

MUKTI FREEDOM

By
AiR
Atman in Ravi



Discover a way to live
with Freedom from Misery on earth
and from Rebirth

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Atman in Ravi
Ravi V. Melwani

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PREFACE

What is Mukti? What is Freedom?

What is this Freedom that we are seeking on Earth?

*We are seeking Freedom from all Misery and Suffering,
And ultimately, Freedom from Rebirth.*



We don't have a choice. We have to live. But we can choose how to live! We can either live as prisoners behind the bars of misery and sorrow, attached to possessions and people, crying with shame and guilt, believing in the myth that we have grown up with or we can be free from all misery – it is a choice!

We create our own prison and then cry that we are being forced to live a certain kind of life. We have wings to fly in the sky, but we tie our wings with strings, and we crawl through life, experiencing the pain of the body, the misery of the mind, and the agony of the ego, which we are not. We are free to discover who we truly are, but instead of doing so, we consume this beautiful gift called life, and soon, it is over.

Some of us are so depressed, so full of anxiety, stress, and misery, that we contemplate suicide. We don't realize that

death is not the end, it is just a bend. We have to come back to earth, in a rebirth, again and again, till we are liberated from this cycle and united with the Divine. A very few amongst us are fortunate, to go on a quest, and to realize the truth about life. They are the ones who realize that the goal of life is *Mukti* – Freedom.

Mukti or Freedom means living a life of everlasting peace, eternal happiness, and Divine Love as long as we are on earth and then being liberated at death from the cycle of rebirth. rebirth is not a myth. It is a reality! Just like we do not deny the death of the body, and the birth of a child, we cannot deny the existence of Universal Laws that appear to govern life on earth. No doubt that in our quest, we may be amongst the few who realize that this world itself is *Maya*, a Cosmic Illusion and everything is *Leela*, nothing but a Divine show. We are just actors who come and go. But as long as we appear in a physical body, carrying *Karma*, the burden of our past actions, we have no option but to suffer the triple suffering, just as we enjoy the pleasures of this seemingly beautiful world. The ultimate goal is Liberation, *Mukti*, and Unification, *Moksha*, *Nirvana* or Salvation, whatever you may call it!

The journey of life is meant to be lived such that we ultimately return to our source. Most of the world calls the source or the Creator, God, without realizing that God is SIP, the Supreme Immortal Power. While science has discovered the truth that every molecule of matter is nothing but energy, and spirituality has continued to proclaim the same for thousands of years, man continues to live a life of ignorance. Man needs

PREFACE

freedom from ignorance, from the fairy tales and myths he has grown up with. Although we know that Santa Claus is a lie, we continue to believe in the lie, and we are trapped as slaves, and we take this ignorance to our graves.

When will we be free? When will we attain *Mukti*? We may spend our entire life chasing success and happiness, collecting money and wealth, creating name and fame, but ultimately, all this is meaningless. Death is certain. One day, we will leave all this behind and move on. But it is not over. We will come back again. If we have not attained *Mukti* or Freedom, the cycle will continue. There will be pleasure and pain, loss and gain, sun and rain, and this will go on again and again. What is our purpose? Are we meant to live, just to die? No! Our purpose is to go on a quest, and to find out who am I and why am I here. Those who go on a quest, discover the truth. They realize that the purpose of life is *Mukti*, Freedom.

Mukti or Freedom means Freedom from several hurdles and barriers on earth. It may be Freedom from lust and temptations, Freedom from possessions and people, Freedom from habits and beliefs, or Freedom from addictions and desires. There are many aspects of Freedom that we need to achieve. As the body, we must be free from cravings of the senses; as the mind, we must be free from fear, worry, misery and stress; as the ego, we must be free from anger, hate, revenge and jealousy. In fact, we must, first of all, be free from the body, mind and ego, which we are not. Then, we will be free from ignorance and from *Karma*, and ultimately, free from not just all the triple suffering on earth, but free from rebirth. This is

the ultimate Freedom that we must attain. If we do not attain *Mukti* or Freedom, then our life will continue in a new body, as a new chapter in the book of life. It may appear that we die, but the 'I' who leaves, returns in a new body because we have not attained *Mukti* or Freedom.

This book will open our eyes. It will reveal the purpose of life. It will show us a way to happiness and peace. It will teach us the meaning of Divine Love, just as it will reveal God. As we overcome our ignorance, we will be enlightened with the truth, and we will be free. We will experience a metamorphosis and we will not need to crawl like a caterpillar. *Mukti* or Freedom will transform us, and we will fly like a beautiful butterfly, as we learn to live a life of acceptance and surrender. Realization of the truth will liberate us from ignorance, just as it will make us realize that we are the manifestations of the Divine. We will not live as human beings having a spiritual experience, but we will live as the Divine Spirit, free from all misery, and ultimately, at that point of death of the physical body, we will be liberated from rebirth and be united with the Divine, our ultimate goal.



*The Purpose of life is not just to Live and Die,
The Purpose of life is to find out, 'Who am I?'*
*We are not meant to live like Puppets with Strings,
We must Realize 'Who we are!' And then Open our Wings.*

INTRODUCTION

*We are prisoners, we must be Free,
From Body, Mind, Ego - prison bars Three!
We must open our Wings and Fly in the Sky,
Not just be bound to the ground like a Tree.*



This book will reveal to us the purpose of our life. We are not meant to live, just to die, nor are we meant to be just happy and make others happy. Some of us believe that we must live doing good deeds and not harm anybody. Sure, all this is good, but our ultimate purpose is something bigger. We have to not only liberate ourselves from the triple suffering of the body, mind and ego on earth but also liberate ourselves, ultimately, from the cycle of death and rebirth.

We struggle through life, with passions and obsessions, as we let our need become our greed. We let superstitions, rituals and dogmas of our religion and our scriptures direct us. We blindly believe what we are taught. Ultimately, we suffer! When will we be free from all this? When will we understand the meaning of true happiness?

This book - *Mukti* - Freedom, will reveal that the purpose of

life is Liberation from this world and Unification with the Divine. It will make us understand how life is like a long dream and just like a dream is nothing but a dream, this life too is nothing but a cosmic illusion. This book will give us Freedom from ignorance, just as it will help us to be enlightened with the truth.

Freedom is the most important aspect of life. If we have everything, but we don't have freedom, then we will live like a slave and reach our grave, only to come back, again and again. This book will inspire us to be free and to achieve Liberation, the ultimate Freedom. It will not only make us realize how we are caught by the fetters of life, but it will help us uproot the several prison bars that cage us into unhappiness. As we identify the bars of the prison of life, one by one, we can take them out slowly but steadily, till ultimately there will no longer be a prison! Then it is up to us, whether we open our wings and fly in the sky, or crawl like a worm with misery on earth, till we die and take rebirth. *Mukti* or Freedom is our true treasure, which is more precious than any pleasure. Even if we achieve large amounts of wealth, name and fame, we will leave all this behind. We must achieve Freedom from ignorance and stop chasing the illusory and temporary attractions of life.

This book will not only show us the way to Freedom from misery on earth, but it will also help us to start a quest that will lead us to Enlightenment, to the realization of the truth, and ultimately, to be free from rebirth. It will show us a way to Liberation and Unification with the Divine.

1

ARE YOU SEEKING *MUKTI* - FREEDOM?

*We all want to be Happy, we are all seeking Bliss,
So we try to be successful, but is the Secret this?
Eternal Happiness comes from Freedom, we need Realization.
Let us start our Journey to attain Liberation.*



We are alive. We are all seeking something. But what are we seeking? Most of us are seeking pleasure, just as we are shunning pain. We want to be happy, but we don't know how to be happy. We don't want to be unhappy, but somehow, we become miserable. We don't realize a simple secret of life – Happiness comes from *Mukti*, Freedom. We can be Free. Freedom is a choice!

If we continue to live a life of ignorance, believing in the myth, attached to people and possessions, we will continue to be a slave of our mind, to think, blink and sink in this material world. The truth is that nothing is ours. We come with nothing, and we go with nothing. Nobody will be with us forever. All relationships will ultimately end at the moment of death. We know this is the truth, but we don't realize it. We need Freedom from ignorance. We need the Realization of the Truth. We need Enlightenment.

Are we seeking Freedom? Are we working towards *Mukti*, the ultimate goal of life? *Mukti* will first liberate us from the triple suffering on earth. It will bless us with Eternal Happiness, Divine Love, and Everlasting Peace. Isn't this what each of us wants?

While we all want this, we are not moving in the direction of *Mukti*, Freedom. In fact, we are going in the opposite direction. We are trying to be an ace, and running a race, thinking we are this face, and we get caught in a maze. We create our own prison. We are prisoners of our own making. Nobody is causing us to be a slave. We are creating

ARE YOU SEEKING *MUKTI* - FREEDOM?

entanglements that we will take to our grave. One day the body will die, and we will come back again in a new body. The same ME, Mind and Ego, in a new body will return, carrying its *Karma*, only because we did not attain *Mukti*. We did not get Freedom from *Karma* because of our ignorance.

Mukti or Freedom is our goal. It will happen when we realize that we are the Divine Soul. We will realize that we are not the body, mind and ego. We are the manifestations of the Divine. The Realization of the Truth will set us free. Are you ready to start your journey to *Mukti*, to Freedom, to Liberation from all suffering on earth, and Freedom from the continuous cycle of death and rebirth? This journey is a journey of eternal bliss. But are you seeking this?

Those who do not start the journey to *Mukti* and do not attain Freedom will just live and die and take another birth on earth. Until we attain Liberation, we will not be free from all the misery and suffering. Until there is Enlightenment which comes from Realization, we will continue to suffer.

Time is short. Death is certain. There is no tomorrow. We must start the journey today. The time is now. We must seek *Mukti*, Freedom. This will give us everything that we seek. It will take us to the ultimate peak. Let us start our journey, quick!

2

TYPES OF FREEDOM

*There are many types of Freedom, many ways to be Free.
The most important Freedom is from the Mind and Ego, ME.
If we are not free, then we will be bound like a Tree,
Let us quickly make the list, one, two, three!*



TYPES OF FREEDOM

As we start the journey to *Mukti*, Freedom, we must be absolutely clear about what is it that we are seeking Freedom from. Of course, we are seeking Freedom from misery, sorrow, from unhappiness. But what is causing all this?

We are the prisoners of our own body and mind, the senses of our body, the thoughts of our mind, and the false identity of the ego. These create a trap in which we are imprisoned till we die.

We must escape from the triple suffering of life. We must be free from attachments that make us cry. We must be free from people, from possessions that actually don't belong to us. We need Freedom from *Maya*, the Cosmic Illusion that makes this world look real. We need Freedom from *Leela*, the Divine drama, the show that is being enacted on the earth.

We human beings are the prisoners of lust, desires, cravings, passions, and obsessions. We need Freedom from these, just as we need Freedom from shame and greed. We are slaves of our temptations. We must break free. How can we break free from our duties? How can we get *Mukti* from our habits, our beliefs? Is there a way?

We need Freedom from ignorance. We need to unlearn what we have learned. We must replace the myth with the truth. Only then, we will realize what we truly need. We need Freedom from success and achievement, from that desire for name and fame that makes us prisoners of addictions to the various pleasures we seek. We need Freedom from fear, just

as we need Freedom from worry and anxiety. We need Freedom from anger, hate, revenge, and jealousy. As long as we live in darkness and don't realize the truth, we will continue to be prisoners of superstitions, mythology, and rituals. We must break free.

Life is a choice. We need Freedom from negativity, Freedom from the garbage of the material world that pours into our ears through news, the television, and the internet. For this, we need Freedom from following the herd.

We must cut the strings that tie our wings, and we must fly in the sky, and go on a quest, to realize the ultimate truth. We need Freedom from Fences, Farces, Faces, and Forces that make us prisoners of ignorance. We need Enlightenment that comes from the realization of the truth.

Ultimately, we need Freedom from rebirth, from returning to earth, not only Freedom from the triple suffering of the body, the mind, and the ego. We need Freedom from religion and scriptures that become blinkers and make us a horse that doesn't know where it is going. We must be our own boss, go on a quest, and be free from *Karma*. It is *Karma* that makes us return to earth, and when we get *Mukti*, Freedom that comes from Enlightenment, then we attain the ultimate Freedom.

3

FREEDOM FROM THE MIND

*If Joy, Bliss, and Peace we must Find,
First, we need Freedom from the Mind.*



The first Freedom that man needs is to be free from thought. The mind is nothing but a bundle of thoughts. If you try to find the mind, where is the mind, you cannot find! But it seems to exist. It is a thought factory that is constantly producing thoughts, practically one thought every second, which can be 50 thoughts a minute or over 50,000 thoughts a day. Those who are slaves of the mind, suffer deeply.

The mind creates thoughts that are both positive and negative. But if we don't consciously feed the mind with PEP, Positive Energy Power, that is created from positive emotions, then, by default, the mind will work with NEP, Negative Energy Poison that it creates from negative emotions — emotions like fear, worry, stress, depression, pessimism, doubt, hate, revenge, jealousy, anger and more. Even just reading these emotions is so toxic.

Unless we have Freedom from the mind and choose PEP, emotions like faith, hope, trust, enthusiasm, courage, confidence, love, joy, bliss, peace, and optimism, we will continue to be miserable with negative thoughts of the mind. Somehow, the mind fools us into believing that it is our best friend. In reality, the mind is our biggest enemy. It is a rascal, a monkey that is constantly jumping from thought to thought.

Why do we need Freedom from the mind? Because if there is no Freedom from the mind, or from the thoughts that attack us, we will not be able to reach that state of thoughtlessness, known as consciousness. It is in that state where there are no thoughts, that man can contemplate, discriminate, and realize

the truth about life. Thoughts bombard us because the mind wants us to be a puppet, a slave. Why? Because the moment we are silent, and we introspect, we realize the truth that the mind is an imposter, an illusion. It does not exist! Its purpose is to stop us from realizing the truth and being enlightened.

The moment there is Enlightenment, the mind ceases to exist. It is dead. Therefore, the mind fights very hard to stop us from *Mukti*, or Freedom, not just from the mind, but from the ignorance and the myth we have grown up with. The mind stops us from activating the intellect, that special faculty that only man is blessed with because the intellect will cut through the mind with a sword and tear it into pieces.

How can we get Freedom from the mind? By realizing that the mind is a monkey that is constantly jumping from thought to thought, robbing our peace and happiness, and Enlightenment. We have to tame the monkey mind, by cutting its tail, 'EY'. What is left is Monk. We can become a peaceful and blissful monk. If we cut the 'EY', the Ever Yelling and Ever Yearning of the mind, then we can be free from the mind. We can start our journey to *Mukti*, ultimate Freedom which is the true purpose of our life. But first, we must be free from the mind.

4

FREEDOM FROM THE EGO

*If you don't let go of the Ego and be Free,
You will always suffer as the Mind and Ego, ME.*



Throughout life, we keep saying, 'I', 'me' and 'mine', without realizing the truth of who we are in reality. Are we this body? No, this body will ultimately die, and people will say, 'He passed away'. Who is the one who passed away? It is the same one who arrives, not on our so-called birthday, but who was conceived 9 months before as the very first cell of our existence. We are that spark of energy that departs at death and arrives as the zygote, but we live and die as 'I', the ego and we suffer.

Because I think 'I am I' and 'you are you', we develop emotions like anger, hate, revenge, and jealousy. Why? Because the ego differentiates me from you. In reality, we are that energy, that Supreme Immortal Power, SIP, and there is no difference between you and me. This is the ultimate truth. As long as there is no freedom from the ego, the ego will create agony and misery. Thus, we must let go of the ego.

The ego also separates us from God. We want God. We seek God, but we pray to a God who is somewhere far away. Again, it is the ego that separates us from God. The truth is that God is within. God is SIP, the Supreme Immortal Power, the Spirit, the Soul, that is the very 'I' that the ego fools us to believe we are. Those who attain Freedom from the ego, realize God within as SIP.

This Freedom from the ego is crucial, not just to escape from all misery when we are on earth, but also from the cycle of rebirth. The world talks about how the ego destroys us, but not many of us work towards Freedom from the ego. How can

we be free from the Mind and Ego, ME? While the mind bombards us with thoughts, along with the ego, it becomes ME, a false identity that out of ignorance creates *Karma*, that makes us return to earth.

If we attain Freedom from the ego, we have two rewards. First, we are free from all misery on earth. Second, we are free from the cycle of rebirth. For this, we must go on a quest and answer the question, 'Who am I?' If I am not the body that will die, and I am not the mind that I cannot find, then, who is this ego that says 'I'? This is our ultimate goal – to realize we are the Divine Soul, the Power of life that throbs within. We are Consciousness that gives life to the body, mind and ego.

Somehow, we are prisoners, we are slaves of the invisible ego. From the time we are conscious, we say 'I', 'me' and 'mine'. In reality, nothing is mine. We come empty-handed to this planet, and when we go, we can take nothing with us, not even the body we think is me. Still, the ego doesn't give up. We have to give up the ego. We must let go of the ego, of the ignorance, the myth we have grown up with. Once we do, we will be free from all the anguish, the agony caused by the ego. So, 'I' will never get angry, or hate, or take revenge or be jealous, because the 'I' doesn't exist. But only if I am free from the 'I'.

