, we must contemplate the reality of death.

Is death certain? Is there any doubt that every 'body' must die? What happens at death? The one who was alive suddenly stops living. There is no change in the body. Every cell of existence remains. The weight of the person doesn't change. The organs are intact, just as the blood, the bone and the skin are. However, the life that was within, disappears. The Energy or Power that made us walk and talk, is no more! The electricity of the heart that made it beat and the Power given to the tongue to taste sour and sweet, exits. Then, we are pronounced, dead.

Death is a reality just as birth is. But what is more important is to understand who dies. Just as it is important to understand who was born. The body that was created over 9 months as an embryo, grew up eating pizzas and pasta, will ultimately become the body that will die. However, it is that very spark of Energy that caused our birth 9 months before our birthday, that will leave on the day of our death. The reality is that we are not the body that dies. We are the spark of Energy that flies away, leaving the body dead. This is the reality of birth and death. We are that spark that gives us breath.

WHAT HAPPENS AT DEATH?

*What is it that happens at the moment of death?
Nothing happens, except you lose your breath!*



Is it not true that death is that moment when we have no breath? It is that moment when a living body stops functioning. Doctors may say that we are brain dead, or our heart is dead, but the reality is that - it is death. What actually happens?

Nobody in this world knows when we are going to die. Death can happen all of a sudden. Although human beings have a life span of up to 100 years, which means that they can easily live up to 100 years, the average life expectancy today is about 70 to 75 years. In advanced countries where health care is good, people live up to 90 and in countries where there is no good air and water, people die at 50. Whether it is 50, 70 or 90, the fact is that death is certain. Every living body must die. This is how life has been created on earth. The human being experiences death in less than 100 years, a dog in 10 to 15 years, a butterfly in 10 to 15 days, and some flies live for just one day. Whatever be the living creature, every animate being

must die. At death, the life inside a living creature departs. Because of this, the body is cremated or buried. It is of no use and is returned to dust.

What actually happens at that moment of death is unknown to man. Man can die naturally, out of some disease or even due to an accident. If the heart stops functioning, and the blood does not take oxygen to the brain, man is considered dead. So also, if the brain does not function, this can lead to multi-organ failure and man can die. Whatever be the sequence or cause, no man can escape death. While science is so busy trying to understand the biological and scientific aspects of death, very few people ponder on the spiritual aspect of death.

What actually happens at death? Science may not accept it, but the truth is, that spark of energy that came alive 9 months before our birthday, left. Then, there was no breath, there was death. Because we do not realize the truth of our birth, we are not able to comprehend the Spiritual reality of death. Because we celebrate a birthday that is fake, we don't awake to the truth that we are not that baby who was born and who was later called Sheela or John. We are that spark of Energy that was conceived 9 months before. When we realize this, we can understand death much better. The body is a creation of that spark of Energy. The spark in the zygote multiplied its cells into two, four, eight, and sixteen, till millions of cells formed the embryo. But all this is not in essence who we are. We are that spark of Energy that came first. It is this very spark of Energy that departs leaving the body to cause the death of the body. The body dies at death, and we say, 'The person passed away.' We are so sure that the one who was alive departed that we destroy the body of our loved ones. If we had any doubt that the one who was alive still lived in the body, would we cremate or bury the dead?

DO YOU KNOW YOU ARE IMMORTAL?

*The fact is that we are immortal, not the body that will die.
But we will remain mortal and suffer, till we overcome the lie.*



If you tell somebody, 'You are immortal,' they will scoff at you. 'What do you mean by saying we are immortal?' they will ask. Because man lives in ignorance, man continues to cut a cake on a day that is fake and believes he is the body that was born 9 months after he was actually conceived. As long as we are imprisoned by ignorance, we will always believe that we are the mortal body that will die, not the immortal spark of energy that is the real 'I'.

Let us reflect on what we have traversed in this book till now. The fact that we are born is known. It is also clear that we were actually born 9 months before our delivery on earth - when we were conceived. Therefore, there is no doubt in our understanding that we are not this body. The body comes later. It is created around the zygote, the very first cell of our existence. Science endorses this fact that the embryo gets created in our mother's womb after we are conceived.

Then, we arrive on the planet on our so-called birthday. We eat and we develop as the body grows. Years pass by and ultimately one day, be it after 50, 70 or 90 years, the body must die. The body dies and we leave the body. This is confirmed by the act of our loved ones destroying the body, cremating it, or burying it. From these obvious facts, what should we infer?

Is it not absolutely clear that we are not the body? The body was formed as the embryo and ultimately dies and returns to dust. Then, who are we? Is there any doubt that we started as that spark of life in the zygote? Absolutely not! It is this spark that is alive all along in the body. Then, one day, the spark, the life goes missing. Obviously, it leaves, and the body is pronounced dead. What happens to us, the one who was alive?

If we ponder with our Consciousness, we will realize without a doubt that we are that spark of life, the Energy known as the Soul, the Divine Spirit or the *Atman* that started our journey 9 months before our birthday. We are that very spark that departs when the body dies. We are that Energy that arrives at conception and departs at death. That Energy is not born, and that Energy never dies. It is the body that comes alive as a single-celled zygote, and it is the body that dies. When we realize the truth that we are the Energy, not the body, we will realize we are immortal. This Realization is, in fact, in sync with the scientific first law of thermodynamics.

The law states that Energy cannot be created or destroyed. It can only be transformed from one form to another. We are that energy that is birthless and deathless. We are the immortal spark of life. This is the truth that we must be enlightened with. It starts with realizing our birthday is fake.

IS REBIRTH A REALITY?

*Is Rebirth just a myth of the human mind?
Is it true or a fairy tale of a different kind?*



Many people question whether rebirth is a reality or just a myth. What is it? To understand the truth, we have to investigate what we are sure about. Do we doubt death? Every 'body' has to die. Nobody alive can escape death. So, we are sure that death is certain. What happens at death? The one who was alive leaves the body and departs. We are so sure that the person has passed away that we destroy the body – either cremate or bury it. Would we dare cremate somebody who was fast asleep? That would be murder. A crime! Until we are absolutely sure that somebody has departed, or passed away, we do not pronounce them dead nor do we destroy the body.

The question that arises is — Where does the person go? In the past, people believed in the fairy tale that people who die will either go to heaven or hell. So do many religions and scriptures tell. However, modern man does not believe this myth. He uses his intellect to question and discriminate the truth. Once

a person dies, then who goes to heaven or hell? Where are these places located? How does one go there? Finally, if the body is destroyed, then, who goes there?

This leads us to the simple truth that the one who was alive and who has just departed or died, has left the body and gone somewhere. Where? If we use inference, just like we infer the existence of the Law of Gravity, we will come to realize the truth. When we throw a ball up in the sky, does it fly away? No! It is pulled back to the centre of the earth. We infer this to be the force of gravity and so accept the Law of Gravity.

Similarly, when somebody dies and they leave the body, the question is, 'Where have they gone?' By inference, we believe that they return to earth in a rebirth. This is the only possible inference. To add to this inference is the Law of Karma. One child is born blind but another child is born in very kind circumstances. This is neither luck nor the Divine Will, but the Law of Karma in action. It is the ME - the Mind and Ego of the person who is now dead, that carries their good or bad Karma and is reborn in a new body based on their accumulated Karma.

This is not a myth or a fairy tale. This is the Natural Law of Cycles. A sunset somewhere is not the end of the sun's journey but results in a sunrise somewhere else. It is for us to realize this truth, to reconcile and join the dots of death and birth and use inference to realize that rebirth is a reality.

These days we hear of some cases of people remembering their past life experiences. We don't need to necessarily believe this. But the fact is that death is not the end, it is just a bend. The Mind and Ego - ME, leave one body and as per their accumulated Karma, are reborn in a new body. This cycle will go on and on, and we will be reborn. This is the truth, not a myth.

10

THE HUMAN-COMPUTER

*The human-computer's hardware is the body; software, the mind.
But without a power supply, this computer won't work, we find!*



For a computer to work, you need both hardware and software. But switch off the power supply, the computer will crash. So also, it is with the human-computer. The human body works exactly with hardware and software.

The hardware of the human body is made of blood, bone and skin, and all that is within. The brain, the heart, and the kidneys are just like the motherboard of the human-computer. However, without software, no computer can work. The human-computer too has an operating system. It is known as the subtle body or the inner instrument. It consists of the mind, memory, intellect, and ego. All these together operate the body. Our 5 senses, our heart, brain and lungs make us walk, talk, sing and do anything. But just as the computer will stop working if there is no power supply, or no battery or a UPS, the human-computer too has a power source. Unlike a normal computer wherein we can identify the power source, in the human-computer, we are unable to

identify where the power comes from and goes. No doubt there is a power, a power that gives us life, a power that is often referred to as *Atman, Prana, Chi, Soul, or Divine Spirit*. It is this power that starts our journey in our mother's womb as the zygote. It is this very power that leaves at death, and then there is no breath. Unfortunately, while we all understand the importance of this Power and acknowledge it, we think that we *have* this power, but we don't realize that we *are* this very power.

The human birth starts with a single cell called the zygote. This is the first powered cell of our existence. The one who is going to be born from this seed has already arrived carrying unsettled Karma. Now, the embryo will be formed and finally, we will be delivered on earth. Is it not true that the moment we are impregnated in the womb, we cannot be born to some other mother? Our journey has already been decided. It is only a matter of time before the process is completed in over 9 months, and we are delivered to earth. Can anybody deny that just like a computer, the human body also has hardware or gross body, software or subtle body, and a power supply or Soul? What is unclear to man is how is the human-computer created and why. We know how Apple makes iPad, but we have no clue as to how life is created on earth.

Until we contemplate the truth, overcome our ignorance, and stop following the herd, we will never realize that we are that immortal Soul, not that body that dies, nor the mind and ego that is reborn. Very few amongst us are enlightened with the truth that the power supply of the human-computer is in fact, our true identity. This realization is Enlightenment, and it liberates us not just from the triple suffering on earth, pain of the body, misery of the mind, and agony of the ego, but it also liberates us from the cycle of death and rebirth. To realize the truth and to achieve our ultimate goal, we must realize we are the SOUL - Spark Of Unique Life.

11

THE TRUTH ABOUT THE SOUL

***The Soul is the Power that gives us breath.
Without this Spirit or Atman, there would be death!***



There is no doubt that we all have a Soul. Unfortunately, we think we *have* a Soul when in reality, we *are* the Soul. Less than 1% of humanity goes on a quest to realize the truth that we are not the body, mind, ego, and that we are the Divine SOUL - Spark Of Unique Life. In fact, that is our life goal.

When we ponder on our birthday, and we awake to the reality that our birthday is fake, we realize that we are that Power that started life in the zygote, 9 months before our arrival day. Then we contemplate death. In one moment, we lose our breath. Then people say, 'He passed away.' They also say, 'Let us pray for the departed Soul.' But what is the truth about the Soul?

The Soul is Power. It gives life. Some people call it *Atman*, Spirit, *Ruh* – the names are many. But the entity that creates Power to live is one. It is this Soul Power that is present in every cell of our existence. In fact, we have realized that from the first cell of the zygote, it is the Soul or Life Power that

multiplies into 2, 4, 8, and 16 cells, till the entire embryo is created. From where is all this created? It is from the Soul. The Soul arrives at that moment of conception as a spark of Divine Energy. Thereafter, the body is formed around it. One day, the body will die when the Soul departs. In fact, it was the Soul that was everything. Without the Soul, the body is nothing. It returns to the 5 elements from which it was created. While all this is very simple to understand and it is the truth, we don't realize the truth about the Soul.

The Soul is the power of life. It is the power of the Supreme. It is like electricity in our house. It comes from one common source but if we switch on the bulb, only the bulb has power, not the TV. So the energy is unique to each gadget. So is the Soul. It is a part of SIP, the Supreme Immortal Power, but it gives us life when we are conceived 9 months before our birthday. That Soul is unique for us from birth to death. The Soul does not leave the body as long as we are alive. So the Soul is the spark of life but it is unique. Each one of us has our own Soul like each gadget has its own power but the source of the power is common; it is SIP. The Power of SIP arrives as the Soul. It creates life and becomes the very source of our existence. The Soul or SIP is the cause. We are just effects. This is the Divine truth.

As long as we believe in fake news and cut a cake on a date which is not our date of birth, we will never realize we were created 9 months before. We will never discover that we started as a spark of energy. We will never experience the truth that we are manifestations of SIP, the Supreme Immortal Power that appears when we are conceived as the first cell of life. All this is possible when we overcome our ignorance and we realize the truth that we are the SOUL - Spark Of Unique Life, a part of SIP, the Supreme Immortal Power.

12

THE PURPOSE OF LIFE

*The purpose of our life is to discover the purpose of life!
Because we don't, we live with misery and strife.*



Because we human beings don't go on a quest to realize the truth, we do not discover who we are and why we are here. We believe that the purpose of life is to be happy, to make others happy, to do good deeds, acts of service, and then to die. Because we don't understand life, we cry. Although we have been given an intellect to discriminate and choose, although we are capable of finding out who we are, and why we are here, we do not make an effort to discover the purpose of life.

Most people are trying to scale the first peak of achievement. They believe that success is happiness. Therefore, they seek money, name, fame, and pleasure. They keep chasing material pleasures that are momentary and their life ends with desires that never quench their thirst. Ultimately, it makes them burst. They have to return to earth in a rebirth because they never decoded the mystery of life. They did not find out what their life purpose is.

Some people are lucky. They take an exit from the highway of achievement and pursue a life of contentment and fulfilment. They stop seeking happiness that comes from pleasure because they believe that peace is the foundation of happiness. They live a life fully satisfied, in acceptance and surrender. To them, life is about building a universal connection. They live with love and laughter, liberation and freedom, inspired by positive emotions. They have faith and they stop chasing money and success because they believe that making a difference is far more important than making money. Still, these people suffer the triple suffering on earth, pain of the body, misery of the mind, and agony of the ego.

Very few people go on a quest to discover the purpose of life. They evolve to the third and ultimate peak of enlightenment. They reach that state of realization, discovering the true purpose of life. They realize that nothing belongs to them. They come with nothing, and they will go with nothing. All relations will end on earth. They know that life is not just about making money, and then more money and then some more money. Ultimately, all success will be thrown into the bin, and we cannot even take with us a pin. Then, why spend our entire life just trying to win? These rare few decide to discover the purpose of life. They answer the two most important questions - Who am I and Why am I here?

To find the answers to these two questions becomes their life purpose. They realize that they are not the body that dies, nor are they the mind that they cannot find. They accept that the ego is a false identity. Having discovered they are the Divine Soul, they make it their life-purpose to be liberated from this world and unite with the Supreme. They give up all other desires and focus on this purpose of life.

