

How to Let Go of ANGER,
HATE, REVENGE and JEALOUSY

ENLIGHTENED EGO!

AiR
Atman in Ravi



AiR - ATMAN IN RAVI



How to Let Go of ANGER,
HATE, REVENGE and JEALOUSY

ENLIGHTENED EGO!

AiR
Atman in Ravi



AiR - ATMAN IN RAVI



ENLIGHTENED EGO

By
AiR
Atman in Ravi
Ravi V. Melwani

Copyright © AiR Institute of Realization 2024

AiR asserts the moral right to be identified as the author of this book.

ISBN 978-93-340-7669-1

All rights reserved.

No part of the content of this publication (except images) may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Printed by: The Safire Offset Printers

Publisher: AiR - *Atman in Ravi* (Ravi V. Melwani)

Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017



Contents

ABOUT THE AUTHOR	1
PREFACE	3
INTRODUCTION	5

Chapters

1. What Is The Ego?	7
2. When Does The Ego Come Alive?	9
3. What Causes The Ego?	11
4. I, Me And Mine	13
5. The Ego's Best Friend – The Mind	15
6. The Mystery Of ME	17
7. Mind And Ego – Their Journey	19
8. The Ego Causes Anguish	21
9. The Ignorant Ego	23
10. Overcoming Ignorance	25
11. Am I The Body That Will Die?	27
12. Where Is The Mind? You Cannot Find!	29



13. The Ego That Says 'I', Is A Lie	31
14. Anger	33
15. Hate	35
16. Revenge	37
17. Jealousy	39
18. Greed	41
19. Pride	43
20. Selfishness	45
21. Realization Of The Truth	47
22. I Am The Divine Soul	49
23. Man - Ego = God	51
24. We Are All One	53
25. Overcoming All Anguish	55
26. Burn Anger, Before Anger Burns You	57
27. Throw Hate, Out Of The Gate	59
28. Replace Revenge With Forgiveness	61
29. Choose Tranquillity, Instead Of Jealousy	63
30. Fulfil Your Need, Not Your Greed	65
31. How Can The Ego Be Enlightened?	67
32. The Magic Of Non-Duality	69
33. We Are Manifestations Of The Divine	71
34. Living As The Enlightened Ego	73



35. The Enlightened Ego Is Humble	75
36. The Enlightened Ego Loves All	77
37. Enjoying The <i>Leela</i> , The Show	79
38. This World Is <i>Maya</i> , A Cosmic Illusion	81
39. Who Creates Karma?	83
40. The Mind And Ego Is Reborn	85
41. Transcending Karma	87
42. The Ego Can Never Die	89
43. Enlightenment Transforms The Ego	91
44. Peace And World Peace	93
45. I Am Not 'I'	95
46. Let Go Of Your Ego And Realize God	97
47. Not This, Not This, Thou Art That	99
48. Bliss, Love And Peace	101
49. <i>Nirvana</i> , <i>Moksha</i> Or Salvation	103
50. Start Your Quest, Today	105

AFTERWORD	107
POEM	109
OTHER BOOKS BY AiR	112





About The Author

AiR – *Atman* in Ravi

AiR — *Atman* in Ravi, is an Awakened Soul, Transformational Author, Singer, Philanthropist, 'Happppiness' Ambassador and a Messenger of True Love. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 600 homeless and needy people.

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to *Shivoham Shiva Temple*. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything. His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of the Divine, doing His Divine Will.

AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. As a Happiness Ambassador, AiR teaches people the Happiness Secret that reveals the way to Eternal Peace, Divine Love and Everlasting Bliss.

Based on his Realizations, AiR has authored over 80 books, composed and sung about 1450 *Bhajans* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the Ultimate Purpose of life – Enlightenment.



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

Connect with AiR - Atman in Ravi at:

-  Website: air.ind.in/
-  Speakingtree.in/air-atmaninravi/
-  [Linkedin.com/company/air-institute-of-realization/](https://www.linkedin.com/company/air-institute-of-realization/)
-  [Instagram.com/airatmaninravi/](https://www.instagram.com/airatmaninravi/)
-  [Facebook.com/airatmaninravi/](https://www.facebook.com/airatmaninravi/)
-  [Youtube.com/channel/air-atmaninravi/](https://www.youtube.com/channel/air-atmaninravi/)
-  [In.pinterest.com/airatmaninravi/](https://www.pinterest.com/airatmaninravi/)
-  You can directly WhatsApp AiR on +91 98451 55555



Preface



We all have an ego. Life can't be without the ego but what is intriguing, is that the ego can either make us or break us. It is the ego that causes anger, hate, revenge and jealousy, just as it is the ego that will Realize the Truth - I am not 'I'.

Our existence is because of our body and with it, the ego, that says 'I', 'me' and 'mine'. I know that I am not you, just as you know that you are not me. We are individuals, who come to the planet for a purpose. We are powered by a unique Soul. The Soul is a Spark Of Unique Life. It inscribes the ego deeply into every life that exists on earth.

Why did I make 'Enlightened Ego', the title of my 78th book? It is because I realized that this is the key to be free from all agony and anguish. It is Realizing the Truth of the ego that can liberate us from all suffering on earth and from the cycle of rebirth.

Unfortunately, the ego is always considered a villain, a terrorist or an enemy. Everybody talks about how the ego can destroy us but do we know the secret that an Enlightened Ego can liberate us? An Enlightened Ego can make us live a life of Eternal Bliss, Everlasting Peace and Divine Love. We must go on a quest and discover the truth about the ego. We will first, live as an ego that thinks that it is everything and then, become the Enlightened Ego that Realizes that we are nothing and merges with the universe.

What is an Enlightened Ego all about? It is about asking the question, 'Who am I?' Then, it is going deep into our very being, our existence. It is a quest into the human body, the human mind and the Realization of our ego. When we realize that the ego that says 'I', is a big lie, we start our journey towards an Enlightened Ego. The quest for the truth leads us to understanding, 'I am 'I'' and then, realizing, 'I am not 'I'.' The search reveals that I am not the body that will die. I am not the mind that I cannot find but I am, I exist. Then, who am I? This Realization is the purpose of every human being, who is born on earth.

Because I realized the Divine Truth, I was Awakened to realize that I am nothing, I decided to share the truth about the Enlightened Ego through this book and the blessing that it can create in our life. We cannot kill our ego. We can't annihilate it, till our last breath but we can live every moment, till our death as an Enlightened Ego. We can live in our body realizing, 'I will never die. I am the immortal Soul.' And this will free us from all misery and pain, again and again.

You can't deny that you are reading this book, nor can you deny that I have written it but when the Ego is Enlightened, we will realize that we are not different from each other. We may appear to be the different bodies that we wear but the truth is that we are the Soul and have the same source. We are one!



*We all have an Ego. Life can't be without it!
When the Ego is Enlightened, Joy and Bliss, fills every minute.*



Introduction



Do you have an ego? Have you spent a single day in your life without saying 'I'? Impossible! We can't exist without an ego. 'I am hungry. I want a glass of water. I am happy.' Every aspect of our life is about our ego. 'I live. I die. I am successful. I am angry.' - It is all about the 'I'. But the greatest, 'Aha!' moment of life is the Realization that I am not 'I'.

Don't we know that some of the greatest miseries of life are created by the ego? It creates anger, hate, revenge, jealousy and makes us miserable. We all talk of how the ego is inflated and ugly but we don't have a choice. The ego is 'I' and 'I' will exist, till I die. Many people think that the purpose of life is to kill the ego or to destroy or annihilate it but we can't. I will be 'I', till I die but I don't have to suffer and cry, if only I realize, 'Who am 'I'?' There is a way to do this. It is called Enlightenment. When the ego is enlightened, we Realize the Truth of our identity. We realize that we are not the body, mind and ego, that we appear to be. We realize that we are the Divine Soul, the Spark Of Unique Life.

Have you ever pondered, who came first? The body or the Soul? We think that we are this body that we appear to be but this body was formed over nine months after the Divine energy created the first cell of our existence. One day, this body that we think is 'me', will die and people will say that we passed away. Who departs in the moment of death? This Realization creates an Enlightened Ego.

There is a method to be Enlightened. There is a way to be Awakened. It starts with the question, 'Who am I?' and then, leads to the Realization, 'I am not 'I'.' The moment we experience the Divine oneness with the universe, we become an Enlightened Ego. Many people think of the state of being Enlightened or Awakened as something, mystical and magical. While it is no doubt a rare feat, anybody who goes on a quest can reach the state of being an Enlightened Ego. Thereafter, even if we live as 'I', till we die, we will be free from the world of agony and anguish. We will treat every other ego as a manifestation of the Divine because we have realized that we are like different waves, all belonging to one ocean. We will realize that we are all effects and the cause is one.

Why is it so important to be Enlightened? It is an Enlightened Ego that is free from anger, hate, revenge and jealousy. Once the ego is enlightened, there is no greed because awakening makes us live with contentment, as we fulfil our need. Without an Enlightened Ego, the Mind along with the Ego becomes ME and creates all the suffering from which, an Enlightened Ego is free. The Enlightened Ego becomes free from Karma as we realize that we are not the body and mind. We are the Divine Soul. This makes us achieve our life's ultimate goal. It leads us from the truth of Self-Realization to the blessing of God-Realization.



*You can be Enlightened, You can be Awakened with the Truth,
The Enlightened Ego will take you to the bottom of the root.*

What Is The Ego?

The ego is the identity of a person that gives shape to their being. We all have ego - a sense of 'I', 'me' and 'mine'. We distinctively feel different from each other because of the ego. 'I am I; I am not you!' This is the work of ego. 'This is my house, my car, my mother, my wife.' Who is making these statements? It is the ego.

Somehow, the word, 'ego', has gotten linked with one's self-esteem and self-respect. It has become a sign of one's pride or arrogance. The ego is always looked at as something that can be inflated. Rarely do we talk of the ego being humble. Therefore, humility is not a virtue associated with the ego. The ego wants to feel a sense of achievement and success. The ego wants to be happy, just as it desires and craves.

Throughout life, from the time we were kids, our ego has driven our life forward. Of course, we have a body. How could the ego exist without the body? We have a mind. The Mind, along with the Ego, becomes the ME that we see in the mirror, every day.

Our ego easily identifies our picture in a group photograph. 'That's me!' we scream when we see a decades-old picture of our school function. It is not how we look like today but our ego knows what we looked like, 40 years back. It makes no mistake in differentiating others from me.

Our ego will continue to be with us till our last breath. The ego will be alive, till our death. We cannot kill the ego or annihilate it as many wish to. It is that sense of identity which gives shape to our life. Our ego is expressed through so many forms. 'This is *my* ID card, *my* passport, *my* bank account.'

The ego loves itself. That is why it can scan itself amongst hundreds and thousands of others because its only concern is 'me' or 'I'. 'I want to be rich. I want to be famous.' The ego is excited when we are given an award or appreciated for our good work or achievements. Such is the ego.

While we all talk of the ego, what exactly is it? Where did it come from? Where will it go? Can we see the ego? We can see the body but the ego is invisible. It is our sense of identity till we are alive. It is strange that if we dream, we can imagine ourselves to be somebody else and the ego can dissolve till we come back to our Consciousness. We could be living in another house or a different country, with different experiences. But this is momentary. The ego returns to its 'I-ness' and 'my-ness' and continues its selfish existence, seeking its own peace, love and bliss just as it hates problems and unhappiness.



*We all have an Ego that says, 'me', mine' and 'I'.
It will not leave us, right till we die!*

When Does The Ego Come Alive?

Have you ever thought when the ego is born? When does this ego come alive? We know when the body is born. It is formed over nine months in our mother's womb but does the ego come alive, after that?

The journey of the ego, along with the mind, starts much before the body is formed. The Mind and Ego is the ME that is conceived nine months before the date on our birth certificate. No doubt, we arrived on our 'birthday' but the truth is that we were alive and kicking inside our mother's womb much before. Modern science gives us the privilege of seeing images of the embryo as it develops within.

If we want to recall our existence, we can't! Our memory doesn't go back to that time when we were in our mother's womb. It is rare to remember how we were born and what was our first experience when we took our first breath. When then, did the ego come alive?

Do you remember, when you first said 'I'? Obviously, it was when you started to walk and talk. Till then, the ego existed but it could not express itself. We see a little child cry for its mother. Ego knows, who 'my' mom is, just as the ego will scream if somebody takes away the infant's teether or rattle. Therefore, we cannot hide the presence of the ego even in an infant or

toddler. Try grabbing a little baby away from its mother and it will howl. Doesn't it know who it is?

Therefore, the ego is very much alive and doesn't arrive, so as to say, on a particular date. If one wants to decode the mystery of the ego, one has to delve deeper into the truth of life. The ego continues to exist through our days of school and college where we learn and then, it continues to be inflated as we want to be successful as we earn. The ego doesn't stop at fulfilling its need. Most often, it is trapped by greed. We all experience the ego that desires and craves and is both excited and disappointed as we achieve success and fail.

Even after we grow old and we finish our journey of life, the ego still exists. We may be in our eighties or nineties but the ego doesn't let go of its money and bank accounts. The ego is possessive and insecure but ultimately one day, when the body dies, what happens to the ego? Where does it go?

The ego is not like the body which has a gross physical appearance. While there is no doubt that it exists, as it says 'I' a million times, it seems to die along with the body. But actually, it doesn't! It is the ego along with the mind that carries Karma and is implanted in a mother's womb for another journey called Life. The ego leaves one body at death and starts its journey in another body. One must probe to Realize the Truth about the ego to discover our life purpose.



*Where does the Ego come from and where does the Ego go?
The Ego comes much before the Body, discover more!*

What Causes The Ego?

While we understand that 'I', the ego, exists from the time that we can recollect, till the time we will lose our breath, do we know what is the cause of the ego? Where does this ego come from and where does it go? The truth is simple. But because we are ignorant, we remain shrouded in mystery and we forget our history. Every human being must die. Everybody who is born will eventually be gone. But who goes and where do we go? The body dies and people say that we passed away. The world is so sure that the one who was alive has departed or expired that they cremate the body or lower it below the ground for it to return to dust. So, there is no doubt that we leave the body and go. But where do we go?

There are two popular beliefs. The monotheistic religions believe that we will go to heaven or hell to face a God on what is known as the day of judgement. The Eastern religions believe that we will return to earth in a rebirth. Other than a small minority of atheists and agnostics who evade the reality of birth and death, most of us know that death is not the end. It is just a bend and we cannot escape our Karma. *As you sow, so shall you reap* - this principle or law ensures our journey beyond death.

For the seeker of truth, the 'I' does not die. It leaves one body only to return in another body, carrying its Karma, its deeds, good or bad. The concept of Karma is a global phenomenon, accepted by most of the world. What happens to Karma in the

moment of death? It doesn't disappear. When we leave one body, we enter the womb of a new mother to start a new journey of life.

Therefore, the ego never dies. Only the body dies. The ego is reborn, the moment it is gone from one body. This simple reality makes us understand that as long as we have Karma, an unsettled account of actions, the ego will continue to live and be reborn, and this will go on and on. What is the end to this cycle? It is known as Enlightenment, *Nirvana*, *Moksha* or Salvation.

It is ignorance that causes the ego to carry Karma and return to earth in a rebirth. It is ignorance that makes the Ego, along with the Mind, to become the ME. In reality, nobody has seen the Mind or the Ego. This false identity of the ego makes us the 'I' that lives and will die. The ego looks up at the sky, to cry and question, 'Why?' But the ego doesn't Realize the Truth - 'I am not 'I'.' Therefore, it returns to earth to continue in the merry-go-round of pleasure and pain, again and again. The 'I' of the ego is caused by ignorance. It creates Karma. Unless the ego is enlightened, it cannot escape from the cycle of rebirth. The ego has already been caused. It is darkness. Now, we must switch on the light to Enlighten the Ego and Realize that I am not 'I'. Otherwise, we will only return as 'I', after we die.



*Ignorance causes the Ego and we are caught in the 'I'.
It creates Karma and makes us return to earth after we die.*

I, Me And Mine

Can anyone of us live without the words, 'I', 'me' and 'mine'? It is impossible! If we need something, we say 'I'. When we refer to our feelings, it is 'me'. It is the basic instinct of every human being to believe that this is 'mine'.

Throughout life, the most common word for any human being is 'I'. In fact, we use these words, 'I', 'me' and 'mine', more often than any other word. Our entire life is focused on who we are. Our attention is on our life, our wellbeing, our family and our relationships. If something goes wrong, we immediately react with, 'I am miserable. I am so unhappy. I am angry.' Every human being is created in a manner that the ego identifies them, just as the ego differentiates us from others. Therefore, the ego creates self-respect and self-esteem that wants the ME to look good, talk good and do good. Don't we feel upset, disappointed or inferior when we do not perform up to the mark? It is the ego that feels sad because it is always alert and aware of the 'I' that it is.

There is no way to live without using the word 'me'. 'Please give me a glass of water. Tell me what you want. They are all talking about 'me'. How can we identify ourselves without referring to 'me'?

So comes about our name. 'I am Robert. I am Sheela.' Whatever be your name, don't you use it so many times, every day? In a

survey, it was discovered that a person's name is the sweetest word in any language. The ego loves itself so much that we love to hear our name being called out. In fact, the ego is always anticipating appreciation and recognition, at all times. It is searching for its name in a list of participants. It is searching for its image because its only focus is on 'I', 'me' and 'mine'.

Such is the ego. To all of us, whatever happens in the world, hardly matters, when it is compared to what happens to me. If somebody's car has an accident, it's ok but it should not be my car. If somebody has a heartbreak, we don't cry like we do when 'my' heart breaks. Our life is centred around 'I', 'me' and 'mine'. So, we become selfish as the 'I' wants more. We get upset if somebody takes away something that is mine. What is the solution?

As long as we live with the ego and 'I', 'me' and 'mine', we are sure to experience the agony and the anguish of anger, hate, revenge, jealousy and greed. As long as we live with the ignorance of the 'I', we will suffer and cry, live and die, without realizing the truth of, 'Who am I?' We all have ego but alas, we have ignorant ego. It is this ignorance that causes all suffering. If the ego is not enlightened, we will not only suffer the triple suffering on earth but we will return to suffer as 'I', in a rebirth. It's time for the ignorant ego to be enlightened.



*Because the Ego continues to say 'I', 'me' and 'mine',
We get angry, we get upset, we continue to whine!*

The Ego's Best Friend – The Mind

We all know that we have ego but little do we know that the ego exists because of the mind. There is always a tussle between philosophers on this subject. René Descartes said, 'I think, therefore I am.' Some others argued further, 'I am, therefore, I think.' While this is a chicken and egg story, the fact remains that the ego's best friend is the mind.

What is the mind? We all believe we have a mind. But, in reality, do we? The mind appears to be but have we ever seen the mind? How does it look like? Is it round or square? Is it tiny or big? Is it pink or brown or black? Nobody knows! How can anybody know, when the mind has no physical existence? We all know what the heart or brain looks like but what about the mind?

No doubt, the mind appears to exist. It is nothing but a bundle of thoughts, plenty, in fact! Our mind can shoot up to 50 thoughts, a minute. This can be a whopping 50,000 thoughts, a day. It is these thoughts that actually create the mind. When there are no thoughts, the mind ceases to exist but no sooner than the thoughts appear, the mind starts to exist.

It is the mind that creates fear, worry, stress and anxiety. It is because of the mind that one gets into depression, often filled with regret, shame and guilt. The mind is essentially a producer of toxic thoughts. It is intelligent and sometimes

mixes this poison with some positivity. But beware! The mind is a rascal. If you do not kill the mind, the mind will kill you.

Why should we kill the mind? If we do not kill the mind, we can never Enlighten our Ego and attain a state of peace, the very foundation of happiness. Wherever there is a piece of mind, there can be no peace of mind. Our mind inflates our ego. It creates desires and passions. That is why, it is often called a monkey. To tame the Monkey Mind and to make it a Monk, is a prerequisite for an Enlightened Ego. Therefore, while we understand what the ego is, we must realize that the ego, without the mind, doesn't exist. It is the mind, together with the ego that becomes the Mind and Ego, ME, causing all misery. It imprisons us and we become prisoners of pleasures, possessions and people.