5

FREEDOM FROM THE BODY

*As long as we think that this body is 'I',
We will suffer much and ultimately Die.*



What do we human beings think? We think we are this body, and we suffer physical pain. Every 'body' experiences aging, decay, often disease, and ultimately death. Nobody can escape it, except the ones who realize- 'I have a body, but I am not the body'. Such people realize that the body may experience pain, but they do not suffer the pain of the body. How is this possible?

When we try to intelligently analyze, 'Who am I?' two startling facts can liberate us from the suffering or pain of the body. The first is related to death. The body has to die. But when we die, people will say that we passed away. They are so sure that we are not in the body, that we left, we departed, that they even destroy the body by burning or burying it. This clearly reveals that we are not the body that we wear, we are the ones that wear the body. Therefore, if the body experiences physical pain, the realized one does not suffer this pain.

Not just death, but birth also reveals a second fact. We are not born on our birthday, the day we cut our cake. Our birthday is fake! We were actually conceived 9 months before when our first cell of existence appeared as the zygote. Isn't it true that the body develops as the embryo over 9 months? Then, why do we think we are this body? This second startling fact helps us overcome our ignorance and attain Freedom from the body.

What does it mean to have Freedom from the body, to be liberated from this bone and skin? It means that this

FREEDOM FROM THE BODY

Realization gives us the Freedom not just from the pain and suffering of the body, but also from having to return to earth in a rebirth, in a new body again and again.

Freedom from the body is an important step in the journey of our overall Freedom. This Realization completes the triple Realization that we are not the mind, the ego, or the body. We are the Divine Soul.

A rare minority attains this state of *Nirvana* or bliss. The rest of us think we are the body, and experience pain and suffering from the time we are kids, and we fall, till the time we grow tall. Cuts and scars, bruises and burns, heart attacks and cancer, haven't we seen enough suffering of the body? But what happens when we realize - I am not the body? The body may experience pain, but we will not suffer the pain of the body. We are the witness and observer and are free from the body.

Not only are we free from pain and suffering, but we also disassociate from the 5 senses that make us crave till we reach our grave. We control the body that tries to replace need with greed. Only when we realize that we are not the body, can we tame our five senses and be free from all suffering of the body.

6

FREEDOM FROM THE TRIPLE SUFFERING

*The Pain of the Body, Agony of the Ego, Misery of the Mind,
Who doesn't suffer the Triple Suffering, can we Find?*



FREEDOM FROM THE TRIPLE SUFFERING

Every human being who lives on this planet, experiences what is known as the Triple Suffering. We experience physical pain of the body, misery of the mind, and agony of the ego. We all suffer physical pain. Who on earth can escape from it? Some have serious diseases like cancer, while others may experience aches and pains from accidents and simply aging. But there is nobody who can escape the experience of physical pain.

Can we be free from the mind? The mind bombards us with thoughts and it creates in us fear, worry, stress, anxiety, and depression. It often makes people contemplate suicide when the misery is unbearable. There is no one on earth who doesn't feel sad and depressed. It is natural to suffer because of the existence of the mind.

Haven't you experienced the anguish of the ego, the agony of anger, the bitter taste of hate, the thorn of revenge that pricks our heart, and the misery of jealousy? We all experience this agony because of the ego, who thinks 'I am 'I', the one who has a name and who is alive as this body, mind and ego complex.

As long as we think we are the ego, the body, and the mind, we will find this triple suffering in our life. Is there a way to be liberated from this triple suffering? The good news is that we can be free if we realize that we are not the ME that we always thought ourselves to be.

How can we be free from the triple suffering, from the body, the mind and the ego? When we realize we are not this body

that will die, and we come to terms with the fact that the body was created later, we came first, then, we are free from thinking we are the body. When it comes to the mind, the mind may appear to exist, but in reality, it is just a bundle of thoughts. The truth is that there is no mind. And what about the ego? When we realize we are not the body, and we can't find the mind, then who is this 'I' that keeps saying 'my'? The truth is that we are not the body, mind and ego, and this profound Realization can liberate us from the triple suffering on earth.

When we realize that we are the Soul, the Divine Spirit or *Atman*, that is the very life throbbing in the body, mind and ego, this Realization will liberate us from the triple suffering of the body, ego and mind. But first, this truth we must find. In fact, we cannot find it, we have to realize the truth, and this will happen when we open our 'real' eyes. Then we will overcome ignorance and realize the truth of who we are.

What happens to those who continue to live with ignorance as the ego, with the mind in a body? They continue to experience the triple suffering on earth, and not just that, when the body dies, they return in a new body, to suffer again and again, through a rebirth.

7

FREEDOM FROM ATTACHMENTS

*As long as we are not Free from Worldly Attachment,
Our Misery in this world, will be Permanent.*



Most people live life without the simple Realization that nothing belongs to us. Nobody is really ours. We come alone and we go alone. When we arrive on the planet, we bring nothing and when we depart, we can take nothing with us. Still, we choose to be attached to people and things and this attachment creates constant suffering in our life. It is not necessary to be attached, while it is necessary to love. We mix up the two! We let our love become an attachment and we suffer. Therefore, one important Freedom that we must achieve is Freedom from attachments. What does this mean?

Is it wrong to love somebody or something? No! But is it ok to become attached? Attachment is that deep longing, yearning, seeking for somebody or something which ultimately makes us unhappy. Attachments create expectations and desires. Unfortunately, we are not in control of what unfolds in our life. Things happen as per *Karma*, not just our deeds, but the *Karma* of all those around us and whatever happens is not in our control.

When there are attachments that create expectations, we are sure to become miserable. Further, while we can control our actions and reactions, we cannot control other people's actions. Each of them has a different body, hence different perceptions. Each of them has their own mind and ego. This body, mind, and ego of those we are attached to, takes them in a direction of their choice. As long as we love them, it is ok. But the moment we are attached, we become so full of expectations, that we are unable to accept their choices. Soon, our love experiences heartache and heartbreak. We need

freedom from attachments.

Attachment is not just between the lover and the beloved. It is often between parents and children and sometimes, attachment for things, very valuable and special possessions. Whatever be the attachment, we must get the Realization, that attachment leads to misery. Who wants to be miserable? Nobody! While we do not want misery, we let ourselves become prisoners of attachments. We must get out of this dichotomy. We must make a conscious intelligent choice of letting go of our attachments and this does not mean we have to stop loving.

Those who attain Freedom from attachments, learn to live a life of Detached Attachment, which means while it looks like they are attached on the outside, from deep within they are detached.

Very few people can let go of all attachments, whether people or possessions. They choose to be free, to be happy, to love one and all, to have no expectations, and not to lose their peace of mind. They learn to live a life of acceptance and surrender, resolving that they will never be miserable. They overcome their ignorance. They live with purpose as the Divine Soul. This frees them from all attachments in their life.

8

FREEDOM FROM TOXIC PEOPLE

*People can make you Happy or Sad.
Be away from the Toxic, choose those who make you Glad.*



FREEDOM FROM TOXIC PEOPLE

Look around you and you will find different kinds of people; people you love, just as there are people whom you don't like so much. There are people whom you have to live with, either because they are your biological family, or you have a contractual obligation like a marriage.

Then, there are friends, colleagues, and society. There are different people in our life and life without people is rare to live. Some of these people are nourishing and they inspire, some are toxic and make us perspire. They make us sweat through life, as we become unhappy at their very sight. Their voice, their message, and their presence disturbs our peace and steals our happiness. We need Freedom from such toxic people, and we must make this a choice.

Do we need Freedom from nourishing people? Of course not! People who put a smile on our face must be the ones we choose. We must make an effort never to lose those who light up our life with joy, love, and peace.

Unfortunately, we often reverse the two. We lose those people in our life who are our very inspiration and live with those people that create so much perspiration. Freedom from toxic people is the art of not making this blunder of choosing toxic people and losing nourishing people in our life.

To be free from toxic people is a choice. More of us don't understand this and live like a dog that is sitting on a nail and groaning. It is groaning because it is hurting, but it continues to sit and groan because it is not hurting so much. We live like

this groaning dog, without realizing that this beautiful journey called life is short. It will soon be over, and we cannot reverse time. It is for us, to get out of such relationships and the company of people that are creating pain and misery.

What must one do? Must one just walk out from the company of miserable people? No! The first option is to try to make the people change. But if the people don't change, then, we must make the conscious choice of changing the people. Our resolve must be very clear. We want Freedom from toxic people. It doesn't matter who they are, but we will not destroy our precious life, living in the company of those who make us sad. We must choose those who make us glad, and this Freedom is a choice.

Many people do not realize that they have a choice, to be free from the toxic people in their life. Either they believe that they do not have the capability of changing the people who are causing them the misery, or they just accept it as their destiny. Both are wrong! Neither must we think it is God's will, nor must we think that it is impossible to be free from toxic people. We can be free, and we must be free if we want Freedom from the misery that these toxic people cause in our life.

9

FREEDOM FROM POSSESSIONS

*What did I bring to this Earth? What possessions are Mine?
I came Without Anything, Everything will be Left Behind!*



Isn't it true that we come to this planet without anything and when we go, we will take nothing with us? Then, why do we keep saying, 'This is mine' and 'That is mine'. It is because of ignorance. Ignorance makes us believe that our money, our name and fame is ours. We assume that our home, property and wealth belong to us. Little do we realize that not even our body is ours. Throughout life we say, 'This is my hand, my leg', but at death, even the body will be left behind as we pass away.

The truth is that nothing belongs to us. However, we live with the myth, and we suffer. We become so obsessed with our possessions that we don't realize that they are not ours. They are just like a rented car. We pick it up to drive, but ultimately, we must return it. When we don't have Freedom from possessions, the sense of ownership of these possessions makes us miserable.

A man who buys a new car, becomes so upset and angry when somebody scratches his car! Don't we lose our peace of mind when our favourite dress is spoilt by the dry cleaners? A lady was so frustrated when her Louis Vuitton bag got a drop of coffee on it. Why do all our possessions make us miserable? It is because of our conditioning that these are ours. The moment there is Freedom from these possessions, then we no more lose our peace of mind, when anybody touches anything that belongs to us. As long as there is no Freedom from possessions, we continue to lose our peace of mind, our joy and our bliss, due to our ignorance.

Isn't it strange that man is so enamoured by his possessions that he lives and dies as a slave of his things? He spends his entire life collecting the most beautiful things, for himself and his near and dear ones, only to ultimately leave it behind. His passion for his possessions robs him of his most important treasure of peace and tranquillity.

What are the things that enslave you? What are your possessions that become prison bars behind which you live and die as a prisoner? It is time to break free from the prison of possessions. How do you do that? Spiritually, by realizing that nothing belongs to me and practically, by even giving away some favourite possessions. This will help break the attachment to things. While this is a temporary solution, the Spiritual answer is permanent. The realization that I cannot even take a pin with me, will make us live with detachment.

The famous story of Alexander, the Great should remind us that nothing is ours. When the great conqueror was going to die, he offered the palace doctor as much money, even the palace itself, to save him. But the doctor was helpless. So, he instructed that his empty hands hang out of his coffin at his death, to remind people, that ultimately, when we go, we will leave everything behind. Nothing is ours.

10

FREEDOM FROM THE MATERIAL WORLD

*This Material World offers us so much Pleasure,
That in this Illusion, we lose our Real Treasure.*



FREEDOM FROM THE MATERIAL WORLD

Because we don't realize that this world is just a show, we suffer from fear, worry, anger, hate, revenge, and jealousy. We don't realize that whatever is happening in this world, is just like a movie. It's a theatre. Everybody who lives on the planet is nothing more than an actor. He comes to the humongous stage called the earth, performs his role, and leaves. Because he thinks the theatre to be real, he loses his peace of mind, as he quarrels and fights for trivial things and trifles, that he encounters on the earth stage. He becomes a slave to his ignorance, so much so that he lives and dies in the material world, thinking it to be real.

The one who gets Freedom from the material world realizes that this world is no more than a dream. Just like we do not get affected by a dream after we wake up, one who attains Freedom from the world is unaffected by the happenings in the drama called life.

Imagine that I came to you in your dream last night and borrowed your car due to some emergency. In the morning, would you come and fight with me and insist that I return the car after waking up from your dream? Ridiculous! I did not actually take your car. It was just a dream. But if that happened in the real physical world, then you will fight with me to return your car.

We live and die with such quarrels, without realizing that ultimately, life is nothing more than a long dream. The only difference is that we wake up from our dream every morning, but we wake up from the dream called life only at death. As

long as we are slaves of the material world, we will continue to suffer because of all that happens, as we live with ignorance till we die.

The one who lives attaining Freedom from the material world realizes the truth of the universal show. While he lives practically doing his part as an actor, trying to achieve his own happiness, he is by and large unaffected by the show. If something bad happens, he consoles himself realizing that everything is unfolding as per the Law of *Karma*. Our past deeds are responsible for whatever unfolds in the drama of our life, just as our present deeds become seeds that are planted and that will unfold as our destiny. The realized one lives a life of acceptance and surrender, unaffected by what is happening to the other actors on this stage.

Once we are free from the material world, this Realization helps us to be liberated from the triple suffering of the body, mind, and ego, and inspires us to achieve the final goal of living as the Divine Soul. Those who don't realize that this material world is just a stage, suffer greatly.

Therefore, it is important to attain Freedom from this material world, overcome ignorance and to be free from all the myth that we have been taught. If we just live in the material world, and follow the herd, we too will experience pleasure and pain, till we die, and are reborn again.

11

FREEDOM FROM MAYA, THE COSMIC ILLUSION

*Most of the world is in an Illusion Trapped.
Everything is a Projection, when they Realize, they are Zapped!*



What is an illusion? It is something that appears to be but is not. We are familiar with a mirage in the desert. It appears, but when we drive towards it, it disappears. Haven't you seen a rainbow? You can even take a picture of it, but can you catch it? It appears and disappears. How many of us realize that everything in this world is also an illusion? Everything is a projection called *Maya*. What is this Cosmic Illusion all about?

To a normal man, a mermaid is a myth. But both the fish and the woman are real. These two seem to be the truth. But little does the world realize that even what seems to be a physical reality, is nothing more than a projection.

Just like the actors on a television screen are not inside the box, but rather just a projection of energy, everything in this world is a projection of energy. This is not just a spiritual theory. This is the scientific truth.

Science has discovered that everything in this world that appears to be matter, is in reality, nothing but energy particles. When broken down into its tiniest form, the human body is said to have about 30 trillion cells, but each cell, when broken down into atoms, electrons, neutrons, and protons, and finally the tiniest particle, quark, is nothing but energy.

This was discovered in the scientific experiment called Wave-Particle Duality, wherein scientists discovered that matter could become energy and energy could become matter. Haven't you heard of the decade-old scientific principle – energy cannot be created or destroyed. It can only be

transformed from one form to another.

This scientific principle has been the essence of spiritual philosophy for thousands of years. Everything in this world is *Maya*, a Cosmic Illusion. *Maya* does two things – as it projects the myth, it conceals the truth, just like a projector conceals the screen and projects the movie.

Man must attain Freedom from *Maya*. Man must realize that everything is a Cosmic Illusion. As long as man thinks this world to be real, to be true, man suffers. Therefore, man must attain Freedom from *Maya*. This Freedom is about viewing life in this world as an illusion, a projection. It is about taking things lightly and realizing that everything is a projection of Cosmic Energy. Both the natural world and everything alive in it, is nothing but the Power of the Supreme, projected through *Maya*, the Cosmic Illusion.

When man is free from *Maya*, man can live in Consciousness of the truth, realizing that he is not the body, mind, and ego. He overcomes duality, realizing the oneness with all. We may all appear to be different bodies, but when we overcome *Maya*, we realize we are all one, part of the Supreme Power.

12

FREEDOM FROM *LEELA*, THE DIVINE DRAMA

*This World is but a Leela, a huge Divine show.
We are nothing but Actors, we Come and we Go!*



Those who read this for the first time will wonder what it means. How can this world just be a show and what is the meaning of us being actors? When man overcomes his ignorance and realizes the truth, then he understands that everything is a *Leela*, a Divine show, enacted on a stage called the earth, directed by the Law of *Karma*.

Let us analyze *Leela*. Isn't it true that our journey on the planet is temporary? Once we are born, can we change our birth? Our role is fixed, whether we are Indian or American, male or female. We appear on the stage of life to do our part and finally, we leave the show and go. Nobody will be on the stage forever.

While it is true that this world is a *Leela*, a show, man does not realize it. Man thinks life is real and permanent. This is revealed by his behaviour. He is attached to both possessions and people. If only man realized that he is an actor in this show, he would live his life, knowing it is just a drama. Man does not realize that after one show is over, it is not the end. Death is just a bend. Just like actors change their costumes and come back in a new role, we human beings change our body and come back in a new birth on earth. The body dies, but the body is nothing more than a costume. The one who is wearing the costume of the body, departs at death. Don't we say that the person passed away? But where did the person go after the show called life? The Mind and Ego, ME of the person returns in a new role based on their *Karma*.