THE TWO POSSIBILITIES AT DEATH

*At death, either we will return to earth in a rebirth,
Or realize we are the Soul and achieve our ultimate goal.*



Every 'body' has to die. No living creature can escape death. The basic tenets of life are birth and death. Inanimate things that are not born, like the mountain and the sea, who do not have a Soul, never die. But you and me, the butterfly and the bee, the monkey and the tree, we all come and go in this life show. We all experience birth and death, and one day, we are sure to lose our breath.

While we have no doubt that death is sure to happen, very few of us understand what death is. That is why we constantly live with the fear of death, the fear that we will lose everything that we own, everything that is known, and we fear what will happen after death that is unknown. In reality, there is no need to fear death. Death is not the end. It is only a bend to transcend and at this bend, there are two possibilities.

The most common post-death occurrence is rebirth. Most people in the world die and then, while the gross physical

body returns to dust, the subtle body - the Mind and Ego, ME, carries its unsettled Karma or actions and is reborn on earth in a new body. This is obvious through inference, otherwise, a child would never be born blind. The Creator is not cruel, unjust, or helpless. All of creation and the universe is governed by the Universal Laws. Therefore, the cycle of birth and death continues to settle Karma as per the law of action and reaction.

People wonder whether the cycle of rebirth will go on and on and we will be reborn as Mary or John. Yes, as long as we have Karma, we will return to earth in a rebirth. But there is another possibility called *Moksha* or *Nirvana* or Salvation. In this moment of Enlightenment of the truth, we are liberated from rebirth as we are liberated from all Karma. How does this second possibility happen?

When we ponder on the truth that our birthday is fake, and we refuse to cut a cake because we awake, then, we realize we are not this body that was formed over 9 months after we were conceived. Therefore, none of the Karma belongs to the body that dies. Then, we have to cross the myth that it is the mind and ego that owns Karma and that is reborn again and again. We realize that there is no mind or ego. It is a myth. We are the Divine Soul that is liberated at death. When such an Enlightenment happens, then there is no Karma, nor is there any Mind and Ego, ME that carries unsettled Karma into a new birth. This Enlightenment liberates us from the cycle of *Samsara*, of death and rebirth. However, this Realization of the truth is rare because most of us live in ignorance, and the darkness of the myth that we grow up with envelops us to create Karma and we return. These are the two possibilities that occur at death. Either there is rebirth on earth due to Karma or there is Enlightenment and no Karma and thus we are liberated and united with the Divine.

14

STARTING A QUEST

*We must not believe in everything we are taught.
We must question and find out what is and what is not!*



Life is all about realizing the truth. Unfortunately, most people are like sheep that follow the herd. They go on a path that is a popular path. They don't take the road less travelled, which is the right road. They don't fly like a bird to explore the skies like a sharp eagle that flies above, and they don't ask, investigate, and realize the truth.

Less than 1% of humanity goes on a quest. They are the ones who realize that while 1% of people in this world are visually blind, 99% of people are Spiritually blind. They decide to eliminate their Spiritual cataract by going on a quest and putting every belief to a test. Although they are warned by their religion that it would be considered blasphemy if they question their scriptures, rituals and dogmas that are preached, they fearlessly start their quest.

What is starting a quest all about? We human beings just believe what we are taught and unfortunately, we get caught

in the myth of life. The rare minority that decides to go on a quest makes a list of questions which according to them have no answers. Some of the questions that may be part of the quest of this minority could be – What will happen to me after death? Who actually dies? People will say, 'He passed away', but my body is dead on the bed – Who leaves the body and moves on? My near and dear ones destroy the body. Is there any doubt that I am not the body? If I am not the body, then, am I the mind? Where is the mind? When I try to search, I cannot find. Where is God? Where is heaven? Who will go to heaven or hell? What is the Soul? Who takes rebirth? Does the Law of Karma actually work? What is Enlightenment, *Nirvana*, or *Moksha*. What is the Purpose of Life? How can I be free from Karma? Who decides my birth and death?

There are many questions beyond these that are unanswered for most people. But those who are seeking the truth of life, start a quest to be enlightened. They decide that they will not stop till they find answers. Very often they take the help of a Spiritual Master, a mentor or a Guru who himself is enlightened with the truth. This helps their quest progress. However, not many people go on a quest, and therefore a majority lives and dies in ignorance, only to be reborn.

How many people would stop to question about their birthday cake, about their birthday being fake? How many people will actually awake, going on a quest to realize the truth? A very small percentage of us are enlightened and liberated from all misery on earth and rebirth. Most just live and die. And when something goes wrong, we look up at the sky and cry, as if there is a God that is sitting up there in the skies! Therefore, we suffer not just the triple suffering of the body, mind and ego, but we suffer a rebirth on earth. It's time to start a quest that will help us overcome our ignorance and be enlightened with the truth, and be liberated.

15

WE BELIEVE IN MANY LIES

*Because there are so many lies that fill the skies,
We just live with ignorance, till our demise.*



Man lives and dies. But man does not realize the truth. He just believes in the lies. Not only is he ignorant about the lies he believes in, but he also doesn't realize that he remains ignorant till his moment of death. Then, he dies, and he comes back to earth. He is reborn and this goes on and on. Until man stops to realize and stops all the lies, until man opens his real eyes, to realize the truth, he will just believe in the myth and never realize the truth.

Millions of people, if not billions around the globe celebrate their birthday. Is it that people are not intelligent, and they don't understand that their birthday is fake? Then why do they cut a cake on a day that is fake? Why do they not awake to the reality? Unfortunately, we have been taught these lies in our schools and colleges, by our teachers and parents, who have themselves been indoctrinated with this myth that they have grown up with. Therefore, they innocently teach us the lies that they believe in, and they have been taught and we

ignorantly learn these lies, without questioning the myth and accepting the myth as the truth.

How many of us stop and refuse to believe in a God with name and form? How many of us refuse to accept that God could have an elephant head, that God could be like a monkey carrying a mountain? We know that these are mythological stories. We know that Santa Claus does not bring gifts on Christmas, but we silently sip the lies with our lip and the toxic lies become a part of our belief system. We believe that after we die, we will go to heaven or hell when we ourselves destroy the dead body into ashes. We wish people 'happy birthday to you' although this is not true. Then, when somebody dies, we put up a picture, offer flowers and pray, when that person doesn't exist anymore. Because we believe in lies, we foolishly follow superstitions, dogmas, and rituals that make us like puppets that are controlled by strings. It is time to disbelieve the lies, cut the strings, open our wings and fly in the sky to see below what the reality is and what the myth is. Instead, we crawl like worms and believe in the lie till we die.

Nothing is ours. We come with nothing and go with nothing. But we believe in the lie that this is my car, my house, and my family. We cannot even take a pin with us. This is the truth. But because we are indoctrinated with lies, we spend our entire life chasing success because we believe the lie that Success is Happiness. When will we learn the truth that Happiness is Success?

As long as we don't awake and refuse to cut a cake and realize our birthday is fake, we will not discover who we are and why we are here. We will only live and die, and then believe that we will go up in the sky and believe what the scriptures tell, that we will land in heaven or hell! None of this is true, when will we get a clue?

DOES GOD EXIST?

*If there was no Creator, who made you and me?
Who made the mountains, the skies, and the sea?*



Many people in this world doubt the existence of God. Some are atheists. They reject the concept of God. They believe in theories like the Big Bang theory, that everything in this universe just happened out of a bang. 'Who caused this bang or how did everything appear from this bang?' has no logical answers. Some believe in the Theory of Evolution that man evolved from apes. But where did apes come from? We may deny the existence of Gods with name and form. But can we deny the existence of a Creator? If there is a product, there must be a manufacturer. You cannot be drinking coke and saying that nobody made coke! Therefore, to deny the existence of a Power that the world calls God is wrong. No doubt, there cannot be many Gods of many religions.

Too much mythology and too many fairy tales have led people to become agnostic. They do not deny the existence of God but they doubt it. It is good to be agnostic at some point, but eventually, we must move forward in our quest and

realize the truth that an intelligent creature like man could not have come out of nothing. Such an intelligent design needs an intelligent Creator. Otherwise, from where would beautiful peacocks, flamingos, or our cute little pet dogs have come from? Whether it is a butterfly or a bee, a beautiful bird or some fruit on the tree, all these are effects, are products which must have a Cause, the Creator.

No doubt, we may not know who God is, where God is, or what God is, but there is no doubt that God is. Those who believe in God, have faith, hope, and trust and they live with enthusiasm and their love for the Divine leads them to realize a profound truth: God is not God. God is SIP, the Supreme Immortal Power. They realize that God does not belong to a religion. God is not made of bone and skin. God is a Power that makes our heart beat within. It is that very Power of SIP that starts our journey 9 months before our so-called fake birthday. When we awake and we realize the truth, then we realize what the scriptures say - 'The kingdom of God is within' Luke 17:21. 'God lives in the temple of our heart' Corinthians 3:16, '*Tat Twam Asi*' – *Sama Veda*, '*Aham Brahmasmi*' – *Yajur Veda*. This is the ultimate truth that God is a Power, the Supreme Immortal Power. God is birthless and deathless, beginningless and endless. People ask who created God. Nobody created God. Man has not been given the Power to comprehend beyond this truth that the Creator is Supreme, is Immortal, is a Power. It is this very Power that is in every molecule of matter, as also endorsed by science. Science has to take one more step. To realize that what science calls energy that is everywhere and in everything is none other than SIP, the Supreme Immortal Power. Science prefers to accept that it is unknown whereas those who are enlightened with Spiritual wisdom realize the truth that the Power of the Divine is everywhere, in everything. In fact, everything is SIP. Other than SIP, there is nothing!

SELF-REALIZATION TO GOD-REALIZATION

*What is the way to realize God?
To realize we are the Divine Soul; we are the Lord.*



Those who are in quest of God must realize that there is only one way to realize God. God is SIP, the Supreme Immortal Power. This is not difficult to comprehend. Any intelligent person will accept that there cannot be hundreds or thousands of Gods. There can only be one Creator, one Power, who is ultimately responsible for everything. But how can we realize the truth about God?

We have all been indoctrinated with so many fairy tales, so much myth that we have grown up with blindly following our religions. Does it mean that religions are bad? No! All religions are good. But they are only like kindergartens. They teach us the ABC of God. Without religion, we cannot realize God. It is religion that makes us pray, believe, have faith, hope, and trust in God. But then, we get so caught up in our religion that we go round and round in circles and we never realize God. We need to go beyond the kindergarten of religion, into the university of Spirituality. Spirituality is not a

religion. It is the science of the Spirit or Soul. It helps us realize the truth about ourselves. It is this Self-Realization that will lead to the realization that God is SIP- the Supreme Immortal Power.

What is Self-Realization? It is realizing, first, who we are not. We are not the body that arrives 9 months after conception. We are not the body that cuts the birthday cake. We are not the body that dies and returns to dust. We know for sure we are neither the body, the mind or the ego. But we exist, of course. Who are we? We are that spark of energy that appears as the zygote. We are that very spark that departs in the moment of death. The spark is the Soul, the Spirit or the *Atman*, whatever we may choose to call it. We are that energy. The energy in me and the energy in you is not different. If two of us were to die now, the two Souls that seem separate as unique sparks of life will become one. The energies that leave dead bodies merge into the one supreme energy, SIP, the Supreme Immortal Power.

Realizing that we are a dot of SIP, the spark that gives life is Self-Realization. Further, realizing that the Soul in me and the Soul in you is no different, is God-Realization. It is realizing that God is SIP and SIP is the SOUL - Spark Of Unique Life that exists in every living creature. Without SIP, there would be no life. It is SIP that appears in you and me, to make us walk and talk. The Immortal Power of the Supreme never dies. Only our body dies. That is why it is cremated or buried. While we say that the person passed away, we don't realize that it is SIP who left the body. It is SIP that is making every living being breathe. However, this truth cannot be logically understood. It has to be realized. It needs Enlightenment. The journey to God-Realization cannot happen without Self-Realization. Unless we realize who we are, not the one who arrives on a birthday, we will continue to be in ignorance and never realize the truth that God is SIP.

18

WHO ARE WE IN REALITY?

*We were born 9 months before our birthday as a spark.
We are neither body nor mind, then 'Who am I?' we must ask.*



Who are we in reality? When we try to contemplate our birthday and we realize that we were not born on our birthday, but rather 9 months before, we start to understand that the body evolves as the embryo. One day, this body will die, and our loved ones will destroy the body and say that we passed away. The body returns to dust. Who are we in reality? Where did we go? Where did we come from when the first cell of the zygote was created in our mother's womb? Our mother and father did not do anything to create us. One cell from each of them fertilized, not out of their choice, but because of a Divine Will and we were conceived. Every time a man and woman want to create a child, they can't. There are couples who have tried to have children for decades and even though they have medical support, they fail. This is because the life that appears in the womb is due to the Law of Karma and controlled by Divine Will, not the will of man, although it needs the act of man and woman to happen.

Therefore, those who go on a quest and contemplate how they were actually born, who caused their birth, realize that their mother and father did not create their brain, heart or kidneys. All these are naturally formed in the process between fertilization and delivery. But none of this would happen if there was no conception. If there was no fertilization of the zygote and we were not conceived, the body would not arrive on our so-called birthday.

This body eats all kinds of food and grows up. But eventually, the body has to die. Such is the plan of creation. The body dies, but everybody realizes that something has left the body. That is why people destroy dead bodies. From the time of conception, then delivery, then life and death, we 'have' a body, but we 'are' not the body. The body was, as if woven around us over 9 months and after life, we leave that body and move on. We are that Power, that spark that appeared as the first cell of the zygote. The same spark radiates Power to the 30 trillion cells of the body. But in a flash, at the moment of death, the Power leaves. We are that Power, the Power of life, that spark of energy. This Power is none other than the Soul. Those who use their intelligence realize that the 8 billion people do not have 8 billion different power supplies. Just like it is one source of power that energizes all the gadgets of our house, it is one source of Power that is in every atom of existence. That one source is SIP - The Supreme Immortal Power.

This fact cannot be explained through logic. It needs Divine magic, known as Realization or Enlightenment. Although the facts may stare at us in our face, the knowledge will not become Realization without the Divine grace. We may know that we are neither the body, nor the mind, but the ego will not let go of our ignorance till Enlightenment we find.