When one goes on a quest to find the mind, where is the mind, we cannot find! Still, the mind makes us blind and the Enlightened Ego is left, far behind. The mind pushes the ego to seek success and achievement, name and fame, wealth and pleasure. The mind fills us with the myth and we don't Realize the Truth. The mind is afraid that the moment the Ego is Enlightened, in that state of intelligent Consciousness, the mind will disappear. In this state of Enlightenment, the mind will cease to exist. Therefore, the mind fights very hard for its survival. The mind fools the ego into believing that it is our best friend and makes us 'I', till we die.



*The Ego has a best friend, it is called 'The Mind'!
The funny thing is that the Mind, you cannot find!*

The Mystery Of ME

Till now, we have been talking about the Ego and the Mind. We have come across the term ME, the Mind and the Ego. But have we ever seen this ME? Have we ever seen the Mind separately, or for that matter, the Ego? The ME appears to be, but it is the biggest mystery. It doesn't exist!

In the journey of the Enlightened Ego, if one decodes this mystery, then one is free from all the misery caused by ME, the Mind and Ego. Let us try to unravel the mystery.

Throughout life, we talk of ME and now, ME has a new meaning. It is the Mind and Ego that together drive our life. The human body is very much like a computer. The computer is not just a hardware. Can it work without a software? So also, the Body is the hardware of the human computer and the Mind, the software. By itself, no software can work. Unless the software is loaded into the hardware, the computer is useless. But are the hardware and the software enough? The computer will not work without the third element, the power supply. The power supply of the human computer is the Soul. It is the life energy that gives us breath till our death. Therefore, a human being is in essence Body, Mind and Soul.

While each of us functions as the Body, Mind and Soul, the mystery is this. We think we are the 'I' and the Ego and the Mind continue to make us blind to the real truth. So, we live

and die creating Karma, believing in the identity given by the ME. We think we are the name we are given and the Mind and Ego make us believe in all the relationships that we enjoy. In the bargain, we forget our true identity. We forget that in fact, we are not this Body that was formed over nine months after we were conceived, nor are we the Mind and Ego that make us believe that we are ME. Then, who are we in reality? This is the mystery we must solve.

The Mind doesn't exist. That is why when you try to find the Mind, you can't! However, the thoughts of the Mind trap the Ego into believing that we are this Body and Mind. One day, the Body will die. But the Mind and Ego, ME, will carry Karma and return to earth in a rebirth. This journey of the Mind and Ego, ME, is because of ignorance. As long as we do not go on a quest to Realize the Truth, as long as we do not attain that state of Self-Realization, the mysterious ME, will not let us free. We will be caught in the cycle of death and rebirth. The ME makes some of us believe that we will go to a distant heaven after death and come face to face with a God on the final day of judgement. Who will go, where will we go and how will we go, if the body after death returns to dust and the Mind and Ego actually does not exist? When we decode the mystery of ME, in that moment, the Ego is Enlightened. Then, the Ego will exist without the ME. The moment we still the Mind, we kill the Mind; in that light of Consciousness, the Enlightened Ego will shine!



*When we decode the mystery of the Mind and Ego, ME,
When we still the Mind, kill the Mind, the Enlightened Ego is Free!*

Mind And Ego – Their Journey

The Mind and Ego, ME, is the software of human existence. While they exist, the mind and ego are in fact, caused by ignorance. If you try to find the mind, where is the mind, you cannot find. And the ego that says 'I', cannot exist without the mind and its thoughts. So, what is the journey of ME, the Mind and Ego?

If we try to find the source of the Mind and Ego, ME, we can be lost for eternity. Our life span is short, at most a hundred years. We are absolutely sure about the journey of this body. In less than ten decades, it will most probably die. But what about the mind and ego? As long as we believe that we are the body, mind and Soul, the Mind and Ego, ME, will continue its journey even after death. Death is not the end for the mind and ego. It is just a bend. We leave one human body and the moment we are gone, we are reborn in the womb of another mother. Why does this happen?

As long as we live as 'I', having a body and mind, we create Karma, both good and bad. This Karma has to be settled and all unsettled Karma gets carried forward into another life. There is no way to escape rebirth if we have an outstanding Karma in our account. Therefore, at death of the body, based on our unsettled Karma, good or bad, the Mind and Ego, ME, is assigned a new life by the Karmic law.

Karma is a Universal Law. Just like gravity, it works without any interception. The earth keeps on rotating on its axis and it continues to revolve around the sun. These cyclic laws are what govern the universe and so is the Law of Karma. If there was no Law of Karma and no rebirth, life on this planet could end. It is only because of the Law of Karma that this *Samsara*, this world, continues its *Leela*, the show, where we come and go.

Therefore, at death, the body dies and returns to dust but the Mind and Ego, ME, carries Karma and is reborn. This goes on and on. Life after life, we continue to be 'I', the ego because of ignorance. As long as we do not get Enlightenment, the Ego will be trapped along with the Mind and the ME will never be free from this journey. Therefore, most religions and philosophies prescribe that the purpose of life is to be free from this cycle of rebirth. It is called *Nirvana*, *Moksha*, Salvation but in essence, it is Liberation.

To be free from this cyclic journey of rebirth, we must overcome ignorance and Realize the Truth - Who am I? I am not 'I'. Only an Enlightened Ego can be free from the journey of ME. Only an Enlightened Ego can escape the triple suffering on earth and the cycle of rebirth. Most of us live, cry and die because we think that we are the Mind and Ego, ME. We must be free!



*The Mind and Ego never dies, it is Reborn.
Because of our Ignorance, this journey goes on and on.*

The Ego Causes Anguish

Why are we making such a fuss about the ego? If the ego exists, why can't we just let it be? What is the problem, if we say, 'I', 'me' and 'mine'? There is a big problem. Because of the ego, we are agonised. The anguish of anger, hate, revenge and jealousy, added to pride and greed, makes us miserable throughout life. As long as the ego exists, we have no option but to experience this suffering. The only solution is an Enlightened Ego. The same ego, when rid of ignorance, Realizes the Truth of, 'Who am I?' This Realization is Liberation from all agony and anguish.

Who hasn't experienced anger? We all have. But mostly, our anger is because somebody did not meet up to our expectations or did as we wished. We often experience hate. When there is a deep sense of disappointment and somebody has caused us great unhappiness for any reason, we often reach the gate called hate. Our dislike is so intense that we create a fire within us. What we don't realize is that both, anger and hate are rooted in the 'I', the ego. As long as the ego does not realize that we are, in essence, not different from each other, anger and hate will travel with us, till we reach our grave.

The ego distinguishes us from each other. When we believe, 'I' and 'you' are different, it is only then that the door of jealousy opens. We start comparing our fortunes with others and

become jealous. This also leads to possessiveness in relationships. All because of the ignorant ego. All of us experience these toxic emotions but not many of us realize that it is the foolishness of the ego that is causing all the anguish.

Sometimes, we vow to take revenge for an act of injustice done to us. We don't realize that our life itself is escaping us as we carry the grudge, deep within us. We are so foolish that we hold a burning coal in our hands so that we can throw it on others, without realizing that the ignited coal will first burn our own hand. Such is the anguish of the ego. It does not hesitate to cause us great harm, as long as it can be satisfied in getting even with others. When will we realize that these toxic emotions caused by the ego, destroy our life?

An Enlightened Ego is free from these poisons because the ego then, Realizes the Truth that 'I' and 'you' appear to be different but in reality, are the same. When anybody reads this for the first time, they will be baffled – How can 'you' and 'I' be the same? We are distinctively different from each other. 'You' are 'you' and 'I' am 'I'. As long as the ego continues to live in ignorance, our anguish will only grow till the end of this show. Thereafter, it's still not over. The Mind and Ego, ME, will carry all its toxic Karma that was caused due to this anguish and return to earth in a rebirth. The anguish of the ego is eternal and can only be eliminated through Enlightenment.



*The Ego causes Anguish, the Ego causes Pain,
We are Jealous, Angry and we Hate, again and again!*

The Ignorant Ego

While the ego causes us so much suffering and pain, what is the root cause? It is ignorance. Because we are unaware of what the ego truly is, we are subject to all the agony and anguish it causes.

The ego is a product of ignorance. Because we are unaware of the truth, we continue to believe in the myth that we grow up with and we suffer. From the time we are kids, we let the ego fool us. Our parents and our teachers are also subject to the same ignorance and thus, nobody stops us and questions the existence of the ego. In reality, the self that the ego considers as 'me', is not 'me'. The body that the ego says, 'I', is not 'I'. But because we are all programmed to believe and to say, 'I', 'me' and 'mine', we just follow the herd. We don't fly like a bird to explore and to find out the truth, 'Who am I?'

By the time we awaken as young adults, our basic beliefs and knowledge are already contaminated. We have already been told, 'You must come first in class! You must succeed to be happy. You are the most important person, more important than anybody else in the world.' Even before we realize it, our ego is so inflated with ignorance that to deflate it, becomes life's greatest challenge.

What is the Truth? The Truth is that we are not this body that will die. When we investigate, we will realize that the body is

created out of five elements on earth and returns to the five elements. But the ego, out of ignorance, continues to look at this body and thinks, 'This is me.' We are not the mind. Although the mind seems to exist, nobody has seen the mind. But because the mind makes us blind, the ego is wrapped in ignorance and the Truth is left behind. The main cause of the ignorance of the ego are the senses of the body, influenced by the Monkey Mind. Together, they imprison the ego in such ignorance that it becomes impossible for the ego to be enlightened.

When blind men see an elephant, they have no clue as to what the elephant is like. One who touches the tail says that it is like a rope and the one who grasps a leg thinks that it's a trunk of a tree. Yet another, who catches hold of the ear says that it's like a fan, while the fourth says that the elephant is like a spear because he got hold of the tusk. But they are all blind! So are we. While 1% of the world is visually blind, 99% is spiritually blind, completely ignorant about the Truth of who we are. Unless we go on a quest to Realize the Truth, unless we take the help of a Guru, an enlightened being, we will continue to live in ignorance, cry, die and never Realize, 'Who am I?' The root cause of all suffering – anger, hate, revenge and jealousy, is the ego and the root cause of this suffering is ignorance. When and how will we overcome our ignorance and all the agony that it causes?



*The Ego creates agony and anguish; it is adamant.
The cause is - it is ignorant.*

Overcoming Ignorance

We don't have to suffer through life and burn with anger. We don't have to live with hate and throw people out of our gate. We don't have to boil in the waters of revenge. And we don't have to suffer the anguish of jealousy. Yes, it is possible to overcome all pride, greed and selfishness. If only we sweep out the ignorance from our room, we can live with peace and bliss. But how can we reach this state of happiness? Can we actually sweep away the darkness from a room with a broom? We can't!

We can eliminate darkness, only with a light. As long as we live in darkness, we cannot see. And we will continue to believe that we are the body and the Mind and Ego, ME. We will never be free. But the good news is we can be free. We can overcome ignorance and replace all anxiety with tranquillity. How?

The only way to overcome ignorance is to go on a quest and to find out, 'Who am I?' It is this simple question that, if answered, can eliminate all the agony and anguish caused by the ego. Unfortunately, we do not question the basic roots of our existence. We do not ask, 'Why did we come to earth? What is the cause of this human birth?' We do not ponder, whether our parents chose us, while we know that we did not choose our parents. Instead of making an earnest enquiry, we continue to live like a fool believing what we were taught in school and we suffer. If only we question our beliefs, we can overcome ignorance and Realize the Truth of who we truly are.

Most of us think that there is no need to ask, 'Who am I?' 'I know it. It is so silly to even think about who I am. I have a name. I have parents, a family, an ID card, a passport. I have beautiful relationships and so many possessions. Why do I have to ask this silly question, 'Who am I?' Every day, I look at the mirror and I can see who is the 'me' that you are talking about.' Little do we realize that the 'me' I see, is not 'me'. It is sad that we don't understand that the information on our ID card is fake. I think I am Robert but I was not Robert when I was born. Robert was a name given to me. I celebrate my birthday and cut a cake on a date that is fake. I only arrived on that date but my mother will tell me that I was alive and kicking in her womb long before. I was actually conceived about nine months back. We all know it but we are ignorant. And this ignorance makes us suffer. If only we go on a quest to investigate our birth and contemplate death, we will get to the truth of who we truly are.

Am I the body, the mind and the ego that suffers physical pain, mental trauma and the anguish? When we overcome our ignorance, we will be liberated from this triple suffering but the essence of life lies in this – to overcome ignorance and to Realize the Truth of who I truly am.



*If we overcome Ignorance, there will be no misery and stress,
If we Realize the Truth, we will have Peace and Happiness.*

Am I The Body That Will Die?

The first question that the Ego must answer is – 'Am I the body? Am I made of flesh and blood, bone and skin?' To most of us, we are the brain, heart, kidneys and lungs. These are the critical organs that create us. Little do we realize that these organs, no doubt, are essential for our life but are they our true self?

We all exist because we have a body. If there was no body, how could we exist? Who can we call 'I'? There is no doubt that we have a body. But what is our real identity? We can only realize our true self when we Awaken to the Truth that we are not the body.

We think that we are born on a date, which is on our birth certificate. We even cut a cake. But alas, that date is fake! Days before we arrive on the planet, our mother will confirm that we were kicking in the stomach. Therefore, we were already alive. When, then, were we truly born? We were born or rather conceived about nine months before. When two cells of our parents fertilized to become a zygote, we were born. At this point, there was no body. But we were already blessed to our mother, whom we cannot change. Therefore, our journey begins nine months before. How can we be the body that did not even exist, when we started our life journey?

This body is formed in nine months and then, it grows outside too. From a twenty-five million celled baby, we become a

thirty-trillion celled adult. The cells in our body multiply with what we eat. The pastas, noodles, rice, pizzas and breads make us grow till one day, we are ultimately dead. In that moment, when there is no breath and death is declared, people say that we passed away. Our family and loved ones are so sure that we have left the body that they destroy it. They cremate it or bury it and the body returns to dust. How can we be that body, which we leave? Therefore, the Truth is that we are not the body.

For the ego to be enlightened, this is the first key. The scriptures call it, 'Neti Neti.' 'Neti' means, 'I am not this.' Unfortunately, as long as the ego is alive, everybody considers themselves to be the body, which in reality, they are not. Although the truth stares us in our face, we are unable to realize it because we are so busy running a race and trying to be an ace! The ego is so enveloped in ignorance that we do not realize that we only have a body but we are not the body.

If we have a body but we are not the body, then, who are we? We can only be Enlightened about this Truth, when we become absolutely sure that we are not the body. 'This is my hand. This is my leg. This is my head. But this is not me. The body will experience pain but I can be free from the suffering if I Realize the Truth that I am not the body that I wear. I am the one who wears the body.'



*The body arrives on earth 9 months after I was actually born,
I am not the Body that will die, for I will depart and be gone!*

Where Is The Mind? You Cannot Find!

The scriptures tell us, '*Neti Neti*,' meaning, 'We are not this, not this.' If we contemplate, we first realize that we are not this body and if we further contemplate, we will realize that we are not even this mind. How is that possible?

Have you ever seen the mind? The mind appears to exist but unlike the body, which we are sure of, we don't know how the mind looks. We can see our nose, pull our ears, taste with our tongue and close our eyes to see the body that we seem to be. We have even seen pictures, X-rays and digital scans of our heart and brain. But has anybody seen the mind? Is it round or square or triangle? Some people confuse and think that the brain is the mind. The brain is the hardware and the mind is the software. It is the subtle part of our existence but in reality, it does not exist.

How can we say that the mind does not exist, when it is the mind that makes us miserable or even happy and cheerful? Who creates fear? Who makes us worry? Who causes us stress and anxiety? It is the mind. How often have you said, 'I am afraid. I am so worried. I am stressed out'? We all feel these emotions and the ego associates itself to be the 'I' that is influenced by the mind. But what exactly is the mind?

A king once went to a sage and told him, 'My mind is full of stress, worry, anxiety and fear. Can you please help me remove all this from

my mind.' The wise man replied, 'Sure. Please come tomorrow morning at 5 am and I will take out all this poison from your mind. But don't forget to bring your mind!' The king was puzzled. The king went back to the palace and told the queen about this strange, wise man, who had asked him to bring his mind, 'How can I go to him without my mind?' The queen convinced the king to try and meet the wise man again. The next morning, the king met the old man at 5 am and once again, he was asked the same question – 'Have you brought your mind?' The king, a little annoyed, blurted out, 'How can I come without my mind?' The man smiled and said, 'Ok. I am finishing my meditation. Please sit in the next room and be ready with your mind. Find it and I will remove whatever you want from it.'

The king sat in the room and thought, 'Where is my mind? I have to give it to the wise man.' He thought and thought but could not find the mind. Soon, the wise man came and the king said, 'I cannot find my mind!' 'Then,' further questioned the Enlightened Saint, 'if there is no mind, how can it be full of fear, worry and stress?'

The truth is that we cannot find the mind. Our mind is nothing but a bundle of thoughts. Our mind arises with thoughts and when there are no thoughts, the mind ceases to exist. How can we be the mind, which we cannot find, which comes and goes?



*The Ego believes that I am the Body, I am the Mind.
But when we search, where is the Mind? We cannot find!*

The Ego That Says 'I', Is A Lie

If we are not the body that we seem to be and we are not the mind that we cannot find, how can the ego tell us that we are, 'I'? This is a lie! The Mind and Ego fool us to believe we are ME and so, we are not free from the agony and anguish of life. What is the ultimate truth of life?

We have reviewed the ego and its existence. We have contemplated the body and the mind and how we suffer the triple suffering. We realize that it is ignorance that makes us live and die as the 'I'. But still, we don't overcome the lie of the ego that says, 'I'. The facts are obvious. I am not 'I'. But to Realize this Truth is the biggest challenge of life.

Billions of people around the world are trapped by the lie of the 'I'. People just can't fathom that they are manifestations of a universal Consciousness that starts its journey, months before they arrive on earth. Although we see people die, and the body is cremated or buried, we still cling to the identity of this body and this clinging causes all the suffering in our life. Still, we are unable to overcome the lie and every day, we continue living saying 'I', 'me' and 'mine'.

It is not just saying 'I', but because we think that I am 'I', we don't get to that point of Realization that just like I am wearing a garment, a shirt, this body will ultimately, become dirt. It arrives from the five elements of nature, as it is created in our

mother's womb and it will return to the 5 elements. There is no doubt that this a scientific truth and we see it through experiments and through the reality of death, we experience it but still, the lie of the 'I' firmly imprisons us in ignorance.

It's time to overcome the lie. It's time to ponder, 'Who am I?' and get to the Realization - I am not 'I'. We can contemplate other things later but this is one thing that we cannot delay. If we delay this Realization, we will continue to suffer the physical pain of the body because we will not be able to distance ourselves from it. We will permit our mind to create misery, as it bombards us with toxic thoughts. Because we believe we are the Mind and Ego, ME, this lie will make us cry. We will become angry and burn in hate. Let's not wait. It's time to eliminate revenge and jealousy that is caused by the ego that says 'I'. All this anguish is only because we think we are different from each other. If only we overcome the lie and realize that we are all part of one supreme energy, there will be no anguish caused by the ego.

The simple experiment is to question the source of the body and its ultimate destination. We must try to find the mind. If we can still it and kill it, we will realize that it is nothing but toxic thoughts. Then, we will overcome the lie of the ego's 'I'. We will realize that we are not the body, mind and ego. We are a Spark Of Unique Life – the Soul.



*The Ego says 'I' and so, in agony we live and die.
It's time to overcome the lie and live blissfully, not cry!*

Chapter 14 Anger

What is anger and where does it come from? It is a toxic emotion towards somebody, who we believe has deliberately done something wrong to us. While there maybe some possible positive situations where anger can help us, but by and large, the emotion of anger destroys us.