Man is unaware about life being a *Leela*. He is trapped in this

Cosmic Illusion, the Divine life show. He struggles through life, fighting with people, living with anger, hate, revenge, and jealousy. Every now and then, he is miserable. Do actors become miserable about what is happening in the drama? Of course not! The actors know it is just a show. Even though there is blood smeared all over them, after the episode, they laugh and enjoy whatever happened. But man remains trapped in this *Leela*.

As we live our life, we must attain Freedom from this *Leela*. We must not be prisoners of this drama that is unfolding on the planet. If we live as though everything happening in this world is real, we will not attain our ultimate goal of Realization of the truth, Liberation and Unification with the Divine.

As long as we are prisoners of this *Leela*, we will not realize we are manifestations of the Divine. Instead of enjoying a life of Eternal Happiness, Divine Love, and Everlasting Peace, living in Consciousness of the Truth, of who we are and why we are here, instead, we will suffer from worry, anger, misery, and fear. Man must be free from this *Leela*. He must live in the *Leela* of life, knowing it is a show, and one day he will go. Then only man will be truly happy and achieve his life's purpose.

13

FREEDOM FROM LUST, DESIRES, AND CRAVINGS

*When we live with Lust and Desires, and we Crave,
We remain Prisoners till we reach our Grave.*



We human beings know very well that we cannot take anything with us from this planet. Still, we do everything to accumulate wealth and possessions. We even cheat the world. We fight, only to ultimately leave everything behind. This is because the emotions of lust and the desires and cravings for material possessions and people, act like glue on a pad to which we get stuck.

We want to be happy, and we believe that happiness will come only from fulfilling our desires. Instead of learning the art of just *being* happy, moment by moment, realizing the truth about life, we try to *become* happy. We chase success and achievement, name and fame, and we crave for material pleasures so deeply that this desire, this craving creates a deep hole in which we sink.

Instead of realizing the truth that nothing belongs to us, and enjoying the pleasures of life, we let the pleasure create pressure and we end up becoming miserable. We must be free from this lust, otherwise, we will burst. It may be lust for wishes, for wealth or for wine. Any lust is bad because these intense desires make us blind to the reality of life. We bind to the myth and can't see the reality. Every time a desire is unfulfilled, we become disappointed and miserable.

Most people think that desires, cravings and lust are very important aspects of life. The material world considers them to be necessary for goals and achievements. In fact, we are taught to desire and let that deep passion light a fire so that we can be empowered to march forward to our goal. Little do we

realize that we become puppets and we dance on the strings of desire, craving, and lust, till we ultimately die.

If we look around, there are many people living a life of contentment and fulfilment. They are not puppets to their craving. They count their blessings and enjoy whatever they have, rather than wanting more and more. Those who live with contentment, are far happier than those whose life is a race that is fuelled by desire and lust.

Man is never satisfied. Does he stop being a prisoner to his pleasures after fulfilling his desires? Desires don't quench his thirst. They make him burst. His cravings don't end when they fulfil a need. His greed overtakes him. The lust, not just for sex, but even for wealth, name and power, makes man a slave of his own ignorance. Ultimately, he goes to his grave without being satisfied and without attaining his ultimate purpose. His life is wasted, as he lives like a prisoner who is helplessly driven by his desires.

Therefore, wise men have said that desire is the root cause of all evil, that desire makes us suffer. If we want peace and joy, we must give up our desires. Man needs Freedom from his lust. Man must not crave till he reaches his grave.

14

FREEDOM FROM PASSIONS AND OBSESSIONS

*When man lives a life that is full of Passion,
He may be a Winner, but is a Slave of his Obsession!*



The winners of this world consider themselves to be winners, but in reality, they are the biggest losers. They lose their precious possession of life as they let their passion lead them to their achievements. They have a glass full of life, which they empty as they fill another glass full of success. Ultimately, they have a lot of success, but no life. Of what use is such a passion, such an obsession.

Man is so obsessed with his passions that he becomes spiritually blind. We know that 1% of this world is visually blind, but 99% has a spiritual cataract. They can't see through, to realize the simple truth, that life has a purpose. Life is not meant just to run and have fun, till it is done. When man is a slave of his passions, he enjoys the power created by these obsessions, without realizing that these very powerful passions make him a mere puppet that drives him from his birth to his death.

Man has been fooled to believe that success and achievements lead to happiness. Seeking pleasure, he surrenders his life to his passions. His passions create so much power that he is unable to stop his mad race to be an ace. He goes from one peak to another, but he does not seek Enlightenment. He is so busy zooming down the highway of achievement that he doesn't take an exit to contentment and fulfilment. He may seem to enjoy pleasure, but he doesn't enjoy peace, the very foundation of happiness.

A very few people are blessed to overcome this passion, this obsession for power and pleasure. They are liberated from

their obsessions as they embark on a journey, a quest that leads them to their ultimate goal. As long as man is a slave to his passions, he believes that he is so excited to run behind his dreams, that he doesn't acknowledge the misery and suffering on the way, as he screams with excitement that roars through his passion and his obsession.

When will man be still, and use his will to discriminate what life is all about? When will man stop being a slave in the noise of this material world, to hear the still voice of his spiritual world? When will man be free from his passions, his obsessions?

I too was a slave of my obsession. People used to write mission and vision statements, but I used to passionately write my 'Obsession statement'. I did this for 25 years and every obsession that was fuelled by my passion became a dream that came true.

However, I realized after 25 years that even though I achieved my passionate goal, I had failed because I did not realize the truth that I was the Divine Soul. I let go of my passions. I gave up my obsession and took an exit to start a quest, to discover the true meaning of life. Ultimately, I was free!

15

FREEDOM FROM GREED

*Although there is only little that we actually Need,
We live and die as Prisoners of Greed.*



Why does a human being want more and more? Why are we never satisfied? Although we have enough, why do we live like a machine that goes on printing notes, only to ultimately collapse dead? The journey of life is short, and we need basic food, clothing, and shelter to live. We also need some comforts, some luxury, love, and affection, and people with whom we can be happy.

But unfortunately, we let greed take charge of our life. Greed becomes our master and we become the slave. Greed flogs us and like a helpless donkey, we continue to run till life is done. Is this what life is all about? Life has a purpose, and that purpose is not to have more and more of material possessions. There is a goal - to realize we are the Divine Soul, to be free from all misery on earth and rebirth. However, as long as we are enslaved by greed, we will just live, and we will die without realizing the truth – Who am I and why am I here?

The challenge is to be happy, to be content, fulfilling our need. Then, to move forward on a path that will help us achieve the purpose of life. We are unable to do this because greed pushes us in the opposite direction. It fools us into believing that life is a race, and we must be an ace. Thus, we end our life without any grace.

Our goal is to get Freedom from greed. We must be still and realize that greed is fooling us, and our life is being consumed in meaningless pursuits. We have to break free from this monster called greed. We look at others and compare our life with theirs and then keep on running, seeking more and

more. The truth is simple. Everything beyond our need is useless. There is no doubt that we must fulfil our needs but exchanging that for passions of our greed only reveals a poor investment of our life.

Life is a treasure and greed promises us pleasure. But unfortunately, while greed offers us more and more pleasure, we lose this treasure called life. Greed does not give us fulfilment. Desires never quench our thirst. They only make us burst. They push us down the 'greedy' highway of achievement, and we forget to exit on the road to fulfilment and to Enlightenment.

Unless we are free from greed, we will fulfil our need, but like mad people, continue living our life, collecting possessions, which we don't need. Ultimately, greed will give us many things, but our life will be over. We must be free from greed. We must let go of our passions and obsessions. We must try to move beyond pleasures to achieve the ultimate purpose of life.

More important than greed, is peace and greed steals our peace. It creates stress, worry and makes us miserable. Are we going to continue living with greed or are we going to be free from it, and live fulfilling our need? The choice is ours - to live with peace or let greed tear us apart, piece by piece.

16

FREEDOM FROM SHAME

*Because we do not understand that life is just a Game,
We Live with Misery and Die of Shame!*



Why does shame make us miserable? Why are we so worried about what people think about us? Why do we let the world control our happiness? It is because we are puppets, controlled by strings of shame. We are more worried about others' opinions about us rather than our own convictions. We become so influenced by public opinion that we are ready to foolishly change our life to live as per that. This is being a slave of the mind, that is causing us shame. If we live in this game, we are sure to be miserable all through life!

Eliminate shame from your life and realize that your life is your game. You must know who you are, why you are here, and what you must do. You must have self-esteem and respect yourself for the person you are. You eat what you like, wear what you prefer, and live a life of your choice. We all have an intellect that can help us discriminate. We must choose what we want to do. When we let shame take over, we let our rotten thoughts rule our mind. We feel ashamed of needless things and situations, and then, we become a slave of shame. We must achieve Freedom from shame. We must eliminate shame from our life game.

While one must not live a life of arrogance, one must be proud of who they are. One must appreciate their special gifts and be indifferent to what others think about them. If there are 5 people in a room, you will end up with 50 opinions and these cannot become the principles on which we live our life. Life is a personal journey, and we have to live it the way we like. We must choose our own ethics and values and create our own philosophy of life. We should not let our thoughts be

influenced by others, but rather use our intellect to discriminate and choose.

We have a choice. We can live with shame and be depressed, or we can flip over and live with humble pride. Shame takes us to the past and makes us nurse and rehearse something that is over, something that we cannot change. Shame wants to humiliate us and kill our self-esteem. It is a choice! We can be prisoners to shame, or we can resolve to eliminate shame from our life. This is possible if we resolve to be free from shame.

We must commit that we will never feel ashamed of a past that we cannot change. If we intelligently feel that there is something wrong we have done, we can try to undo it by making amends. But we must not let shame become a ghost that will haunt us every day, till the end of our life.

It's time to empty our life of shame and to live with consciousness. It's time to replace shame with self-esteem, confidence, and courage which give us the energy to choose the wisdom to decide and to be free from this monster called shame, that wants to fill misery into our life game. After all, life is nothing but a game, why live with shame!

17

FREEDOM FROM GUILT

*A man who does not live with Freedom from Guilt,
Realizes much later that his life he has Spilt.*



The gift of life is a treasure. But when we let the pressure of guilt take charge of our life, we lose all our pleasure, our joy, our bliss, our peace. What is guilt? We do something, and then we regret it. We can do nothing about it in most cases, but we nurse, curse, and rehearse our actions and create misery in our life. How will this help? If it is possible to undo the wrong done, then by all means, we must. In this case, there is no guilt, because we have settled the account. Guilt imprisons us with acts that can't be reversed. Then, we carry the thorn of guilt in our heart and not only hurt ourselves but let the toxic fumes of guilt emit into our surroundings. Is this the way to live?

Life is a drama. It is just a show. Nobody is perfect. We all make errors. What we don't realize is that very often, it is the Law of *Karma* that either causes these circumstances or will take care of our actions. There is no need to be a prisoner of guilt. When we submit to be a slave of guilt, we let ignorance envelop us in darkness and suffer for eternity. We must snap out of guilt.

Therefore, one must resolve to live a life free of guilt. One must not let the mind bombard us with thoughts of the past, thoughts that make us regret what we did, thoughts that steal the present moment, by making us swing like a pendulum from the present into the past. Can we do anything about what was already done? If we can't, then why feel guilty about it? As per the Law of *Karma*, if we have done something wrong, we have to pay the price for it, whether we like it or not. Then, why pay the extra price of guilt?

FREEDOM FROM GUILT

There is a solution, both to eliminate guilt and to settle the *Karmic* score. The easy and simple solution is to execute acts of goodness and kindness that will create positive *Karma*. If we cannot undo the guilt with the person whom it concerns, we can do similar actions with others to make amends. But living with guilt is not a solution.

Today, let us resolve to be free from guilt. Let us eliminate guilt from our life completely. If you are carrying memories of guilt, they are like stones that you are carrying throughout your life, and these are hurting you, so stop now. Throw the stones of guilt away. Be free from the pain of guilt and feel the Freedom, the peace and the joy of living a guilt-free life.

The ultimate solution to attain Freedom from guilt is the Realization that I am neither the body that is guilty of the action nor the Mind and Ego, ME, that seems to have directed the action. I am the Divine Soul. I have done nothing to feel guilty about. This Realization will liberate us from all guilt. For this, one must go on a quest to realize, 'Who am I?' and when this Realization dawns upon us, we will not only be free from guilt, but free from all misery on earth. Remember, if you carry guilt, your life will be spilt!

18

FREEDOM FROM TEMPTATIONS

*When Temptations become the Master of our Life,
All we will end up with is Misery and Strife.*



FREEDOM FROM TEMPTATIONS

What are temptations? They are a set of desires that at the very outset are making way for unhappiness. That is why they are called temptations. Desires for good things are never temptations. Temptations rise from the devil in us and take us to hell.

How often do we get tempted? It may be anything, an ice cream or a peanut butter sandwich. The simple thought that it is a temptation indicates that it is something we should not be doing. Therefore, we must be free from temptations.

What is the essence of temptations and how can we be free from them? Temptations are rooted in thought, thoughts that are triggered by our sense perceptions. More often than not, we see something or smell something or even touch and get tempted. The senses are triggered by the thought and by default, the intellect raises an alarm – 'Beware of this temptation!' However, the mind brushes aside the intellect and lets the temptation take control. Therefore, we become slaves of our temptations. There is no discrimination or use of the intellect. Therefore, we suffer!

If only we let our life be mastered by our intellect, rather than our mind, we could wipe out all temptations. This does not mean we have no pleasure in life. We can intellectually choose something that gives us fun but doesn't let us become enslaved to our temptations. The moment we let temptations drive us, this becomes a habit. We are unable to stop our temptations because they gain control over our life.

Each human being is gifted with willpower, the power to discriminate through the intellect and then to choose. If we do not use this faculty, then, we will remain prisoners and our temptations will steal our peace and our happiness. Therefore, we must resolve to be free from temptations.

When a temptation attacks us, we must learn from the tortoise that withdraws its head under its shell. Let the temptation pass. Then, move on without being influenced or convinced by doing wrong as instigated by the temptation. When we are free from temptations, we become the master of our life.

Many people do not differentiate between Freedom from temptation and renouncing all pleasures. It is not necessary to renounce all pleasures. However, we should not become a slave to our desires.

We are not comparing it to the pain we may be forced to experience. Every desire has in it a seed, both of pleasure and pain. But temptations make us blind to the pain. It only projects the pleasure and flogs us to the desires and the passions of our temptations. The wise ones make a resolution, not to be a slave to temptation.

19

FREEDOM FROM DUTIES

*Duties can make us prisoners, who are tied with Chains.
Just like Engines that drag compartments of Trains.*



Most of us don't realize that we live and die as prisoners of our duties. We have so many duties, duties towards our family, our parents and children, duty towards our friends and duties towards our society, and even duty towards our religion. Alas! We forget the most important duty, that is to ourself! We owe it to ourself that we must find out who we are and why we are here. We owe it to the Divine who has given us this beautiful life on earth. But because we are so caught up in duties to the world, we have no time for our most important duty.

My Spiritual Mentor and Master, Dada J.P. Vaswani, always reminded me – 'Don't be so busy fulfilling your duties to your earthly father that you forget that you have duties towards your heavenly father!' He warned me how duties, lust, and shame can become fetters in our journey to Enlightenment, Liberation and Unification. Duties become like chains, and we live as prisoners, tied to these duties. We feel helpless and believe that we are just meant to live and to die, fulfilling these duties.

This is a myth. We do not have to fulfil all these duties. Unfortunately, we grow up with this myth and blindly believe what the world says. We just follow the herd, follow our scriptures and we seem to be living life the right way. Eventually, we are so caught up in our duties, that our life is consumed. Before we know it, this beautiful treasure called life is over.

What is our most important duty? It is to find out who am I

and why am I here. My biggest challenge is to be free from the body, mind, and ego which I am not, and to live as the Divine Soul. That is my ultimate goal.

Unfortunately, because we are prisoners of our so-called duties, we keep doing our duties and our life comes to an end. Then, we return in a rebirth on earth, to do our duties, and to return again. We don't realize that we are missing the most important duty. Our duty of Overcoming Ignorance, of Purification, of Illumination, then of realization of the truth. Thereafter, we must attain Liberation and Unification with the Divine. There can be no duty more important than this. When will we realize this truth? When will we break free from the prison of duty, and open our wings, which are tied with strings of duties, to fly in the sky and to find out who am I?

Somehow, we have been brainwashed and programmed to believe that life is all about fulfilling our duties in the material world. We have not realized the truth about the spiritual world. We are so busy fulfilling our obligations of the body, the ego and the mind, that we find no time to fulfil the duty towards our Soul, our Divine Spirit, our *Atman*, which is our true and real identity. It's time to be free from the illusory duties of the mundane world and realize the primary duty to be free and to be who we are meant to be.