WE ARE NOT THE BODY THAT DIES

*If we were the body that lay dead on the bed,
Nobody would dare to light a fire on our head.*



For years, we look at the mirror and think, 'That is me.' We see a group photograph and point out at our picture and ask, 'Don't I look good?' From the time we grow up, we consider the body to be me. We say so many things, 'I am hungry'. Who? The body. 'Can you please give me a cappuccino?' Who? The body. 'Doctor, I feel a lot of pain in my head.' Who is having the headache? The body! Till the last moment we are alive, we somehow convince ourselves to believe that we are the body. But then, at death, everything changes.

Our near and dear ones are so sure that we have left the body and gone, that they cremate or bury the body. Do they ever do that when we are fast asleep in bed? How would they! While we understand that we are alive in the body from birth to death, we don't realize that we are not the body. As we review this point now, is there any doubt that when we burn the dead body of somebody who has passed away, are we committing murder? This is not murder. The person has left the body. The

body has to be destroyed. Otherwise, it would stink. Isn't that proof enough that we are not the body that we inhabited? We don't know where the deceased has gone, but we are sure that the one who departed is not in the body anymore. Doctors even certify this through a death certificate. Why then do we continue to believe that we are this body? Why then do we continue to cut a cake on a birthday, which is fake? Neither is the date right nor is that body us. We are that spark that is immortal. It is never born, and it never dies. At death, it leaves the body and at conception, it arrives as the zygote. We are that spark of energy. Is there any doubt that we are not the body, but this spark of energy? Contemplate birth. The body can be seen to form over 9 months. When we are conceived, we are just a spark in the zygote, that eventually multiplies into two cells and four cells, and in a few weeks, a scan shows the picture of the head forming. But still, there is no body. The body develops in the womb, but we are in that embryo long before it becomes a foetus and a body that is born. Is there any doubt that the body comes later, and we come first?

If we are sure beyond doubt that when the body dies, we leave the body, we are not the body that is dead, and we arrive 9 months before the body is delivered to earth, then we must be sure that we are not the body that ultimately dies. We are not even the body that is born on our so-called birthday. This Realization is important to know who we are. Then, we will move to the next step of realizing why we are here. As long as we live and die thinking we are the body, we are attached to people and possessions. It is our ignorance that stops us from realizing who we are, that makes us suffer pain of the body, misery of the mind, and agony of the ego. When we realize we are not the body, then although there may be physical pain, we don't suffer the pain because we know we are not the body.

WHERE IS OUR MIND, WE CANNOT FIND!

*If you want to overcome ignorance, the truth you want to find,
First, go in search of your own rascal mind!*



Who is it that makes us cut a cake on a birthday that is fake? Who is it that makes us sink in ignorance, and does not let us awake? It is our own mind! However, it is so funny that if we try to find the mind, where is the mind, we cannot find. Of course, we have a mind, who will deny it? What we actually mean is that the mind seems to appear, but in reality, it is nothing but a bundle of thoughts. The mind is like a popcorn machine that is popping thoughts. It can pop a thought every second, up to 50 thoughts a minute that can become a whopping 50,000 thoughts a day! Because of these thoughts, the mind appears as the mind, but in reality, there is no mind, only thoughts.

You can touch your nose, pull your ear, see your eyes in the mirror or even see a picture of the heart or a scan of the brain or kidneys, but have you ever seen a picture of the mind? Never! Because the mind doesn't exist! Why then does the mind trouble us so much if it has no existence? We create the

mind by letting thoughts take charge of our life. The moment thoughts become a bundle that creates fear, worry, stress, anxiety, and depression, the mind starts to exist. It is an imposter. It doesn't reveal itself. But it can create so much misery and pain. Today, the world has so many psychiatric doctors who prescribe pills under the category 'mental medicine' or medicine for the mind.

If one goes to investigate what is 'mental medicine', one will realize it is nothing but tranquilizers or sleeping pills or medication that will help us slow down our thoughts. The moment we lose Consciousness, the psychiatric disorder disappears because the mind is at rest. Unfortunately, when we wake up, the rascal appears again to bombard us with thoughts.

In the journey of life, our biggest challenge is to tame the monkey mind that jumps from thought to thought. We have to cut the tail of the monkey mind, the EY that is Ever Yelling and Ever Yearning. The moment we cut the tail, we tame the monkey mind into a monk. The monk is silent and still. There is no fear, worry, or anxiety. However, it is not easy to tame this monkey. Some people try to kill it; they try to destroy it completely by cremating it, or burying it so that there is no sign of its existence. But the mind doesn't let go. It returns as a phoenix to attack us again.

As long as we live with our mind, we will live with ignorance. The only solution is to activate our intellect, that power of discrimination that will stop thoughts of the mind from becoming feelings and actions. The intellect comes alive when we reach that state known as Consciousness. The mind however does not permit us to reach that state of Consciousness or thoughtlessness.

OUR MIND IS OUR BIGGEST ENEMY

*The mind is our enemy, fills our life with junk.
We must tame the monkey mind and make it into a monk.*



The mind is like a monkey. It keeps jumping from thought to thought. It is so elusive and evasive that we can't capture it. Who becomes successful in taming the monkey mind? Those who watch it, catch it and latch it. What did they actually do? They tried to tame the monkey mind and make it a monk! The monkey has a tail EY, so does the mind! It is Ever Yelling or Ever Yearning. In reality, there is no mind. Who is yelling and yearning? Just thoughts. Thoughts are popping into our system like a popcorn machine, and we presume this to be our thought factory or the mind.

What does the monkey mind do? The monkey mind stops us from contemplation. It steals from us our Consciousness. This is because the moment we are conscious, the intellect is activated. The intellect cuts through the mind, its thoughts like a sword, through its power of discrimination. Therefore, the mind evades the intellect by disturbing our Consciousness. All that the mind does is bombard us with

thoughts, thought after thought. So, there is no time to spend in contemplation, in discrimination.

Our goal is to be in Consciousness. To be in that state where there are no thoughts, to be in that state where thoughts appear one by one like cable cars on a trolley system. Thoughts do not bombard us in that state of Consciousness. But the mind does not allow us to be in this mode of discrimination. That is why the mind is our biggest enemy.

Why does the mind stop us from Consciousness, thoughtlessness? It is because the moment we realize the truth in Consciousness that we are not the body that dies, we are not the mind – it doesn't exist, it will ring a death knell of the mind. The mind will cease to exist! Therefore, the mind fights very hard to keep us in ignorance, to stop us from intellectual discrimination and to disturb our Consciousness.

The moment we are able to transcend the mind by taming the monkey, destroying it completely and finally cremating the mind, then we realize the truth about life. Unfortunately, we are unable to do this because of our biggest enemy – the mind. It is the mind that makes us believe that it is our birthday, we must cut a cake, buy new clothes, and blow candles. All this takes us away from the ultimate truth that we are not this body that was born on our so-called birthday. We are the immortal SOUL - Spark Of Unique Life. Even though we know it, we are unable to be enlightened with the realization of this truth because of our biggest enemy, the rascal mind! It makes sure it jumps like a monkey from thought to thought. We get so caught in this world of pleasures, possessions, and people that we forget the truth! If we want to achieve our life goal, our first challenge is to get rid of our biggest enemy – the Mind, that along with the Ego, behaves as ME. Destroy your biggest enemy!

DISCOVER CONSCIOUSNESS

*If you seek true happiness, but your life is in a mess,
There is a simple secret – just discover your Consciousness!*



Consciousness is a state of thoughtlessness. It is a state where our biggest enemy, the monkey mind is tamed into a monk. We are no more slaves of our thoughts. Thoughts need permission to enter our Consciousness. The intellect stands as a doorman, discriminating each thought as it seeks to enter. It does not permit unnecessary negative thoughts, cuts through and kills them and permits only positive thoughts to swim through the ocean of Consciousness.

Have you discovered your Consciousness? What is this magical state of being? It is that state where the mind is still. It is like a lake which has no ripples. It is a state of being peaceful and blissful. Does such a state exist? Yes, of course, it does. Unfortunately, 99% of the world is in a race to become an ace and because of this chase, they are caught in a maze of thoughts. Thoughts bombard us because of our desires. We are so enamoured by the material world and its noise, that we do not hear the Divine voice. The Divine voice is speaking

from within, but outside, there is such pandemonium, that the Divine voice is lost!

The moment we discover Consciousness, we reach that state of stillness that is often achieved by what is known as meditation or even contemplation. In that moment, we tie the monkey mind so firmly that the monkey is now a monk. We do not permit thoughts to attack us. It is a choice, just like we can stop talking, stop walking, stop eating, we can stop thinking. However, this is possible only if we discover Consciousness. Those who don't discover that there is something called Consciousness, live and die like puppets, controlled by strings of the mind. Very few of us cut those strings of the rascal mind and open our wings to fly into the Divine Consciousness.

Consciousness is a state where we become the witness, the observer. We are not bombarded by thoughts of the mind. We watch each thought and discriminate it through the intellect. However, this only happens in the light of Consciousness. Otherwise, like a gushing river, thoughts bulldoze us, and not only do we lose our power of discrimination, our intellect, but we also lose the possibility of being in Consciousness.

It is in this state of Consciousness that man experiences bliss. It is in this state that man experiences eternal happiness, for, in a state of Consciousness there is tranquillity and peace, which is the very foundation of happiness. Happiness, that emerges from the mind, may give us pleasure as we cut a birthday cake, but the realization that comes from discrimination of Consciousness, will make us awake, make us realize what is fake, and transport us to a state of Everlasting Bliss, Divine Love and Eternal Peace. For this, we must activate our intellect.

USE THE POWER OF THE INTELLECT

*The wise discriminate and through the intellect make a choice.
Fools are caught by thoughts of the mind and its noise.*



In life, the mind is talking to us all the time. Through thoughts, it is creating noise and because of this noise, we are not able to make a choice. We have an intellect that is the tool of discrimination, but when we are constantly bombarded by thoughts, the power of the intellect becomes weak and ineffective. Unless we tame the monkey mind and make it a monk, or even kill the rascal mind, the intellect cannot take charge.

What is the difference between the mind and the intellect? The mind can be imagined to be something like a thought factory. It is constantly popping thoughts. These thoughts become feelings and these feelings become action. Finally, our actions become habits that decide our character and our destiny. If we want to take charge of our destiny, then we have to take charge of our actions, which means we have to discriminate thoughts. Man is the only creature blessed with an intellect. The butterfly or the tree, the dog or the frog, do

not have an intellect. Some of them may have an instinct, but only man is capable of discrimination through an intellect. Man needs to use his intellect to permit thoughts to germinate into feelings and then actions. If man fails to use his intellect, then he becomes a slave of his thoughts, his mind. This will lead him to a destiny which is not his choice. It is important for man to discover his intellectual power and put it to use every time there is a thought.

Haven't you heard people say, 'Go by your head, not by your heart?' What does this mean? It means we should not be carried away by our thoughts, our feelings or our emotions. We should use the power of our head, or our intellect to discriminate and then act. When we don't, we will be part of those guests at a birthday party, singing, 'Happy birthday to you!' though we know it is not true. Those who use the intellect, they don't follow the herd. They fly like a bird. They explore various possibilities before making a choice. They use their power of discrimination.

What does the intellect do? The intellect discriminates the myth from the truth. It stops us from blindly believing the lies about life as it makes us realize by opening our real eyes. The intellect refuses to believe anything or anybody. It puts every thought to test. Even though it may be blasphemous, it questions religion. Even though it seems disrespectful, it questions teachers and elders because what matters to the intellect is the realization of the truth. The intellect seeks Enlightenment and seeks to overcome ignorance. Unfortunately, while all of us have an intellect, very few amongst us use this power of discrimination and stop unnecessary thoughts from germinating and taking us down the wrong path. Ultimately it is a choice, whether we will blindly follow the mind or we will stop, use our intellect, discriminate, and make the right choice.

OUR PARENTS DON'T GIVE US LIFE

*Sure, Mom and Dad did their bit to bring us to this earth,
But it is SIP, the Supreme Immortal Power that
actually caused our birth.*



Throughout life, we human beings somehow believe that it is our mother and father who are responsible for giving us life. But is this true? No doubt they were responsible for the act of copulation, but beyond that, they have no role to play.

Who causes the fertilization of the sperm and the ovum? Millions of sperms are supposed to head towards the ovum. But what causes one to fertilize? This is beyond man's comprehension and control. Man and woman may try to produce a child but they may try for years and fail. Sometimes, a couple may not intend to create a life, but it just happens. Why then do we attribute our life to our parents? If they were not responsible for our fertilization and all that happens thereafter, why do we believe in the lie that they are responsible for giving us life?

What did your mom and dad do to create your brain or for that matter, your heart and kidneys? This is an automatic

process controlled by Divine Universal Laws. We were born where we were born, to whom we were born, and when we were born, as per the Divine plan, not as per the plan of our mother and father. This is just another lie that we have grown up with.

In several cultures, children are taught that if you want to go around a statue of God to show your reverence, just go around your parents. While we must respect our parents for more reasons than one, we must not believe in the lie. Our life was created by the Divine as per the Law of Karma. We return to earth in a rebirth based on our past actions. We do not choose our parents or our fortune. All this unfolds as per our past Karma. Because we are so indoctrinated with lies, we believe, 'I am me.' We believe in our birthday. We believe that everything on our ID card is authentic when all the information on the ID card is fake. It tells us we are the name, which is nothing but the name given to us after we were born. It talks of a permanent address that doesn't exist. None of us will be permanently here! It refers to us as male or female, which is not our identity, but what our body is. Until we realize we are the Divine Soul, we will continue to believe in the myth we have grown up with.

Instead of bowing down in gratitude to SIP, the Supreme Immortal Power who caused our life, we bow down to our parents. We often touch the feet of a surgeon who is about to perform a life-saving surgery and call him God. The truth is God is not God. God is SIP. SIP is the Supreme Immortal Power that governs everything that happens on earth. Alas, because we live with ignorance, because we are not enlightened to realize the truth, we just accept a bunch of lies as the reality of life, till we ultimately die and carry our Karma into the skies. Then we will be reborn, and this will go on and on. We must overcome the myth!

WHO DECIDES OUR BIRTH AND DEATH?

*Do you know who is responsible for your birth and death?
What is the Power within that is causing your breath?*



This book should change the way we think and live. When we realize that our birthday is not our birthday, and we know for sure that we are that spark that came alive 9 months before, it begins a new life. We know that we are not going to be here forever. We know that one day, the body will die, and we will carry our Karma and return to earth in a rebirth if we are not enlightened with the truth. If we are enlightened, we will be liberated not only from ignorance but also from the cycle of death and rebirth.