Anger is most often caused, when we react to a stressful situation or thought. We are frustrated because we feel that we have been unfairly treated. It maybe that we have been disrespected or attacked. In that state of anger, we do not respond in Consciousness. We explode because of the mind.

What causes anger? While the thoughts that make us angry are created by the mind, the one who gets angry is the ego that says, 'I'. That is why, the right leg never kicks the left leg. The right hand will never attack the left hand because we realize that the right and the left hands are not separate from each other and therefore, there is no anger. But we become angry at somebody else only because the ego separates us from others. If we realize that we are not the body that we wear, we are that Power that energizes the body and that Power in everybody is ultimately, coming from the same source, we will transcend the ego and overcome anger.

Anger is a dangerous emotion. In the beginning, it maybe one isolated reaction of getting angry. But if we don't control the

ego from this toxic emotion, this repeated anger becomes a habit. Then, we develop an angry character. We just explode in each and every situation. Our anger doesn't end there. What we put out into the world returns to us and our life is destroyed. Anger can be devastating and it can lead to several other miseries in our lives.

Many of us believe that anger is in our genes. We must realize that it is not nature that matters but the way we nurture ourselves. If we let the toxic thoughts of the mind trigger our ego to get angry, we will react and destroy. But if we still the mind and flip over our emotions from negative to positive, we can reach that state of Consciousness, in which, our intellect realizes that the ego is a lie.

Some people try to control anger through breathing or just by being silent and counting from one to ten. Some gulp a mouthful of water in their mouth and hold it in their mouth in order not to react with anger but these are temporary solutions. The ones who overcome anger are the ones who have an Enlightened Ego. They don't express anger because they realize that we are one. They don't suppress anger, for it to burst out later. They just forgive the one who caused the anger and experience peace and tranquillity.

Anger can never have any benefits. It can only destroy. By screaming and shouting, we can, in fact, worsen the situation. We must dissolve our ego and make anger disappear!

”

*We must dissolve the Ego to eliminate anger.
If we don't destroy it, our Life is in danger.*

Chapter 15 Hate

Why do we experience the emotion of hate? What is hate all about? When we feel an intense dislike for somebody, it is expressed as hate. Sometimes, hate is expressed and sometimes, it is suppressed. But in both cases, when we detest somebody and feel that strong dislike, that aversion leads us to be unfair and releases toxic, poisonous feelings within.

What causes hate? It is the ignorant ego. When we look at others and judge them with assumptions and presumptions of what they did or spoke, we come to a conclusion that may not be rational. Hate is an emotional reaction driven by our mind, but in principle, it is led by our ego.

It is very rare for us to hate ourselves. We may hate our financial condition or be disappointed with the outcome of our performance and use the term hate for ourselves but the truth is that we love ourselves and we hate others. The reason the emotion of hate enters our gate is because we do not realize that the one we hate is not the body that we see, nor their Mind and Ego that they say is ME. We do not realize that the one we hate is in fact, none other than who we are. It is the ego that separates us from others and causes this toxic emotion of hate. And so, we suffer!

When the Ego is Enlightened and we realize that we are all one, that emotion of hate will not light a flame of dislike within us

and there will be more acceptance and tolerance. But unfortunately, because the majority of us live in ignorance, hate is a common emotion.

Not only do we hate people but we also hate many things. We hate a certain kind of food, we hate some places, some smells, even some songs or movies. Why should we hate and create negativity inside us? We can dislike something but we should not let our dislike grow into hate. To do this, we must live with kindness and compassion and there must be empathy. The best way of course, is to replace hate with love. This is not always easy. But if our Ego is Enlightened and we realize that we are all Divine manifestations and everything in this world, good or bad is nothing but a projection of the Supreme, the Divine, hate will disappear from our life.

Hate is a toxic emotion and this poisonous feeling steals our bliss, joy and peace. Not only does it rob us of our happiness, it also contaminates the most important emotion of our life – Love. When we let weeds of hate grow in the garden of our life, they throttle the roses and tulips of love that would otherwise, blossom. Therefore, we must not let hate take charge. When we hate, it is very difficult to forgive because the ego becomes adamant. We are so programmed by hate that it starts to drive our life in a direction that will steal our peace. What we don't realize is that it is the ignorant ego that is creating this monster called hate.



*We must wait and not become a slave of hate.
When we are awakened, we can throw hate out of the gate!*

Chapter

16

Revenge

Another great demon that destroys our life is revenge. This is often born, when anger and hate come together and we decide to hurt or harm somebody because we believe that they have wronged us. Then, our mind destroys our power of intellect, our ability of discrimination and the result is revenge.

Who takes revenge? It is 'I', the ego. The ego may be fed by the toxic thoughts of the mind but if there is no, 'I', there can be no revenge. 'I hate you. I will kill you!' Such thoughts come only when there is 'I' and there is 'you' but the moment the Ego is Enlightened, there is no 'I' and 'you'. Revenge is dissolved.

Unfortunately, this is idealistic because the ego thrives on the concept of 'I' and 'you'. The ego wants to avenge a wrongdoing and till it does it, it cannot rest in peace. It is not rare that people carry revenge in their hearts for years, decades or even an entire life. What we don't realize is that revenge is like a burning coal. When we try to throw it on another, it will first burn our hand. We will harm ourselves, before we harm others. The thorn of revenge that grows within is sure to prick us regardless of whether it pricks another or not. Therefore, we are all happier without revenge in our life. But as long as we have an ego, revenge will appear, even if it means in small, seemingly innocent and harmless quantities.

If our ego is Awakened to realize that others are none other than extensions of us, there will be no revenge. Have you ever found a person taking revenge against themselves? Impossible! How can I take revenge on myself? Revenge appears only when we are different. But the truth is that we are not different. We are all manifestations of the one Divine. Sometimes, if we are imprisoned by revenge, we will let this poison appear even for our own siblings or family. The only way is to realize that we are all one and this happens when the ego is enlightened.

Revenge is a bitter emotion. It makes us blind and we become slaves of the toxic emotions of the mind. We are unable to find sense and whatever we do, will be a result of our ignorance. Revenge doesn't end. It only plants seeds of grudge, hate and this will grow to only hurt us in the future. When we try to get even and retaliate, the ego of another will also not rest. It will create that desire to punish and to avenge the wrong done to them.

The amusing thing about the ego is that every ego thinks, 'I am right.' The ego does not accept that I may have been wrong. Therefore, the ego leads us to anger, hate and punish another. In turn, the other thinks, 'I am right,' and this revenge leads to a war. All conflicts in this world are caused by the ignorant ego.



*When the Ego takes revenge and another it tries to hurt,
The result, it gets back a whole lot of dirt!*

Chapter 17 Jealousy

The ego causes so much anguish and agony. Not just anger, hate, revenge but even the fire of jealousy is caused by the ego. Jealousy can lead one to an unlimited extent of terror and treachery. If somebody is jealous, they can even kill someone! The fire of jealousy cannot be contained.

There were some girls who worked together and amongst them, one was awarded a holiday to Europe. The other girls could not control their jealousy. Their ego was so fired that they did everything possible to stop their colleague from travelling. First, out of jealousy, they stole her mobile phone and broke it. Then, they mixed rat poison in her food, so that she falls sick but when nothing could stop their colleague, their jealousy went to the ultimate level. They stole her passport and cut it into pieces and flushed it down the drain. That's it! The colleague could not travel. But as the Law of Karma is stronger, the surveillance camera picked up their sinful deeds and they were terminated from service for their jealousy and vindictive actions. Their colleague quickly got a new passport and went on the holiday.

Jealousy kills and we should not let jealousy destroy us but if we don't tame the Monkey Mind and don't control our ego, we are going to suffer the result of jealousy.

What causes jealousy? When I compare myself to you and I feel inferior or I want to be superior, in such cases, jealousy is born. But when the ego is Awakened to realize that I and you are like

the two hands of a body, then, one hand will be never jealous of the other hand. Our right eye is not jealous of our left eye. It is an Enlightened Ego that realizes that we are all one and can be free from the anguish of jealousy. Otherwise, it is quite common to develop this inferiority complex. Thereafter, a range of toxic emotions fill our life. There is suspicion and the fear of humiliation. This may just be imagination but the insecurity of jealousy can kill. It is jealousy that causes one to be possessive and wants to control. All of these are negative emotions.

What does the Enlightened Ego do? It lives with inclusiveness that we are all part of one. It lives with compassion, love, kindness and forgiveness. It eliminates all resentment and it rejoices in the success of another. Jealousy, on the other hand, makes us burn in another's achievement.

Therefore, there is a need for the ego to be dissolved. It is important for us to feel the universal oneness, which is the truth. There is no need to compare ourselves with others. Each individual has their own Karma and what they enjoy is a result of their actions, just as the fruit on the tree will depend on the seeds we plant. So, why do we worry about the deeds and destiny of others? Only an Enlightened Ego can overcome jealousy.



*Jealousy creates fire and it can even kill.
It is the Enlightened Ego that can stop this and make us still.*

Chapter 18 Greed

What is the cause of greed? Greed occurs when our need grows and we become a slave to our desires and passion for pleasures, possessions and people. Then, we become enslaved by greed.

One of two things, happens. Either we live a life of contentment, where we are fully satisfied and live a life of fulfilment or our ego creates unlimited desires and this becomes greed. In the latter case, we are never satisfied. The desire will never quench our thirst. It will only make us burst. And because the ego seeks success and achievement and not fulfilment, it is not satisfied with fulfilling just its needs. It is on a rollercoaster of greed. It wants more and more. Enough is not enough. 'What is mine is mine. But even what is yours, I want it to be mine!' Greed can create a fire of desire that can destroy us because the ego can go to any extent to fulfil its greed. Whether it is a fair means or foul, it hardly matters to the ego. Eventually, greed causes anguish, both with the stress it creates, when trying to achieve and the agony it creates as a consequence of its deeds.

When the ego is awakened and it realizes that we bring nothing to this planet and we can take nothing with us, only then, will such an Enlightened Ego settle with need rather than with greed. Such a being learns to count their blessings, rather than keep on adding to their wish list and their desires. The

truth is that we need little but when it comes to greed, there is no end to it.

Let us look around and observe the so-called rich and wealthy. They have a car but that is not enough. There are four cars so that everybody in the house has their own car but it doesn't end there. They may have twelve cars and sometimes, twenty or even forty cars. Why? It is the greed to acquire more. It is not just cars. Greed manifests in all attributes of life. It may be in clothes or even holiday homes. A greedy person can be noticed in the way they order food in a restaurant. We become puppets to our greed, which wants more and more and ultimately, we suffer because however much more we seek and get, we are still not content. Therefore, the solution is not to fire our greed but to be content, fulfilling our need.

It is strange but true that a truly rich man is not the one who has a lot and lives with unfulfilled greed but the one, who may have moderately but has fulfilled his need.

In today's world, many people have this greedy desire for wealth, power, food and clothes. Greed makes us blind to our ethics, values and morals. Even though we don't need it, our greed makes us want it and this insatiable greed traps us in the pleasure of achievement and stops us from the peace of fulfillment. And an Enlightened Ego overcomes the hunger of greed.

”

*When we become slaves of our desire and greed,
We are miserable as we can never fulfil our need.*

Chapter 19 Pride

Why do we become proud of ourselves? We become proud because the ego creates a feeling of self-achievement, self-worth. It can also be due to the achievement of somebody dear. Pride is rooted in the ego and this pride is thus, caused out of ignorance. Because we believe we are different from each other, we live with pride and suffer. Very few of us develop the virtue of humility that can create peace and tranquillity.

Just as the ego causes anger, hate, revenge and jealousy, it causes pride and destroys our humility. Because we are ignorant and we do not know the truth of who we actually are, we live with pride. We are proud of our intelligence, our wealth, our achievements and whatever creates that identity of 'I', 'me' and 'mine', we become proud of it. Ultimately, we suffer. We live a life of comparison and competition and eventually, we have to descend from the peak and reach that state of being disgruntled with disappointment.

When the ego is enlightened, we come to terms with the truth that there is no need to have pride. There is no need to compare and compete because in essence, we are all the same. This is the basic problem, the root cause of our suffering. If only we could realize that we are all one, we could live with peace, rather than let pride destroy our tranquillity.

What happens when we are proud of our possessions? It may be a brand-new car or something we buy for our children. But the very next day, if the neighbours buy a better car or get something better for their children, our pride is hurt. Who is hurt? What is hurt? It is the ego! This is needless because when we are seeking supremacy through our pride, we are planting seeds of agony and anguish.

Many people think of pride to be positive. Pride creates confidence and self-esteem. It is unfortunate that we don't realize that this is a lie. Any form of 'I', will create suffering and the truth is that the proud 'I' will die, leaving behind all people and possessions. The real 'I' departs at death. It is immortal. It has no possessions and no pride but because we do not realize, 'Who am I?', we associate ourselves with the body and mind and the anguish of pride, we naturally find.

We are so ignorant that we think that pride is a positive emotion. The Mind and Ego, ME, fools us into believing this, although the truth is that we start with nothing and we may achieve everything but we will end with nothing. So, what is there to be proud about? Pride is a poison. It creates disrespect for others. It seeks to be glorified and even worshiped and this leads to disappointment and misery. Thus, the scriptures warn us that pride is sure to make us fall as we aspire to grow tall. We must beware of pride!



*We must beware of Pride. This arrogance, we must hide.
To overcome agony and anguish, on humility, we must ride!*

Chapter 20 Selfishness

From the time we are children, we develop selfishness. Because we don't curtail our ego, we are so possessive about our books, stationery and even toys. Often, our teachers and parents guide us that we must learn to share but doesn't that become very difficult?

Inadvertently, we become slaves of our ego. The ego creates, 'I' and we want to be proud of our possessions. Therefore, we become selfish. This also leads to jealousy. The agony of the ego and the anguish of the ego are connected to each other.

The cause of selfishness of the ego is ignorance. Don't we know that nothing is ours? We come with nothing and we go with nothing. Then, why do we become possessive and selfish? Suppose we go for a holiday and check into a hotel. Do we become possessive of the bed, pillows, blanket and everything in the room? We don't! We know that we are just guests. Soon, we will leave and go back home but we become possessive of the things in our home. We become overprotective of our people and possessions because we don't realize that we have to leave all these ultimately, when we go. Is this not the truth? Nothing is ours. We come with nothing and we go with nothing. Then what is the logic of selfishness? Why suffer pride and greed, when the truth is known? Unfortunately, we know the truth but we don't realize it. Those who realize, will replace selfishness with selflessness. They will learn to share.

They will learn to give. They will make philanthropy and charity, a part of their life's philosophy. Unfortunately, these virtues are rare because we are trapped in selfishness.

As long as the ego is in command, we will be selfish because the 'I' wants more and more. The 'I' is ignorant and thinks that this is mine. The ego does not realize that nothing is mine! What is mine, today, will ultimately become somebody else's. This is what the Enlightened Ego realizes but because the ego lives in darkness, the truth, we cannot see and the focus is on 'me'. Because of the ego's selfishness, we are not free from anguish and sorrow.

What happens if somebody takes away our favourite food, which was specially kept on the table for us? We get so upset! What happens when the last piece of merchandise on the shelf, which we were going to buy, was billed by somebody else in a jiffy? We get hurt and disappointed. What happens if somebody takes away some of our wealth, our possessions? We become terrified. As long as we are selfish, we will experience misery but the moment we are Enlightened, we will cherish the good things in life but not be selfish. Gone will be the agony and anguish that is caused by the ego. We will learn to laugh because we will Realize the Truth that nothing is ultimately, ours. This world is a show and we will enjoy the journey, till we go and not be selfish, till we perish.



*If you are selfish, you will cry till you perish!
The Enlightened Ego enjoys giving away what we cherish.*

Realization Of The Truth

Why do we suffer the agony and anguish of anger, hate, revenge, jealousy, greed, pride and selfishness? It is because of ignorance. The ignorant ego will always be miserable. It will make us angry, spit out bad words and even fling objects at people. It will make us hate and create poison. It will create jealousy and rob us of our peace. It will want revenge and make us lose the moment of bliss. Instead of being content with our need, it will make us hungry with greed. Instead of living with humility and tranquillity, our pride will hide our Divinity. It is sad that the ignorant ego makes us selfish and stops us from the joy of sharing and giving. But all this happens because we don't Realize the Truth. If only we switch on the light of truth, we will dispel the darkness of ignorance and overcome all these toxic emotions that make us miserable.

What is the Truth? The Truth is that the ego is a false identity. The Truth is that when the ego says, 'I', it's a lie. We have already analysed that we are not this body that will die. We have reflected and know that the mind doesn't exist. You can't find the mind! When there is no body and mind, where is the question of the ego? In the previous pages, we have already discussed this fact, then, why are we still trapped in anger, hate, revenge and jealousy? If we know that we are not the body, mind and ego, why can't we let go of greed, pride and selfishness? The reason is that we have the knowledge but we don't have the Realization. You can get knowledge in a college

and know the truth but you will still not do what you know, till you realize. For the ego to be enlightened, we need Purification. We need elimination of the myth that we have grown up with. All these years, we have said, 'I', 'me' and 'mine'. Now, we have to throw the 'I' in the bin. Only then, we can win! We need Illumination, to switch on the light. Then, there will be no ego. There will be only Realization.

Ignorance is not easy to overcome. *There was a man, who frantically knocked at the door, screaming to his wife, 'Open the door, quick. I saw a snake in the dark!' The wife smiled. She knew that there was no snake. She opened the door with a torch and asked, 'Where is the snake?' Moving the torchlight around, she showed him, 'You fool! It's just a rope, not a snake.' The man also examined the rope and agreed but said, 'Let's find the snake, now.' The woman laughed and said, 'There was no snake in the first place. You imagined the rope to be a snake.' But the man was not convinced.*

Such is the power of ignorance. Although we know that we are not the body that will die, we are not the mind, we cannot find and the ego that says, 'I' is a lie, we are still not able to Enlighten the Ego. We need Realization and this is a challenge. Sometimes, we need the help of a Guru, an Enlightened Master to help us through this journey but once the ego is enlightened, we will be free from agony, anguish, misery and sorrow.



*For the Ego to be Enlightened, we must Realize the Truth.
We must let go of all myths and go to the bottom of the root.*

I Am The Divine Soul

What is the way to Realize the Truth and Enlighten the Ego? It is not enough to realize, 'Who I am not.' We must go forward and realize, 'Who I am.' If we are not this body and we are sure that this body was formed over nine months, in our mother's womb, who were we when the first cell of existence, the zygote was created? This body will eventually die and people will say that we passed away. Who passed away? When we Realize the Truth, we will get to the answers.

We are absolutely sure that there is no mind. However much we try to find the mind, we can't find because the mind doesn't exist. Therefore, what exists is the body, which we are not and the ego that says, 'I'. But if I am not the body, which we are sure of and there is no mind, we cannot be the ego, either. So, if we are not the body, mind and ego, who are we? The truth is that we exist. We cannot deny our existence. We are alive, breathing, walking, talking. So, then, who are we?

We have reflected that the human being is like a computer but in reality, it is quite different. We appear to be the body, the hardware and the mind, the software. But in reality, we are the Power supply, the Soul. The Soul gives life to the first cell, the zygote. Thereafter, it is the Soul that causes the cells to multiply from one to two, two to four, four to sixteen and so on, till we become twenty-five billion cells. Each cell of existence is nothing but energy, the Soul energy. Therefore, in that moment

of death, when the Soul departs and there is no breath, the trillions of cells of an adult human being disintegrate and go back to the five elements.