20

FREEDOM FROM BELIEFS

*Most of us are Slaves of our Belief.
We must Break Free! We must get a Relief!*



How do we live? We live life based on our beliefs. We believe in what we must do and what we must not do. We have been taught what is good, and what is bad. Our parents, our teachers, our family and friends influence our beliefs, and we grow up with them. Unfortunately, we don't realize that many of our beliefs are illogical. They are not based on scientific understanding. They are not the truth. They are just the myth that we grew up with. In fact, we believe in our beliefs so much that we become prisoners. We tie ourselves with chains that tie us with wrong beliefs that lead us to unhappiness.

It's time to break free from our beliefs. We must get relief from every false belief that has ruled our life. We believe in a God that is not truly God. We believe God to have a name and a form, but this is a lie. This God is not God. God is SIP, the Supreme Immortal Power. But we have grown up believing in that God, who lives somewhere in heaven. Now these beliefs become prison bars behind which we are caged. We are unable to let go of these beliefs. Unless there is freedom from these beliefs, we will never realize that God is SIP. God is immortal, birthless, deathless. God is a Power that is in you and me. God is not he or she. But how will we realize this as long as we are imprisoned in a cage of our beliefs?

We believe we are this body. We believe we are the mind and the ego. This belief is wrong. We are not the body, mind and ego. But throughout life, we believe in this lie, and we experience the triple suffering – pain of the body, misery of the mind and agony of the ego, only because of our false belief.

How can we be free from belief? How can there be freedom from all the beliefs we have grown up with? This can happen with the Realization of the truth. It starts with a quest that puts every belief to test. We even question our religion and scriptures. We investigate everything that we were taught. Each Realization of the truth will take us to the ultimate destination of Enlightenment, as we will be free from the myth one by one. Once we overcome our ignorance, the light of truth will shine and our false beliefs will disappear, like mist in the morning sun.

From today, we must question every belief and we must be free from blindly believing in our beliefs. They might have been our beliefs for years but let them not continue to create any more tears. Just because they are our beliefs, they become our thoughts, our actions, and our habits.

If we don't realize what is right and wrong, we will continue going round in the merry-go-round of life, following the herd that believes in their beliefs blindly. It's time to open our real eyes, to realize the truth. There is no time for blind belief. Every belief must be questioned and then acted upon. Let us resolve today to be free from all our blind beliefs.

21

FREEDOM FROM HABITS

*HABIT is dangerous. Cut it, A BIT remains
Cut it further, IT still remains.*



Habits don't go away. The word itself reveals that it is difficult to break a habit. Once a habit is formed, it stays. Therefore, we must be free from habits. The moment we are slaves to our habits, they rob us of the opportunity to make a choice. They repeatedly make us act in a manner that seems to make us no better than machines. Therefore, Freedom from habits is a must.

What is a habit? Habits are repeated actions that become like a thick cable. A cable is made up of many thin wires, and each wire can be easily broken, but it is impossible to break a thick cable. So is a habit impossible to break. The actions come from feelings, and feelings come from thoughts. But once the habit is formed, then the habit becomes stronger than thoughts or feelings. Even if we want to think differently, even if we want to discriminate a thought, our habit will refuse to take the instruction. Thus, we become prisoners who are caged by our habits.

Somebody, for instance, has a habit of smoking. It started with a casual puff, but now, one can't break the habit. So, it may be with drinking. We may start smoking as a social thing but once the habit is rooted in our life, then, we can't escape from it. The habit becomes the master and we become the slave. It takes us where it wants to go and like puppets on a string, we dance to the tune of our habits and suffer.

There was a man who was riding a horse. Somebody asked him, 'Where are you going?' He replied, 'I don't know, ask the horse!' Although he was the boss, he had lost control of the

horse. Habits become our boss. They become our horse and they take us to where we do not want to go. But we watch helplessly and hopelessly. What is the solution? Freedom from habits. We may do anything that we choose to, but we must not let anything become a habit.

Today, introspect and list what are the negative habits that control you and your life. Bit by bit, break into it and change every negative habit till you are free. It may take time, or it may happen in a flash if you have the courage. But, letting a habit control our life is a disaster. We must be free.

Further, we must resolve not to let any habit take control of our life going forward, because when this happens, we lose our willpower, the power to choose and discriminate and we remain a slave to the habit, till our grave.

There may be some good habits that we develop, habits that have a positive influence on our life. It may be praying, serving others, or greeting others with a smile. These habits can become a conscious choice to retain. But we must be careful, that within these habits, there is no hidden toxic habit. Either we can control our habits, or let our habits take charge of our life.

22

FREEDOM FROM IGNORANCE

*Ignorance is a Curse.
But there is a greater Curse than Ignorance,
And that is, to be Ignorant of our Ignorance*



FREEDOM FROM IGNORANCE

Man doesn't realize it, but he is enveloped in a blanket of ignorance. He is so enslaved by his dark ignorance, that he lives like a caveman. He thinks that everything in this world is what exists in his cave. He doesn't go out of his cave to explore and to realize the truth about life. Man thinks he knows everything, but in reality, he knows nothing!

Man does not know who he is and why he is here. Throughout life he says, 'I', 'me' and 'mine' when in reality, man owns nothing. He comes with nothing, and he goes with nothing. Can any of us deny this? Still, we live as if everything is ours. This is man's greatest ignorance. Man thinks he is the body, which he wears. He doesn't realize he is the one who wears the body. He believes he is the mind, although where it is, he cannot find. He lives and dies in his ignorance, without realizing the truth about life.

Man must be free from his ignorance. Even if he is not free from the other fetters of life, man must overcome ignorance, if he truly wants to live, before he dies. Otherwise, man will live like a frog in the well. He will think that life is nothing beyond the well that the frog experiences. He will be a slave to his ignorance. He will not go out to explore, to ask questions, to investigate, to realize the truth.

As long as man is enslaved by his ignorance, he will innocently suffer, without realizing he is ignorant. Man needs the help of a mentor, a spiritual guide, to help him stop following the herd of ignorant people. Because so many people do the same thing, man is confident he is doing the

right thing and so, he follows the herd. He doesn't realize that he is like the blind following the blind. Ignorance is not rare. Most of us suffer from the slavery of ignorance. Very few amongst us are fortunate to be enlightened with the truth.

How can man be free from ignorance? Man must seek the truth. Ignorance is like darkness in a room. You can't sweep away the darkness. You have to switch on the light. To overcome ignorance, man must switch on the light of truth. One by one, he must overcome the ignorance that has controlled his life. We do not realize sometimes that we act out of ignorance and this innocence of ignorance continues to imprison us and make us suffer.

We need Realizations about who we are, why we are here, who is God, where is God and what life is all about. We need to break free from what we are taught. We have to reprogram our thoughts and our beliefs, which are built on the foundation of ignorance. If we let ignorance remain at the root of our life, then there will be shoots of folly and fruits of toxic poison that will take us in the wrong direction to a fatal destination. We will just live and die, like a fool because we did not break free from our ignorance.

23

FREEDOM FROM MYTHS AND SUPERSTITIONS

*Because we live with Superstition and Myth,
We don't Realize the Truth, we just die with it.*



When man is born as a little child, he is like a computer or a mobile phone which has been reset. And just like the data is stored in our gadgets, man too is programmed with thoughts and beliefs, as he grows up. He goes to a school, and he learns from his parents, other family members and teachers. Unfortunately, man is taught too many fairy tales and thus, he becomes a slave to the superstitions and the myth he grows up with.

We are taught that God is somewhere far away in heaven. We hear stories of God being an old man with a long white beard sitting somewhere above in the clouds. Then we are taught about Santa Claus. There is no end to these mythological tales. We believe in a God with an elephant head and a monkey God that could fly with a mountain. We are taught about the auspicious time of the day and the inauspicious moments of life, which have no grounds of reality. When will man be free from all this myth, this superstition?

Instead of man exploring the truth and trying to build a base of logic, he lets foolish magic rule his life. He believes in destiny, instead of believing in the Law of *Karma*. He follows several rituals that make no sense. Just because someone tells him that it is *Vastu* that is causing his suffering, he breaks all the doors of his house and changes their position, believing that this ritual will change his destiny. When will man wake up from this myth? When will he stop showing his palm to a palmist who it seems can read his destiny based on the lines of his hand! When will man stop believing in astrologers who look up at the stars and tell him what the stars foretell! Man is

a prisoner of myth and superstition. Therefore, he lives and dies believing in the mythological fairy tales and he suffers.

It is time to stop this nonsense. It is time to throw all the myths out of the door. There should be no compromise. There should be no soft action on the rituals, the superstitions and the myths we have been following. We must stop it. And we must stop it completely right now. Every moment we waste doing these rituals is a loss of the valuable life we are gifted with. We must end this slavery and be free. Otherwise, we will be busy doing rituals at somebody's death and then praying for the departed ones, although in fact, we have destroyed the body ourselves.

Because we believe that the ghost or the soul of the dead hovers around the house for 13 days, weeks, or months, we remain slaves to this myth. We are consumed by death ceremonies that make no sense and we continue with meaningless rituals and superstitions, till we die. They consume us so much that they give us no time to go in quest of the truth and be enlightened with the several Realizations that should replace all myths and superstitions. It is time to stop and take inventory of all the rituals and superstitions that control your life. Then, like we throw garbage in a dustbin, drop all of them once and for all.

24

FREEDOM FROM ACHIEVEMENTS AND SUCCESS

*We believe in the lie – Success is Happiness,
We live and die in Anxiety, Misery, and Stress.*



Because we believe in the lie that life is all about achievement, we grow up chasing success, money, name, fame and wealth, which we must all ultimately leave behind. Nothing is ours. Not even a pin can go with us. Why then do we live a life of stress and anxiety, cheating our customers, manipulating our team or being unfair to vendors, to make money, which will ultimately not belong to us? Somehow, we have been wrongly programmed with the mantra - Success is Happiness.

From the time we are children, we are taught to come first in the class. We are motivated to win the gold medal. We are applauded for bringing home accolades and appreciation, be it in the field of education or literature or even arts and sports. All that matters in life, we are taught, is to be a champion, to be a winner! There is no place for losers in this world. Haven't you heard that before? Because we become slaves to success and achievement, we live a life running in this race and we are caught in the maze, till we ultimately die.

It's time to break free from the prison of success and achievement. It is time to take an exit from the highway of achievement on which we continue to zoom, right from the time we are out of the womb, that we continue to do till we reach our tomb. What a pity we are slaves to achievement and success!

Are all successful people happy? Of course not! In fact, on the contrary, happy people are successful, because the objective of success is happiness. Unfortunately, we achieve success,

but there is no happiness. Such is the paradox. One success takes us to desire another and we become slaves who are flogged by our own success. We cannot stop, because we are conscious of the world watching us. If we fail, our ego makes us feel miserable. This whole journey of success and achievement is a prison in which most of the world is caught. A very few wise people are truly successful. They exit from the highway of achievement, and they evolve to the peak of fulfilment, that is living a life being fully satisfied and content. Then, they evolve to the ultimate peak of Enlightenment.

Where are you when it comes to being free from achievement and success? Are you a slave to your own success or are you a master, whose life is built on a foundation of peace, the very essence of happiness? Are you climbing from peak to peak, till one day you will fall off a cliff called death, only to come back for another journey on earth? We think we are champions once we attain success and achievement. Few of us realize that we are actually slaves. We must be free from the passion and obsession created by achievement. We must be liberated from the prison of success. Not many people will subscribe to this because alas, they are slaves to success and achievement!

25

FREEDOM FROM ADDICTIONS

*Those who are Prisoners of Addictions, they Say,
Seem to Live, but they Die Every Day!*



Addictions are a disaster. They are a substance or an activity that makes us prisoners, makes us slaves. It may be a drug addiction that destroys our life completely, or an addiction to alcohol that can lead us to disease and death. Whatever be the addiction, we must be free from it.

Some people are so addicted to public opinion that they blindly believe that even good addictions are bad. This is a myth. If you are addicted to exercise, to prayer, to helping others, this is not an addiction. This is a progression that is nothing but a good habit that is taking you towards your destination. Addictions that we must be free from are those that are detrimental to our body and mind.

Some addictions are physical like addiction to food. A man who is addicted to sweets or junk food loses his health, which is his greatest wealth. Then, there may be somebody who is addicted to a person. The addiction is so strong that one becomes a slave. The person we are addicted to, steals not just our peace of mind, but our very consciousness. Thus, we become prisoners and slaves to the person we are addicted to.

Often, the ego is addicted to its possessions, to its name and fame. The moment we are slaves to 'I', the ego, this addiction can cause us great anguish.

All addictions that cause misery must be dropped without any hesitation. These are killing us, moment by moment. They are destroying our days and our life. Those who are enslaved by their addictions, foolishly convince themselves

that they are enjoying the addiction, but in reality, they are being consumed by them. As long as we are slaves of our addiction, we are like cattle that are tied by a rope and dragged. Addictions rob us of our power of discrimination, just as they steal our goal of ultimate Liberation and Unification.

A person who is addicted is no better than a machine that doesn't have an intellect. Addictions destroy the treasure of our intelligence because they rob us of our ability to choose. We must be free from all addictions.

Not only must we resolve not to let a new addiction control us, but if there is an existing addiction that is controlling our life, we must develop the willpower and the courage to de-addict ourselves and be free. Otherwise, addictions will bind us like a tree. Not only will we be prisoners who are caged behind the bars of our addictions, we will also be intoxicated with toxic thoughts and feelings that will rob us of our ability to live a life of peace and joy. Addictions paralyze us. They put a pause in our life as they handcuff our hands, our feet, and even our mind so that we are incapable of moving forward in life.

26

FREEDOM FROM FEAR

*When a False Expectation Appears Real, this is Fear.
We must be Free from Fear, or we will lose all Cheer.*



Fear makes us miserable. It is a product of the mind. The mind creates thoughts that create feelings of fear, and we lose our bliss, our happiness. There is no real danger. It is just a fear. The mind makes the danger appear to be when in reality, there is none. This apparent danger haunts us, and we lose our peace. When we become prisoners of fear, nothing is clear. There is a fog of confusion, and we cannot see ahead in our life. We must be free from this monster called fear or we will continue to live in misery. This is clear!

The emotion of fear crystalizes in our life. It is a blessing for human beings to have this emotion, to protect us from real dangers. For instance, we are in a jungle and a tiger crosses our path. This is real. The emotion of fear triggers in us a response to protect ourselves. But what if there is no tiger? Then, we become prisoners of fear. We keep on having false alarms and fear appears when there is no danger. We must be free from such fear.

Fear is dangerous. It can become a phobia and can destroy our life. Thus, we must flip over from living a life of fear, to living a life with faith. We must eliminate emotions like doubt and uncertainty and live with courage and confidence. We can either live a hopeless life or live with Hope – Have Only Positive Expectations. Those who live with FAITH – Full Assurance in the Heart, make it a conscious choice to eliminate fear.

We all have experienced how fear paralyses us, how it steals our ability to discriminate! If we let this monster called fear

take command of our life, we can have no peace, no joy. Therefore, we must uproot fear out of our life.

How can we be free from fear? It is just like asking how we can eliminate darkness in the room. You switch on the light. When there is light, there can be no darkness. But when there is no light, then, darkness will prevail. So, in life, we must switch on the light of faith. Fear will disappear. But if we live a life without faith, hope, trust, belief, and enthusiasm, we can be sure that our life will be full of fear. It is a choice, and we must choose consciously. Otherwise, by default, fear will rule our life.

Hasn't the world experienced fear in the last two years? Covid-19, the Coronavirus, has shut down the world, literally, for 2 years. People have been locked in their homes, countries have shut their borders, industries like hospitality and aviation have been battered and millions have been economically shattered. Why? Because of fear! Coronavirus has not destroyed the world. Fear has! There is no doubt that as long as fear is in control of our life, we will lose control of it. To fear is a choice and we must choose to be free from Fear.

27

FREEDOM FROM WORRY AND ANXIETY

*The Mind makes us Worry, and creates Anxiety and Stress.
By doing so, it steals our Happiness!*



What is the cause of the emotions of worry, stress, anxiety and depression? It is the barrage of thoughts that attacks us in the guise of the mind. These negative thoughts create poison in our life and we program ourselves to believe in these thoughts. We even become prisoners and let our life get into a depression.

Just like an automatic machine gun, like an AK-47 can shoot bullets through us and kill us, the illusory mind shoots up to 50 thoughts a minute and creates the disaster of stress, of worry and of anxiety. As long as we permit the attack of thoughts to rule our life, we cannot live with peace, the very foundation of happiness. We must make it a conscious choice to slow down the mind.

The mind is like a monkey that keeps on jumping from thought to thought and unless we consciously cut the monkey's tale, the EY that is Ever Yearning and Ever Yelling, we cannot make the monkey mind, a monk! We will continue to live with stress and anxiety and sometimes, depression can even lead us to thoughts of suicide. Such is the power of the toxic mind!

We must be free from worry and stress. Otherwise, we will experience anxiety attacks that have been caused by none other than our own mind, our own thoughts. We have to stop this stress and replace it with bliss, with peace.