This takes us to the next step of realizing that the Power in me and the Power in you is no different. It is the SOUL - Spark Of Unique Life. It is part of SIP, the Supreme Immortal Power. Is it this Power that is deciding our birth and death?

Many people think that there is a God, somebody like you and me, sitting somewhere high up in the clouds, or in a distant heaven, somewhere amongst the stars. Is it possible that

somebody is sitting and monitoring every action of 8 billion people and then deciding their fate? This seems ridiculous! The Creator, whom we call God, who is SIP, none other than the Supreme Immortal Power, has instituted several Universal Laws that govern the universe. One such law is called the Law of Karma, the law of action and reaction.

The Law of Karma is monitoring every deed. This is possible because the monitoring mechanism is within us. Each one of us has SIP, a spark of the Supreme, and that spark itself has an evaluating mechanism. Good or bad, whatever Karma we do, gets recorded and this unfolds in our lives, not only with what is happening on earth, but it also controls our rebirth. As long as there is Karma, there will be death and rebirth, as monitored by the Law of Karma, not by a distant God sitting somewhere far away.

The moment we realize that we are not the body that is formed over 9 months after we were conceived, the moment we realize we are not the mind, it is an illusion, the moment we realize we are not the ego, which is a mistaken identity, we realize the profound truth of life. We are *That*, not this. We are a part of the Supreme Immortal Power, not this body, mind and ego. We are the Divine SOUL - Spark Of Unique Life. This realization liberates us from another birth on earth. The moment we realize we are the Divine Soul, then there is no Karma. There is no need to return to earth. We attain freedom or *Mukti* and we reach that state of salvation, liberation, and unification, also known as *Moksha* or *Nirvana*.

As long as we believe in the fairy tale that a God is controlling our birth and death, we will continue living with duality and ignorance. But the moment we realize we are all manifestations of the Divine, then we become one with SIP, the Supreme Immortal Power.

LIFE AND KARMA

*Life is nothing but Karma returning to us,
Whatever we did, is returning, then why the fuss?*



Many people whine, complain and curse. 'Why do bad things happen to good people?' they ask. They don't realize that it is just not possible. Just as apples cannot grow on mango trees, bad things cannot happen to good people. The Universal Law of Karma governs everything that happens on earth.

Did we decide where we will be born? No! Karma did. Nothing happens by chance, nor is God sitting in some distant heaven, deciding our fate. It is a simple law of action and reaction, 'As we sow, so shall we reap.' Unfortunately, we don't realize this. Therefore, first we curse whatever happens, then we rehearse, but we don't reverse the situation by overcoming our ignorance and celebrating. If something bad is happening, our past Karma is being negated. We should rejoice and hope our good Karma will now bear fruit. When we curse and perform negative actions, we are planting new seeds of negativity that will further unfold in our future. When will man understand the simple truth of Karma, the

law of the boomerang? What goes around comes around.

Don't we realize the truth – what we give is what we get? Still, we are confused. Although we know that our birth is not in our hands, nor in the hands of our parents, we don't attribute it to SIP, the Supreme Immortal Power that makes it happen through automatic Universal Laws. Everything is automatic – the earth rotates causing day and night, and the earth revolves causing seasons. And so does this universe function through the Law of Karma, the law of reaction and action.

When we realize that we are not this body contemplating our real birthday, we come to terms with the truth that we will have to leave this body eventually and if we don't overcome the myth and realize the truth, we will be reborn, and this will go on and on. Our challenge is to understand life and Karma and then, transcend Karma, going beyond the body and mind. As we realize and find that we are the Divine Soul, then not only will we celebrate everything that is happening in our lives, but we will live a life of acceptance and surrender, knowing that all that happens in life is fair. Life is just a show. We are actors who come and go. Our role will be decided by Karma. We have the free will to choose our present Karma, but once we choose our deeds, then they become seeds that will germinate and bear fruit.

The moment there is Enlightenment, and we realize the truth that we are not the body, mind and ego, we are that spark of energy, we will be liberated from all Karma. Then there will be no need to return to earth. As long as we believe our birthday is our birthday, we will cling to this body which we are not. It is only when we realize the secret of Life and Karma that we will be liberated and be united with the Divine.

DEATH IS NOT THE END

*When we realize our birthday is fake and we awake,
We will also realize that death is not the end, it's just a bend.*



Is it not true that death is not the end? Is it not true that the deceased leaves the body and moves on? If the one who died was still in the body, would we dare cremate or bury the body? There is no doubt that death is the end, where the body is concerned. But the one who was alive has passed away, moved on. Nobody can deny this.

If the one who died, left the body, where did they go? Did they go to a distant heaven, which seems quite unlikely because the body is right here, dead on the bed? Then who went to a so-called heaven or hell, where is this abode and how? There is no doubt that the person has departed and if we give into mythology and fairy tales, then we can believe in ghosts and fairies, gods and goddesses, and go round and round in circles forever. On the other hand, we can choose to stop and contemplate as to what happens after death and then discriminate and decide and ultimately believe in what makes sense to us.

At death, the body dies, but the one who departs - the Mind and Ego, ME, continues their journey. Why do we believe this? Because of all the unsettled actions, the Karma that the person had to settle. Nobody dies after settling all past Karma. Death is sudden and there are Karmas done even on the day one departs. Therefore, it is logical that there is unsettled Karma that needs to be settled. We can believe what the fairy tales tell and imagine that we will go to heaven or hell and the story ends. Then, why is a child born blind on earth? This forces us to contemplate.

Birth is not magic! It has pure logic. Somebody is born blind and somebody in circumstances that are very kind. Why? This makes us believe that heaven or hell are experienced right here on earth in a rebirth. This reveals the profound truth that death is not the end. It is just a bend. And unless we transcend the cycle of death and rebirth, we will be reborn, and this will go on and on.

Some people choose to be indifferent towards the reality of life. To them, life is linear from start to end and then it is over! Therefore, they make merry, they cheat, live without ethics and values, only because of their foolish belief that life will end and after death, it is over. The wise ones who believe in Karma, contemplate birth, the spark that starts 9 months before, and at death, that spark departs. They realize that life is a cycle. Very few go beyond to escape from that cycle. They are the ones who are enlightened with the truth. We can be ignorant and completely oblivious about life. We can choose to understand Karma and live, or we can realize the truth and be liberated, not just from the triple suffering on earth, but also from rebirth. The choice is ours. If only man understood the simple truth that death is not the end, only the body dies, and he is not the body, he will evolve in life and attain his ultimate purpose of life.

WE CELEBRATE BIRTH, MOURN DEATH - REVERSE IT

*Have you ever thought, 'Why does a child come crying at birth?'
Is it because it knows about the suffering on earth?*



When a child is born, everybody celebrates the arrival of the little one. But the child continues to cry! Why? Why is it that other birds and animals don't arrive on earth crying at birth? Is it because the human child is aware that it will suffer its Karma as it spends one more life on the planet? While this may be controversial to some, it leads us to contemplate why we celebrate birth and mourn death.

It is good to celebrate birth because we are happy to receive a new member in the family. But for the one who is born, not only does it mean another life of dealing with past Karma, but also creating new Karma, then going through the ordeal, the struggle of life, culminating in disease, decay, and death. Ultimately, while life is a merry-go-round of pleasure and pain, sun and rain, loss and gain, everybody suffers before they depart. Therefore, we cannot deny that there is misery on earth and arriving on the planet should not be a celebration when compared to departing from it.

We mourn at death. We cry when we see somebody die. Why? Because we are ignorant about the truth, that death is not the end. It is a simple fact that we are not the body that dies. We know for sure by now that the body is formed over 9 months after we were conceived. So, when this body dies, why the world cries? It is a known fact that every 'body' born must die. Nobody can escape death.

Those who are enlightened with the truth don't cry when they see somebody die. They accept it as a natural phenomenon. They even see it as Liberation from suffering. More often than not, people who die are experiencing a lot of suffering and pain, either due to some disease, some disorder, or old age. Therefore, death for them is Liberation. Why should we mourn it?

Isn't it time to reverse what we do? Instead of celebrating birth, we should celebrate death and let a moment of a child's arrival not just be about balloons and cake, but rather a time to awake. To realize that the birthday is fake, to realize that this child has returned to settle past Karma, and to inspire and enlighten us to transcend Karma, to be liberated from the cycle of rebirth and not return to earth.

Some will discount this logic and boast that life is fun and that they would love to return to earth again and again. They may choose to live with this theory, but they cannot choose to escape from the suffering caused by pain of the body, misery of the mind, and agony of the ego.

Ultimately, every 'body' will either grow old, decay, and die or be a victim of some disease, or some unfortunate accident and end their journey on earth. Then there is loss of all that we own that is known and even fear of the unknown beyond death that makes people mourn the moment of death.

ASK, INVESTIGATE, AND REALIZE THE TRUTH

*If we want to get to the bottom of the root,
We must overcome our ignorance and Realize the Truth.*



What is the way to realize the truth? There is only one simple way to overcome ignorance. What is the way to overcome ignorance? It is to investigate and discriminate. When will we discriminate? Only when we learn to ask questions. As long as we are not curious about what is right and what is wrong, what is the truth, what is the myth, we will just exist, till one day this body will die. Then we will be reborn, and this will go on and on.

We have a choice. Do we want to live an ordinary life without purpose, or do we want to discover the true purpose of life? If we are reading this book, chances are we are seeking meaning in life. What is the way of discovering our life purpose? We must ask. We must then investigate and finally, we will realize the truth.

Unfortunately, we are discouraged from asking questions. We are made to believe that it is blasphemous to question our

religion and scripture. Therefore, we live like the blind who follow the blind. How can we reach our destination? It takes courage and conviction for a person to go on a quest, to put all his beliefs to test and then, not rest till the truth is realized. Very few people are blessed to be seekers, the rest just live and die. When something goes wrong, they look at the sky, cry and ask, 'Why?' This is because they do not realize the truth.

Billions around the world cut a birthday cake and don't stop for a moment to realize that it is fake. Why don't they awake? Because they don't ask the simple question – 'Was I actually born on this day?' They don't contemplate the fact that their birthday is not their real birthday. They don't investigate who they are in reality, if they were not born on their so-called birthday. If they did, they would come to terms that they are not this body. If they contemplate death, they will realize that they are that spark of energy that arrives at conception and departs at death. But because they do not ask and they do not investigate, they do not realize the truth.

People think it is very convenient to just live and have fun, till life is done. But we must remember that it is not always the convenient path that is the best. We must choose the road less travelled, if we don't want to be with the masses, and we want to be in that class of those who are enlightened with the truth. The 80-20 principle is a known fact. Even in school, 20% of our classmates bagged 80% of the ranks. In this world, 20% of the world owns 80% of the wealth. We must choose to be in that 20% that seeks to attain Enlightenment, not the 80% who just exist. We have in our hands a trigger which if we pull, will catapult us into a journey of Realization and Enlightenment. But if we don't want to awake, we can continue to cut our birthday cake on a day that is fake.

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OUR GOAL IS REALIZATION

*Most of us don't know what is our life goal,
It is to realize that we are the Divine Soul.*



From the time we were kids, we were taught – Success is not the main thing, it is the *only* thing. We have been psyched into believing that we must come first in class, that we must be an achiever, that we must be rich and famous! But is this our life goal?

Is it very difficult to realize that ultimately, nothing will belong to us? We come without anything and when we go, we have to leave everything behind. Then what is the point of living life like a race, trying to be an ace? Is it true that success is happiness? If this was so, then all the successful people should have been happy. We would not find such people committing suicide. The fact is that success is not happiness, happiness is success.

Everybody wants to be happy, and it seems that the goal of humanity is ultimately happiness. Everybody wants pleasure, nobody wants pain. And in the pursuit of this

pleasure, man creates desires and passions which he thinks will quench his thirst. But alas! They create stress, misery and anxiety that makes him burst! If all this is not happiness and not our goal, then what is?

While it is true that every living being wants to be happy, it is not true that this happiness comes from pleasure that comes from money, name, and fame. True happiness is something entirely different. It is based on the foundation of peace. It is not momentary pleasure, but eternal bliss. Most important of all, it is Liberation from the triple suffering of the body, mind, and ego. Unless one is liberated from all misery on earth, one cannot achieve the real goal. And the only way to achieve this goal is to realize that we are not body, mind, and ego, we are the Divine SOUL - Spark Of Unique Life.

Therefore, the goal of life is the realization of the truth. It is going beyond achievement, evolving to that state of contentment and fulfilment and climbing the final peak of Enlightenment. How will we reach this peak called Enlightenment? How will we overcome ignorance and realize the truth about life? The simple way is to answer two important questions

- (1) Who am I?
- (2) Why am I here?

The moment we realize that our birthday is fake, and we awake, we come to know that we are not the body that is born. We realize that we are that spark, that at death will be gone. This answers the first question. I am not this body. I am that spark of energy. The second question to be answered – Why am I here – will automatically get answered once we get the realization that we are the SOUL - Spark Of Unique Life. This is the spark of SIP, the Supreme Immortal Power. Our goal is to be liberated and united back with SIP.

WHAT IS ENLIGHTENMENT?

*Enlightenment is that state of
Consciousness in which the Truth we can see,
We are awakened we are the Soul,
We are not the Mind and Ego, ME.*



Throughout life, we are slaves of the mind and ego. The ego keeps saying 'I', 'me', and 'mine', when in reality, nothing is ours. When we are delivered on earth on our so-called birthday, we bring nothing and when we depart at death, we can take nothing with us. Don't we all know this? We do, but we are not enlightened. That is why, throughout life, we live in ignorance thinking that this is my house, my car, my family, when in reality nothing is ours. When we realize this truth, we are enlightened.

Enlightenment is a process where we overcome all the myth and switch on the light to eliminate the darkness of ignorance in our life. When you enter a room that has no light, you can see nothing. But the moment you switch on the light, you see everything in the room – the table and chairs, the bed and gadgets, and even the light that caused everything to become visible. Enlightenment is also switching on the light. The only difference is that the light of Enlightenment has to be

switched on inside us. Within us, there is a lot of darkness. This darkness creates ignorance and the truth about life gets concealed. When we are enlightened, the light within comes on and we realize the truth of who we are and why we are here.

The fact is that our birthday is not our birthday, but unless there is Enlightenment, we will continue to cut a cake on a day that is fake. When we awake, and stop following the fairy tales, then we are enlightened. Therefore, Enlightenment is about being awakened, realizing that we are not the body that was formed after we were conceived as a zygote. Enlightenment is experiencing the truth that we are that spark that arrives 9 months before our birthday and departs at death. It is the Realization that the spark in you and me is the same energy, just like the electricity in our TV, bulb, and air conditioner comes from the same source. When we are enlightened, we realize that we are that energy, not the gross, physical body or the subtle body consisting of the mind and ego that we appear to be. This is Enlightenment.