Realization of the Truth enlightens us that we are not the body, mind and ego. We are the Divine Soul. The Soul is a Spark Of Unique Life. It is immortal. It does not die. It is energy and energy can neither be created nor destroyed. This energy flows into our existence because the ignorant Mind and Ego, ME, which actually does not exist, but out of ignorance, carries unsettled Karma that needs to be settled. We may get confused as to how the Mind and Ego, ME, carries Karma into a new life if the mind and the ego don't exist. That is the crux of the Realization. Because we are ignorant and we think the Mind and Ego, ME exists, we suffer on earth and return in a rebirth. But when we realize that we are not the body, we are not the Mind and Ego, ME, we realize that we are the Divine Soul. This Realization is needed for the ego to be enlightened. Then, at death, there is no rebirth. The Soul becomes one with the Supreme and does not have to be reborn as there is no Karma of the Soul. The Karma belongs to the body, which dies and thereafter, is carried by the Mind and Ego, ME, to the next life cycle. But when we realize that there is no Mind and Ego, then, there is no Karma. We realize that we are the Divine Soul and we achieve our goal. We overcome all agony and anguish, experienced by the Mind and Ego, which we realize that we are not. We are the Divine Soul. We are liberated from all misery and sorrow.



*An Enlightened Ego Realizes that we are the Divine Soul,
Not the Body or Mind! Thus, we achieve our Ultimate Goal.*

Chapter 23

Man - Ego = God

In my journey of Realizing the Truth, where my ego was dissolved into nothing, one equation from my Guru, my Spiritual Master, changed my life. My Spiritual Master was my mentor and guide, who led me on my inner voyage. He guided me to ponder and go on a quest to overcome my ignorance and Realize the Truth. On one occasion, he sent me a magical equation which took me several months to decode.

$$\begin{aligned}\text{Man} - \text{Ego} &= \text{God} \\ \text{God} + \text{Ego} &= \text{Man}\end{aligned}$$

I could not understand this equation in the beginning. I must have read it again and again, dozens of times but I could not make sense of it. 'How can a man minus his ego, become God?' I wondered. 'And how can God with an Ego, become man?' It was only after an in-depth enquiry and Divine grace that I got the flash of Realization.

As long as man thinks, I am 'I', man will remain man but we must realize, 'I am not this body that is made up of thirty-five trillion cells, this body will ultimately die.' In fact, every cell of this body is dying and is getting regenerated and in about seven years, we all have a new body. If one is fifty-years-old, that 50-year-old body may be the eighth body, in one lifetime. This is what science tells us - that all our critical organs are being re-formed by new cells every few years. Obviously, we

are not this body. That is why one day, at death, people will destroy this body because they are absolutely sure that the one who was alive, has left the body.

The mind makes us believe that I am ME, Mind + Ego. So, the mind makes us look at the body as, 'That is me.' Nobody in the world will tell you, 'I am not 'I'.' But when we go on a quest, we realize that the mind and ego don't exist. We just believe that we are that body that we appear to be but when we realize that there is no Mind and therefore, no Ego, we come to the conclusion that there is no 'I', because I am neither the body nor am I the mind.

When the ego is enlightened that I am not 'I', then, the next question is, 'Who am I?' If a man realizes that he is not the body, mind or ego, he realizes that he is the Soul, the Spark Of Unique Life. The Soul is God, the Supreme Immortal Power. Suddenly, the equation seemed so clear to me.

Man - Ego = God.

When we look at the reverse of the equation, it makes sense too. When God, the Supreme Immortal Power, as the Soul, the Spark Of Unique Life, gives life to the ego and mind that carry Karma out of ignorance, then, we arrive in the womb of a mother and a new body is formed. If there was no ego, 'I', and no mind, there would be no man. My Guru's equation gave me that spark of Awakening.

”

*If a man's Ego is Enlightened, he will Realize God.
The Body, the Mind, the Ego are Manifestations of the Lord.*

Chapter 24

We Are All One

What is the Ultimate Truth? As long as the Ego is ignorant, we will believe that I am 'I' and you are 'you' but when the ego is enlightened, we will be transformed. We will realize that we are not the bodies that we wear, we are the ones that wear the body. We are not the Ego that says, 'I', along with the Mind says, 'ME', and along with the body, experiences misery. We are the Divine Soul. This is the ultimate truth. It is not some spiritual jargon. Even science endorses it.

Today, science tells us that every particle of matter in this universe is energy. We may appear to be the body but in essence, each of our trillions of cells is nothing but energy. We may appear to be the body that we see and the Mind and Ego may say it's ME but in reality, we are all Divine Energy. Even if we repeat this a thousand times, it is not easy to realize this. Knowledge from any source, from any college is not enough for us to realize that we are not separate from each other! We are one. We need that Illumination and the Realization of the truth. Then, we will be free from all the agony and anguish of life because we will realize that we are all effects and the cause is one. We are all Divine Souls that come from the Supreme and will return to the Supreme. This is the Ultimate Truth.

As long as the ego is ignorant of the truth, we will all think that we are different beings. This is 'my' son and that is 'your' son. This is 'my' house and that is 'your' house. The whole world

believes in the myth that we have grown up primarily with because of the ego. If there was no 'I', we would not fight and cry, be selfish and die. We would Realize the simple Truth, 'What am I? I am nothing! I came with nothing and I will go with nothing. Even this body that I think is ME, I will have to leave, when I depart.' Is there any doubt about this truth? Even though the truth stares us in our face, we remain ignorant. The mind makes us blind. The ego will repeat its lie, again and again and it will say, 'I'. But who is this 'I'? If I am not the body and mind, I am the Soul. This is the truth. To achieve this, is our ultimate goal.

If you talk to a bunch of people and tell them, 'We are all one,' they will think that you have lost the sense in your head! How can we be one? The common ignorance in the world is a very uncommon disease to be free from. We are diseased by this ignorance that I am 'I' and there is no medication to cure this disease. It needs meditation. It needs contemplation. When there is enough Consciousness to still the mind and kill the mind, there will be the Realization that I am not 'I'. You and I are one. With this Realization, we will be free from all agony and anguish. Pause for a moment and imagine the world where there is no ego. Just think, how beautiful it would be if we all realize that we are one. There would be no anger, hate, revenge or jealousy. There will be only peace and tranquillity.



*If only the world Realizes, we are all one,
There would be no war, world peace would be won!*

Chapter 25

Overcoming All Anguish

Who doesn't want to be happy? Every human being wants bliss, just as we don't want unhappiness. But somehow, we live with misery and sorrow. We are stressed and worried as we jump from yesterday to tomorrow and all this trauma is because we don't Realize the Truth of the life drama. Because we don't realize, 'I am not I', there is agony and anguish but the magic is in the moving of the mystical wand. When the Ego becomes Enlightened, all anguish disappears!

We all experience the misery of fear, worry, stress and anxiety. We all go through the sorrow of regret, shame and guilt. This leads us into a depression but we don't realize, what is the cause. The cause is our mind. Where there is a mind, there can be no peace. And 'I', the ego clings to the mind. They are two sides of one coin. 'I think, therefore, I am. I am, therefore, I think.' But when the Ego is Enlightened, 'I am not,' the mind is left behind. The moment we realize that I am not 'I', we move to that state of Consciousness, where there is Thoughtlessness. We are able to still the mind and kill the Mind and by doing so, we are able to leave all misery and sorrow far behind. Yes, when the Ego is Enlightened, the mind ceases to exist. Thoughts will appear gently, one by one, into our Consciousness, at the disposal of the intellect to discriminate.

While an Enlightened Ego dissolves the mind, it also dissolves the agony and anguish that was caused by the ego itself that

said 'I'. The ego has become nothing and therefore, there is nobody with whom there would be anger, revenge, hate and jealousy. The ego is free from pride, greed and selfishness. This is because the ego realizes that its identity is a myth. When the ego realizes, 'I am the Soul, not the body, mind and ego that suffers,' then, the misery of the mind and the agony of the ego, no more exists.

What about the anguish faced by the body? When the Ego is Enlightened, we realize, 'I have a body but I am not the body. Just like I drive a car. The car may have a crash but I don't have to be agonized because only the car is damaged. Every 'body' will grow old and experience decay and disease.' But the ego that realizes, 'I am not the body,' does not let the pain of the body become a suffering. The ego learns to kill the pain, before the pain can kill us. The ego learns to embrace the pain and not let the pain embrace it because every 'body' will suffer and the ego, Realizes this Truth but doesn't internalize this suffering.

Is there any other way to overcome all anguish in life? There is one simple way – the Enlightened Ego. This leads us to freedom from the triple suffering on earth. It elevates us to that state of Eternal Bliss and Everlasting Peace. An Enlightened Ego does not face the trauma because it Realizes that life is a drama and everything is unfolding as per Karma.



*We all experience pain of the Body, Ego and Mind.
But the Enlightened Ego is liberated, all anguish is left behind.*

Chapter 26

Burn Anger, Before Anger Burns You

Do you enjoy anger? Is it fun to become angry? Nobody likes anger. It not only destroys our peace but also creates agitation, raises our blood pressure and can lead to disease and death. It is especially worse when anger becomes a habit, which it most often does. When we become angry and let the thoughts of hate and revenge occupy our head, then ultimately, we will be dead with these toxic emotions ruling us. These thoughts of anger become feelings that become actions, that not only become habits but become our character. Don't you call somebody 'an angry man'? We become angry men and women because we let anger take control over us.

We have a choice. We can either let anger burn us or we can burn the anger. Anger is rooted in the Ego, 'I'. That is why, I can get angry with you. While we are sometimes disappointed at ourselves for whatever reason, we never express rage or anger at ourselves. It is mostly on others. But when the Ego is Enlightened, there are no others. We realize that we are all manifestations of the one Divine. Then, we can burn anger, before anger burns us.

Because the ego lives with its own pride and arrogance, it wants to be Supreme. It always believes, 'I am right.' This is natural for the ego but unfortunately, we don't realize, 'I can be wrong too.' Instead of trying to understand one another, the ego is ready to demean others and consider their opinion and

their actions, both inferior and wrong. Therefore, the ego flares up and we lose our temper. This causes a fire, not only at the one we spit our anger on but also within. Anger is sure to burn, first us and then the one who receives our anger. But there is no need for the fire of anger to consume the world.

The Enlightened Ego learns to accept. It replaces pride with humility and misunderstanding gives way to understanding. Nobody is perfect and we all make mistakes. An Enlightened Ego learns to forgive. It will give others the benefit of doubt, realizing the true identity of each individual. Every individual has certain circumstances, which makes them act the way they do and anger can do no good! It can only worsen the situation.

What do we say, when somebody gets angry? We say that they have lost their temper. When we lose our temper and not use our temper, it only admits the supremacy of the ignorant Mind and Ego, ME. The Enlightened Ego may sometimes feel it wise to use the temper. This anger will not burn us, for in these cases, we don't lose control and the fire of anger is contained. When we lose control, the fire will burn us down to ashes. Our thoughts, feelings and actions will be ruined. Stop! Burn anger, before anger burns you! The Enlightened Ego will make this true.

”

*When we get angry at others, it burns them, that is true.
But beware! The fire of anger will first, burn you!*

Throw Hate, Out Of The Gate

What happens when hate enters our gate? We lose our peace, bliss and joy and hate doesn't knock at the door. Once it enters, it will push us down on the floor. How can we push hate out and lock the door? The problem is that hate becomes our Master and to our grave, we go faster! A poisoned ego that has jealousy, revenge, anger and hate, emits toxic hormones in the blood and it is proved scientifically, that this will deteriorate our life. It is time to throw hate, out of our gate!

Why should I hate anybody? Why should I have that sense of intense dislike that I don't want to see somebody's face? Why does somebody's presence, trigger a storm inside me? It is because of the ego. Our ego has programmed this in our head – I hate you. The power of the hateful ego is so strong that even a picture of that person can spoil your day. Is this the right way to live? No. Hate becomes a personal philosophy of life. Sometimes, we just hate a colour or we hate some food. Just the sight of what we hate, pushes our tranquillity out of the gate. Why can't we be more accepting?

When acceptance replaces hate, it is at that time that we are able to make the proud ego, humble. 'What am I? I am nothing! Who am I? I am nobody!' An Enlightened Ego realizes that in the macro picture and a global perspective, we are not even a speck of a speck of a speck of a speck of this universe. We are just a tiny speck in our city. Our city is a tiny speck in our

country. Our country is a tiny speck on the planet. The planet is a tiny speck in the universe. Who are we to hate something that appears in this amazing creation?

Until the Ego is Enlightened, we will hate people, hate things and suffer. It's time to push hate out of the gate and the way to do this is to realize our oneness with the universe. We are not different from the universe. The ego causes us to feel different, to feel special and to feel unique. We must look at a wave and realize how it appears from the ocean and goes back into it. So do we. We appear from Creation and ultimately, we will go back into it.

The magical way to throw hate out of the gate is to replace hate with love. If we start loving everything and everybody, realizing that we are all effects of the same cause, we will hate no more. The toxic emotion of hate will be out of our plate and then, we will enjoy our meal because we will not say, 'I hate to eat this!' We will not only learn to enjoy our food but will learn to like everybody and enjoy this journey called life.

What is the way to change our fate? Cut down the rate of your hate. Reduce your hate, little by little, by aligning with the universe with humility. An Enlightened Ego sees the Divine, in one and all.

”

*When hate enters our gate, it destroys our fate!
Humbly learn to love everything that comes on your life-plate.*

Chapter 28

Replace Revenge With Forgiveness

We all experience the emotion of revenge. It is human to feel hurt and to want to avenge that. But who wants to? It is the ego. The foolish ego says, 'I will not spare you! Tit for tat! I will return your evil deeds with a fitting reply.' Little do we realize that the ego is ignorant. When we are trying to harm another, we are harming ourselves. We have to learn to replace revenge with forgiveness.

There are a few very important points to consider. First of all, when somebody does something wrong to us, why does it happen? Everything in this world is Karmic. The Law of Action and Reaction causes things to unfold in this world. Therefore, when somebody is harming us, we have to learn to accept. We must accept without protest because these are the fruits that are emerging from the seeds that we have planted. Our deeds are now rewarding us and therefore, we should not have any regret. This is the basic law of life, which we must accept.

When we do not realize that Karma is unfolding, then, we are ignorantly reacting with the toxic emotion of revenge. Not only are we creating poison inside us but our revenge also becomes another new Karma, a new thorn that we are planting. We do not realize that our natural reaction to get even with others through revenge is becoming the cause of a miserable destiny. Having realized this, let us learn how to replace revenge with forgiveness.

When the Ego is Enlightened, it not only realizes that everything is happening as per Karma but also realizes that we are all manifestations of the Divine. Each one of us is a Soul, the Spark Of Unique Life and we all come from SIP, the Supreme Immortal Power. Therefore, when we try to take revenge against another, who are we getting even with?

Jesus was once asked, how many times, must we forgive. Is it seven times or seventy times? Jesus replied, 'Seventy times seven!' What does this mean? It means that we must forgive, again and again. There should be no end to our forgiveness because every act of forgiveness will create forgiveness for the bad deeds that we have done. Our negative Karma will be wiped out with every act of forgiveness. Ultimately, if we replace revenge with forgiveness, we are moving to a state of Enlightenment, the ultimate peak that we must climb.

Revenge awakens the monster in us. It brings out an animal-like instinct in us, which dissolves with an Enlightened Ego. It is for us to learn to eliminate revenge from our life, before revenge eliminates our peace and bliss, our love and Divinity. When we replace revenge with forgiveness, we are moving towards that state of an Enlightened Ego. Let go of revenge, as you let go of your ego!



*Revenge can only destroy. It plants a toxic seed.
The Enlightened Ego Forgives and chooses this Divine deed.*

Choose Tranquillity, Instead Of Jealousy

When our ego is prime, in full bloom, the thorns of jealousy grow in the garden of our life. When we give so much importance to 'I' and 'me', then life is all about comparing ourselves with others. For a moment, we are happy buying a new car but in the next moment, we lose our bliss, when we see our neighbour buying a better car. This envy is the sister of jealousy and they both exist in the family of a jealous ego.

Why be jealous and envious? Can we control everything that happens in this world? We can't control other people's actions but we can control our reactions because they are ours. When we let our reactions be filled with jealousy and envy, we are sure to lose our peace and tranquillity. On the other hand, if we learn to count our blessings and appreciate the good things we have in life, we can live with peace and bliss.

What is the root cause of stress and anxiety that is rooted in jealousy? It is the ego. The ego wants to be supreme. The ego wants to be the best and for this, it lives a life of comparison and competition. It is not only about how well I did in the exams but also about my colleagues, not doing better than me. An Evolved Ego, on the other hand, rejoices in the goodness of others' performances. A humbled ego will not be hurt with jealousy and envy. This is the way to tranquillity.

We human beings seek happiness but we don't realize that peace is the foundation of happiness. We let our peace and tranquillity get replaced by stress and anxiety, when we let our ego, ride uncontrolled. Our ego is always bothered about what others have, how others look, what car they drive and what home they live in. All this steals the blessings that we have. We may have enough but the jealous ego makes us believe that enough is not enough. We are living a peaceful life but the envious ego peeps outside our window and becomes unhappy. Is it not foolish and ignorant to let the ego steal our bliss and joy?

We must make a choice. If we want peace and tranquillity, then jealousy and envy must leave our life. And for this to happen, the 'I' must realize that we are all actors in this drama called life. We will come to the earth stage and play our role but ultimately, the show will end. We must transcend jealousy and envy, realizing that nothing is real. In the drama called life, somebody else might be Napoleon or even Alexander the Great. If our role is that of a jester, we must do our best, laugh and make others laugh, for soon, the show will be over. What is important is that we enjoy the show called life and not burn with jealousy and envy and lose this treasure called life. Unfortunately, we have handed over our life to our ego and our ego tries to fly in the sky and fools us with the lie of 'I'. The Enlightened Ego is liberated from this fire!



*Jealousy and Envy can ruin our Life.
They steal Peace and Tranquillity and fill us with strife!*

Chapter 30

Fulfil Your Need, Not Your Greed

What do you need in life? We all need the basics – Air to breathe, water to drink, food to eat, clothes to wear and a roof for shelter. Of course, this is not enough. We all have needs, which are more than these. We need love, companionship, some entertainment and other things too but instead of focusing on fulfilling our need, we are lost in the merry-go-round of greed. Our life goes round and round in circles, looking at what we don't have. Our wishes become desires and goals and we create stress and anxiety in our life. In the bargain, we lose our peace, which is the very essence of happiness.

What does every human being want? The basic need for every human being is happiness. We all want pleasure and don't want pain. But somehow, our ego makes us believe that the more we have, the happier we will be. This is a big lie that is said by the ego, 'I'. If this is true, all the rich people in the world would be happy but many are not. All successful people are not happy but all happy people are successful because when you are happy, you are truly, rich! How does one reach this state of happiness? It is through contentment and fulfillment. It is by not letting your need become your greed!

When the ego starts to run a race to become an ace, we get trapped in this chase and we are lost in a maze. Because of our greed, we want more and more. We become unhappy! It is

only an Enlightened Ego that stops this race and lives with grace. Instead of letting the need become his greed, the one with an Enlightened Ego is satisfied with what he has. He learns to count his blessings. He develops the art of enjoying what he has, rather than becoming miserable, thinking about what he does not have. Blessed is the Awakened Ego, that lives with grace and is not caught in life's maze.

When we are driving down the highway of achievement, we think that success is happiness and try to go from peak to peak. We don't realize that the ultimate peak is a cliff called death. Our greed becomes our creed and we are never happy, indeed! We climb higher and higher but we are not happier. When the Ego is Enlightened, it takes an exit from the highway of achievement and heads towards the plateau of fulfillment. In this state, one lives with contentment and is far happier than living a life of achievement and success, with the stress and anxiety that comes with it. One is motivated and inspired to attain noteworthy success, enough to fulfil one's need but one does not feed their ego with desire and passion that can let this obsession lead to a depression.

Greed can never make somebody truly happy, for it is a bottomless well. It can never be filled. It is the Enlightened Ego that realizes this and enjoys the little things in life. Fulfil your need. Don't be trapped in unfulfilled greed.



*The Ego's race to be an ace is because of its Greed.
Awakened, it chooses Peace and is content, fulfilling its need.*

Chapter 31

How Can The Ego Be Enlightened?