We must learn to slow down our pace. This is a practical way to be free from worry. As long as we continue to race through

life, there will be no end to thoughts. We must change our lifestyle and spend time in silence, in meditation and contemplation. We can make a conscious effort to stop the toxic mind. We have to watch it, catch it and latch it. We will also realize that there is no mind! We will find that the mind is nothing but a bundle of thoughts and just like we can stop eating or stop walking, we can stop thinking. However, this will happen only if we make a conscious choice to be free from worry, stress, and anxiety.

If we look around, the world is full of people who are living with anxiety and depression. The problem is so mammoth that psychiatrists and medicines for psychological, and mental disorders are available in every corner of the world. Ironically, these are everywhere, when in reality, the mind is nowhere. It is for us to consciously free ourselves from the rascal mind, our biggest enemy, to slow down the pace of thought from the MTR – the Mental Thought Rate of 50 thoughts a minute to one thought a minute. We should switch and live a life of consciousness, where thoughts will appear like fish that swim through the ocean of our consciousness. Then, we will be free from worry and anxiety.

28

FREEDOM FROM ANGER, HATE, JEALOUSY

*Those who live with Anger, Jealousy, and Hate,
They can never reach Heaven's Gate.*



FREEDOM FROM ANGER, HATE, JEALOUSY

Life can be hell if it is filled with anger, hate, revenge and jealousy. These are poisons that release toxic fumes and steal our joy and our peace. We must be free from these joy stealers.

What is the cause of anger, hate, revenge and jealousy? It is the ego. It is because I think, 'I am different from you', that I get angry. When we realize that we appear to be different bodies from the outside, but in reality, we are part of one Supreme Power, then, there will be no ego that separates us and there will be none of these poisons.

Unfortunately, we are slaves of the ego and therefore, remain slaves of anger. We get upset when our expectations are not met. We hate people because we dislike them. We even become jealous when we compare our possessions with others and there are times when the ego uses revenge to get even with others.

Are these emotions healthy? Are they good? Not only can they destroy us but keep us in ignorance about the dangers of these joy stealers. It is important for us to get rid of this bunch of toxic emotions because otherwise, we will become slaves and they will get rid of us.

Unfortunately, most of us believe that it is natural to live a life with anger. It is human to hate, and natural to experience jealousy. We don't even realize that it is possible to live a life devoid of these monsters. If we look at Spiritual Saints, they are so calm and peaceful. There is no hate or jealousy in their life. They are enlightened with the truth that we may all

appear different, but in reality, we are one. Therefore, they live with kindness, compassion, forgiveness, and love. Their life is full of peace and bliss. We can make a choice. Either we can destroy our tranquillity, or we can eliminate anger, hate, revenge, and jealousy. These rascals are not easy to uproot. It needs a lot of effort. More than physical effort, it needs the realization of the truth. Does the right leg kick the left leg? Does the right eye become jealous of the left eye? It sounds ridiculous! So also, it is silly for us to treat others as different from us, when in reality, we are all one and the same. The realization of the truth will eliminate these four toxins from our life.

Those who live with anger, do not realize that the burning coal they want to throw on others will first destroy their own hand. Those who hate are ignorant that we are all one and the same. Those who are jealous do not realize that life is but a show. Those who take revenge, foolishly consume their treasure called life meaninglessly trying to get even, when everything is controlled by *Karma*. Those who eliminate these, those who are free from anger and hate, liberated from jealousy and revenge, live a life of eternal peace and everlasting joy. They are the ones who experience Divine Love and bliss.

29

FREEDOM FROM NEGATIVITY

*We must make a choice from all Negativity to be Free,
Otherwise, Joy, Peace and Love, will from our life Flee.*



Why should we eliminate negativity from our life? It is because negative energy has poison. It becomes NEP and the fumes of this negativity create pain again and again. What are the negative emotions that are toxic? Even reading about them will drain us. Fear, worry, stress, anxiety, depression, pessimism, sorrow, anger, hate, revenge, jealousy, doubt, despair, indifference. Don't these release depressive feelings into our heart?

Now flip over from NEP to PEP, from Negative Emotions that are Poisonous, to Positive Emotions that are Powerful and see the change. Let the emotions of faith, belief, trust, enthusiasm, love, compassion, forgiveness, courage, confidence, optimism fill our life. What is the feeling now? There is so much inspiration with PEP. Unfortunately, instead of living with PEP, we sink with NEP and let negativity rule our life. We must resolve to be free from all negativity. We must uproot and eliminate these negative emotions completely from our life.

The next time a negative emotion pops its head, shoot it down with an arrow of positive emotion. If doubt appears, shoot it with faith. If hate appears, replace it with love. When revenge surfaces, wipe it out with forgiveness. When anger is replaced by peace, and optimism takes the place of pessimism, we can be sure our life will be a life of peace and bliss. The challenge is to be free from all negativity.

Somehow by default, negativity flows into our life, when there is no conscious effort to be positive. If we fill our life

with positivity, then there is no chance of negativity entering. Have you ever tried to blow a balloon inside a bottle? You can't because the bottle is already full of air. Therefore, while you can blow the balloon outside the bottle, if you cover the bottle and try to blow the balloon inside it, you can't! This teaches us that if our life is full of positivity, there is no chance, no place for negativity to enter. Let us not create a vacuum and invite NEP, Negative Emotions that are Poisonous to rule our life. The secret is simple. We must fill our life with positive emotions, and we will be free from all negativity.

We have a choice. What would you choose? You can be miserable and unhappy for the rest of your life, being a prisoner or slave, caged in emotions that create anxiety, worry, and fear or you can dance with bliss, love, joy, and peace, escaping from the prison of negativity. Being in a prison of misery is a choice. We can create the bars of negativity and cage ourselves or we can break free from this prison and then open our wings and fly in the sky experiencing the power, the energy of positive emotions that will lift us up and make us live a life of smiles and laughter. It is a choice. But unfortunately, many people do not realize the importance of making a conscious effort to be free from negativity.

30

FREEDOM FROM SORROW AND MISERY

*We have a choice. We can be Glad, not be Sad.
Or we can invite Misery and Sorrow, and forever be Mad!*



Do we even realize that happiness is a choice? We can choose to be happy or unhappy, glad or sad. But to be happy, we must be free from misery and sorrow. When these emotions come and knock at our door, we must not let them enter even for a moment. There are many joy stealers that will come to us. The moment we let them in, they will occupy our life. But if we lead them out, then we will live a life of eternal happiness.

What are the miseries and sorrows that fill our life? They are memories of the past, and fears of the future. In principle, because we shuttle from a yesterday that is gone, we become unhappy. And then we swing to a tomorrow not yet born and become miserable. If we want to be free from this pendulum of misery and sorrow, we must learn to live life moment by moment. We must make a vow to be happy in the now. The moment we live in the moment, we create a day-tight compartment and we do not permit our thoughts to lead us into a state of sorrow and misery. For this, we must commit to be happy. We must resolve not to be unhappy.

Some people create autosuggestions that trigger happiness. They put up posters in their homes, even sing songs and poems that drive away all misery and sorrow. Here is one.

*I shall be happy today,
Though the skies are cloudy and grey.
No matter what comes my way,
I shall choose to be happy today.*

Reflect on your life. Are you free from sorrow and misery or do you often think and blink and sink into a well of unhappiness? Do you live a life of seamless bliss or is your life like a yoyo? Do you think it is natural to have pleasure and pain, just as there is loss and gain, sun and rain, and you experience this again and again? Are you one amongst those fortunate ones who have eliminated all misery from life?

Here is some good news! There is a way to live a life of eternal happiness. The only challenge is that we have to drive away all misery and sorrow and be free from this mess, then we will experience true happiness.

Most of us remain prisoners, who are tied down by our sorrows. We live in a cage surrounded by unhappy people, in unhappy circumstances. We are like that dog sitting on a nail, and we groan through life. It has a choice to get up, but it continues to sit and groan because it is not hurting so much! We must learn to change, to do the things we love if we are not loving the things we do. And this is also true when it comes to people. You must make a conscious choice to be free from all sorrow and misery.

31

FREEDOM FROM RELIGION

*Those who blindly believe what Religion does Tell,
They are lost in the fairy tales of Heaven and Hell!*



We must be free from religion. One reading this will be surprised. We always think that religion is so important to become one with God. No doubt it is. But it is only a kindergarten. We have to graduate as we go from school to college, from the kindergarten of religion to the university of spirituality. For this, we need Freedom from religion.

What does it mean to be free from religion? Should we not follow a God and follow the scriptures that we are taught? Of course, we must. Every young child must be religious. They must believe in a God, pray, have hope, faith, and trust. All religions are good. They make us love God. Unfortunately, after that, religion makes its followers go around in circles. Every religion makes them believe in their own God and in their own scripture. And today, people around the world are fighting with one another trying to advocate the supremacy of their religion, their scripture, and their God. This has led to many wars and conflicts. We must be free from a religion that causes this.

Therefore, while we all must start our life with religion, we must graduate out of religion to spirituality. We must believe in God, but we must realize that God does not live in a temple or church, a monastery, synagogue or gurdwara. God lives in the temple of our heart, even the scriptures tell us that the kingdom of God is within.

Spirituality is a journey to go within. It is the science of the Spirit, the Soul, the *Atman*. It makes us realize that though religions may be many, God is one. There is one Power, a

Power that is Supreme, that is Immortal, that is birthless and deathless, beginningless and endless. Spirituality makes us realize God is SIP, the Supreme Immortal Power.

If we are fanatics who follow our religion to the core, and blindly listen to the interpretation of scriptures, without investigating and understanding, and then, realizing the truth, we are bound to suffer. Not only will we be ignorant in the kindergarten of religion till our death, but we will lose our breath being prisoners of mythology and theology, which actually takes us away from God.

Our ultimate goal is unification with the Divine. It is the realization that to love God means to love one and all. To serve humanity despite their religion is the highest form of prayer to the Divine. Unless we are free from religion, unless we are liberated from being puppets to the priests who make us blindly follow the myth, we will never attain the Freedom to overcome ignorance, to realize the truth about ourselves, about life and about God.

While we all grow up in a religion, we must evolve and go beyond religion. For this, Freedom from religion is important. Otherwise, we will live and die in the well of the myth that our scriptures tell.

32

FREEDOM FROM THE 4F PRISON

*Beware of the Four - Fences, Farces, Faces, Forces...
For this can be a prison that can lead to your life crisis!*



As we review and reflect on the importance of Freedom in our life, and move from Freedom in the material world to *Mukti* in the spiritual world, we must become conscious of landing ourselves in what we can call the 4F prison. The prison of Fences, Farces, Faces, Forces. What is this prison?

Throughout our life, we create fences. These are our own imaginary fences. They are limitations that we create for ourselves. Because of these fences, we do not tap into the potential of our life. We do not explore who we truly are. We live with BIBS – Buts, Ifs, Because, and Someday. This vocabulary of our life creates a fence, a prison that limits our growth. We must break through our fences and attain the full potential of life.

The 4F prison imprisons us with farces. We get so imprisoned by the fairy tales, the myth, the superstitions, and the dogmas we grow up with, that these farces become a reality in our life. We must give up all the farces by going on a quest to realize the truth.

Often, we are imprisoned by the bars of people. We just follow faces blindly and become so helpless and hopeless that the treasure of our intellect is deactivated. Just because somebody says something, we blindly follow it. Instead of believing the fact, we believe the face. This makes us a slave. It is time to be free from faces and believe in the facts.

So often, there is a pressure that pushes us to do things against our will. There are forces that push us into a corner. Although

it is not our choice, it seems that Fences, Farces, Faces, and Forces are locking us up into a life that we do not want to live.

We must attain Freedom from the 4F prison. If we do not attain this Freedom, we will just live and we will die, being sometimes glad and sometimes sad, but we will never evolve to realize the truth. Apart from the dozens of freedoms, and the Liberation we have discussed, Freedom from the 4 F prison is critical to unlock the door, to start a new journey in our life. We have to let go, of what people say, of what scriptures tell, of what our thoughts communicate.

We have to ask, we have to investigate, we have to realize the truth. We have been given the treasure, the most valuable gift called the intellect. If we do not use this treasure, we will be imprisoned chasing pleasure. We will live and die with misery on earth, and then, return to suffer in a rebirth. It's time to move from Freedom in the material world to attaining *Mukti*, in the spiritual world. Are you ready to leave the 4F prison and move forward to realize the truth?

33

THE ULTIMATE FREEDOM IS *MUKTI*

*What is the Ultimate Freedom we must achieve on Earth?
It is Mukti, Freedom from Rebirth.*



This book has spoken about every type of Freedom that man must achieve. Freedom from fear, Freedom from lust, Freedom from the body-mind-ego, from suffering and pain. It has covered the importance of Freedom. Nothing is more important than Freedom, whether it is Freedom from guilt, shame, or temptations, we need to be free. We need to release ourselves from prisons of habits, addictions, and negativity. While Freedom is so important and man must not live like a prisoner, like a puppet who is tied by strings, while man must open his wings, what is the ultimate Freedom that man must achieve? It is *Mukti*, Freedom from the cycle of death and rebirth. It is Freedom from returning to earth. This is the ultimate goal of man.

What is this ultimate Freedom all about? Man does not realize that while death is certain, and every 'body' must die, death is not the end. Death is just a bend. It is just another chapter in the book called life. While the body dies, the one who was alive leaves the body. Is there any doubt about this fact? If the one who died did not leave the body, would our loved ones, our family members cremate, bury, or destroy the body? Only because we are absolutely sure that death has occurred, and the one alive has departed, we perform rituals and ceremonies. But where did the one who was alive go? Because man is imprisoned by ignorance, man does not go on a quest to realize this truth. There is no doubt that man departs, just as there is no doubt that birth happens. Unfortunately, because man is imprisoned by the myth, he lives and dies without realizing the truth.

Man must discover the tenets of rebirth and how to be free from it. Man must understand the Law of *Karma*, and how it causes us to return to earth in a new life, again and again. All this is *Mukti*, the ultimate Freedom that man must attain.

The Purpose of Life is not just to live and die, but to find out – Who am I, why did I come to earth, who decided my birth, what will happen at death when I lose my breath and how and why will I return to earth in a rebirth. Unless man is free from the prisons of ignorance and myth, neither will man be free from the triple suffering on earth, nor will man be free from rebirth. Man will just continue chasing pleasure, but he will not attain the true treasure of *Mukti*, the ultimate Freedom that man must achieve.

Man has to grow through the process of Purification, to get Illumination, that will lead to his Realization. Thereafter, he will have Liberation from earth and Unification with the Divine. This is not for everybody. Only the sincere seekers of *Mukti*, the true aspirants of Freedom are blessed to move on this path called Enlightenment. They attain Freedom from rebirth, by transcending *Karma*, as they go on a quest, overcome ignorance and realize the truth. The rest of the book will lead you to Enlightenment, Freedom from the cycle of death and rebirth.

34

FREEDOM FROM REBIRTH

*If we do not attain Freedom from Rebirth,
We will Suffer again and again as we Return to Earth.*



Everybody who is born experiences pain. Nobody can escape the physical pain of the body, the misery of the mind, and the agony of the ego. While this world is like a merry-go-round and we enjoy both pleasure and pain, loss and gain, sun and rain, it is not possible for anybody to be free from pain. Therefore, the wise saints and the enlightened sages, advise that man must attain Liberation from the world and Unification with the Lord. Different religions and different cultures give this different names. The Buddhists call it *Nirvana*, the ancient Hindus or *Sanatana Dharma* call it *Moksha*, and the Western world refers to it as Salvation or Liberation that comes from Enlightenment or Realization of the truth. The names may be different, but all this is in essence *Mukti*, Freedom from Rebirth. This is the ultimate goal of man.

Because man lives in ignorance, he does not realize that he is not the body that will die. He is not even the mind and ego, ME. He is the Divine Soul. Because he doesn't realize this truth, he lives, he dies, and he is born again. Everything is controlled by the Universal Law of *Karma*, the Law of Action and Reaction. As long as we perform any action, be it good or bad, we are creating *Karma*, which will make us return to earth in a Rebirth. We will be reborn, and this will go on and on. How can we be free from Rebirth?

Man can be liberated from Rebirth. This is known as *Mukti*. But it is only possible if man realizes that he is not the body, mind and ego that is born again and again. He is the Divine Soul. If man achieves this goal, and lives as the Soul, then he attains Freedom from *Karma* and when the body dies, he does

not return to earth in a Rebirth. He is free. He is liberated and united with the Divine. How can man achieve this state and what stops man from *Mukti*, from Rebirth?

Mukti is not an easy game because man is a prisoner of his body, mind, ego. Man is enslaved throughout life by his own senses and his thoughts. They create a prison in which he lives and dies, only to be reborn. The way out of this prison is Enlightenment. It is the realization that I am not the body, mind and ego. It is finding a way of being free from *Karma*. Once man is free from *Karma* and attains *Mukti*, he becomes free from Rebirth, then, man attains *Moksha*. At the moment of death, he will not come back to earth in a new body. He will become one with the Divine. If not, he will come back to the planet, again and again, and he will suffer and be rewarded as per his *Karma*, his account of actions that he has not redeemed.