When we are not enlightened, we are enveloped by the darkness of ignorance. We follow the myth because we don't realize the truth. Until the light of Enlightenment shines, and in that light, there is Consciousness, that state where the monkey mind is tamed into a monk, we will continue to live as unenlightened beings and we will suffer.

Enlightenment is that state where we are liberated from the triple suffering, from the pain of the body, misery of the mind and agony of the ego because there is the realization that we are none of these. We are the Divine Soul, the Spirit or the *Atman*. Unfortunately, while only 1% of the world is visually blind, 99% of people are spiritually blind. They cannot see the truth. They need Enlightenment.

THE 10 TENETS OF REBIRTH

*What is the truth about the theory of rebirth?
Is it a fact that we return to earth?*



While we do not question birth and accept it as a reality, many of us are not sure whether a birth is just a birth or in fact, it is a rebirth on earth. To realize this truth, we need to contemplate death. Is death an illusion or is it a fact that every body must die? We don't doubt this. Death is certain. Once a person dies, we say that person has passed away. We have no doubt that the person who is dead is no more the body that lies on the bed. We are so sure, that we cremate or bury the body, which we would dare not do if one were just asleep. Therefore, we are sure that the person who was alive has left the body. But where have they gone? Is it true that there is a distant heaven or hell and if there is, who will go there and how? This seems to be a fairy tale. However, there is no doubt that we are rewarded for our deeds in a heaven or punished for our sins in a hell, right here on earth when we return in a rebirth. That is the reason one child is born blind and another in very kind circumstances. This is not because the newborn baby has some luck or fortune or some very special blessing from God.

This is because of the simple Law of Karma, the law of action and reaction.

When we die, our body dies, but ME, the Mind and Ego, carries its Karma and returns in a new birth. This becomes obvious when we join the dots of death, our departure, our unsettled Karma, and our birth. Only an enlightened person can understand the 10 tenets of rebirth and realize the truth. Not everybody can. Contemplate these carefully:

1. Death is certain - Every 'body' has to die
2. Only the body dies. The one alive, the Mind and Ego, ME departs, passes away, and moves on.
3. We are so sure of the deceased departing that we cremate or bury the body.
4. The ME, Mind and Ego leaves the body carrying its Karma, but where does it go?
5. Does ME, the Mind and Ego go to a heaven or hell? Yes, but not far away in the skies, rather, right here on earth.
6. That is why one child is born blind, which is hell, and another child in very kind circumstances, which is heaven.
7. The fortune of a child is not based on any luck or will of God, but on Karma.
8. To settle all pending Karmas, at the death of the body, the Mind and Ego, ME has to return in a rebirth.
9. As long as we believe we are ME, Mind and Ego, we will create Karma and come back to earth in a rebirth.
10. If we overcome ignorance, and realize we are not ME, Mind and Ego, we are the Divine SOUL - Spark Of Unique Life, then, there is no Karma, there is no rebirth. We are united with SIP, the Supreme Immortal Power.

When we contemplate our birth and death, not only do we realize when we were born but also who we truly are. This Realization can ultimately lead to liberation from rebirth.

ESCAPE FROM REBIRTH

*Is it a must that we must be reborn on earth?
Or is there a way we can escape from rebirth?*



Many people believe that rebirth is a cycle in which we will be reborn, and this will go on and on. There is no escape! But the truth is, we can be free, and this is possible if we realize we are not the Mind and Ego, ME.

As we contemplate the truth of our birthday, and realize that not only is the date fake, but we are not the body that develops over 9 months, we can also be enlightened about the truth that the Mind and Ego, ME is a myth. It does not exist. While the mind seems to be present, in reality, where is the mind, we cannot find! It is not a gross physical entity that can be identified or seen. It is just a bundle of thoughts that appears as the mind. When there are no thoughts, there is no mind.

Therefore, the mind is an illusion. The ego, the one that says, 'I, me and mine', is also nothing more than a myth. It refers to the body which we are not and to the mind, which we cannot

find. Therefore, if we are not the body, mind, and ego, then who are we?

This leads us to the realization that we are that spark of energy that comes alive at conception 9 months before our birthday. Our birth happens because there is pending Karma. The pending Karma was carried by the illusory Mind and Ego, ME which came into existence because of our ignorance. However, the moment we realize that we are neither the body that dies, nor the mind we cannot find, nor the ego that says 'I', then we realize that we are none other than the Divine Spirit, the Soul or *Atman*.

The realization that we are the SOUL - Spark Of Unique Life, not the body, mind and ego, liberates us from our ignorance about who we are. It also liberates us from Karma, because if we are not ME, then the Karma doesn't belong to me. The moment there is no Karma, there is no need to return to earth in a rebirth.

Therefore, realization of the truth or Enlightenment of who we are not and who we truly are, liberates us from Karma and from rebirth. There is no need for us to return to earth.

While it seems so easy to be free from rebirth, less than 1% of people go in quest of the truth. From this 1%, 1% is enlightened and from that, only 1% of people actually achieve this liberation. But it all starts with realizing that your birthday is fake. Then you awake. Not only do you stop cutting a cake, but you also shake off the myth and make your life like a lake, where you are still, in Consciousness and the mind ceases to exist.

To escape from rebirth is our ultimate goal. It is to realize we are the Divine Soul. This will free us not only from all the ignorance and the myth, not only from the triple suffering on earth but ultimately from the cycle of death and rebirth.

STOP CUTTING YOUR BIRTHDAY CAKE

*Awake, do you realize that your birthday is fake?
If you really do, you will stop cutting a cake.*



Even after you know that your birthday is not your birthday, if you still cut a birthday cake, it only means that you are not awake. If you are awake, you will never cut a cake because you will no longer be ignorant and you will stop doing meaningless things. This is called 'Realization'.

If for 20 years you were taking pills for a particular disease, but you come to know that those pills are placebo, they have no real medicine in them, will you continue taking those pills? A fool will! But an intelligent person will stop because he will realize that those capsules are ineffective. It is important for us not just to have knowledge but to convert our knowledge into realization. This is the way forward.

By now, aren't you absolutely sure that you were not born on your birthday? Are you not convinced beyond doubt that you were conceived 9 months before and the exact date is not known to anybody? If you are sure, it is time to resolve not to

cut a cake. It is time to awake. It is time to make some resolutions that will take you forward on the Spiritual path. It is not only about cutting the cake but also shaking away all the myths that you have lived with. You question every ritual, every superstition you have been following. You resolve to go on a quest and not stop till you realize the truth.

The moment you realize that you were conceived 9 months before, you also realize that you are not the body. When the body pains, you don't suffer. Just like when a car has an accident, it is the car that is damaged, not you. You start realizing that you are not the body but you are the one who wears the body. All this leads you to that ultimate realization that you are the Divine Soul. You treat everybody with oneness, with non-duality, because you realize we are all part of SIP, the Supreme Immortal Power.

Is it as easy as it seems? Is it that just not cutting a birthday cake will enlighten us? While it may not enlighten us, it is sure to start our journey to Enlightenment. It is a trigger that will release the bullets that will ultimately lead us to our destination. A simple thing like a birthday cake can lead us to the most profound realization that sometimes is not attained by people who spend decades reading complicated scriptures. It seems unbelievable that a simple exercise related to a birthday can create so much magic, so much transformation. But we can be confident that if we realize this simple truth that we were not born on our birthday, it will lead us to the realization that we are the Divine Soul.

For this, what is needed is Consciousness. What is needed is thoughtlessness, for as long as we permit the thoughts of the mind to fill our life with junk, we will never become a monk!

BE STILL LIKE A LAKE

*It is not enough to just stop cutting a cake,
Awake! Realize all that is fake and be still like a lake!*



What does it mean to be still like a lake? This is key to being enlightened with the truth. It means being thoughtless. This state of thoughtlessness is referred to as Consciousness. It is being like a still lake, with no ripples or waves. How is this possible?

We have spoken about how we must tame the monkey mind and make it into a monk, how we must watch it, catch it and latch it. In fact, we have to kill it! What does it mean to kill the mind? In reality, there is no mind. How can we kill it? The mind is nothing but a bundle of thoughts. When we eliminate these thoughts from attacking us, then we are eliminating the mind. Have you seen the waves of an ocean on a stormy day? Boats fear capsizing because the waves are very fierce. When our mind becomes fierce with thoughts of fear, worry, stress, anxiety, and depression, we are unable to contemplate the truth. We are unable to reach that state of Consciousness in which Enlightenment happens. Therefore, the analogy of a

still lake is the best goal that we must set for ourselves. We must be still. When we kill the mind, the MTR, the Mental Thought Rate, drops from fifty thoughts a minute to just one. Even that one thought is dormant as it dissolves in our Consciousness. It is in such a state of Consciousness that an enlightened being experiences a flash of realization. These flashes of the truth are difficult to define in words. They are experienced as a direct experience. Sometimes, there is no logic. It seems like magic because Enlightenment cannot be defined.

When we live in Consciousness, still as a lake, the ripples of thoughts that fill our life with the myth disappear. We live in the Consciousness of truth, and experience bliss. This state is known as *SatChitAnanda*. *Sat* is Truth, *Chit* is Consciousness and *Ananda* is eternal bliss. The ecstasy of this silence, this stillness in which we experience everlasting joy is a happiness that cannot be defined. It is a state of *being*, not *becoming*. People who read this and do not experience it, may wonder how silence and stillness can give more bliss than the pleasures of this world. Alas! Such people are prisoners who live in the noise, and they do not experience the Divine voice. For centuries, we have heard the enlightened masters say that silence is magical. Sometimes, when we have a dreamless sleep, we wake up in a state of great bliss. Unfortunately, while we have all experienced the joy that comes from silence, we do not get the opportunity of experiencing stillness. The mind, which is a monkey robs the stillness, our peace, the very foundation of happiness by jumping from thought to thought. Will anybody deny that peace is the foundation of happiness? Where there is no peace, there can be no joy; peace is the effect, where silence is the cause. The world talks so much about meditation, but unfortunately, instead of meditation actually creating silence, peace and bliss, it has lost its relevance. When will we learn to live like a still lake and awake?

WHEN WILL YOU AWAKE?

*We live in ignorance, when will we awake?
We are zooming down the wrong path,
When will we press the brake?*



Most of us are speeding down the highway of life as if our brake has failed. We continue to make the same mistake as if we are ignorant of our ignorance. Not only do we cut a cake on a day that is fake, but we also think we are this body which we are not, we give importance to a mind which we cannot find, and we follow meaningless rituals and superstitions. When will we awake? When will we wake up to realize who is God, where is God, and what is God? When will we awake to find God is not God, God is SIP, the Supreme Immortal Power? We need to awake!

As long as we are sleeping, and we accept the myth to be the truth, we will never be enlightened, never awake. Haven't you seen some people sleep through life, not just for 6 hours, but 7, 8, 9, or even 10 hours. To them, it hardly matters. Life is meant to sleep through. But those who want Enlightenment, they don't sleep through life. They can even sleep for 4 or 5 hours because they want to be conscious of the truth. They

want to go on a quest, read books, talk to masters, and investigate till the truth is realized.

A man typically has, on an average, 70 years to live. He spends the first quarter learning and the next quarter earning. Before he realizes it, he is cutting his golden jubilee cake. This gives him barely 20 years to awake. Do we realize this is just over 7000 days and if we don't awake, then there will be a retake! We will have to return in another journey to be awakened and enlightened. This is the cycle of life. This world is a show. We are like actors who come to the stage and go. But if we don't realize who we are, and why we are here, then we have lost the opportunity of this gift called life.

The purpose of life is to awake, to overcome ignorance, to realize the truth. Somehow, we are stupid, and we waste our life in meaningless pursuits and before we realize it, we are gone. If you look around, very few people wake up from ignorance. They don't even realize that they are sleeping! Do they even realize that their birthday is fake, that they are not this body and that they are the spark of energy that arrived 9 months before? Most people will not even relate to this. If you have read this book up to this point, then it is a big achievement, for chances are you have awakened with the truth and soon you will be enlightened with the truth about life and its purpose.

We all have to awake. We have no choice! The question is whether we will awake in this lifetime, or we will just live and die and then burn, only to return. We will be reborn, and this will go on and on. We can't stop it. Can you stop a sunset? You can't! The sun will set, and it will rise again. These are Universal Laws. It is for us to join the dots — birth, Karma, death, rebirth, and the picture will be revealed. We will be awakened to the truth. But it is a choice.

MANY OTHER LIES, ALL FAKE

*Open your eyes and you will see so many lies!
So many things were fake, but you were not awake.*



What happens when you take a blind man to the Taj Mahal and he says, 'Where is the Taj, I cannot see it! Why did you bring me here?' Of course, he can't see. He is blind! But all human beings are not blind. We have eyes to see, but unfortunately, while only 1% people of the world are visually blind, 99% of people are spiritually blind. They have a Spiritual cataract and unless they remove this Spiritual cataract and open their real eyes, they will never realize the truth. Stop now and reflect. There are lies all around us. It is a lie that we will go to heaven or hell. The journey for this body ends on earth. It is a lie that there is a God who we will meet one day because we will return to ashes one day. The 'I' that we keep repeating till we die, is a big lie. 'I' am not I. And then the ME, the Mind and Ego, just cannot be, because where is the mind, you cannot find!

The lies go on and on. We believe in Gods with names and forms, and we follow so many rituals and superstitions. But

they are all lies! We look up at the sky, we cry and question, 'Why?' when God actually lives in the temple of our heart. When will we go within and realize?

This book itself is based on a big lie. Our birthday is not our birthday. That day is fake. We shouldn't cut a cake. It is meant to make us awake to realize the biggest lie about life! It is meant to make us realize that we are not this body that arrived on our so-called birthday. It is a lie that our parents gave us life. They didn't! Who did? When that spark came into existence 9 months before our so-called birthday, did mom and dad actually create life or it happened? We thank them for this birth on earth, but did they create our brain, our heart, our bone, and skin? It's all so simple. But we must question. We must ask. This is our biggest task to differentiate between the myth and the truth, list what is fake and awake.

Then, we are told we must do good deeds and we will go to heaven. Another lie! Our religions collect 10% of our income from us and tell us we can continue to sin as we win, and the Lord will suffer for our sins. Another big lie! We are told our future when we show our palm to a palmist. Astrologers will tell us whom to marry, just as they will look at the stars and foretell our future. Are we so dumb that we will continue to keep mum, and live and die without seeing it is a lie? When will we awake? As long as we believe in the lie, and we live as we crawl till we die, we will never open our wings and fly. We have been given the wings of the intellect, the will power, and the ability to contemplate and choose. We should not lose this gift that is unique to man. A dog or a frog cannot be enlightened. Only man can. Man should wake up to all that is fake, the many lies that he has been taught. Otherwise, he will just believe in the lie, till he dies.