Can the Ego be Enlightened? If yes, then how? First of all, the mind will not let you be enlightened. It will question, 'How can the ego be enlightened?' This is the job of the mind. If we want an Enlightened Ego, we must first still the mind and kill the mind! When the toxic thoughts of the mind pour like rain, the ego will be pushed down the drain. It cannot rise, evolve, be transcended or enlightened. Therefore, to Enlighten the Ego, we must first, go beyond the mind.

The mind is nothing but a bundle of thoughts. When thoughts accumulate, they behave like a gushing river. We have to stop this gush of thoughts. We must flip from Mind to Consciousness. Without this, there is no possibility of an Enlightened Ego but when we slow down the MTR, the Mental Thought Rate, and thoughts flow gently into our Consciousness for the intellect to discriminate, there is no mind. In this state of contemplation, the ego can realize, 'Who am I? There is no Mind. This body will die. I am not the 'I' that I thought I was. But I exist. I am alive. I am that Power that is throbbing inside me. I am the Soul, the spirit, the *Atman* or the *Ruh*. Whatever people may call it, I am that energy, not the body, mind and ego that I appear to be.' This is Enlightenment of the Ego.

While it seems so simple to read, it is practically impossible to achieve. Very few people can reach the state of an Enlightened Ego because the body and its senses will fool us into believing

that we are enjoying all the sensual pleasures. We are not. The body is. As long as we are a slave of the senses, the ego will not be enlightened and we will remain slaves till we reach our grave. So first, we have to switch over from the senses that are passionate about the material world, to the senses that are seeking spiritual ecstasy. For this, we also have to tame the Monkey Mind and make it a monk. The monkey's tail, EY that is Ever-Yelling and Ever-Yearning, stops the ego from being enlightened.

So, how can the Ego be Enlightened? When the ego, 'I', realizes, 'I have a body but I am not the body and the mind appears to be but it doesn't exist. That's why I can't see it. It is nothing but thoughts,' then the ego gets the spark, 'If I am not the body and mind, I cannot be 'I'.' Imagine, there is no body. Then, who will be 'I'? This knowledge needs a spark, free from the mind. This needs a spark of Awakening. Then, the ego can be enlightened. We may all know what an Enlightened Ego is but when the ego is enlightened, not only do we know but we start to live a life of Realization and Liberation. We are completely free from the agony and anguish of anger, hate, revenge, jealousy, pride, greed and selfishness. We are no more that caterpillar that was crawling. An Enlightened Ego has experienced a metamorphosis and now, it can fly like a beautiful butterfly.



*The Ego has to Realize, I am not 'I'
Not the Mind, I cannot find; Not the Body, that will die!*

The Magic Of Non-Duality

As long as the Ego is not Enlightened, we experience duality. What is duality? It is existence of two - you and me. Duality has different meanings but that's not relevant to the Enlightened Ego. When the ego exists, 'I' am different from you. 'I' am different from God. 'I' am different from this world.' But for the Enlightened Ego, there is magic! There is no difference. You and me are one. God is not different from me. The Enlightened Ego experiences oneness with the world around. How is this possible? This is the magic of Enlightenment.

Throughout life, we live as the ego and say, 'I', 'me' and 'mine'. Very few are fortunate to realize that we are the Divine Soul, not the body that will die and not the mind that we cannot find. A very few will realize, 'I am not 'I', but I am. So, who am I? I am the Soul, the Spark Of Unique Life.' This is just the beginning.

When we realize, 'I am the Soul, not the gross physical body, but the Divine energy that flows through every cell of existence,' then the next Realization is, 'You are also not the body! You are also energy, the Soul, that is giving you life.' We both appear to be different bodies. The ego creates duality, differences between you and me. But the Enlightened Ego realizes that we are the same. We are both Souls and both the Souls are nothing but SIP, the Supreme Immortal Power. The energy in a bulb and the energy in an air-conditioner is not different. The bulb and the air-conditioner are controlled by

different switches but the source energy is the same. When the Enlightened Ego realizes that we are both the same Power, we become one. There is no duality.

When there is no duality, there is magic! Hate turns to love, revenge to forgiveness, anger to peace and jealousy to brotherhood. The magic of non-duality eliminates all pride, greed and selfishness because we realize that we are all one. We appear to be different but we are not.

The magic of non-duality not only eliminates all anger and anguish but it also makes us realize that the 'me' that we see, is a body made of the five elements of nature. Ultimately, we will return to the five elements. Therefore, the Enlightened Ego feels oneness, not just between you and me but also with the butterfly, the tree, the mountain and the sea. There are several natural objects that don't have a Soul but non-duality makes us realize that we are all made of the same thing. We are all in essence, Power or Energy. Without the Energy, without the Power, there would be no molecule of matter in this universe. There would be nothing animate or inanimate. Today, science, through Quantum Physics and Quantum Mechanics, endorses that everything in this world is energy. It is dark energy or dark matter. In Spirituality, it is non-duality. It is the oneness that we experience that creates the magic of bliss.



*In Duality, we are different, you and me.
The Magic of Non-Duality reveals, we are all Divine Energy.*

We Are Manifestations Of The Divine

The Enlightened Ego goes a step further. First, it realizes that I am not 'I'. Then, it realizes that you and me, both are the same Divine energy. But it doesn't stop there. It realizes that the energy that fills the universe, called dark energy or dark matter by scientists is the same energy that is making every Soul walk, talk, sing or do anything.

Therefore, an Enlightened Ego realizes that we are not different from God. What is God? God is a Power, a Supreme Immortal Power. God is not a person, sitting somewhere in the sky. God is nameless, formless, birthless and deathless, beginningless and endless. This entire energy that fills the universe is a manifestation of God, SIP, the Supreme Immortal Power.

To most people, God is different, we are different and the world is different. But to an Enlightened Ego, we are nothing but a Spark Of Unique Life. All the Souls of this universe are like the different waves of one ocean. They are effects and the cause is SIP. This entire world is made of the five elements of nature and they are all made of the same energy, the same Power. What makes us different from the inanimate world? We have a Soul, a Spark Of Unique Life, that creates birth and death.

An Enlightened Ego realizes that we are not the body that will die and return to the five elements. Even the five elements are

nothing but Divine Energy. Therefore, the Ego that is Enlightened, realizes the Divine in one and all. The Awakened Soul knows for sure, that we are all manifestations of the one Divine.

During Christmas, a little girl wanted to buy a Santa Claus shaped sugar candy from the candy man with a cart on the street. The boy in line before her bought the last Santa candy. The girl asked the candy man, 'I want the Santa candy.' The man replied, 'Tomorrow is Christmas. I don't have Santa candy. But the reindeer, the snowman, the fairy and the Christmas tree candies taste exactly the same.' The child cried, 'I want Santa!' Her helpless mother tried to explain, 'They are all made of the same sugar.' But she insisted and continued to cry. She sat on the floor and screamed, 'I want Santa, I want Santa!' But there was no Santa. The more the mother told the child that there was no Santa candy, the louder the girl screamed.

We may smile and feel sorry for the ignorant child but we don't realize that we too are ignorant till we are enlightened. We are all made of the same thing, the Energy, the Power of the Divine. But we live and we die. We cry because we don't realize, 'Who am I?'

The Enlightened Ego realizes that we are all made of the same stuff. This whole universe is Energy, Divine Energy. Even science endorses it but unless our ego is enlightened, we will continue to be ignorant and suffer. It is an Enlightened Ego that is liberated from ignorance.



*We will suffer as we say, 'I', 'me' and 'mine',
Till we Realize, we are Manifestations of the Divine.*

Chapter 34 Living As The Enlightened Ego

An Enlightened Ego is Awakened. The 'I' realizes that I am not 'I'. Therefore, by letting go of, 'I', 'me' and 'mine', an Enlightened Ego lives as a manifestation of the Divine.

An Enlightened Ego has no need to be angry or to hate, to take revenge or become jealous. Spiritual Awakening makes the ego realize that you and me, are both the same. We are Divine Energy. The truth liberates the ego from the agony and anguish caused by pride, greed and selfishness.

The ego that is enlightened, starts to live as the Divine Soul. Although, we have a body, an Enlightened Ego lives in the body but not as the body. Such an Awakened Ego is not a slave of sensual pleasures. It enjoys the treasure of Enlightenment, far greater than any pleasure of the material world. The Enlightened Ego tames the Monkey Mind and lives as a monk. The mind, which is nothing but M – Misery, I – Ignorance, N – Negativity and D – Desire, is wiped out and replaced by the intellect. Thoughts still appear in the life of an Enlightened Ego but the mind does not. The mind disappears as an Enlightened Ego, lives in a state of Consciousness. It realizes that I am not 'I'. I am not me. Nothing is mine. The Awakened Ego is no more trapped by past Karma, which unfold in the life of the body and mind. It is unaffected by what happens. Being enlightened, one accepts without protest, the Divine Karma that unfolds. One further surrenders in Consciousness –

Whatever will be, will be. Ultimately, the Enlightened Ego has just one goal – To live as the Divine Soul, till that moment of death, when there is no breath and the Mind and Ego, ME, which would otherwise return to earth in a rebirth, dissolves and disappears. The mind and the ego do not exist. They only appear due to ignorance. But when the light of truth shines, the darkness of ignorance that causes the mind and ego, ceases to exist and so, the Mind and Ego, ME, is no more! In this magical moment called Enlightenment, the mind and the ego are transcended but it is only in the moment of death that they will be buried, once and for all! One who is not enlightened, will question, 'How can we bury the mind and ego?' but an Enlightened Ego laughs, for it realizes that the burial of the mind and ego is just a disappearance of these illusory thieves.

The Enlightened Ego learns to laugh at many things. It laughs at the *Maya*, the illusion that this world is, as it is projected to feel like a real movie. The Enlightened Ego laughs at the *Leela*, the drama or the show, for it realizes that we are all actors, who come and go. The Enlightened Ego does not look up at the sky, for it realizes that to believe, 'God is up there,' is a lie. Nothing is mine. We are all Divine. Such is the life of an Enlightened Ego, as it lives in a state of Eternal Bliss in Truth Consciousness, experiencing Everlasting Peace and Divine Love. Such bliss is unheard of in the world of mortals, of bodies that live with the mind and ego.



*Anger, hate, revenge, jealousy, greed, pride, you can let go.
It all happens if you start living as the Enlightened Ego.*

Chapter 35

The Enlightened Ego Is Humble

The key difference between the ego and the Enlightened Ego is that the ego is proud whereas, the Enlightened Ego is humble. The ego says, 'I know everything.' The Enlightened Ego says, 'I am nothing!' When there is no humility, the ego reigns supreme but when the ego is humbled, it is enlightened.

One of the biggest problems in our life is that we think that we are the best. To add to this, we glorify it by calling it as self-confidence, self-worth and self-esteem. Out of ignorance, we don't even know who the self is. We live with 'me' and 'myself' and we suffer the agony and anguish of our proud ego.

How can the ego be enlightened and humbled? The only way is to let go of the ego. We cling to 'I', when in reality, I am not 'I'. Then, who clings? The identity that is called ego, clings. When we let go of our ego, we start the journey of Self-Realization and ultimately, God-Realization. When our ego begins to understand that I am nothing, we become everything. But the challenge is that the ego doesn't want to let go.

As long as we are in a state of mind, the Mind and Ego becomes ME and this becomes an unbreakable partnership. First, we have to still the mind. When we completely still the mind, we reach a state of Consciousness, in which we contemplate with the intellect. We come to realize that I am not this body that will die. This body is made up of the five elements of nature. I am

not the mind, which we cannot find. It is in Consciousness that we come to realize that I am not the body or mind. I am just a Spark Of Unique Life. I am a manifestation of the Divine Energy that people call, God. The moment the ego realizes this, it gets both, enlightened and humbled.

Enlightenment is not a matter of pride. It is a humbling experience. When we are Spiritually Awakened, we realize that we are the Soul and experience the ecstasy of humility that gives us Eternal Bliss. But this happens as we let go of the ego. As long as the ego clings to being 'I', this ignorance will make us the body. The Ego, along with the Mind, will become ME and from pride and arrogance, we will never be free!

The ego can never be humble. Its attribute is pride, greed and selfishness. But an Enlightened Ego is the ego that is humbled. All the negative attributes of the ego are lost, once it is enlightened.

Look around you! Humility is rare to find. So is an Enlightened Ego. Most people in this world are ego-driven. They are self-centred, as they believe that the universe revolves around them. Their ignorant ego makes them proud. But those with an Enlightened Ego, their humility helps them realize that they are nothing. With this Realization, they become everything because they realize that they are Divine.



The Ego is arrogant and proud. It says, 'I am everything!'
The Enlightened, Humble Ego is everything but says, 'I am nothing!'

Chapter
36
**The Enlightened Ego
Loves All**

We all love, don't we? But why do we have a problem with love? Love is completely misunderstood because of the ignorance caused by the ego. The ego says, 'I love you,' but by saying so, it becomes possessive, demanding and has unlimited expectations. As long as love is conditional and ego-driven, it will end in heartache and heartbreak. But when the ego is enlightened, love will become a fountain of joy, an ecstasy of bliss.

Somehow, we believe that when we love someone, there should be nothing else that comes in between us. This is because the ego has created, 'I' and 'you'. Therefore, the love that actually flows from the Soul, is no more the love that is Divine. It becomes the love for the skin and not for the Divine that is within. But in reality, true love emanates from the Soul. It is from one Soul to another Soul.

The word 'LOVE' itself means – Longing, Of the Soul, Very Passionate, Ecstasy of Joy. Unfortunately, in today's world, love is not so. In today's world, 'LOVE' is – Longing, Of the Being, Very Possessive and Exclusive. This leads to jealousy, just as it causes expectations and disappointments. When the Ego is Enlightened, love transforms to that Soulful Divine emotion that it is supposed to be.

The ego that realizes, 'I am not the body or the mind, I am the Divine Soul,' experiences Divine love. Such an Enlightened Ego is blessed to love one and all. An Awakened Soul experiences love as a Divine emotion and enjoys the bliss of love, as it is expressed to one and all, each that is none other than a manifestation of the Divine. In fact, the Enlightened Ego uses love as a way to love the Divine, the Supreme.

How can we love God? We can't. We can only be devoted and obedient to Divine laws. But an Enlightened Ego learns to love God. The Enlightened Ego realizes that God is not God. God is in every Soul that walks and talks and so, the Enlightened Ego is able to love God by loving one and all. Love for an Enlightened Ego is definitely not for the skin. That is a crush, lust or infatuation. The Enlightened Ego loves the Divine that is within and this makes such an Awakened One, enjoy true love that is bliss and not run after just a hug and a kiss.

Therefore, not only does the Enlightened Ego overcome the toxicity of anger and hate but such a Divine Soul experiences Divine love as he realizes the Soul within and the Soul in each living being as a manifestation of the Divine.

It is most unfortunate that a Divine emotion like love, gets crushed by an ignorant ego. Ego breaks beautiful relationships and makes us cry. If only we overcome our ignorance and realize that I am not 'I', love will flow from one Soul to another and the beauty of love will fill our life.



*The Ego is hurt in Love, expecting a hug and a kiss.
The Enlightened Ego enjoys True Love, Ecstasy, that is Bliss.*

Chapter 37

Enjoying The *Leela*, The Show

What is this world all about? Who are we and why are we here? As long as we live with the Ego, we live, cry and then, die. We don't go on a quest to find out, 'Who am I?' We believe the lie that God lives in the sky. We remain a fool because of what we were taught in school. We are told that success is happiness and so, throughout life, we run a race to become an ace and we lose our life in the chase, as we get caught in the maze. Nobody teaches us how to live with grace, contentment, fulfillment and ultimately, Enlightenment.

Throughout life, we are ignorant and so, we believe the myth. We don't Realize the Truth! Though we have wings to fly, our wings are tied with strings and we get caught in the lie. Very few, open their wings and open their real eyes to realize the truth. We believe that we will die, when in reality, only the body dies. Because we do not realize who we truly are, we live as the Mind and Ego, ME, we are reborn and this goes on and on.

But what is the truth? The truth is that this world is a *Leela*, a drama, a show. We are just actors, who come and go. Why did we come to earth? Why did we get this human birth? It is because of Karma. As long as our ego is not enlightened, we will continue to experience trauma in this drama. Because we don't realize that it is Karma, we protest. We don't accept. We do not learn to surrender to the universal Law of Action and

Reaction and Cause and Effect called Karma. If only our ego is enlightened and we realize that we are not this body and mind, we are the Soul, we achieve the goal of discovering that this whole world is ultimately, a Divine drama, a *Leela*. This Realization only happens to an Enlightened Ego. Otherwise, we think that this world is real and we suffer the pain of the body, misery of the mind and agony of the ego. We question, 'Why is God so cruel?' just as we wonder, 'Why do bad things happen to good people?'

An Enlightened Ego learns to accept and not wonder, just as it replaces hope with surrender. A person with an Enlightened Ego enjoys the *Leela*, the drama as a witness or an observer. It is rare to find such people, who enjoy the *Leela* because it is rare to find people with an Enlightened Ego. Most of us live with an arrogant ego that is full of ignorance and instead of enjoying the *Leela* with love, forgiveness, compassion and emotions of an Enlightened One, we continue to fill our life with pride, greed, selfishness and experience anger, hate, revenge and jealousy.

What would you choose? Would you like to enjoy the *Leela*, the drama called life with an Enlightened Ego or would you like to suffer the trauma of this drama, living in ignorance? Your ego will continue to exist, till your last breath but from now, till your death, if your Ego is Enlightened, you can live with Eternal Bliss, Divine Love and Everlasting Peace.



*Everything in this world is a Leela, we are actors, we come and go,
The Ego that is Enlightened is the one that enjoys the Show!*

Chapter
38
**This World Is *Maya*,
A Cosmic Illusion**

Enlightenment is a unique gift. It not only enlightens the ego, but it Awakens us to the Truth. Not only do we realize, 'Who am I?' we also get to understand, 'Why are we here?' Then, we realize the ultimate truth of life.

What does an Enlightened Ego realize? An Enlightened Ego realizes that we are not the bodies that we wear nor are we the mind, which we cannot find. We are all Divine Energy. Each one of us is the Soul, the Spark Of Unique Life, that multiplies into the billions and trillions of cells that appear as me, the human body. The Enlightened Ego, therefore, realizes that every living creature is the sum total of the trillions of cells, which is nothing but the Supreme Immortal Power, SIP. You are a Soul. I am a Soul. But we are not different from each other. All the Souls are ultimately, one Supreme Soul. It is like there are many waves in the ocean that appear as different waves but in reality, it is only one ocean.

As long as the ego is alive, it refuses to accept the Truth of Enlightenment. It will say, 'I am 'I',' and it will not decode the lie. We are all one. We are all effects of the same cause.

Today, even science accepts that everything in this world that appears to be the world, is in reality, nothing but energy. Science calls it the dark energy or the dark matter and this includes both, the animate and the inanimate world. Therefore,

the science of Spirituality and world science now, have synergy. Both believe that we are energy.

While this globe and everything in it, appears to be matter, it is in reality, energy that is projected as matter. How can we understand this, in simple terms? Let us take the analogy of a movie. There is a blank, white screen. Suddenly the projector projects actors and there is music and dance. The screen gets hidden and the projection appears to be real. So is this world. It is nothing more than a projection, a Cosmic Illusion called *Maya*.

What is *Maya*? The word *Maya*, means illusion but an Enlightened Ego realizes the spiritual truth, which is also endorsed by the scientific discovery that this whole world is nothing but energy appearing as matter. It is like a mirage, a humongous Cosmic Illusion but unless one is enlightened, one will never accept that this world is *Maya*.

It is only when the ego realizes that I am not 'I', I am just a spark of energy, that the ego is Awakened to the Ultimate Truth, that not just you and me, the butterfly, the bee, the tree, the mountains and even the sea, everything that we see is nothing but a projection of the Divine energy. Everything is *Maya*, a Cosmic Illusion. *Maya* has two Powers. It conceals the truth and projects the myth.



*Maya is a Cosmic Illusion, a Divine projection.
Only the Enlightened Ego enjoys this Realization.*

Who Creates Karma?