Our goal is *Mukti*, Freedom from Rebirth. The purpose of human life is to attain Freedom from the cycle of *Samsara*, the continuous cycle of Death and Rebirth, and from the suffering that we experience on earth. We do not realize that our purpose of coming to earth is to be free from Rebirth.

35

FREEDOM FROM KARMA

*Is it possible for man to be Free from Karma, Action?
Once there is Action, there will be a Reaction.*



The Law of *Karma* is such that whatever you do, will surely come back to you. It is the Law of Action and Reaction. It is based on the principle - *As you sow, so shall you reap*. Just like the seeds we plant decide the fruit on the tree, the deeds we plant decide our destiny. This is the Law of *Karma*. Some people call it the law of the boomerang, what goes around comes around. Some refer to it as the law of cause and effect. This implies that whatever is happening in our life, whatever is unfolding in our life is an effect of a cause. The cause is our own past actions. The actions may be of the present, just done, or of the distant past that we have forgotten. *Karma* doesn't forget any action. It makes no mistake.

What happens when we die? The body dies, but don't we say that the one who was alive passed away? That is why we destroy the body. Where did the deceased go? The physical body of the one who died returns to ashes, but the subtle aspect, the Mind and Ego, ME, carries its *Karma* and is reborn in a new body. That is why one child is born blind and one child in the lap of luxury. Why? What did the child do to deserve the pleasure or the pain? The Law of *Karma* has the answers. Not many people are enlightened about the *Karmic* law. Thus, they live, and they die.

Some people do good *Karma* and are reborn in happy circumstances. Those who do bad *Karma* return to earth in a rebirth to pay for their sins. Whether you do good or bad *Karma*, you have to return to earth. Some people foolishly believe that doing good *Karma* means being liberated from the earth and being united with the Divine. This is a false belief. It

is a myth. As long as there is an action, a *Karma*, we have to return to earth in a rebirth. If we want *Mukti*, Freedom from rebirth, we must attain Freedom from *Karma*. How is that possible?

No man can be free from *Karma*. Every human being who is born must act, be it good or bad. But this means that every human being is bound to return in a rebirth. Yes, except for those who attain *Mukti*, Freedom from rebirth. What is this *Mukti* and how can we attain it?

When we realize that we are not the body that dies, it is only an instrument of the Divine that does action as directed, we don't own our actions. When we further realize that we are not the Mind and Ego, ME, that seems to carry its *Karma* to a rebirth, it is at that point that we are free from *Karma*, and free from rebirth. At that point, man realizes - I am the Divine Soul, the Spirit, the *Atman*. I am not the body, mind, and ego. Such a person attains Liberation from *Karma* and attains *Mukti*, Liberation from rebirth. It is not so simple, because thereafter, the Spiritual journey to *Moksha*, or Unification starts. But it is not possible without attaining Freedom from *Karma*.

36

START A QUEST

*If we really want to win the Life Test,
It's time to stop and go on a Quest.*



START A QUEST

Life is a journey from birth to death. We can't escape life. We did not choose our birth and the moment of death will come when it has to. But we must live, not just exist. We must not just follow the herd. We must open our wings that have been tied with strings and we must fly like a bird. We must explore, ask questions, investigate the options and ultimately, realize the truth. This is important to achieve the ultimate purpose of life.

It is most unfortunate that we are taught the myth, we are taught fairy tales. So we are like puppets that are controlled by strings of our thoughts, our beliefs, and our habits. It is not the fault of our parents, our family, and teachers. They too have been indoctrinated with lies that they believed and which they innocently pass on to us. It is rare for somebody to stop to question whatever is being followed and to change it. For this, one needs to go on a quest. It is not easy. The moment we question our religion or our scriptures, we are warned that it is blasphemy. We must wake up to realize that if we keep doing what we are doing, we will keep on achieving what we are achieving. We will not attain the ultimate goal of *Mukti*, Freedom from rebirth and attaining that Divine Unification, the very purpose of human life.

So, it is time to start a quest. A quest is a search. It is an inner voyage, not to discover continents, but to discover Consciousness. It is a journey that will not take us to different places but will take us to find answers to questions that we have set as the milestones on our quest. How can we realize the truth and be successful in our quest?

While it is important to use our power of discrimination, and we must not be carried away by our mind, the turning point in a quest is the guidance of a Guru, a spiritual mentor. Without a Guru, there is no assurance that we are heading in the right direction, and that we will reach the destination of our quest. The Guru must also be an enlightened Master. My Guru – Dada J.P. Vaswani, not only helped me start my quest but guided me to the several realizations that led me to discover the light of truth. It is the quest that will help liberate us from all ignorance and switch over from living an ordinary mortal life to an extraordinary spiritual life.

Are you ready to start your quest? Have you listed the many questions about life, about yourself, about God, about existence, that you are seeking answers to? Have you broken free from the several prisons that this book has talked about and are there unanswered questions that you must resolve, as you move forward to reach the ultimate destination? Time is less. There is no moment to waste. Every day matters because when the death whistle will blow, it will be time to go. Put it in your head, that you can't attain Freedom after you are dead.

37

DON'T JUST ACCEPT, INVESTIGATE

*Those who just Listen to what everybody Says,
They don't Discriminate and remain Ignorant Always.*



Man is enveloped in a blanket of Ignorance. Therefore, he lives in darkness. He is like a caveman, who lives and dies in his cave, without exploring what is outside. He lives like a frog in the well, thinking that there is nothing else but the well. Although human beings are the only species who have been given the power of the intellect, and they can discriminate, they don't use this treasure. Man just believes what he has been taught, and thus, to realize the truth, he sadly forgot.

Throughout life, we blindly believe what we are taught. If we are told to pray to a God, we just pray. We don't ask who is God, where is God, what is God. Therefore, we live and die, without realizing the truth about God. Then, we are told that after we die, we will go to heaven. Although we see the body being destroyed in front of us, we accept the myth that we go to heaven. We don't question, 'Who goes, how do they go, where do they go?' People just say, 'He passed away!' They are so sure that they burn the body. But we don't question and get answers to understand the reality.

There are many things in life that we don't understand. But, we continue to accept what we are taught because we don't ask questions. We remain ignorant because we don't make an effort to realize the truth. We are told that it is our birthday, and we must cut a cake. But we don't stop and say that our birthday is fake. We are sure we were alive kicking in our mother's stomach before our birthday. Then, when were we actually born and how did this body come about? There are many questions like these that deserve investigation. These

are some of the questions that should form our quest. Questions like – If I am not the body, and I can't find the mind, then who am I in reality? What is my purpose on earth, why did I get this human birth? These are not just silly questions. These are the very secrets of our existence that must be revealed. We are not just meant to live and die.

Chicken or egg, what came first? The chicken says that it came first while the egg claims that it came first. What is the truth? We have to investigate. We don't have to blindly accept. There are 3 steps in the realization of the truth. The first step is to gain knowledge, to read, listen and watch, and observe what may be the various possibilities. Once we do, then we must introspect, contemplate and investigate what is right and what is wrong. We eliminate what we discriminate is false. We then, consider the options that may be true. As we process knowledge and use our intelligence to separate the myth from the truth, we will experience what is known as *Aparoksh Anubhuti*, a direct realization of the truth. This is no more knowledge. It is a Realization, and this will happen only if we contemplate and then discriminate as we go forward on our quest. It needs silence, just as it needs guidance and ultimately, Divine grace. Only then, we will attain Freedom from all ignorance.

38

OVERCOME IGNORANCE

*Those who don't Overcome Ignorance will be Reborn,
Then they will Suffer, and this will Go On and On.*



OVERCOME IGNORANCE

Why is it important to overcome ignorance? Why is it necessary to go on a quest? Why do we have to ask, investigate and realize the truth? Why can't we have fun till life is done? This is because, if we don't overcome ignorance, and we continue to believe what we are taught, we will live, and we will die, and we will burn only to return. This is the cycle of life. We don't deny death. But most of the world is ignorant of what lies beyond. We fear death because of the loss of all that we own, all those who are known, just as we fear the unknown beyond death. But we don't overcome this fear because we don't overcome ignorance. The moment we overcome ignorance, we will be free from all misery on earth and liberated from rebirth. But first, we must overcome ignorance.

A man once knocked at his door in the night for his wife to open. Suddenly he started screaming, 'Snake, snake!' The wife was used to his ignorance and came out with a torch. Where could a snake come from? She pointed the torch at the 'snake' and saw that it was just a rope. She then told him that it was not a snake, it was just a rope. The man was relieved, but he still asked her, 'Where did the snake go?' She smiled and said, 'There was no snake. The rope appeared to be a snake in the dark.' However, he refused to believe it and took the torch to look for the snake.

Ignorance makes us believe what appears to be, not what is. We must overcome such ignorance and replace it with the Realization of the truth. As long as we live with ignorance, we will believe in the myth, and we will never discover the reality of life. But how will we overcome ignorance? Ignorance is like darkness in a room. Can you remove it? Can you sweep it

away? The only way to overcome the darkness in the room is to switch on the light. So also, to overcome ignorance, we need Enlightenment. As long as we are not enlightened with the truth, we will continue to live in the darkness of ignorance.

What would happen if a blind man were to come in front of the Taj Mahal? He would probably ask, 'Where is the Taj? There is no Taj. You are lying to me.' Unfortunately, he cannot see; he is visually blind. Only 1% of people in the world are visually blind, but 99% of people are spiritually blind. Our spiritual cataract keeps us in ignorance and stops us from realizing the truth. We must open our real eyes.

We need to be enlightened with the several Realizations that will wipe out all our ignorance and liberate us from suffering on earth and ultimately, rebirth. Most people do not overcome ignorance because they are ignorant of their ignorance. They think that they know everything. They don't realize that their knowledge is contaminated with mythology and a bunch of fairy tales. It is time to overcome our ignorance and realize the truth. Otherwise, we will suffer.

39

REALIZE THE TRUTH

*If you want to Realize the Truth,
It is time to get to the bottom of the Root.*



This entire journey of Freedom, of *Mukti*, has a purpose. It is to discover a way to be free from all misery on earth and ultimately, free from rebirth. For this, it is essential to realize the truth. As long as we are enveloped in a blanket of dark ignorance, as long as we don't start our quest, we don't have a spiritual mentor or Guru, we will keep on going around in circles. We will never realize the truth.

The truth is the truth. There can be nothing other than it. But when we are ignorant about the truth, then there will be many fairy tales that we will end up believing in. We will believe that Santa Claus will come on Christmas and give us gifts. But this is not the truth! The truth is that our parents bought the gifts and left them under the Christmas tree. Most people innocently follow the herd, believe in the myth, subscribe to fairy tales, and consider mythology to be the reality of life. Thus, they live, they die, they suffer, and they are reborn.

Most people don't realize the truth that we are not this body that we appear to be. We are not even the mind and ego, that says, 'It is me'. Therefore, we die, only to be reborn. If we don't realize the truth, we will never experience that state of Eternal Happiness, of Divine Love and Everlasting Peace. For this, we need to reach that state of *SatChitAnanda*, *Anand* or Bliss that comes from *Chit*, Consciousness of *Sat*, the truth. When the truth is realized and we live in Consciousness, not of illusory thoughts, but of the truth, then we experience that state of *Niroana*. This is because we have eliminated all the lies that caused our misery and suffering. The truth is that we are the Divine Soul. The Soul never suffers. The Soul doesn't have

REALIZE THE TRUTH

any *Karma*. The Soul doesn't experience rebirth on earth. Sadly, we do not realize this truth, that we are the Soul, not the body, mind and ego.

The journey of life starts with realizing the truth about us, evolves into realizing the truth about life, and finally reaches the pinnacle, with the realization that God is not God. God is SIP, the Supreme Immortal Power. All these are the Realizations that will lead us from *Mukti*, Freedom while alive to *Moksha* or *Nirvana*, Liberation and Unification at the point of death.

The truth is realized like a jigsaw puzzle. Every Realization becomes a piece, and when all the Realizations are put together, the picture is revealed. This is the moment of 'aha', the moment of Enlightenment. It is the cumulation of all Realizations. Once we realize the truth, there is no longer any need to analyze nor is there any need to memorize. Realization leads to a transformation and ultimately to a metamorphosis. Instead of crawling like a worm, Realization liberates us to fly like a butterfly. Once we realize the truth, then we start our journey to our ultimate goal of life.

40

THE GOAL IS ENLIGHTENMENT

*Most people are chasing Achievement,
They don't discover the Ultimate Goal of Enlightenment.*



THE GOAL IS ENLIGHTENMENT

Because we are prisoners imprisoned in a cage of myth, because we are slaves enslaved with what we are taught, because we are like puppets dancing in the show, we just come and we go, we don't realize the truth. We live and we die.

From the time we are kids, what are we taught? To come first in class, to get a rank, to be the topper in school, to bring home shields and medals in literature, art, and sport, just as we must make our parents proud for academic success. We grow up believing the lie – Success is the only thing. Nothing else matters. We spend our entire life trying to make money. In the process, we consume our life and collect wealth, which ultimately, we have to leave behind. Because we have lived in a prison of ignorance, we have remained in the darkness.

The whole world is chasing achievement, success, name, fame, power, money, and wealth. We believe all this will give us pleasure, but we don't realize that we are losing the real treasure.

Of course, we need money to survive, but to live with greed, much beyond our need will take us nowhere. Very few are lucky to take an exit from the highway of achievement. They are the ones who pursue a life of contentment and fulfilment. But unfortunately, they still suffer the triple suffering on earth, and they return in a rebirth.

A rare minority goes in quest of the ultimate goal, Enlightenment. They attain that state of eternal bliss and

everlasting peace. It is a way of Freedom, of *Mukti*, Freedom from ignorance and Freedom from everything else that otherwise makes us prisoners.

When we break free from being a slave of lust, greed, anger, and shame, when we are liberated from the body, mind, and ego, when we go on a quest and realize the truth, all these realizations together lead us to the ultimate peak of Enlightenment. This is our final goal. After being enlightened, we start our ultimate journey of life, a journey that starts by living as a *Jivanmukta*, a liberated Soul till we reach *Moksha* or *Nirvana*, the ultimate Unification with the Divine.

Life is a choice. We can choose to live and die with achievement and enjoy the pleasures of life or we can do good *Karma*, and live with contentment and fulfilment, enjoying peace. However, if we choose to discover the true purpose of life, and evolve beyond achievement and fulfilment, to Enlightenment, not only will we have happiness beyond all pleasures and more peace and tranquillity than ever, but we will also realize that we are the Divine Soul, the very manifestation of the Supreme. We will be unaffected by the trivial things and trifles of life, as we live ever united with the Divine. There can be no better state than to be enlightened and to be free from all misery on earth and from rebirth.

41

WINNING THE WAR WITHIN

*Deep within, the Mind and Ego wage a War,
We need Consciousness for our Freedom to be Secure.*



Although we have attained Enlightenment, we have realized the truth, we have overcome ignorance, and as we are free from all the prisons of this illusory world, the game is still not over. As long as we are alive, the illusory Mind and Ego become ME, and fight a war against us in our battle for Realization, Liberation and Unification with the Divine, our ultimate goal.

With great difficulty, we have attained Freedom from ignorance, Freedom from the myth, Freedom from body, mind and ego. The Realization has dawned upon us that we are the Divine Soul, not the body, mind and ego that we appear to be, but still, the ME, tries to make us think, blink and sink in this material world that is actually an illusion. The mind itself doesn't exist, but the bundle of thoughts becomes the rascal mind and attacks us with thoughts that challenge our intellect. These thoughts corrupt our consciousness. This war will not end, till our life is over. We can tame the monkey mind, just as we can transcend the ego, and keep on winning the war, day after day. We may be champions in this Spiritual battle, but the battle will continue till our last breath.

Our challenge is to win the war. Every time there is an attack from thoughts, from the mind, the intellect must shoot down the thoughts. Every time the ego is agonized by *Maya*, the illusion of *Leela*, this humongous cosmic drama, our Consciousness must retaliate with peace and tranquillity, with acceptance and surrender. The challenge of an enlightened being is thus to remain in *SatChitAnanda*, as a Yogi. The Yogi is in Yoga, in *Yuj* or union, with the Divine all

the time, living in *Ananda*, eternal bliss, with Consciousness, *Chit* of the truth, *Sat*. This is the way to win the war within. One who is successful is liberated and united with the Divine.

If we are weak, then, the mind and ego, through the senses of the body, will destroy our efforts in evolving from Realization to Liberation. We must keep a strong vigil, through our Consciousness, on the truth of life. Otherwise, we will lose the battle even after we have attained *Mutki* or Freedom. Once we win the battle of *Mutki*, then we must continue and win the war. This is the ultimate goal of life.

One who is not totally free from all the toxins of life, is susceptible to lose the war within. If one is a prisoner of lust, or a slave of greed, or has not achieved Freedom from ignorance, then these become enemies in the war that is being fought within.