IF YOU DO GOOD KARMA, WILL YOU GO TO HEAVEN?

*Of course, the seed you plant will decide the fruit on the tree,
But will your deeds decide your ultimate destiny?*



The Law of Karma is a Universal Law. It is a Law of Action and Reaction. *As you sow, so shall you reap. What you give is what you get.* We see it unfolding every day and some of us call it the Law of the Boomerang – What goes around, comes around. But is it true that our good deeds will take us to our God who is in heaven?

This is a lie. Our good deeds can only be like good seeds that we are planting, and which will bear fruit. The truth is this – as long as we continue to do good deeds, as the body, mind and ego, we will be recipients of the results of our deeds, good and bad. We will have to return to earth in a rebirth, to be either rewarded for our good deeds or punished for our sins. It is a myth to believe that if we do good, we will be transported to heaven.

Unfortunately, a lot of mythology has gone into our theology. A lot of fairy tales have become part of our religion. We

believe in a Santa Claus and a God with an elephant head, and we don't question, because we are told it is blasphemous. However, can we not use our basic intellect to discriminate and realize the truth?

The Law of Karma is a Universal Law. It exists. Nobody can deny that. That is why, we cannot see apples growing on a mango tree. But to believe that good Karma will take us to heaven is a lie. Good Karma will only give us a good fortune on earth. If we want to be liberated from rebirth, we need Enlightenment, not just good Karma. We need to realize the truth. We need to question all that is fake, to overcome all our ignorance. Only then, will we be free from the Mind and Ego, ME, and be who we are meant to be.

Does it mean that we should not do good Karma? Of course not! We must do good Karma because that is the second-best thing to do. But the best thing to do is to overcome ignorance, to realize who am I and why am I here. This Realization will create an Illumination that will cause our Liberation and ultimately, our Unification with the Divine. The Purpose of Life is to realize that we are that spark of energy that starts 9 months before our so-called birthday. We must be enlightened that we are that same spark that departs at death, and then, there is no breath. To realize that we are that spark of energy is our ultimate goal.

Because we believe in the lie that doing good Karma will open the door to heaven, we are so busy doing good, that we don't realize that it is actually inflating our ego and then, we become bound to the ground. We will never be free. We will be like a tree. Our goal is Freedom, Liberation, *Mukti*, *Moksha*, *Nirvana* or salvation. Whatever we may call it, our goal is Liberation and Unification.

LIES ABOUT THE SOUL

*As long as we continue to believe in the lies about the Soul,
We will go around in circles and never reach our goal.*



Most of us believe we have a Soul. But do we have any clue as to what is the Soul? What is the Soul's role? Do we even know it is the cause that makes us whole? We just think we have a Soul. But this is fake, just like our birthday cake.

We don't *have* a Soul. We *are* the Soul. What is the Soul? It is that spark of energy that causes the very first cell of our existence. It is the power of life that gives our mind and ego space in our mother's womb. It is that spark that multiplies from one cell into two, then two into four, sixteen, till it finally becomes an embryo. It is that spark of energy that becomes the body that is delivered on earth on our so-called birthday. Therefore, we don't *have* a Soul. We *are* the SOUL - Spark Of Unique Life.

Because we believe that we have a Soul, we talk of *my* Soul and *your* Soul. We also refer to 'good souls' and 'bad souls', but we don't realize that all these are lies. The Soul in me and the

Soul in you is all part of the same energy. But man is unable to comprehend this truth.

Man, easily understands that the electricity to the bulbs in his house and to his television and air conditioner is all part of one power supply. It comes from the city's power supply into his main distribution box. From there power is supplied to all his electrical gadgets. Man has no doubt about this, but man doesn't understand that the power in you and me, is the same energy. It is the Power of the Supreme.

Therefore, what is the Soul? The SOUL - Spark Of Unique Life is nothing but the energy of the Divine, the energy of SIP, the Supreme Immortal Power. The Soul is not a separate entity like *your* body and *my* body, which may appear to be different from each other. The Soul is the cause. We are just effects. Just like gold is the cause, the ring, the chain, and the bracelet are the effects that manifest from the gold. So also, the Soul, the spark of energy is what we manifest from, we appear from. This is not just a Spiritual or philosophical statement. Even science has endorsed that every cell of human existence, is nothing but energy.

We have a choice. We can believe in the myth about the Soul, or we can realize the truth. We can believe in the fairy tales that the Soul suffers along with the body and mind. We can believe that bad Souls become ghosts and they haunt us after death. There are enough and more stories, fairy tales and even movies that confuse us completely about what is the truth about the Soul. It is time for us to contemplate that spark of energy, without which we would not be conceived. Along with this, if we contemplate the same spark that departs at death, this dual contemplation on birth and death, on the Power that arrives and departs, on the energy that is the Soul, the Spirit, or *Atman*, will enlighten us about the truth of the Soul. The truth is every cell of our existence is nothing but the Soul.

IS GOD REALLY IN HEAVEN?

*Does God belong to any religion? What is God's real name?
We believe the story that God is in heaven,
And don't realize the truth of this life game.*



Every religion talks of their God and every religion says that their God is supreme. Not just that, religions go on to preach that only their religion, their God, and their scripture is authentic, and others are not. Therefore, instead of religion being something that unites us, it leads us to war. Why? Because we believe in a lie. All religions are good, but they are just like kindergartens. They teach us the ABC of God and then, they make us go round and round in circles. Then we believe that we must go to Jerusalem to be blessed by Jesus, go to *Kailash* to get the *darshan* of Lord Shiva, or go to *Vrindavan* if we love *Krishna*. God doesn't live in any of these destinations.

Even the scriptures tell us that the temple of God is within, that God lives in the temple of our heart - *Tat Twam Asi*, meaning *Thou Art That*. All these scriptures remind us that God is not made of bone and skin, God is a Power that beats in the heart within. Then, from where comes the fairy tale about heaven and hell? Why do we believe in all these stories that our religions

tell? What is the truth?

The truth is that God is not God. God is not *Krishna*, Jesus or *Shiva*. God is SIP, a Supreme Immortal Power. It is foolish to believe that there are dozens or hundreds or millions of Gods. The fact is that there is one Power that we call God. But God is not the God that we have been taught. God is not the God of those controversies in which we are caught! To realize this truth, we forgot!

God is a Power, a Power that is Supreme, that is immortal. Therefore, God is SIP. We must learn to say SIP and not God. SIP is birthless and deathless. SIP is beginningless and endless. The Power of SIP is beyond human definition and comprehension. The monkey mind asks the question – Who created SIP? This question has no answer. The moment we realize the truth that SIP is everywhere, in everything, we need nothing else.

SIP is that spark of energy that comes alive at conception and departs at death. SIP is in every SOUL, in you and me, and in the 8 billion people. SIP is the Power of life that throbs in every living creature, in a butterfly, bee or tree, in you or me. Without SIP, without that spark of energy, there would be no life. Therefore, what are we? We are all manifestations of SIP, the Supreme Immortal Power. Unfortunately, we don't realize this, and we fold our hands to a God that is up in the skies, faraway in the heavens.

It is time to be enlightened with the truth. We must realize that God is SIP, and SIP is in every molecule of matter. Not just in the animate living creatures but also in the inanimate. Every molecule of matter is SIP. SIP is the one reality. Everything else is an illusion, an appearance. Unfortunately, until we realize all that is fake, we will not awake!

SHOULD WE PRAY FOR OUR ANCESTORS?

*After we cremate our elders when they are dead,
Do they exist - blood, bone, skin, body and head?*



We human beings are strange. We just finished the funeral of some respected senior members of our family and we saw the body return to ashes. We know their story is over. As our grandfather or grandmother, they can never ever return. After we have cremated their body, their role in this life is over. Yes, either they may be reborn as Mary, Sheela or John, or if they have been enlightened and liberated, then they would have escaped from the cycle of death and rebirth and are one with the Divine. But what sense does it make if we take their picture and put it on the wall and offer flowers and incense sticks till we die? What is the logic? Not only are we following a meaningless ritual, but we are teaching our children to live with the myth. Our ancestors' journey on earth is over. There is no return. It is like a yesterday we cannot go to.

It is just like eating two delicious mangoes and then thinking about how to make a mango milkshake out of it. Can you? The

mangoes are digested and have returned to nothingness after producing calories in the body. Therefore, we don't hope to make a mango milkshake because our intellect is intelligent enough to understand its futility! But when it comes to praying for our ancestors, we prefer to be ignorant. If we don't pray, it is considered as a mark of disrespect to them. Therefore, lighting incense sticks, offering flowers, and hoping that our ancestors will bless us from the distant heaven that they are in is outright foolish. Even praying for their well-being is irrelevant as they do not exist. Then, why do we continue to pray? Ignorance!

Somehow, human beings enjoy the fact – ignorance is bliss. Therefore, we like to be blissful in our ignorance. We continue to cut our birthday cake, although we are absolutely sure that the day is fake. We keep on accumulating wealth, although in the end, we will leave it behind. It is so ironic and funny, but we don't change our habit. Although our name is John, we prefer to say, 'I am John', though I am not John and I had no name when I was born!

The moment we realize the truth, we will stop all these meaningless rituals. There are hundreds of such rituals that we perform, knowingly and unknowingly. Somehow, we continue as if it is beyond our control. Because we do so, we continue to sink in ignorance. We must have the courage to stop. We must question every lie that we are taught. We must break free from rituals and rather, spend time in contemplation of the truth.

If we truly love our parents and grandparents, we must do everything possible for them when they are alive and not bow down our head after they are dead. When will we be able to discriminate between black, white, blue, and red?

DO PRAYERS ACTUALLY WORK?

*Those who believe that whatever in prayer you ask, you will receive,
They go a temple or a church with innocence...
But without Enlightenment, themselves they deceive.*



People don't know the meaning of prayer. They think prayer is a scheme to move God. It is like putting a coin in a slot machine. You press the button and what you ask comes out. I grew up believing that prayers are answered in 4 ways.

*When the idea is not right, God says 'No!'
When the time is not right, God says 'Slow!'
When we are not ready, God says 'Grow!'
But when everything is right, then God says, 'Go!'*

What does this mean? It means that whatever we ask in prayer will not necessarily happen. The Supreme Immortal Power, SIP, whom you may refer to as God, understands what is good and bad for us. Further, SIP has created Universal Laws by which our life is governed. So, if we plant apples, and we pray that we should get mangoes, will we? Just like the fruit on the tree depends on the seed, everything that happens in our life depends on our deed. It may be past

deeds or present. It is twin Karma, a combination of both, past and present actions that will control our destiny. So then, what is the role of prayer?

Are prayers meaningless? Do prayers not work? Of course, prayers work. But it all depends, whether we understand the true meaning of prayer or not. Who is God, and what do we say when we pray? If we don't know to whom we pray and we don't understand what we say when we pray, then how can prayers work?

The truth is that the kingdom of God is within. God lives in the temple of our heart. When we realize this, we also realize that God is everywhere, in everything. When we live treating everybody as God, is there any doubt that every prayer will work? This is called God-Realization. It comes from Self-Realization, and it all starts when we realize our birthday is fake. We then realize that we are that spark that started 9 months earlier, that very spark departs at death, that spark is SIP, part of the Supreme Immortal Power. When we realize the truth that we come with nothing and go with nothing, when we realize we are the Divine Soul, then our prayers will become more relevant. We will not make frivolous prayers.

When we are forced to pray because our problems are bigger than what we can handle, prayers make us stronger. This is the first type of prayer. The second type of prayer is asking God for something. These prayers generally don't work because Karma is in charge. What we give is what we get. The third type of prayer is that of a seeker, seeking Enlightenment. Here, the Divine intervenes and helps us on the path, sometimes directly and sometimes through the hand of a Guru. The fourth type of prayer is the prayer of the enlightened one, the realized one who realizes that God or SIP is everywhere, in everything. He lives a life of a Yogi, ever-united with the Divine.

OVERCOME IGNORANCE

*Either we can choose to believe the myth and live in a trance...
Or Ask, Investigate and Realize the Truth, and wipe out ignorance.*



We have a choice. Either we can accept our ignorance and find a way out of it or be ignorant of our ignorance and live and die with it. The facts are right in front of us. Our birthday is not our birthday. But if we continue to celebrate it, even God cannot help us. The fact is that we are not this body, we are that spark of energy that was conceived as the zygote. Nobody can deny this. It is a fact! But if we don't accept it, this is ignorance. We all believe that one day, we will die. This is our ignorance. We know people will burn or bury our body because we depart; we leave the body and people are sure we passed away. Still, throughout life, we keep on saying 'I' and 'me', although this is not our real identity. If this is not ignorance, then what is it? Although our body returns to dust, we still believe that we will go to heaven or hell, somewhere up in the skies. Our ignorance makes us believe that we will go up there and meet our ancestors and those who have departed before us. How can we be so foolish when we know for sure that those who are dead are completely shredded to

pieces! There is no question of a dead person reappearing in the gross physical form. The only possibility is that they return in a rebirth on earth.

How can we overcome this ignorance? The first step is to acknowledge our ignorance and the second, to find out what the truth is. Unless a doctor diagnoses the problem, he cannot prescribe medicine. So also, we must list all the myths that we have lived with, put down all that seems foolish and one by one, overcome it. Ignorance is considered to be like darkness. You can't take a broom and sweep it out of the room. You need to switch on a light. Then you will see everything. We need to switch on the light within, to be enlightened, to overcome the darkness of ignorance by Realization of the truth.

A man once started screaming, 'Save me! Save me!', as he knocked on the door of the house in the dark. His wife quickly opened the door and asked, 'What happened?' He replied, 'There is a snake just beside the door! Let us run away fast.' The wife was an intelligent woman. She immediately put the torch light where the snake was supposed to be, but there was no snake! It was just a rope. The man's fear disappeared, but not his ignorance. He went closer, even touched the rope with apprehension and accepted that there was no snake. But he asked the question, 'Where did the snake go?' The wife tried to explain that there was no snake. It was just a rope which he mistook to be a snake. But he refused to accept this.

Some of us can be wise. We can use our intellect to discriminate and to overcome ignorance. But some of us can ignore this tool of discrimination and live like a fool, letting our ignorance make us suffer!