By now, we are all familiar with the term 'Karma'. It means action. But it has developed and evolved to become the Law of Action. It is the Law of Cause and Effect. It is also the Law of Action and Reaction. It is the law of the boomerang, with the principle - What we give, is what we get. As per this law, what you do, will come back to you. This, the ego knows but it is an Enlightened Ego that goes on a deeper quest to find out the truth of Karma. Who does Karma? How does Karma impact us? Can we be free from Karma? These are questions answered by an Enlightened Ego.

Who creates Karma? At the surface, it seems like the body is doing the action. We cannot execute any action without the five instruments of action, our hands, our feet, our tongue, amongst others. Therefore, there is no doubt that it is the body that does the action. But is the body creating Karma? No! The body is being directed by the Mind and the Ego, ME. ME is the producer and director of Karma. Therefore, the one responsible for Karma is not the body. Of course, the body does the action at the behest of the Mind and Ego, ME and the body faces the result of all actions. But joy, sorrow, pleasure and pain is passed on from the gross physical body to the subtle body, the mind and ego.

The body ultimately, dies. But the Karma of the one who was alive, is never settled because death is uncertain and does not

happen at a specified, known time. Whatever we do in the hours or days before death are Karma, both good and bad, which need to be settled. But who will settle the Karma? The body is dead and the one who was alive in the body is said to depart, to move on. Don't we say that the person expired or passed away? In fact, we are sure that the one who was alive in the body, using the body as an instrument of action, has left the body in the moment of death. That is why we destroy the body by burning or burying it. Would we dare cremate a body that was alive?

Therefore, the Karma of the one who died, is not settled. It is carried forward by the Mind and Ego, ME that leaves one body in the moment the breath is gone and is born in another body. Although, the Mind and Ego, ME is not doing the Karma, Karma belongs to the Mind and Ego. It not only directs the body to act but also at death, carries all unsettled Karma forward into a new birth on earth.

Therefore, it is the Mind and Ego, ME that creates Karma, owns Karma and returns to earth, again and again, to settle Karma. An Enlightened Ego realizes this Karmic cycle and also realizes that Karma does not belong to the body, although it seems like it belongs to the body. An Enlightened Ego realizes that the Mind and Ego, ME, that directs the body to act is the one that carries the unsettled Karma forward in the moment of death.



*The Body acts but does the Body create Karma?
No! It is the Mind and Ego that faces all the trauma.*

The Mind And Ego Is Reborn

Every 'body' dies but there is unsettled Karma that needs to be settled. Can a body be reborn? Many of us out of ignorance believe that it can. But it can't. The body is cremated and returns to ashes. Even if it is buried, we cannot imagine that the body is intact. We have no doubt, that it returns to dust. If this is a logical fact, who is reborn? Many people question the theory of rebirth and call it a fairy tale, a myth. Is there any basis to believe in the doctrine of rebirth? Does rebirth actually happen or not and if it does happen, who is reborn?

To substantiate whether rebirth is a reality, let us consider three important facts. The first fact is that death is certain. After its lifespan, a living body has to die. The second fact is the universe operates as per the Law of Karma, the Law of Action and Reaction or the Law of Cause and Effect. There are several actions that have been done by a living being that are not settled. This Karma needs to be settled and therefore, we can reason and infer that while the body dies, the one who was alive and who left the body has to come back to settle all unsettled Karma. The third fact is that every day, we see birth happening on earth. However, we don't control our birth. Who controls, how we come to earth? Today, there are 8 billion people and every day lakhs are dying and being born. It seems like a natural cycle, just like the earth's rotation and revolution. The cycle of birth and death is controlled by the Law of Karma.

To substantiate that birth and death are connected, one must logically infer based on the unsettled Karma of the deceased and the fate and circumstances of a newborn that arrives. Why is some child born blind and some other in a palace? Is it because God is cruel or kind? It is wrong to believe that there is a God, who is deciding the destiny of every individual that is born on earth. It is more practical and logical to accept that we are born as per our Karma, which is unsettled in the moment of death.

The question is – Who is reborn? If the gross physical body returns to dust, it is the Mind and Ego, ME, who directs all Karma, creates Karma and ultimately, is reborn in a new body. This is realized by an Enlightened Ego. The ignorant ones live, cry and die and they don't Realize, 'Who am I?' They are even confused whether the Soul takes rebirth or not. The Soul is Energy, a Spark Of Unique Life. It is never born and never dies. It only gives us the energy called life. Therefore, the Soul is not reborn. It departs in the moment of death and there is no breath! It is the Mind and Ego, ME, that returns to earth in a rebirth. As long as we have Karma in our account, the Mind and Ego can never be free from this cycle. But the moment our ego is enlightened, not only are we liberated from the triple suffering on earth but we are also free from the cycle of rebirth.



*When the Body dies, the one that is alive is gone!
It is this, the Mind and Ego that is Reborn.*

Transcending Karma

Every ego goes through the cycle of birth and death. It is reborn and this goes on and on. Along with the mind, the ego directs the body to do Karma and so, it becomes a part of the life drama. It faces trauma just as it enjoys the show. But ultimately, it has to go.

The drama called life is unfolding, day after day. You and me, are born and ultimately, we will die. We can continue to ponder what happened thousands of years ago or even millions and billions of years prior to this date. But it is of no use! What is relevant to us is that the body will die. Do we have any doubt about this? Can we deny that our unsettled Karma must be settled and it is most probable that we will return to settle our Karma?

The ignorant ego ignores Karma. It refuses to believe or accept the doctrine of cause and effect, action and reaction. So, it is bound to suffer because it is common sense that - *As you sow, so shall you reap*. This natural law tells us that apples can't grow on mango trees. The seed that we plant will decide the fruit on the tree, just as our deed will decide our destiny. We can't escape Karma. Let us not deny or doubt it. But what we must realize is that even at death, the Karmic account is not settled.

An Enlightened Ego realizes that its first option and choice is to do good Karma so that it both enjoys the fruit of its action on

earth and is blessed with a bountiful life when it returns in a rebirth.

However, when the ego is enlightened, it realizes the way to transcend Karma. This is the way to be free from all Karma and by doing so, it is liberated from the cycle of rebirth. Then, in the moment of death, the ego is free from the cycle of being born again and again. How does the Enlightened Ego transcend Karma?

The Enlightened Ego realizes that I am not the body that will die. It also realizes that the ego that says 'I', is a lie because when it goes to find the mind, where is the mind, it cannot find! When the ego realizes that I am not the body nor am I the Mind and Ego, ME, it realizes that we are the Divine Soul. The Soul does not create Karma, own Karma or carry it forward. The Soul is Divine Energy that is birthless and deathless. When the ego is enlightened, it realizes the simple truth that the body will die. The Mind and Ego, ME doesn't exist, it is caused by ignorance. I am the Soul. Karma does not belong to me. At death, the Karma that belonged to the illusory Mind and Ego, which does not exist, drops like a bag of stones into the ocean. That Karma belongs to nobody. So, the Enlightened Ego does not have to return to earth in a rebirth. It transcends Karma and is liberated from the cycle of rebirth. This is life's greatest secret!



*The Ignorant Ego along with the Mind is repeatedly Reborn.
The Enlightened Ego is free from the cycle that goes on and on.*

The Ego Can Never Die

The Enlightened Ego gets a profound spark of Spiritual Awakening, 'I will never die.' But this Spiritual Awakening comes as a sequel to the first Realization that the ego will never die.

The ego doesn't exist. It just appears to be. Along with the mind, it becomes the Mind and Ego, ME. Then, it creates Karma and carries forward Karma from one birth to another, as it returns to earth. As long as there is ignorance, the ego will exist. It can never die.

However, when the ego is enlightened and we realize, 'I am not 'I', there is no ego. Where is the question of the ego's death? Therefore, the ego can never be annihilated. It can only be transcended. The ego will continue to be born and this will go on and on, till the moment of Enlightenment, when we realize, 'I am not 'I', not the body that will die, not the mind that I cannot find and not the ego that says the lie that I am 'I'.' When we get this Awakening, the ego ceases to exist. The ego is like a shadow. You can't kill a shadow. If the light is switched off, the shadow disappears. In this case, when the light is switched on, the ego disappears.

Therefore, the ego does not have to go through the process called death. No doubt that it arrives in a zygote to settle its Karma but in reality, it is never born. The body is born and the

body dies. But the ego only moves on, from one body to another.

When the ego is enlightened, in that moment, the ego realizes, 'I am not 'I.' Although we are in this body, we are free from Karma, just as we are free from the trauma that unfolds in the drama called life. An Enlightened Ego is free from the triple suffering on earth and when the body dies, it is free from the cycle of rebirth. All this leads to a greater awakening – I will never die.

When we are enlightened that we are not the body, mind and ego, we are spiritually awakened that we are the Soul, the Spark Of Unique Life. This Realization makes us immortal because the Soul is energy. It is not capable of being born and dying. It cannot be created or destroyed. It flows into one body and then, leaves and merges with the Supreme Immortal Power, SIP. Then, it flows into the next body that is being created. We are a part of that Supreme energy. When the Ego is Enlightened, not only do we realize that the ego can never die but we also realize that I am not 'I' and I will never die. This leads us to pursue our ultimate goal, which is to realize that we are the Divine Soul. Then, at death, we will be liberated from the body and be united with the Divine. The Mind and Ego, ME that does not exist, will disappear into nothingness as we overcome ignorance.



*How can the Ego die when the Ego does not exist?
It returns to earth, as long as our ignorance persists.*

Chapter 43 Enlightenment Transforms The Ego

We all know that our ego can make us go wild. We all know that we must let go of the ego. But the problem is that we can't! How can we let go of 'I', 'me' and 'mine'? As long as we exist, 'I' will exist. We will say, 'I want a glass of water. I am happy. I am feeling hungry.' Anybody who is alive, cannot let go of the ego. Some philosophers suggest that we should kill the ego, annihilate it. We can't! We can only do it if we kill ourselves. As long as we are alive, the ego will be alive. The only way is to enlighten the ego. The ego has to realize that I am not 'I'. When the ego is enlightened, it is transformed. From a proud, arrogant, rascal, the ego becomes humble and Divine. From the ego that gets angry and jealous, can hate and take revenge, it becomes peaceful, blissful, compassionate, loving and forgiving. The challenge is that it is not easy to enlighten the ego. But once the ego is enlightened, it is completely transformed.

None of us likes to enjoy the agony and anguish that makes us miserable. But who is becoming angry and jealous? It is the ego. Why is the ego becoming toxic? It is because of ignorance. The moment we overcome ignorance, the ego should be good to go. But the mind continues to make us blind. The mind does not let the ego be enlightened and transformed. Therefore, for the ego to be transformed, we have to deal with both, the Mind and Ego, ME. How can we know that our ego is enlightened? The moment the ego is humbled, the toxic emotions of anger and hate, revenge and jealousy will disappear from our life.

When the light of truth shines, the ego realizes that I am not 'I'. But this is rare. The senses of the body make us feel, 'I am this body.' The mind continues to think and feel as me. With the body and the mind active, it is very difficult for the ego to be enlightened and transformed. The Mind and Ego, so envelop us in ignorance that even though the truth stares us in our face, we cannot live with grace.

Enlightenment is a journey of several Realizations and unless we still the mind and live in Consciousness, it is practically impossible for the ego to be enlightened and transformed. *A lady went to a psychiatrist and complained that her husband thought that he was a rat. Every night, he would wake up and tell her, 'Hi! Mini mouse.' Then, he would sniff the fridge for cheese. It sounds weird but she had no option but to take him for treatment. After several doses of mind medicine and sessions of counselling that he was not a rat, the man finally understood, agreed and thanked the doctor. 'I am sorry,' he told his wife, 'I thought I was a rat. But now I am sure I am a man.' Holding her hand lovingly, he walked out of the clinic. He was barely a hundred meters away, when he saw a large cat. Immediately, he started running back towards the clinic and barged into the doctor's room. I am not a rat but who will tell the cat?' Ignorance can keep the ego alive, till our last breath!*



Enlightenment makes the Ego go through a Transformation, Otherwise, Ignorance makes us Suffer till our Reincarnation.

Peace And World Peace

The benefit of an Enlightened Ego is phenomenal. First, it eliminates all agony and anguish and creates peace. And then, this peace within, vibrates in our home, our society and in the world.

Wherever there is a piece of mind, there can be no peace of mind. Therefore, we have to eliminate the mind and who can help in killing the mind? It is the Enlightened Ego. First, an individual has to still the mind and reach the state of Consciousness. Then, there is the Realization that I am neither the body that will die nor the mind that I cannot find. I am the Divine Soul. When the ego is enlightened, it starts to live in the Consciousness of Truth. It blocks the mind and locks the mind. Just like a dam can stop a gushing river, there is also an end to the gushing thoughts of the Mind. The peace that is within, the ego will find.

However, if the ego loses the battle of Consciousness to the mind, it will once again, lose peace and its transformation will cease. Therefore, a transformed, fully Enlightened Ego will live in total Consciousness and complete absence of the mind. The mind can immediately confuse us with the thought, 'How can we live without the mind?' The Enlightened Ego answers, 'The mind is nothing but a bundle of thoughts.' The Enlightened Ego slows down the pace of thoughts and thus, eliminates the mind. Then, each thought enters the Consciousness for the

intellect to discriminate. This ensures peace, moment after moment because when there is no mind, then automatically, peace, we will find. Therefore, the Enlightened Ego lives a life of peace and tranquillity. It overcomes fear and anxiety, worry and stress that create a mess! Not only are all the agony and anguish of the Ego conquered, an Enlightened Ego is also free from the misery of the mind.

When we learn to live with peace within in our heart and in our head, that state of tranquillity spreads in our surroundings. The reason is that the transformed, Enlightened Ego realizes that we are all not the body that we seem to be nor the Mind and Ego, ME. We are all Divine Souls. We may appear different but we have the same source. We are different effects of the same cause. Therefore, there is no anger, hate, revenge or jealousy. There is no conflict or war. When the ego is ignorant, we are constantly fighting with each other because the 'I', 'me' and 'mine' is full of greed, pride and selfishness. The moment the ego is enlightened, it realizes that nothing is mine. This Enlightenment liberates us from the stress of conflict, not just within our home but also throughout the world.

Today, although the civilized world has evolved and developed, we still see war and conflict around us. What is the cause? The ignorant ego is! What is the solution? An Enlightened Ego.



*Because the Ego is not Enlightened, the civilized world has war.
The Awakened, Enlightened Ego questions, 'What is this for?'*

Chapter 45

I Am Not 'I'

After going around the complete circle of, 'Who am I?' and intellectually analysing, 'Who am I not?' some of us will be fortunate to get to that state known as Self-Realization. We will discover the truth of who am I. There is no doubt that I am. But am I this body? 'Which body?' questions the intellect. The first cell that appeared as a zygote? No way! The body didn't even exist at that point. Then, when did I come into being? Was it during the nine months of evolution in my mother's womb or was I created only when I arrived on earth on my so-called birthday?

An Enlightened Ego goes through all this and realizes that the body changes its entire structure of cells in about seven years. It realizes, 'I cannot be this body. Which edition of the body, am I? If I have crossed the age of 35, scientifically, my body has changed, five times. Ultimately, this body will die. Then, how can this be 'I'? Because my loved ones are so sure that I am not the body and at death, I have left the body that they cremate it or bury it.' An Enlightened Ego is absolutely sure that I am not this body.

If I am not this body, who am I? As long as we are in the mind state and the ego is not enlightened, we will still believe what some scriptures tell and the story that we will go to heaven or hell. But an Enlightened Ego realizes that these are just lies. It does not believe in a God that lives in the skies. The Enlightened

Ego realizes that the Spark Of Unique Life, the Soul within, is my true self. I am not the body or the mind. I am the Divine Soul.

The Enlightened Ego goes further to Realize that in essence, if I am not the body, mind and ego, I am nothing. It ponders further to realize that it is that force of life, the Soul, the spirit, the *Atman*, that is throbbing within. It cannot say, 'I am nothing.' Of course, it Realizes, 'I am not 'I'. I am not the one, who I thought, will live and die. I am the immortal Soul. And that Soul is just a tiny spark of the Supreme that dwells within.'

When the ego is 100% sure that I am not 'I', it is enlightened. Not only is it free from the triple suffering on earth but it is also free from the cycle of death and rebirth. The Realization that I am not 'I', leads to freedom from the fear of death. The Enlightened Ego knows, 'I will never die. The body will die but that's not 'I'!' To an Enlightened Ego, death is not a moment of desperation. It is a moment of celebration. The Enlightened Ego experiences oneness with every Soul and achieves the ultimate goal of Self-Realization. This takes the Enlightened Ego on the next journey called God-Realization. We must remember that not everybody who asks the question, 'Who am I?' will realize the answer, 'I am not 'I'.' Many will just die and return to earth in a rebirth because they do not realize, 'I am not 'I'.'



*When there is Self-Realization that I am not 'I',
Then we become Immortal Souls and Realize, 'I will never die.'*

Chapter

46

Let Go Of Your Ego And Realize God

The first Realization of an Enlightened Ego is Self-Realization. But this leads the ego to the next, the biggest and the ultimate Realization, God-Realization. When the ego realizes that I am not 'I', I am the Divine Soul, the ego starts another journey of Truth Consciousness, of Eternal Bliss and the ecstasy of Divine Love.

What happens to the Enlightened Ego? It realizes that we are all manifestations of the Divine. We appear to be made of bone and skin but the truth is that we are the Divine that dwells within. This is God-Realization.

God-Realization is that ultimate state of life, where we realize that God does not live in the sky. God is not God. God is SIP, a Supreme Immortal Power. It is this Power of God, SIP, that fills the entire universe. Science calls it the dark matter or the dark energy. Spirituality refers to it as a Power that is nameless and formless, beginningless and endless, birthless and deathless. For ease, let us call it SIP, the Supreme Immortal Power.

Therefore, even science agrees through its branches of Quantum Physics and Quantum Mechanics that every atom of existence is energy. Spirituality explains this as — this whole world, both animate and inanimate, is nothing but a manifestation of the Divine. You and me, the butterfly, the bee and the tree, appear to be different but we all have the same

Power within, the Spark Of Unique Life, the Soul that gives us breath, till our death. When we die, what are we? We are the five elements of nature. The five elements of nature make you and me, the cat and the rat, the dog and the frog. Every element, earth, water, fire and space is nothing but energy. The mountain and the sea are also energy but they don't have a Soul like you and me. Therefore, they seem to be inanimate. But under the microscope, we can see electrons and neutrons that have energy.

What will ultimately take us from Self-Realization to God-Realization? It is the Enlightened Ego. When the Ego is Awakened and Enlightened, it evolves from 'I' to the Soul and then, to SIP. First it realizes, 'I am not 'I'.' Then, it realizes, 'I am the Soul, which is Self-Realization.' And ultimately, it realizes that the Soul is SIP, the Supreme Immortal Power. This is God-Realization.

To reach this Divine state of God-Realization, we have to let go of the ego. Unless we let go of the ego, we can never realize God. There is only one way to realize God. It is through Self-Realization. Unless the ego realizes that I am not 'I', it cannot realize that I am a manifestation of the Supreme. Therefore, an Enlightened Ego, not just liberates us from the agony and anguish that we suffer on earth but it also liberates us from the ignorance that becomes the cause of repeated rebirth.



*The only way to attain God is through Self-Realization.
When we let go of our Ego, there is God-Realization.*

Not This, Not This, Thou Art That

When the ego is enlightened, what is the Spiritual Awakening all about? In five simple words, it is – '*Not This, Not This, Thou Art That.*' It means – 'I am not this body. I am not the mind. I am that, that Supreme Immortal Power. That Power, the universal Consciousness or Supreme intelligence, as it is called by different people in different ways, manifests as me – Thou Art That. I am that.'