Therefore, it is important to be free from all prisons. We must cut all the strings that tie our wings. Otherwise, we will continue to crawl through life like a worm. Winning the war within means not just having a transformation, but rather a metamorphosis. The worm becomes a butterfly. It cannot return to being a worm. This metamorphosis signifies that we have won the war. We can then move forward to *Moksha*, *Nirvana*, the ultimate goal.

42

LIVING AS A JIVANMUKTA

*A Jivanmukta is an Enlightened Soul,
To be Liberated and United with the Divine,
Is his Ultimate Goal.*



When one achieves *Mukti*, or Freedom from the body, mind, and ego, from duty, lust, and shame, from ignorance and illusions, then, one is ready for the ultimate journey. One becomes a *Jivanmukta*, liberated while alive. But Liberation is not something that is achieved as long as we have breath. Until the moment of our death, we can lose the war with ME, the mind and ego. Therefore, the enlightened being or *Jivanmukta* must continue to live as a Yogi, ever united with the Divine.

What is Yoga? Yoga is misunderstood by the world to be some physical exercises or gymnastics and some breathing techniques. This is not Yoga. Yoga comes from the word *Yuj*. The Yogi is ever united with the Divine. It may be through *Dhyana* Yoga or meditation, *Bhakti* Yoga or devotion, *Karma* Yoga or action, *Gyana* Yoga or education, or even *Prema* Yoga, through the Yoga of Divine Love. Whatever be the state of Yoga, the *Jivanmukta* must be ever united with the Divine. Otherwise, there are chances of losing the war.

Although the *Jivanmukta* has attained *Mukti* or Freedom from this *Samsara* or world, he is still very much in it. He is still alive in a body that has sense perceptions. He is still subject to the Mind and Ego, ME. Although he has realized that he is not the one doing *Karma* anymore, he may still have some *Karma* which is testing his Enlightenment, till he is liberated at death and united with the Divine.

Therefore, to live as a *Jivanmukta*, not only must one live as a Yogi, but one must also live in the Consciousness of the truth

and experience Divine bliss, a state known as *SatChitAnanda*. A true yogi, living in *SatChitAnanda*, is a *Jivanmukta* who will not fail. He is the sincere seeker of *Moksha*, of becoming one with the Divine. However, he cannot take it for granted and therefore, weaken his defence against the attacks of the senses, and the enemies of the mind and ego.

The *Jivanmukta*, therefore lives with Detached Attachment and in total acceptance of whatever is happening. He surrenders to the will Divine, knowing that ultimately, he does nothing. He is nothing! He is just an instrument of the Divine. Everything is being done by the Lord, although it appears that he is doing. He lets go of the ego, and lives a life of nothingness, of thoughtlessness.

The *Jivanmukta*, doesn't consider anything to belong to him, just as he treats every relationship with non-duality, realizing that we are all one. Thus, the *Jivanmukta* enjoys *Ananda*, or *Nirvana*, Eternal Bliss, Divine Love, Everlasting Peace, as he is completely liberated from the suffering of this material and mortal world. Although he knows that the body will die, he realizes that he will be free to fly in the sky and unite with the Divine. As he lives the life of a *Jivanmukta*, he lives with *Sthitpragya*, till he attains *Moksha*.

43

LIVING AS A *STHITPRAGYA*

*Sthit means Steady, Pragya is the Intellect.
A Sthitpragya lives a life that is Perfect.*



How can we live a perfect life? Is there anything like a perfect life? A *Jivanmukta* who lives as a *Sthitpragya* knows that nothing is good or bad. Everything is perfect. Everything is a manifestation of the Divine. The whole world is an illusion. There is only one reality, the Supreme Immortal Power, that appears as you and me, as the butterfly and the bee, as the mountain and the tree. These are what we may see, but the *Sthitpragya* is free from the illusions. He uses the power of his intellect as he lives in Consciousness of the truth.

A normal human being has an intellect, but he doesn't always use it. He is a slave of his thoughts, his mind and is influenced by lust, greed, and desires. A *Sthitpragya* is not. He is a *Jivanmukta* who has attained Freedom. Now he remains in the Consciousness of the truth, free from the illusions of the material world. When a thought appears to a *Sthitpragya*, it does not appear as the mind that is bombarding him with thoughts. Thoughts appear one by one, as fish swimming in the ocean of his Consciousness. The *Sthitpragya* is able to discriminate each thought and only accept those thoughts that contribute to his growth in his Spiritual journey. He will discard all useless, unnecessary thoughts so that they do not germinate into feelings and actions.

The difference between an ordinary person and a *Sthitpragya* is that his faculty of intellectual discrimination is constant. He never loses Consciousness even for a moment, just as he does not let his mind overtake his intellect. He is always in command of his thoughts and his life.

The *Sthitpragya* is very clear. He is a *Jivanmukta*. He is liberated from what ordinary mortals are enslaved by. He has finished breaking through the prisons of *Samsara*. He is alive in a body-mind complex, but he lives as the Divine Soul. He realizes that life must unfold as it must, and so he accepts the drama of life, surrendering to the Divine will, using his steady intellect to discriminate every thought and choosing every action. The *Sthitpragya* develops a very strong willpower that cannot be broken by the mind or ego. Thus, the *Sthitpragya* lives with awareness, awakened to the truth, in Consciousness of everything that is unfolding around him. To him, nothing matters. He realizes that everything is just a show. Till it is time to go, he discriminates between what is the Divine will and what is not and lives as an instrument, doing the Divine will, without any desires of the body and mind.

The *Jivanmukta*, an enlightened Soul, who lives as a *Sthitpragya*, with a steady intellect, becomes entitled to Liberation and Unification. Being blessed with the guidance of the Guru, he attains the grace of the Divine. He no more lives as an ordinary mortal who will die only to be reborn. He lives as the immortal Soul, experiences the Divine presence in one and all, enjoying every moment of his life, in heavenly bliss, unknown to man. He does not sink in *Samsara*, the material world. He sees the Divine in one and all.

44

THE TWO POSSIBILITIES AT DEATH

*At death, if we do not Realize the Truth,
Our Mind and Ego will take Rebirth on Earth.
But if we Overcome our Ignorance and are Enlightened,
We will attain Liberation and Divine Unification.*



There is no possibility of escaping from death. But, at death, there are two possibilities. When the body dies, most of the time, the one who was alive, the Mind and Ego - ME, who we say, 'Has passed away', carries its *Karma* and starts a new birth on earth. In rare cases, when one attains Enlightenment, by overcoming ignorance and realizing the truth, then such a person does not return to earth in a rebirth. Such a person is liberated from the cycle of *Samsara*.

Therefore, in life, we have two opportunities. Most people are unaware of these options. The majority of humanity thinks that they will live and die and then return. They even go on to believe that good *Karma* will liberate them and lead them to *Mukti* and *Moksha*. This is because they are not liberated from ignorance. So, they live, believing in the myth. A rare minority that goes in quest of the truth, attains several realizations, and is finally enlightened and liberated and united with the Divine.

Does everybody go on a quest to realize the truth? No! Very few people start a quest. Does everybody who starts a quest attain Self-Realization? Not everybody who goes on a quest achieves that state of Realization. Are all realized beings liberated and united? No! Unless a realized being lives as a *Jivanmukta*, a *Sthitpragya*, winning the war within, they will return to earth in a rebirth.

Will every *Jivanmukta*, be liberated and united with the Divine? Unless there is the grace of SIP, the Supreme Immortal Power, becoming one with the Divine is not possible. Therefore, a rare minority reaches this state. It is not

everybody's game. Only 1% go on a quest, 0.01% are realized and 0.0001% may be united. We don't even know who is actually enlightened and who will be liberated. Only SIP, the Supreme Immortal Power, who controls the law of *Karma*, is in command of all this.

What is in our hands? We have to have a deep yearning for Liberation and for the Lord. When there is deep love and desire, for nothing but the Divine, then, this yearning develops a passion that makes us one with SIP. In the climb to the ultimate step, every step matters and if we slip at any step, then we cannot be liberated and united.

The above account is a very clear road map for one to achieve their ultimate goal. If one misses being liberated and united, then one has to come back again and again. They will be reborn, and this will go on and on.

It is only a human being who can be liberated and united. Therefore, we must not lose this golden opportunity to become one with the Lord. Everybody has to die. But only those attain God Realization, who attain *Mukti*, Freedom and realize, 'Who am I?'

45

FROM MUKTI TO MOKSHA

*Mukti is attained while Alive on Earth,
But Moksha at Death.
We can only be United with the Divine,
After we Lose our Breath.*



What happens at death? We lose our breath. The body dies, but people say that we passed away. People are so sure of this that they burn or destroy the body. Where did the one who was alive go? We understand the two possibilities. Most of the time, there is rebirth. But how can we attain *Moksha* and escape from returning to earth?

What is *Moksha*? Some people call it *Nirvana*, some Liberation or Salvation. These are different names for the same state. However, *Mukti* is not *Moksha*. *Mukti* is attained while we are alive on earth, but *Moksha* only after our death. However, the person who doesn't attain *Mukti* cannot attain *Moksha*. *Mukti* is the precondition of attaining *Moksha*. *Mukti* is Freedom, complete Freedom from all prisons, barriers, and cages on earth.

Thereafter, after living a life as prescribed, one may attain *Moksha* with the grace of the Divine. One should not fall into the pit of lust, greed, or any of the potholes of human life. *Samsara* is like quicksand. If we are not careful, we can sink. Therefore, there is no time to think and blink. We must be in Consciousness, in awareness. Once we attain Realization, the goal is nothing but Unification with the Divine. But that will happen only when there is Liberation at death.

Most people don't understand that this is the goal of life. Our goal is to realize we are the Divine Soul, not the body that will die, not the Mind and Ego, ME, that will take rebirth on earth. This Realization is key. It will open the door to Liberation, provided there is passion and there is an obsession for being

free from this world of illusions. Most of humanity is enamoured by worldly things. Therefore, either they do not attain Realization and Enlightenment or even after being enlightened, they slip and fall. There can be no sadder moment than this in life, for *Moksha* is that state of happiness, peace, and bliss, that is unknown to man.

However, man lives as the body, mind and ego and continues to suffer the triple suffering, chasing pleasure, and escaping pain and he does this again and again, thinking that this illusory world is a place where he can attain happiness. He doesn't realize that *Samsara* is *Dukkha*. This world is ultimately suffering. He continues to experience the pain of the body, the misery of the mind, and the agony of the ego, needlessly, because he is ignorant that he is none of these.

Man foolishly suffers because he associates himself with a false identity. He could live as the immortal Soul with bliss, but he lives as a mortal human with unhappiness all because he does not realize the importance of Freedom, all because he does not attain *Mukti* when he is alive, all because throughout life he is a prisoner of his habits, a puppet of his beliefs, a slave of his desires and his passions. His own thoughts, actions, habits, and beliefs lead him into a cycle of death, rebirth and suffering. If only man realizes his goal is Freedom and he attains *Mukti*, he will be free forever.

46

BECOMING ONE WITH THE DIVINE

*Because we are prisoners of Wishes, Wealth, and Wine,
We don't achieve the goal of becoming One with the Divine.*



Man has a purpose for coming to this earth. He is not given a human birth, just to have fun, to sing, dance, and ultimately, to enjoy the show and go. Unfortunately, most of humanity thinks that the purpose of life is happiness. They do everything possible to be happy. They spend years in learning, and decades in earning because they think that happiness comes from wealth. Then, they lose their health! They become sad and miserable. Ultimately, they die. Although they know that every 'body' must die, they live as if they will be on this planet forever.

No 'body' can escape death, but while we will definitely lose our breath, man does not go on a quest to find out, 'Who am I', before his body does die. He chases happiness, not realizing that it is like a shadow, and he continues to desire and crave till he reaches his grave. He doesn't spend time in achieving the real goal of realizing he is the Divine Soul. He doesn't overcome his Ignorance, he doesn't realize the truth that he himself is SIP, the Supreme Immortal Power.

Man does not realize that he is the Soul, the *Atman*, the Divine Spirit. He understands his clothes are what he wears, but he does not realize that he is not the body that he wears. He is the one who wears the body. Living as a prisoner in ignorance, caged by myth and superstitions, man follows the herd and dies. Then he comes back, again and again. This cycle goes on and on, and unfortunately, man is reborn.

Man's purpose on earth is to become one with the Divine. That is man's goal – to be liberated from body, mind and ego,

and to be free from all the prisons of this show. Man thinks that this world is real, but he doesn't realize that it is like a dream. Everything is a projection, and it seems impossible for man to believe this. He is so imprisoned by his conditioning that he continues to collect wealth, and he dies rich. He doesn't realize there can be no poorer bankrupt than him. His ignorance did not let him give before he was gone. Ultimately, everything is snatched away, even his body! In most cases, man dies and returns. He is not liberated from ignorance and united with the Divine.

Very few people are lucky to have a mentor, a Guru to help them start a quest. They move forward on the path of Enlightenment and pursue the ultimate goal of Realization, Liberation and Unification. They spend their life in Purification and Illumination, which liberates them from the prisons of *Samsara*, this worldly life. They are the ones who become *Jivanmukta*, enlightened, realized Souls. But they don't stop there.

Blessed are those who continue living every moment of life with only one aspiration, one passion, one yearning – to become one with the Divine. They seek nothing else, except to be free from this illusory world and be liberated from rebirth. Once free, if the grace of the Divine is upon them, they are liberated and united with the Lord. This is our ultimate goal, to realize we are the Divine Soul; to be free and to become one with the Divine

AFTERWORD

*I too was a Prisoner, a Slave of the Mind and Ego, ME,
Till I Realized the Truth, then I was Free!*



Like anybody else, I was a slave, not just an ordinary slave, a super slave, so as to say – a slave of anger and of greed, of lust and power. I was a prisoner of my own body, mind and ego. For 25 years, I went from peak to peak, from one success to another, thinking that I was a winner, that I was victorious. Little did I realize that I was a puppet, that was tied to the strings that were controlled by the world. I was a slave to other people's opinions. I was a prisoner of my achievements. All around me were prison bars of name, fame, wealth, and success. Even before I realized it, two and a half decades had slipped by.

I am fortunate that I am free today. I have attained *Mukti*, freedom from the body, mind and ego. Being a slave of the body for many years, I was controlled by my senses. Today, my senses are under my control. I was a slave of my own monkey mind. The rascal used to jump from thought to

thought and steal my peace. I first tamed the monkey, cut off its tail, the EY – its Ever Yelling and Ever Yearning and I made it into a Monk. I dropped my ego like a pebble in the ocean and as I let go of my ego, I was free from anger, hate, revenge, and jealousy. Today, I am the master of myself, the self that is no more the body, mind and ego, but the Divine Soul.

It started with a transformation, and ultimately, led to a metamorphosis. From the business tycoon Ravi Melwani, I became AiR, the *Atman* in Ravi. The caterpillar that used to crawl, started flying like a butterfly. I cut off the strings that tied my wings and now, I don't follow the herd, I fly like a bird, enjoying complete freedom. Freedom from people and possessions, freedom from the world, Freedom from *Leela* – the Divine show, and *Maya* – the Cosmic illusion. I am free! Truly, totally, completely free! Freedom is priceless. It is more precious than all the gems and jewellery, the money and wealth, the stocks and shares the world can put a price to. Even if one has to give away everything, it is not equal to the value of Freedom.

Today, I live as a Yogi, seeking nothing, living a life of Divine acceptance and surrender. Nothing controls me, for I am none other than SIP, a particle of that Supreme Immortal Power that we all are. This Realization has liberated me from all the problems of the world and I am free from all fear, worry, and anxiety and even the thought of death doesn't trouble me. Such is the gift of *Mukti*. A free *Jivanmukta* lives a life of Eternal Happiness, of Divine Love, and Everlasting Peace. And so, I enjoy every moment that I live, with just one aspiration – to do the Divine will till I am united with the Supreme at death.