THE IMPORTANCE OF A SPIRITUAL MASTER, A GURU

*A true Guru takes us from Gu to Ru, from darkness to light.
He helps us overcome ignorance and makes our inner world bright.*



What is the way out of ignorance? What is the way to realize the truth? What is the way to Enlightenment? Enlightenment is not knowledge. You may read this book, and you may acquire a lot of knowledge but remain in a pile of ignorance. How can you eliminate ignorance? How can knowledge become realization?

When we put water in a refrigerator, it remains water until the temperature dips. When it will crystalize into ice, it is no more water. So also, knowledge will remain knowledge till we realize the truth. Then, the knowledge becomes Enlightenment. Who can help us to move from knowledge to Realization? Only an enlightened Master, a Spiritual mentor or Guru can do so. However, he must be a genuine realized Soul, not one who appears to be religious or Spiritual through his robes or personal demeanour. The glow of an enlightened Soul can be seen from his wisdom, his humility and the way he lives in this world.

Unless we find a Guru, a Spiritual Master, we will just go around in circles. The Guru himself is enlightened and knows the tricks played by the mind. He has himself dealt with the illusory ME, Mind and Ego. Not only does he know that he is not the body, mind, and ego, he has realized this truth. He lives as the Divine Soul, with only one goal, to be liberated and then ultimately, be united with the Divine.

A true Guru will never be religious. He has evolved from the kindergarten of religion and passed through the university of spirituality. He doesn't pray to a God, but rather *through* the God that was his *Ishta Deva* – personal God. The Guru realizes that God is SIP, the Supreme Immortal Power that is omnipresent - present everywhere, omniscient - knows everything and omnipotent - capable of any miracle. We need a Guru to handhold us through the journey of Enlightenment. Otherwise, we will continue to be ignorant and do things like cutting a cake on a day that is fake. Even if we know it is fake, we will not awake. A Spiritual Mentor plays a key role in the Enlightenment journey, which is incomplete without the guidance of a Guru and the Grace of God.

As we live in this world today, there is so much noise. There are hundreds of religions, dozens of philosophies, and theologies of so many masters, authors, and speakers. What is the truth and what is the myth? How will we discriminate? The only way is to use our intellect. Then what is the role of the Guru? The Guru helps us to sharpen our intellect so that we can cut through thoughts that are not true and that cause us to believe in fairy tales. The Guru trains us on a path that will help us move onward, forward, inward, upward, and Godward. Without the help of a Guru, it will be very difficult, practically impossible to climb the arduous peak of Enlightenment.

WHAT IS THE PURPOSE OF HUMAN BIRTH ON EARTH?

*Have you ever pondered why you got this human birth?
It is time to stop and realize what is our purpose on earth.*



Only human beings are blessed with an intellect that can discriminate. No other living creature can. Why? Because only a human being is capable of Enlightenment. A dog cannot go through the process of Purification. A frog cannot go through the process of Illumination. A butterfly, a bee or a tree cannot experience Self-Realization. Only a human being is capable of using his intellect if he wishes to and get liberation from ignorance, from the misery on earth, and from rebirth. Only a human being can attain that state of Unification with the Divine. However, if we do not discover what is our purpose on earth, then, we will just waste this birth. We will live and we will die and then, we will be reborn, and this will go on and on.

Our purpose is to realize what is the meaning of life, who am I in reality, and why was I blessed to be born as a human, not an animal, insect, or plant. Our purpose is not just to live and die, but rather to find out, who am I. Our purpose is not just to go

through decades to learn, and then spend many years to earn, only to ultimately burn and then return. When will we realize that we must give before we are gone? We must spend before our end because if we don't, what we earn, others will burn. Our purpose is to realize that we are not here to run behind the pleasure that comes from success and achievement, which is both momentary and transitory. None of this will be ours in our ultimate journey.

Is it difficult to realize the truth that every 'body' will die? Is it impossible to be enlightened about the fact that we can take nothing with us? The truth is that we come with nothing, and we will go with nothing. We come alone and when we depart, nobody can join us in that journey to eternity. Our purpose is to realize that we are not this body that dies. That is why this entire book is focused on our birthday. It is not our birthday. If we understand the simple fact that we were conceived, actually born 9 months earlier, we will realize who we are. We are that spark of energy, the Soul, the *Atman*, the Spirit. Our purpose is to realize this. Finally, before the moment of death, when the spark departs, our purpose is to realize we are not the body that we thought was 'I', not the mind and ego that kept saying, 'me'. We are the Divine Soul. This is our ultimate purpose, our ultimate goal.

Only a human being is blessed to have this purpose and to achieve it. It is said that no other living creature can reach the state of Enlightenment. They can only exist till they die, but they must return as human beings who can discriminate and then evolve to that state of Self-Realization. Only human beings are blessed to pray and to realize that Supreme Immortal Power, SIP, whom the world knows as God. If we are enlightened, we will realize God is not God, God is SIP and we will experience the Power of SIP everywhere and in everything, every moment that we live. This is the purpose of our life on earth, why we got this human birth.



AFTERWORD

*For years, I too cut my birthday cake,
Till I realized, 'O fool, it's fake, awake!'*

Like anybody else, for me, the 15th of October, my so-called birthday was a very special day. Everybody would sing, 'Happy birthday to you!' For sure, they would cut a cake, not one, in fact, many! I enjoyed the celebrations and made many resolutions each year. I climbed from peak to peak, till one day, my Spiritual Master, J. P. Vaswani, Dada, as we fondly called him, asked me the question, 'Are you just going to live like this till you die or are you going to go on a *Talaash*, a quest and find out who am I?' This was after I had travelled across the world for more than 5 years, and visited over 100 countries, across the 7 continents. I had previously worked for 25 years, creating a successful business and making enough money. After that journey of achievement, and a siesta of fulfilment, my Guru provoked me to start my journey of Enlightenment.

In that quest, my *Talaash*, I spent years getting to the Realization of the truth. First, I realized what I am not. I am not this body. It will return to dust. I am not even the mind, it is something I cannot find although it appears to exist. I got to the Realization that I was the Divine Soul, the Spirit, the *Atman*.

Immediately, I transformed my life and changed my name to

Atman in Ravi, which soon thereafter, became AiR. However, to go through this process of Realization was a humongous task. I must have purchased thousands of books, scanned through hundreds and meticulously read dozens of philosophies, theologies and scriptures. Finally, came that moment of 'Aha!', the ultimate Realization when pieces of the Spiritual Jigsaw puzzle fell into place. When I look at my journey in hindsight, I think it is impossible for somebody to traverse through the jungle of information and to pick the right wisdom for realization without the right guidance.

After writing over 55 books on the subject, I had the inspiration that contemplation on our birthday can lead to an easy realization of the truth and liberation from ignorance. Just two simple points – our birth and our death will reveal that we are not the body, but rather a spark of energy. This inspired me to write this book, for I am committed to helping people realize the truth and be enlightened.

Because my goal is to help you reach yours, I provoke you to question – 'Isn't your birthday fake? Why do you cut a cake?' My mission is to help you awake. This simple truth will awaken you, opening the doors to Enlightenment. Then when you contemplate death, and how you and I will leave the body and move on, you will realize that you are not the body that will die. That was not the 'I' that you lived by. You are that Power, the Spirit, the Soul, the *Atman*, that departs at death. Will this book make you enlightened? No! But it is enough to give you that spark to trigger that Realization. You don't need to read complicated scriptures and texts. This book can help you be enlightened if only you understand what is fake, and you awake! The choice is yours!



POEM

Don't cut a Cake!

AWAKE YOUR **BIRTHDAY is FAKE!!!**



*Do you cut your birthday cake?
Do you know your birthday is fake?
Don't continue to make the mistake
It's time for you to now awake!*

*Ask your mother when you were born
You were kicking weeks before and this went on and on
You were alive long back, she knows
And even science has pictures as the embryo grows*

*Nine months before your so-called date of birth
That is when you actually came to earth
Then you didn't have blood, bone, and skin
You were just a Power, the spark within*

*But because you believed in the birthday lie
You believed that there were ghosts and fairies in the sky!
Every year you continue to cut your birthday cake
You don't realize the truth, just believe what is fake!*

*When will you, to the truth, awake?
When will you stop baking your birthday cake?
When you realize that nine months earlier you were born
Then to stop cutting the cake, will you undertake?*

*Although you know that it is not your date of birth
You came forty weeks before as the zygote on earth
But you just choose to follow the herd
You don't investigate, don't fly like a bird*

*You don't ask the question, 'Who am I?'
If the body came later, then, 'I am the body,' is a lie
I was that Energy Spark that first came to earth
Not on my so-called birthday is my real birth*

*In what way will this news make us awake?
Why this big fuss about the birthday cake?
When we realize we are not the body or the mind
Then, Self-Realization we will find*

POEM

*If you are not the body that developed on earth
You realize you are that spark, that's your real worth!
That spark is Energy, that spark is the Soul
To realize this is our life's ultimate goal*

*After the spark, starts as a little zygote
Our body is created, be it man or goat
We are not the bodies that we seem to wear
The bodies will live and die and tear*

*One day, every 'body' must die
The one who was alive will depart into the sky
The body that is made of skin and bone
Returns to ashes, as people mourn*

*We are not that body that died, were we?
People say, 'He passed away', and we are free
They are so sure in the body we no more live
To the flames or to the coffin, our body they give!*

*If we are not the body that will one day surely die
If we were not born on our birthday, that is a lie!
If we are that spark conceived nine months before birth
Then who is it that on death leaves the earth?*

*The Soul, the Divine Spirit, the Atman is that spark
To give us life from birth to death is its task
It arrives at conception and departs at death
We are that Power that gives us breath*

*When you do a simple thing like stop cutting a cake
When you investigate and realize that your birthday is fake
You realize you are the Soul, you are no more vague
To the ultimate truth, you will awake*

*This Realization is the real beginning of the journey called life
It will liberate us from all misery and strife
When we realize we are not body, ego, and mind
Eternal Happiness and Peace, we will find*

*Just because we were taught many things that were lies
We believe that God lives in the skies
The birthday cake will make us realize
We will live as the Soul, we will be wise*

*So, from now don't cut your birthday cake
Don't continue to be ignorant for God's sake
Realize that your birthday is fake
You are the Divine Soul, to this truth awake*

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 an Embodied Soul whose only mission in life is to 'Help People Realize the Truth about Life and be Enlightened.' He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized

retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work - Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 750 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in

the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to ‘Help People Realize the Truth about Life and be Enlightened.’

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 55 books, composed and sung about 1300 bhajans, written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club,

ABOUT THE AUTHOR

and at many corporates, schools, and colleges. He conducts webinars every week on Zoom, ASK AiR sessions every day and Facebook Live to help people realize the ultimate purpose of their life.

If you have any questions on happiness, suffering,
life, death, rebirth, karma, liberation, enlightenment
or anything related to spirituality,
you can ask your questions directly every day on Zoom at 8 p.m.

Ask AiR

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

Zoom Meeting ID: 85021104431

Connect with AiR - Atman in Ravi at:



Website: air.ind.in/



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instagram.com/airatmaninravi/



facebook.com/airatmaninravi/



youtube.com/channel/air-atmaninravi

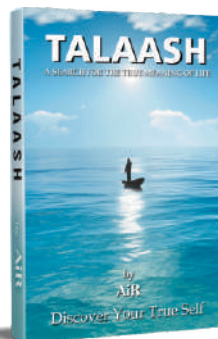


in.pinterest.com/airatmaninravi/

BOOKS BY THE AUTHOR

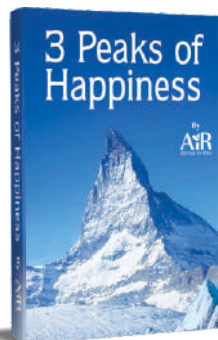
1. Talaash

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.



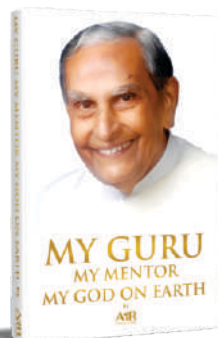
2. 3 Peaks of Happiness

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.



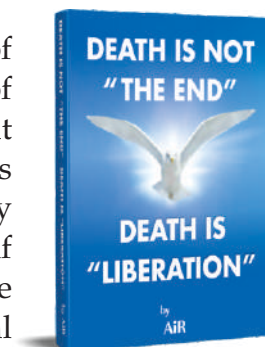
4. I will Never Die, Death is Not “The End”

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.



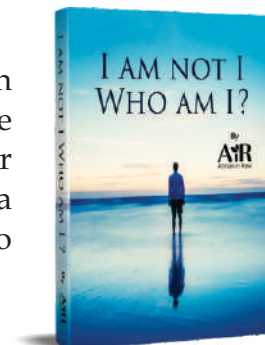
5. Death is Not “The End.” Death is “Liberation”

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.



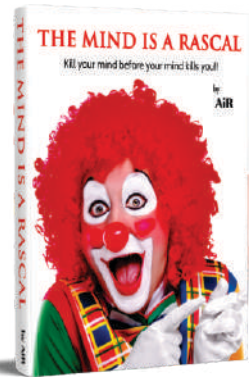
6. I Am Not I. Who Am I?

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.



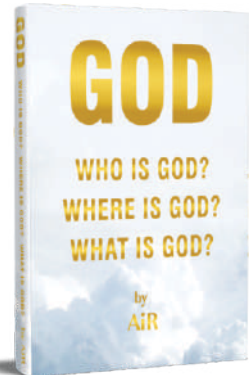
8. A Cosmic Drama

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.



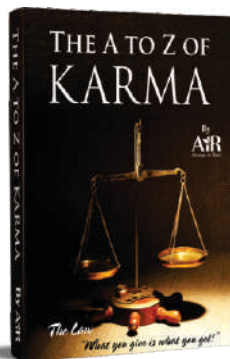
9. Who is God? Where is God? What is God?

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.



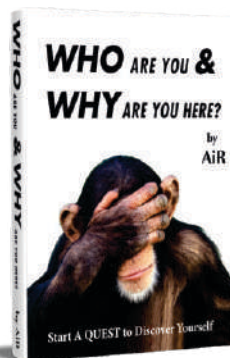
10. The A to Z Karma

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.



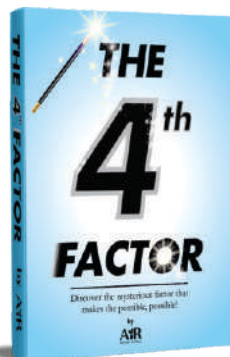
11. Who Are You and Why Are You Here?

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.