As long as we live as the ego, we never think anything other than 'I', 'me' and 'mine'. Our entire focus is on the one that we see in the mirror. We think, 'This is me.' When we see a group photo, we first see where we are in the photo. We so strongly identify with the body that the mind and ego is fooled into believing, 'I am this.' But in reality, 'We are not this. We are that.' Only an Enlightened Ego and such Enlightened Souls that are not easy to find, become aware. They are Awakened to the Truth! When the mirror tells them, 'You look good today,' they smile back at the mirror and tell themselves, 'The me that I see is not me. I am Divine energy.'

Throughout life, we suffer so much because of the pain of the body, toxic thoughts of the mind and the anguish and agony of the ego. What is the reason for this suffering? It is our ignorance. We think we are this body, mind and ego. Not only do we suffer on earth but we also return in repeated rebirth because our ignorance creates Karma. And as long as there is

Karma, there is no way to be free from the combination of suffering and the cycle of reincarnation. But the moment our ego is enlightened, the narrative changes. We come to terms with the truth.

Does it mean that our body will disappear or we will become like statues that have no thoughts? Of course, not! As long as we are alive, the body will continue to live normally but for the Enlightened Ego, there is no mind. Only thoughts enter its Consciousness. The ego continues to exist but when enlightened, it says, 'I am not 'I'.' It says, 'I will never die.'

There is a major paradigm shift in the philosophy of life because the Realization is absolute. *I am not this. I am that.* Even if we read this a hundred times or a thousand times, it will not make an impact, till there is Enlightenment. That is why, it is called Spiritual Awakening.

Throughout life, we are in a slumber and live a dreamlike existence. It is only when we spiritually awaken that we realize who we truly are. Then, life is transformed.

This book can transform your life. It can be an exit from a life of mundane existence to a life of Divine Bliss. It can change your chase and make you live with grace. Instead of being controlled by 'mine', you will start feeling Divine. But for this, your ego must be enlightened.



*The Enlightened Ego is absolutely clear, 'I am not this, not this.'
'I am that,' it Awakens and lives in Eternal Bliss.*

Chapter

48

Bliss, Love And Peace

What is the reward for an Enlightened Ego? It is Eternal Bliss, Divine Love and Everlasting Peace. We hear of this but have we experienced a state of infinite happiness? Not pleasure, that comes and goes but happiness that forever flows? We all talk of peace but how many of us can still the mind and kill the mind, so that there is total peace and miseries cease? We all love but have you ever heard of love without a heartache and heartbreak, without expectations, conditions and complications? For an Enlightened Ego, all this is not a dream. It is a reality.

We human beings go through the cycle of pleasure and pain. We suffer loss and gain and we shuttle between sun and rain. But we do not experience the ecstasy of joy, again and again. This is a gift received by the Enlightened Ego. The one who takes the road less travelled, transcends the body and mind, so that the 'I', he can no longer find! This opens the door to Bliss, Love and Peace.

What is Eternal Bliss? It is that state of happiness, which is endless. It is a state of contentment and fulfillment. It is an ecstasy of joy where there are no unfulfilled desires. It is that state of pleasure, where there is no pain. This seems to be mere fantasy but it is the state of the Enlightened Ego. The ego may experience pain in the physical body but it does not suffer the pain. The ego is awakened that I *have* a body but I am not the

body. When the mind tries to create fear, worry, stress and anxiety, the ego locks it, blocks it and moves to a state of Consciousness. Anger, revenge, jealousy and hate get thrown out of the gate because for the Enlightened Ego, there is no 'I' and no 'you'.

This state of bliss is based on the foundation of peace. The ego enjoys tranquillity because there is no anxiety. The Realization that I am the Divine Soul makes our life whole, for we seek nothing. We enjoy everything. There is no aggression of thoughts that can create depression nor is there pride, greed and selfishness to create agony. When the Mind and Ego, ME, begins to cease, we enjoy Eternal Peace.

The Enlightened Ego not only enjoys peace and bliss but it also enjoys the magic, the ecstasy of Divine Love. To an Enlightened Ego, love flows from the Soul, from the Divine within, to the Divine that dwells in every being. It is not just love from skin to skin. It is deep Divine Love that flows from within. This love becomes a fountain of joy because it has no expectations and no conditions. It is universal spiritual love that flows not just to the beloved as the Divine, but also overflows to the world, so that there is a flood of Divine Love, that together with peace and bliss, creates an unparalleled ecstasy of joy. The common man cannot even fathom such Divine Love, such Eternal Bliss and Peace. But once enlightened, we experience this Eternal Happiness.



*We all experience misery, pain and we yearn for Peace.
The Enlightened Ego enjoys Bliss, Love, as miseries cease.*

Nirvana, Moksha Or Salvation

To the world, our ultimate goal is Salvation. Some people call it *Moksha* and others call it, *Nirvana*. But it is the same thing. It is Liberation from misery on earth and Unification with the Divine or freedom from rebirth. How can one reach this state? It is through Enlightenment or Spiritual Awakening.

The world is full of theories, theologies, philosophies, religions and other 'isms' that promise the ultimate destination of Liberation. Then, why don't we see people attaining Salvation? It is because of the ego. As long as the ego says 'I', there will be no Self-Realization and if we don't realize that we are the Divine Soul, not the Mind and Ego, ME, there can be no God-Realization. *Nirvana, Moksha* and Salvation is nothing but God-Realization. The world is trying to find God. We can't! God is not a photograph or idol that we can buy online or from a shop. Then, we are searching for God in a temple or church. We have to change our search. The only way to find God and attain God is to realize God and the only way to God-Realization is Self-Realization.

Self-Realization only happens when the ego is enlightened. The beginning of the journey of God-Realization starts when we realize, 'I am not 'I'. I will never die. I am the immortal Soul.' This Realization leads to Liberation. We are free from the myth that we have grown up with and we overcome the lie that God lives in the sky. We realize God within, in the temple of our heart.

Although many scriptures scream out to us that the kingdom of God is within, that God lives in the temple of our heart, we believe the lies that some scriptures tell and we focus on going to heaven, not hell. But this only binds us with the body, mind and ego. It doesn't liberate us. Enlightenment frees us. It opens our real eyes and we realize that we are nothing. We are neither the mind nor the body nor the ego. We are a speck of Divine Energy. We are manifestations of God. God is SIP, the Supreme Immortal Power and we, the Soul, the Spark Of Unique Life, come from God and go back to God. When the ego is enlightened, it rings the death knell of the Mind and Ego, ME. And so, when the body dies, there is no reincarnation. The Enlightened Ego's Realization causes that Illumination that in the moment of death, there is Liberation and Unification with the Divine. This is Salvation, *Moksha* or *Nirvana*.

What is life all about? It is not just to live as 'I' and then to die. It is to find out, 'Who am I and why am I here?' It is to be liberated from earth and from rebirth and united with the Supreme. Our goal is *Nirvana*, *Moksha* and Salvation but because our ego is ignorant and not enlightened, there will be no Liberation, no Salvation.



*Nirvana, Moksha, Salvation, this is our ultimate goal.
It happens with Enlightenment, when we realize, 'We are the Soul!'*

Start Your Quest, Today

Do you want to live a life of Eternal Bliss and Everlasting Peace? Do you want the magic of Divine Love, where heartaches cease? If you do, start your quest, today. It starts with two important questions – Who am I? Why am I here?

As long as we live as the ego, there is no way to escape from misery on earth. The body, the mind and the ego have no option but to experience the triple suffering. The moment we start our search, our quest and we put all our beliefs to test, we begin our journey of Eternal Bliss. But it will only happen when we arrive at the state of Truth Consciousness.

When you start your quest, you ask yourself, 'Who am I? Robert? That's just my name. American? That is my nationality. Christian? That is my religion. Who am I? Am I the body? This body was a baby, years ago. One day, it will grow old. Finally, it will die. People will say that I passed away. Who will pass away? Who will depart?' These questions need answers but it is not enough to pick answers from knowledge that we can get in college. We need Realization. Therefore, we must go on a quest, a search. It needs deep contemplation, which follows silence and meditation. But that is not enough.

For the ego to be enlightened, you need the help of a specialist, an Enlightened Soul or a Spiritually Awakened Master called a Guru. The Guru takes us from *Gu*, darkness to *Ru*, light.

Enlightenment is all about switching on the light. Then, the ego is Enlightened.

How can you start your quest today? When you shut the door that is leading you astray in the eternal material world and you open the door that goes within, you start that inner voyage towards an Enlightened Ego. The ego is the same. Without the quest, it is ignorant, for there is darkness. When we switch on the light within, the ego is enlightened. We realize, 'I am not 'I'. I am not this, I am that. I am the Soul. The Soul is SIP, the Supreme Immortal Power.'

The quest is a persistent, passionate, powerful voyage, which we mustn't stop once we start. There is no going back. A yo-yo can never be Enlightened. The mind will swing, cling and create suffering but this should not stop us from our quest. The simple challenge is to put every belief to test. When they say, it is blasphemous to question, probe even more. The quest is about getting to the root and to Realize the Truth. No blind belief. No following the herd! Logical, rational, intellectual contemplation and discrimination. There is no other way! When this is blended with devotion in meditation, there is Illumination. Then the light will shine and confusion will be replaced with conclusion. But it all depends on the Power and the passion of your quest. Do not rest. Your life will be the best!



*If you seek for the Ego to be Enlightened, start a Quest.
Don't just listen or believe. Put everything to test.*



Afterword

For over four decades, my ego was in full bloom. I always thought that I was the best in the room and if anybody said something, I would sweep it away with a broom! I was the best! Nobody could dare test or question me but then one day, it all changed.

I started with nothing but with my hard work, I became something. My ego pushed me to achieve everything, till one day, I was blessed with grace and I stopped running the race to be an ace and realized that I was nothing.

I have experienced my ego at its peak. I have lived with extreme pride and arrogance. Very few would have lived with such pride and arrogance. My ego always said, 'I am always right.' That was rule number one and if somebody found out that I was wrong, they were told to follow rule number one. I achieved success, name, fame, money and wealth but I suffered both the misery of the mind and agony of the ego. I lived with fear, worry, stress and anxiety and my life was full of anger, hate, revenge and jealousy.

I don't know from where and how but my life transformed. Today, I feel grateful that I was blessed that my ego was enlightened. I dread to think of what would have happened had I continued to live as the ego, till my end. Not only would I have suffered at every bend but I would have never been able to transcend my ego.

After 25 years of success, my Spiritual Master, my Guru, Dada, encouraged me to take an exit from the highway of achievement. I shut my business and lived a life of contentment and fulfillment and this created a plateau that made me start a quest for the ego to be enlightened. If it was not for my Spiritual Master, my Guru, I would have never Realized, 'Who am I and why am I here?' After I had explored over a hundred new countries, he provoked me to explore the inner world and so, I stopped taking cruises from continent to continent and started my inner voyage to Realize the Truth.

From 2012 to 2014, I went on several retreats, on a quest, away from all success and achievement, to pass through contentment and fulfillment and arrived at that state called Enlightenment. On the 31st of August 2014, I was Awakened to the Truth. I realized that I was not Ravi but the Soul or *Atman* in Ravi. I transformed my life to AiR, *Atman* in Ravi, when I realized that I am not 'I'.

The journey of the Enlightened Ego took me through several Realizations and transformations, till ultimately, I experienced a metamorphosis. The Ego was Enlightened. I could still the mind and kill the mind. I lived in Consciousness, with my intellect in charge. The Mind and Ego, ME, had been riding my life horse but now the Enlightened Ego was the boss! I had won the toss!

”

*My Ego made me succeed as my life was strengthened.
Till that ecstasy of Bliss, when my Ego was Enlightened.*



POEM



How to Let go of ANGER,
HATE, REVENGE and JEALOUSY

ENLIGHTENED EGO!

*We all have an Ego, it is there in our head
It will go along with us till we are dead
It is the one that, 'I', 'me' and 'mine', has always said*

*It is the Ego that causes anger, the Ego that causes hate
It brings in agony, pushes peace out of the gate
Alas! We suffer through life with it and it's too late!*

*The Ego has a best friend, It is our rascal Mind
The Mind fools us to believe that the Ego is 'I', we find
Together the Mind and Ego become ME, in which we grind*

*As long as the Ego is ignorant, we will live as 'I'
We will not go on a quest, we will just cry and die!
It's time to ask the valid question, 'Who am I?'*

*Am I this Body? No, I am not! One day, it will go
I came 9 months before, after that the Body did grow
As long as I don't Realize this, I'll suffer through the show*

*We all suffer the triple suffering after we come to earth
It is the Ego and the Mind that makes us take this birth
If we Realize we are the Soul, then there is no rebirth*

*How can the Ego be Enlightened? We must Realize the Truth
We're not the Body or the Mind, get to the bottom of the root
We'll Realize we are the Soul, that will be our fruit*

*The Ego can't be annihilated, it can't be killed!
But it can be Enlightened, if the mind is stilled
This will never happen, if with ignorance, we are filled*

*It's the Ego that is responsible for revenge and greed
It makes us proud and selfish, this happens indeed!
But when the Ego is Enlightened, we can pull out the weed*

*'Who am I?' we ask, when we go on a quest
'I am not 'I', ' is the rest of the test
Then, I will never die, this becomes our crest*

*When from man, you remove the Ego, you will Realize God
As, when to God, you add Ego, you get man and lose the Lord
We can be Enlightened with this equation, which we forgot!*

*The Truth is that we are not the different Bodies, we seem to wear
We are in fact, the Divine Soul, the Supreme we all share
But to Realize this Truth is truly very rare!*

*When the Ego is Enlightened, we Realize, we are all Divine
Manifestations of the Supreme, we are all that Sunshine
But we are lost in ignorance, in pleasure and in wine*

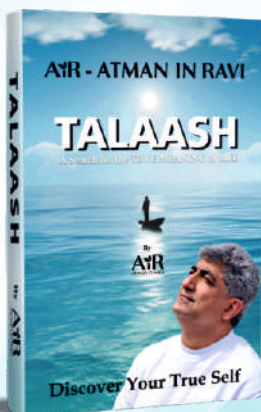
*When the Ego is Enlightened, there is Bliss, Love and Peace
When we let go of the Ego, agony and anguish will cease
Little do we Realize, the Ego's big disease!*

*'Not this, Not this, 'The truth is, 'We are that'
Not the Body or Mind, we are the Soul, in fact!
The Enlightened Ego is the one who bells the cat!*

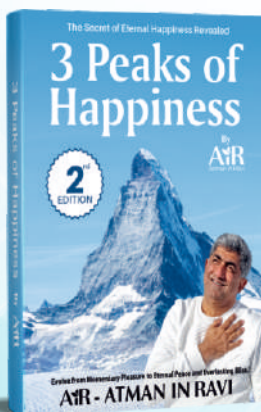
*The Ego that is not Enlightened, believes, 'I am 'I''
It lives and it suffers and it cries till we die
But the Enlightened Ego is blissful, Realizing, 'I am not 'I''*

*The Enlightened Ego saves us from all misery on earth
When we Realize the Truth, then there is no rebirth
So, Enlighten the Ego, priceless is its worth!*