POEM

MUKTI
FREEDOM



*Mukti is Freedom, we must be free
We must not be bound to the ground like a tree
We must not be slaves to the Mind and Ego, ME
The goal of life is Mukti, to be free*

*Most of us are slaves, we follow the herd
We don't open our wings and fly like a bird
Although we human beings are blessed with wings
We crawl on the earth, tied with many strings*

*Therefore, we suffer the triple suffering on earth
And then we die and return in a rebirth
We suffer the pain of the body, ego, and mind
True happiness and peace, we struggle to find*

*We are prisoners of the Mind and Ego, ME
Our thoughts make us puppets, they don't let us be free
Although we have an intellect to tell us what is wrong
We let the mind destroy us with thoughts so strong*

*Our senses make us slaves of vengefulness and greed
We are prisoners of anger and jealousy, indeed
Puppets we are, of lust and shame
We live in a cage, through the life game*

*Passions and obsessions rule our life
They make us prisoners and we live with strife
Instead of being free, and living with a smile
We are slaves of emotions that are longer than the Nile*

*Our own thoughts and habits make us puppets that cry
We live as prisoners right till we die
And though we could from these monsters be free
Instead of Freedom, we choose misery*

*We are a slave of ignorance and myth
We believe in rituals and superstitions, not the truth
We chase achievement, thinking success is happiness
And run the rat race, ending life in a mess*

POEM

*Haven't you seen people who are prisoners of fear?
They think a little virus will kill them, oh dear
Fear has made the world lock down everything
Shouldn't we be free to start living!*

*And then, we are prisoners of worry and anxiety
That these emotions can rule us, is a tragedy
We are puppets of revenge and hate
And we tie ourselves behind the misery gate*

*Freedom must also be got from religion
We must find out our true origin
We must not just believe what people say
We must investigate and find the right way*

*Fences, Faces, Farces, Forces, the prison of four
Locks us behind many a door
We live and die, as a miserable slave
And take our sorrow till our grave*

*It's not just being free from misery on earth
We must also be free from taking rebirth
If we don't realize the truth, who am I
Then we will not be free, even after we die*

*The body will die, but what about 'me' ?
The one who passed away is not yet free
It is the mind and ego that carries its Karma
Until it is liberated and attains Moksha*

*Therefore, the purpose of our life
Is not just to be free from misery and strife
But to be Enlightened and gain Liberation
And to be free for Divine Unification*

*Freedom, Freedom, Freedom- that's our goal
To be free from the body-mind-ego and live as the Soul
We must be free from wishes, wealth, and wine
So that we can become one with the Divine*



By
AiR
Atman in Ravi

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 600 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.’

ABOUT THE AUTHOR

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 48 books, composed and sung about 1250 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, 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

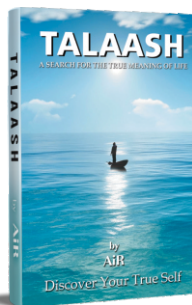
at **8 pm** every day
on  **zoom**

Zoom Meeting ID: 85021104431

BOOKS BY THE AUTHOR

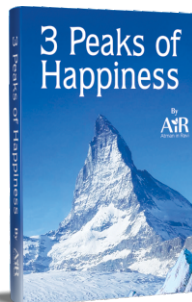
1. Talaash

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.



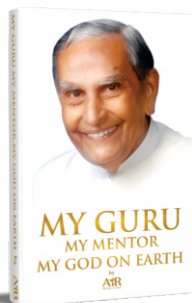
2. 3 Peaks of Happiness

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.



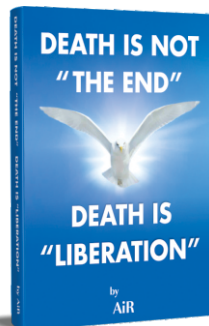
4. I will Never Die, Death is Not “The End”

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.



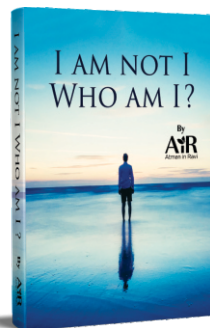
5. Death is Not “The End.” Death is “Liberation”

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.



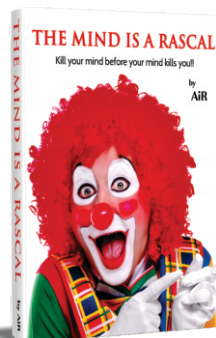
6. I Am Not I. Who Am I?

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.



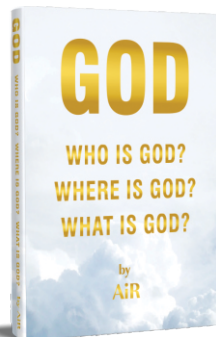
8. A Cosmic Drama

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.



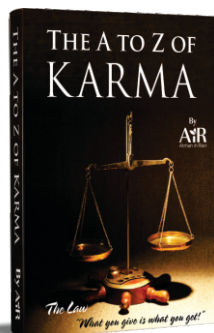
9. Who is God? Where is God? What is God?

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.



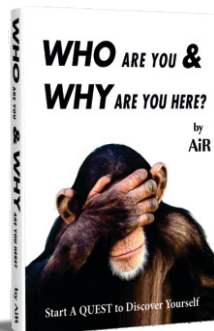
10. The A to Z Karma

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.



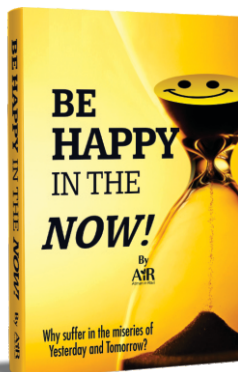
12. The 4th Factor

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.



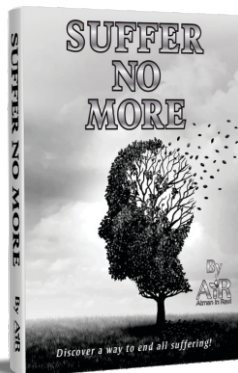
14. Questions You Must Answer before you Die!

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.



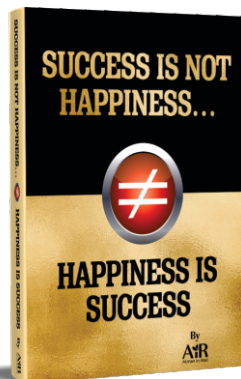
15. Suffer No More

'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.



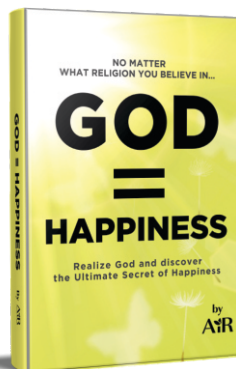
16. Success is not Happiness, Happiness is Success

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.



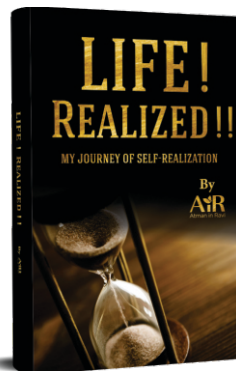
17. God = Happiness

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.



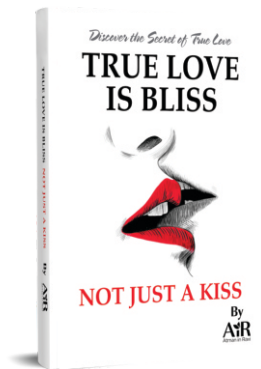
18. Life! Realized!!

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.



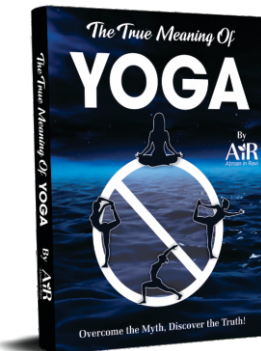
19. True Love is Bliss...Not Just a Kiss

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.



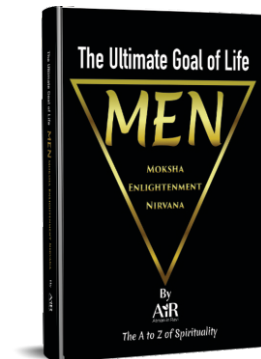
20. True Meaning of Yoga

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.



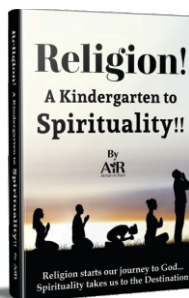
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



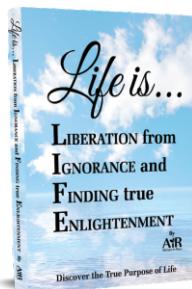
23. Why Bad Things Can't Happen to Good People!

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.



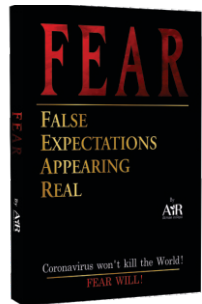
25. The Ladder to Heaven

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.



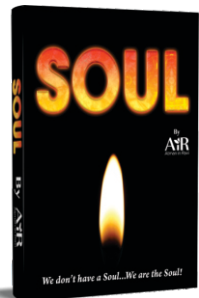
26. FEAR- False Expectations Appearing Real

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.



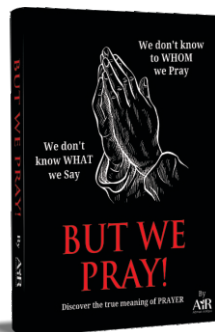
27. Soul – We don't have a Soul... we are the Soul!

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!



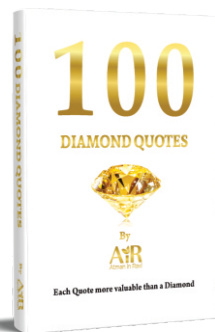
28. But We Pray!

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.



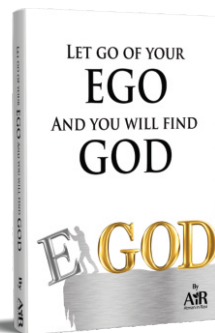
29. 100 Diamond Quotes

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.



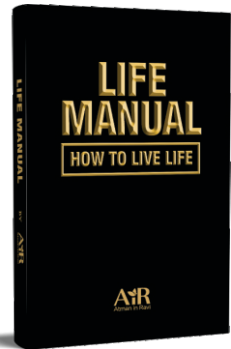
30. Let go of your Ego and you will find God

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.



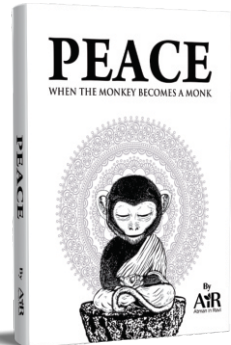
31. Life Manual - How to live life?

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.



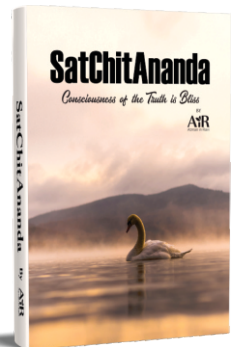
32. PEACE... When the Monkey becomes a Monk!

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.



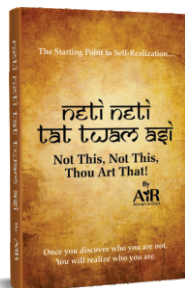
33. SatChitAnanda - Consciousness of the Truth is Bliss

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.



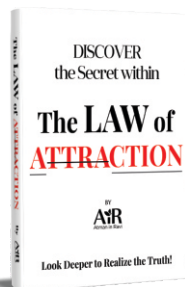
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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'.



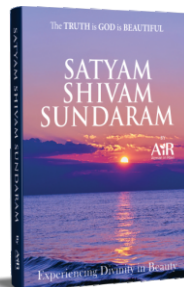
35. *Discover the SECRET within The LAW of Attraction*

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.



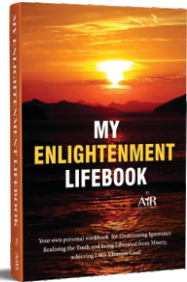
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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.



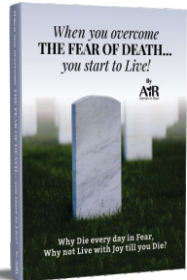
37. My Enlightenment Lifebook

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.



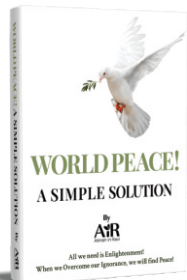
38. When you overcome the FEAR of DEATH, You start to LIVE

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.



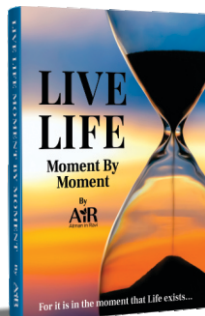
40. Many Problems, One Solution

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!



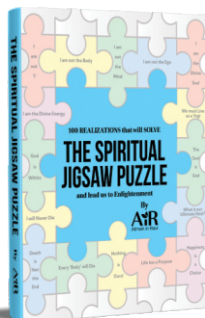
41. LIVE LIFE... Moment by Moment

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!



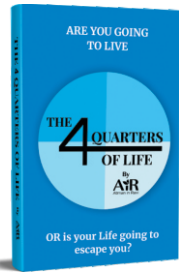
42. The Spiritual Jigsaw Puzzle

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.



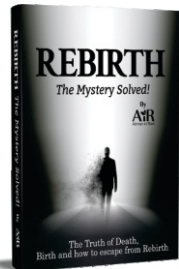
43. The 4 Quarters of Life

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.



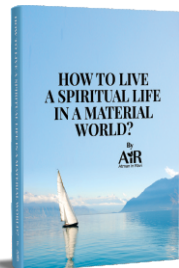
44. REBIRTH ... The Mystery Solved!

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.



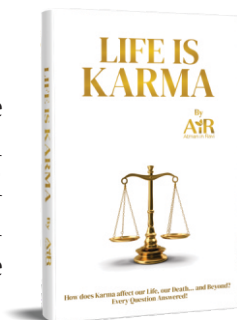
45. How to Live a Spiritual Life in a Material World?

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.



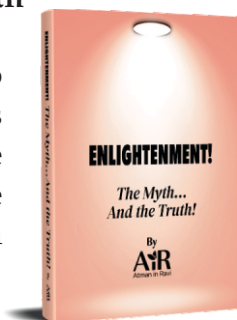
46. Life is Karma

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 gown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

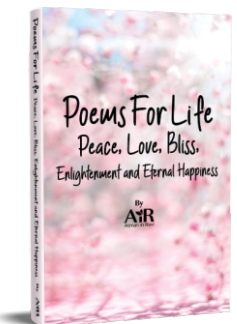


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

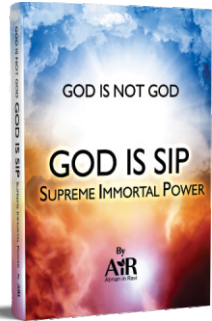
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



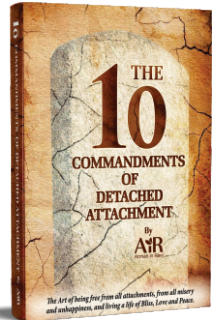
49. God is not God. God is SIP – Supreme Immortal Power

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.



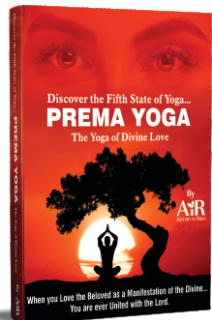
50. The 10 Commandments of Detached Attachment

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

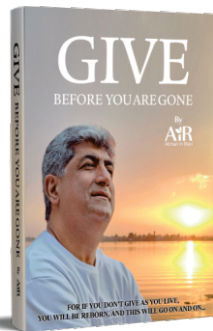
The world is familiar with Yoga or 'Yuj', which means union with God. We know of the 4 states of Yoga: *Dhyana* Yoga, *Bhakti* Yoga, *Karma* Yoga and *Gyana* Yoga. *Prema*



Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. It is a special gift from the Divine to me. It is the most powerful state of Yoga, of being ever united with God through Love. When we go beyond loving the physical appearance of the Beloved, and love the Soul, the Spirit, the *Atman*, the *Ruh* within the Beloved, then we are actually loving God. By loving the Beloved as God, we love God all the time. Not only do we experience God in the Beloved, but our Love also flows to one and all, who are all manifestations of God. This book shares the experience of *Prema* Yoga, the realization of Divine Love that is for the Supreme that appears in the Beloved. This book can transform the way you live, the way you love, and the way you pray. It can transform Love into Prayer and Life into Love.

52. Give before you are Gone!

Give before you are gone. You don't have a choice. If you don't use what is yours, you will lose it, 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. Whatever you keep, others will sweep. At the end, nothing is ours. Therefore, the wise men have said, 'Put it in your head, that you can't give anything after your dead. It will all be gone. Rather, give as you live so that the world will cry when you die. Spend before your end.' This is the wise way to live. Give before you



are gone. Everybody has to go, such is the show. Nothing is ours. Let us learn not to let others burn what we earn. Therefore, let us spend before our end. Let us give as we live.

AND NOW

53. Mukti Freedom

COMING SOON...

54. Happiness is Success

55. Stop it, Stupid - Don't just stop the stupid mind, Cremate it!

MUKTI FREEDOM

*Do you want to be free from all misery on earth...
Or do you want to suffer and return in a Rebirth?*

We human beings have a choice. Either we can be free, or we can live as prisoners and die as slaves. We can be puppets to our own emotions like fear, worry, anger, hate, revenge and jealousy. We can be prisoners of our own success and wealth. We can be enslaved by our own habits and addictions. It is our choice.

If we want to be free, we must first kill the Mind and Ego, ME. We must, one by one, attain Freedom from all prisons, till we are completely liberated from all negativity in our life. Freedom is priceless and precious. Not only will Freedom liberate us from the triple suffering on earth, but Freedom will also ultimately free us from the cycle of death and rebirth. This is our ultimate goal – to be free from the body and mind and live as the Soul. Unfortunately, because there is no Freedom, we live like a slave till we reach our grave, only to be reborn and this will go on and on.

This book will inspire you to attain Freedom, *Mukti* while you live on earth and also show you the way to be free from rebirth.



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