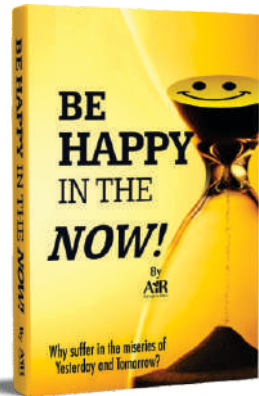
12. The 4th Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4th 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!



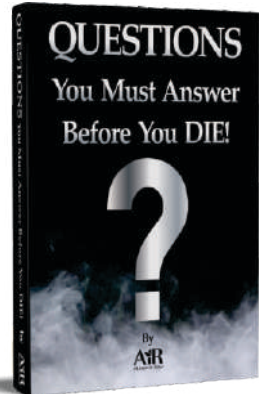
13. Be Happy in the NOW!

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.



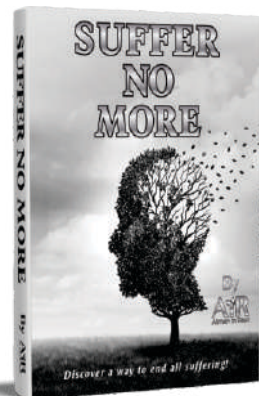
14. Questions You Must Answer before you Die!

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.



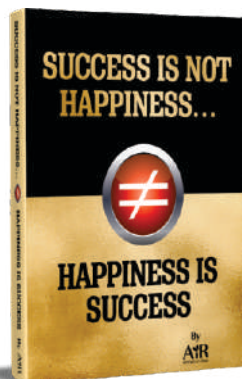
15. Suffer No More

'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.



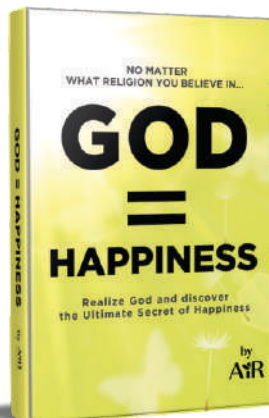
16. Success is not Happiness, Happiness is Success

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.



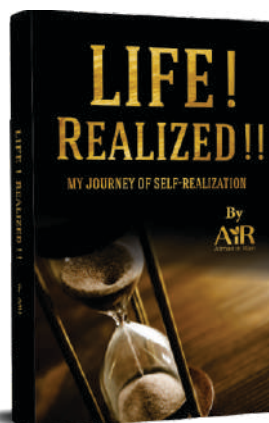
17. God = Happiness

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.



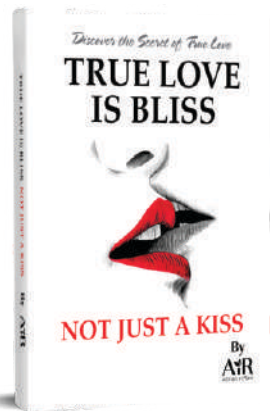
18. Life! Realized!!

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.



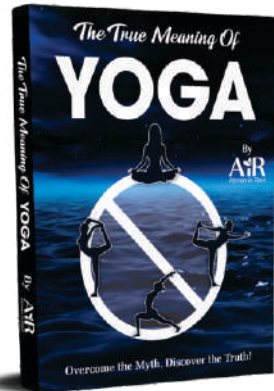
19. True Love is Bliss...Not Just a Kiss

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.



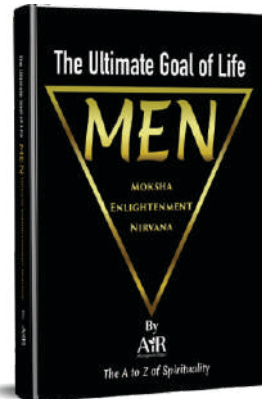
20. True Meaning of Yoga

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.



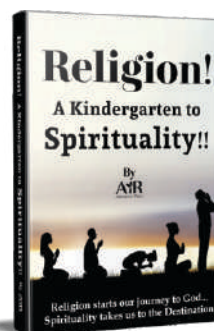
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



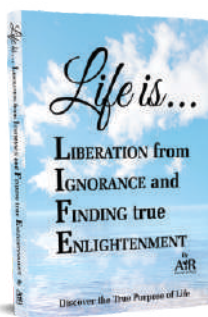
23. Why Bad Things Can't Happen to Good People!

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.



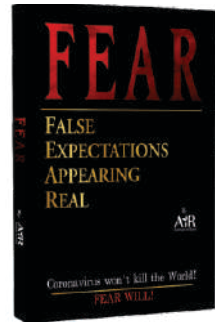
25. The Ladder to Heaven

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.



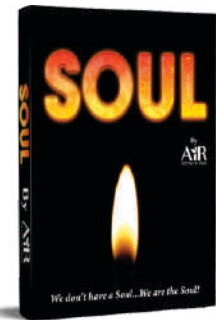
26. FEAR- False Expectations Appearing Real

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.



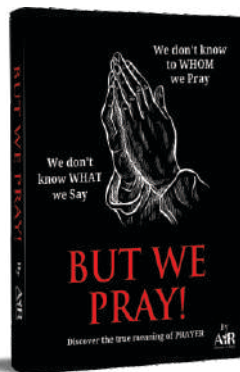
27. Soul – We don't have a Soul... we are the Soul!

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!



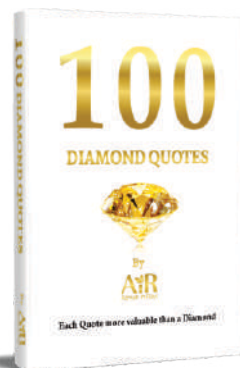
28. But We Pray!

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.



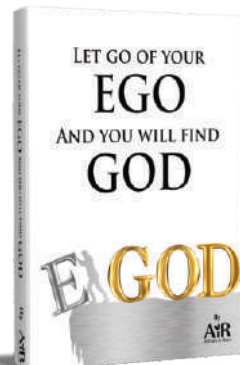
29. 100 Diamond Quotes

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.



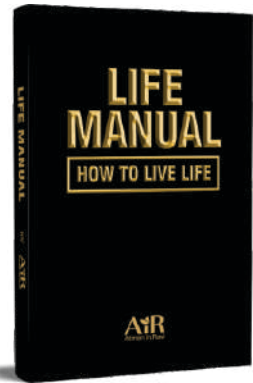
30. Let go of your Ego and you will find God

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.



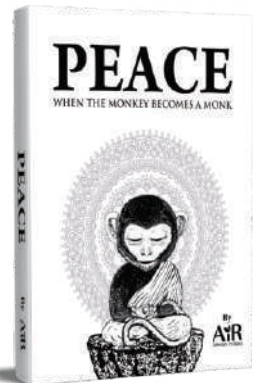
31. Life Manual - How to live life?

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.



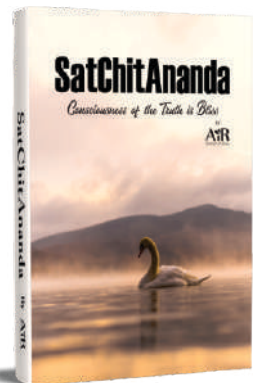
32. PEACE... When the Monkey becomes a Monk!

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.



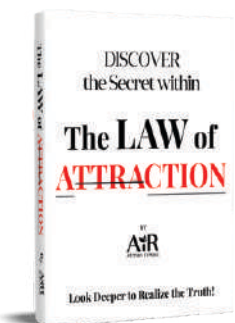
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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'.



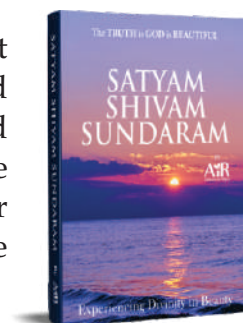
35. *Discover the SECRET within The LAW of AttraCTION*

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.



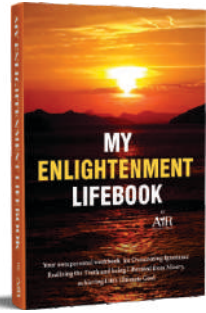
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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 crystalized 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.



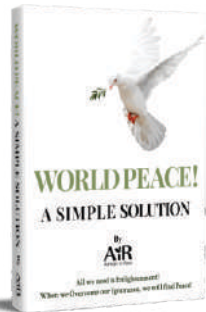
38. When you overcome the FEAR of DEATH, You start to LIVE

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?



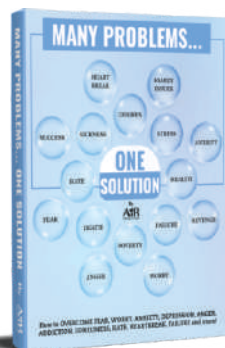
39. World Peace! A Simple Solution

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.



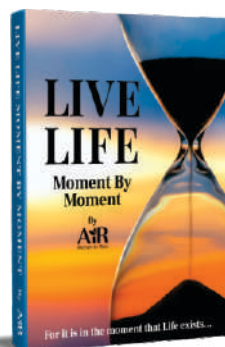
40. Many Problems, One Solution

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!



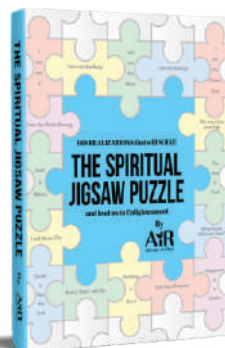
41. LIVE LIFE... Moment by Moment

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!



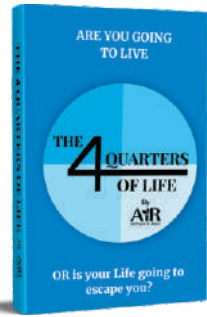
42. The Spiritual Jigsaw Puzzle

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.



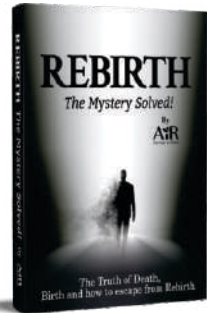
43. The 4 Quarters of Life

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.



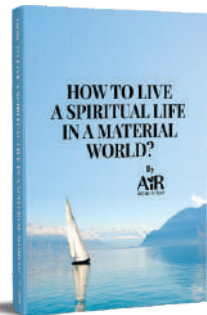
44. REBIRTH ... The Mystery Solved!

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.



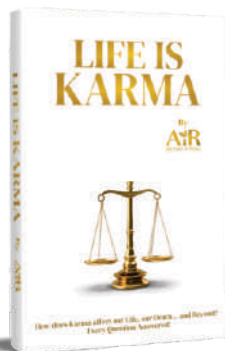
45. How to Live a Spiritual Life in a Material World?

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.



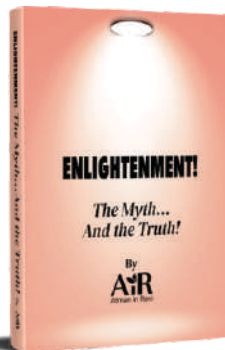
46. Life is Karma

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

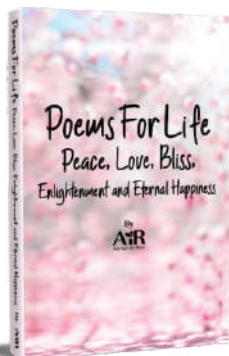
Never have you read a book of Poems like this,

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!

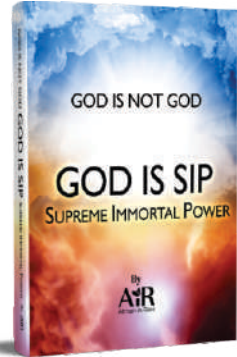
So, if you ever want to read a book, choose this,

These Poems have Meaning, and they are full of Bliss.



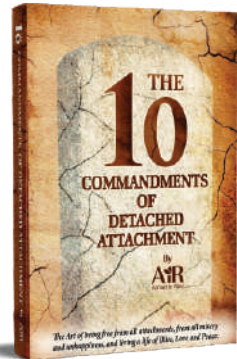
49. God is not God. God is SIP – Supreme Immortal Power

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.



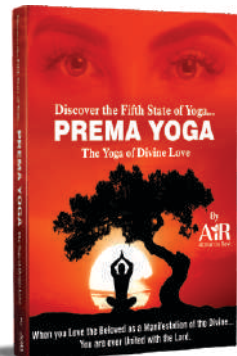
50. The 10 Commandments of Detached Attachment

What are the 10 Commandments which can liberate us from all attachments? It is common for us human beings to get attached to our possessions, to relationships, to the people we love and we become miserable. This is because of ignorance. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.



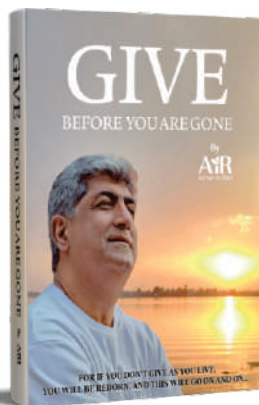
51. The Yoga of Divine Love - Prema Yoga

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.



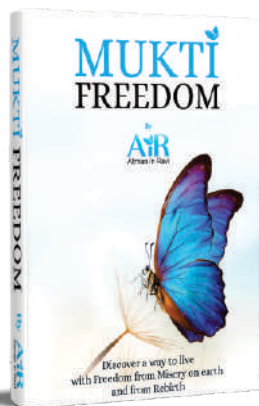
52. Give before you are Gone!

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 fear, worry, stress and anxiety, or Freedom from all joy stealers, but also Freedom from the continuous cycle of death and Rebirth. Discover *Mukti* and be free from all misery.



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, AïR 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. We human beings are the only ones blessed with the power of the Intellect. We can discriminate, and we



can choose. We have been gifted with the willpower to change. However, as long as we are slaves to the Mind and Ego, ME, we will continue to do stupid things. This Mantra is a result of AiR's own personal experience, an outcome of his journey of self-realization.

AND NOW

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

COMING SOON...

56. Happiness is Success

57. Realizations of a Yogi

Don't cut a Cake,
AWAKE!
YOUR
BIRTHDAY
is **FAKE!!!**

This book is sure to wake you up from the myth that you have grown up with. It will switch on the light that will overcome the darkness of ignorance and lead you towards Enlightenment. However, it is your choice!

You will understand the simple truth about when you were born, and this will make you realize who you truly are. But if you want to believe in what is fake, and you continue to cut your birthday cake, you will never awake. Stop. Question your beliefs. Realize that you were not born on your birthday. You were born 9 months before. When you contemplate death, you will realize that only the body dies. People will say that you passed away. Who is that who passed away? You will be enlightened and not only be free from all the misery on earth, but also free from rebirth!

This simple book about your birthday cake will make you awake! You will be enlightened with the truth if you question every myth that you have grown up with.



By
AiR
Atman in Ravi

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