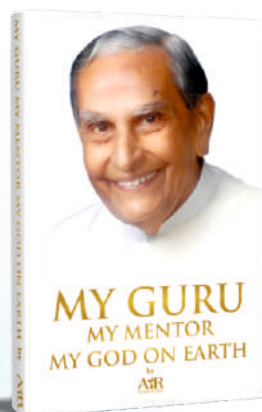
OTHER BOOKS BY AiR



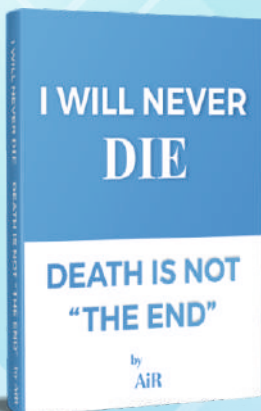
1



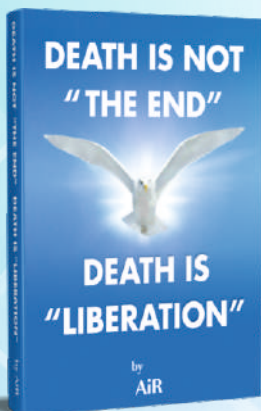
2



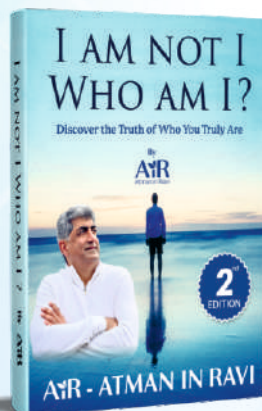
3



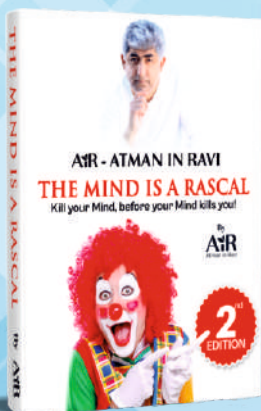
4



5



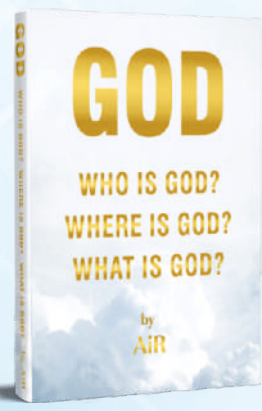
6



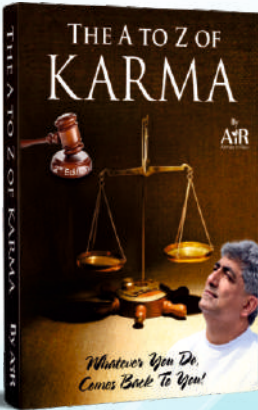
7



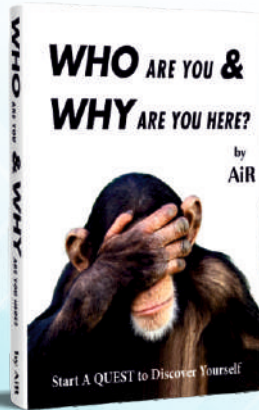
8



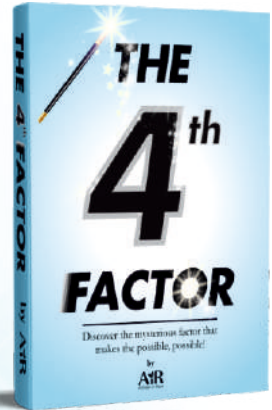
9



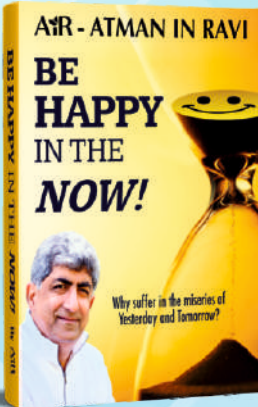
10



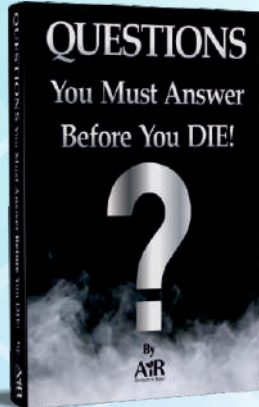
11



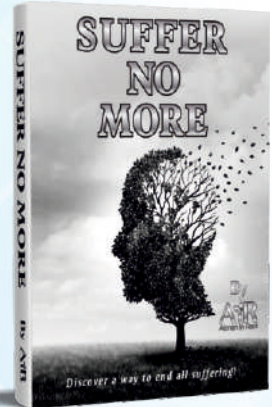
12



13



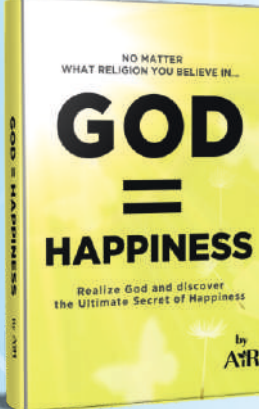
14



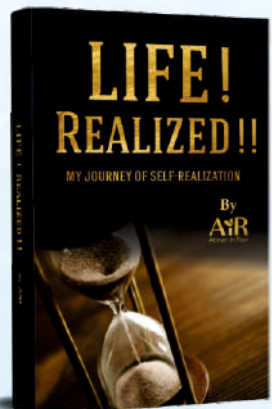
15



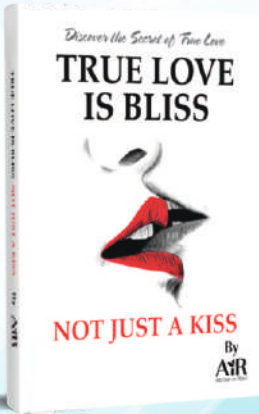
16



17



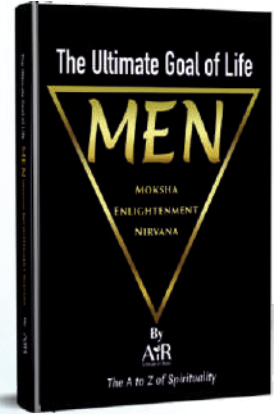
18



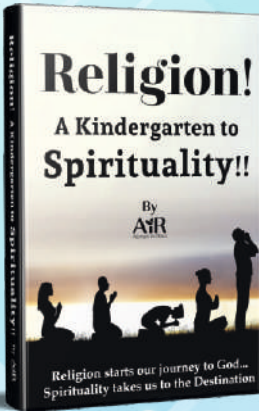
19



20



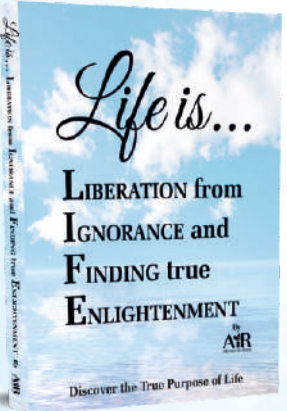
21



22



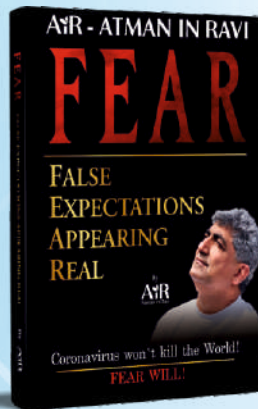
23



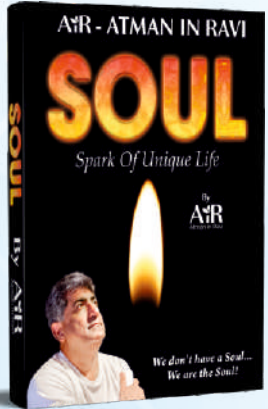
24



25

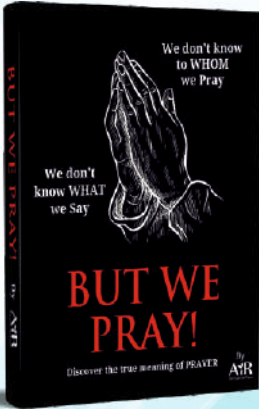


26

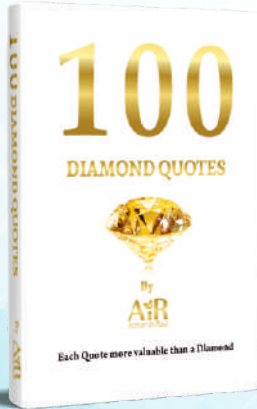


27

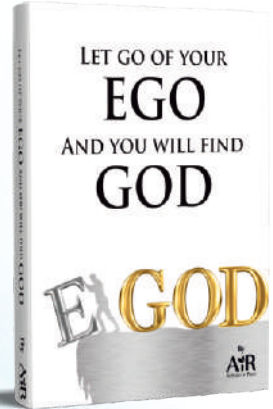
Other Books By AiR



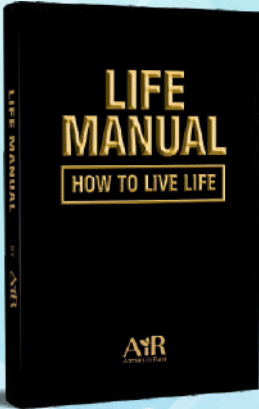
28



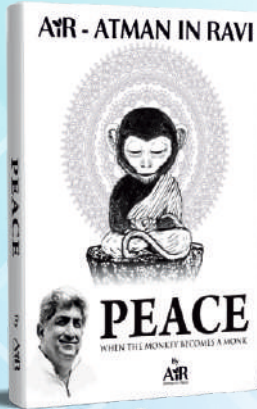
29



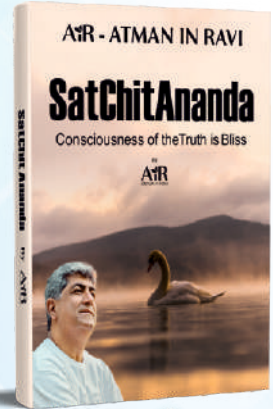
30



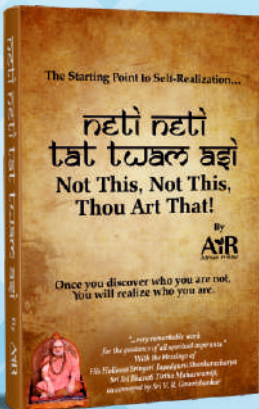
31



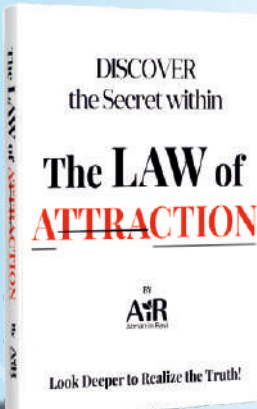
32



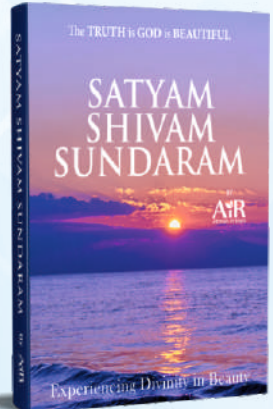
33



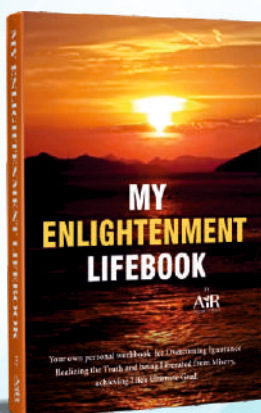
34



35



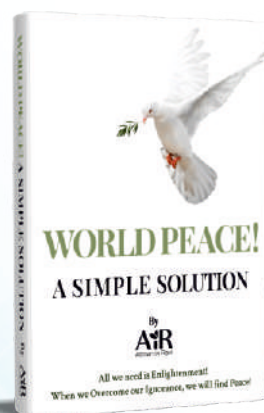
36



37



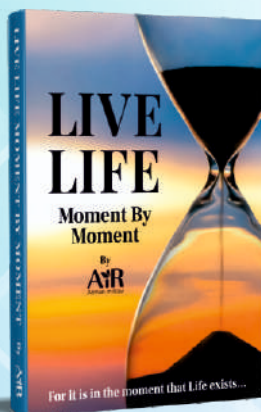
38



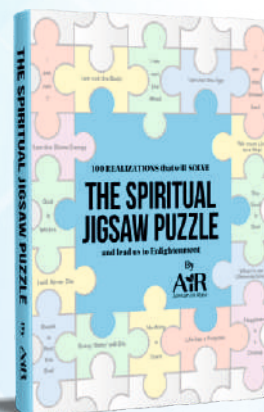
39



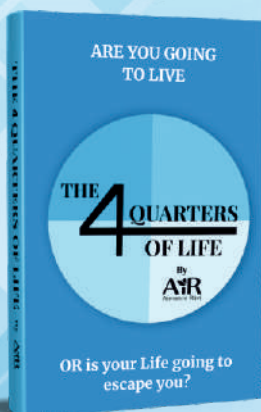
40



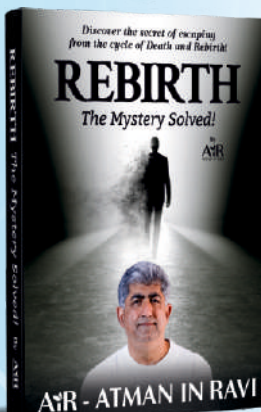
41



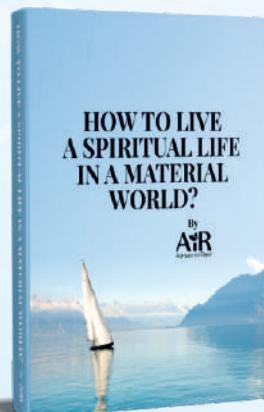
42



43

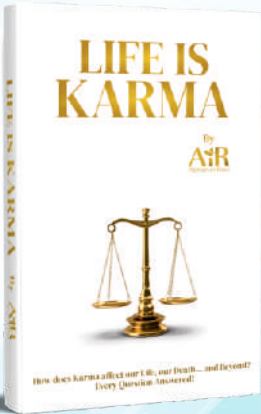


44

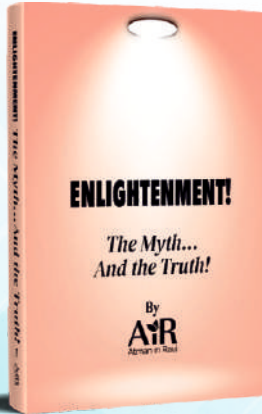


45

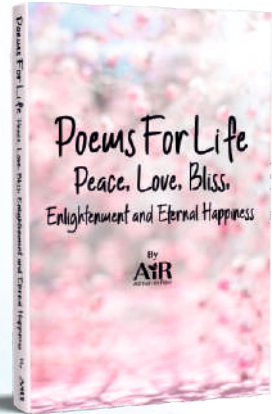
Other Books By AiR



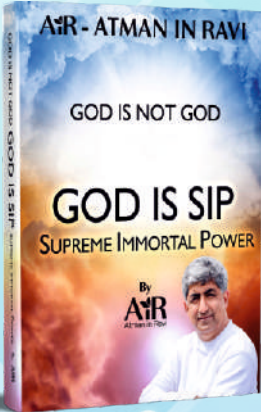
46



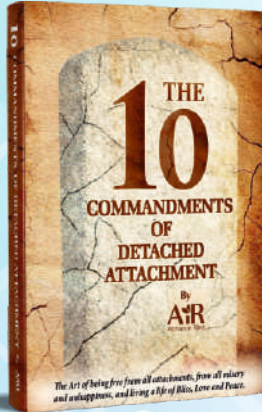
47



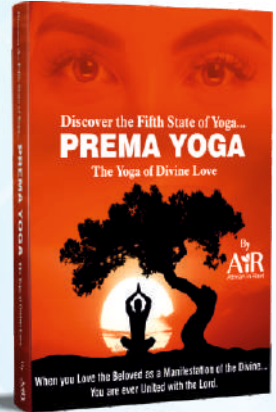
48



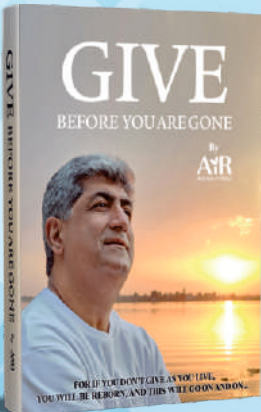
49



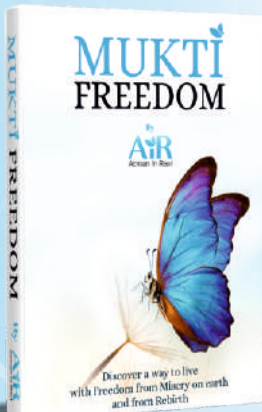
50



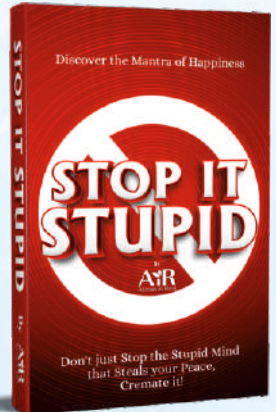
51



52



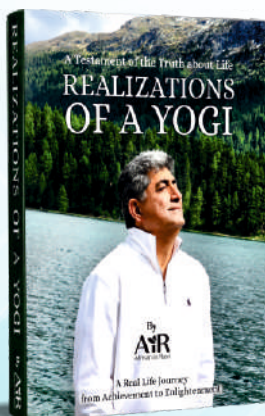
53



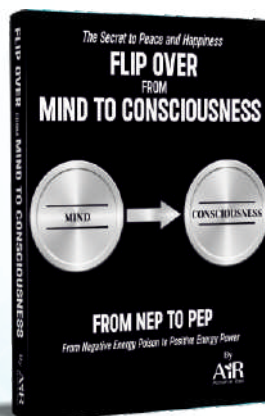
54



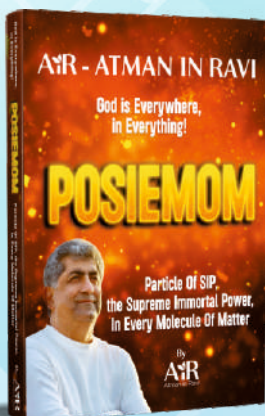
55



56



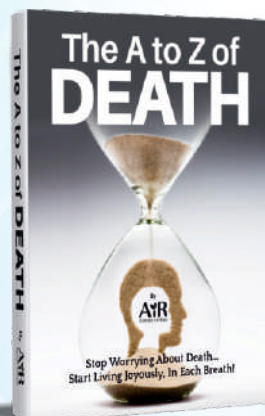
57



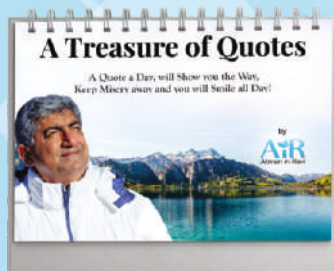
58



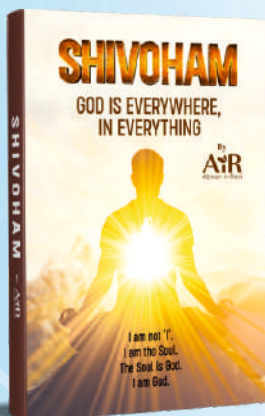
59



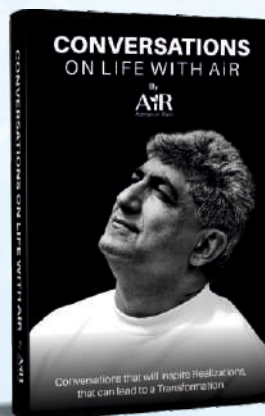
60



61



62

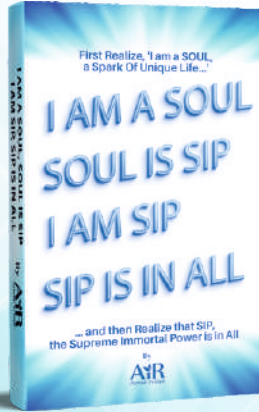


63

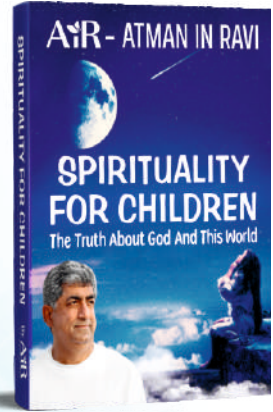
OTHER BOOKS BY AIR



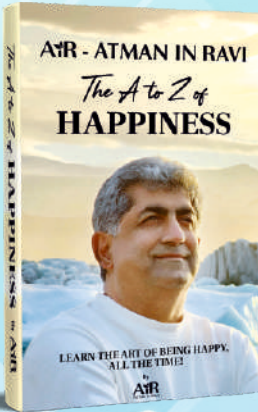
64



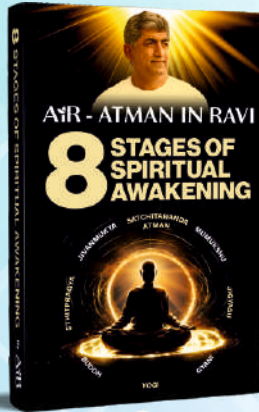
65



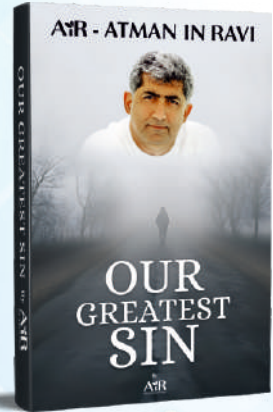
66



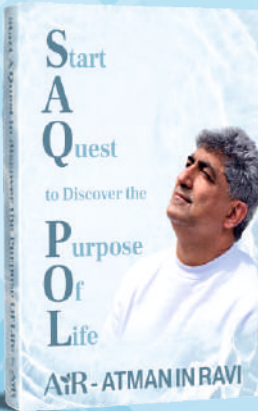
67



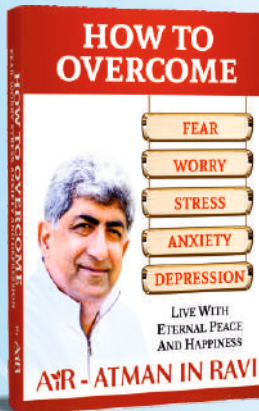
68



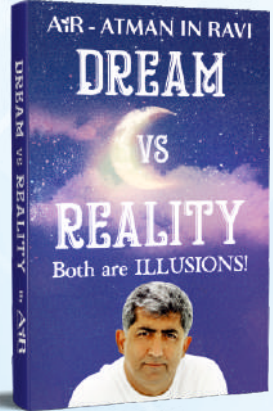
69



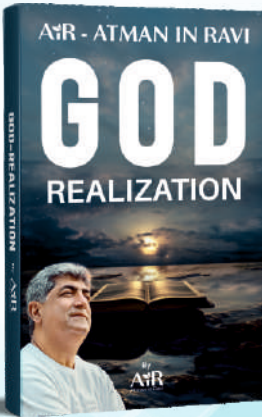
70



71



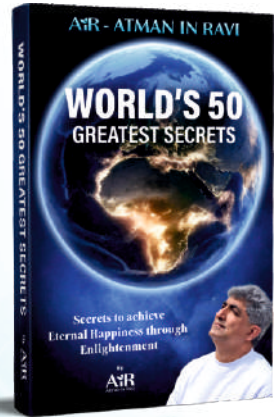
72



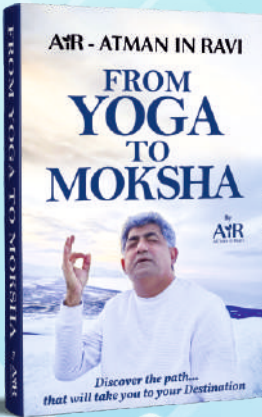
73



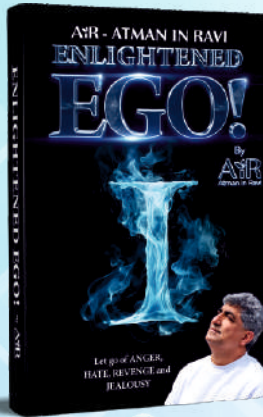
74



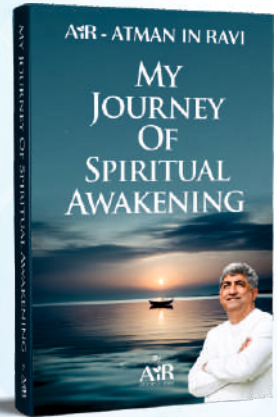
75



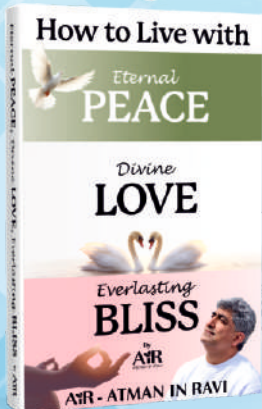
76



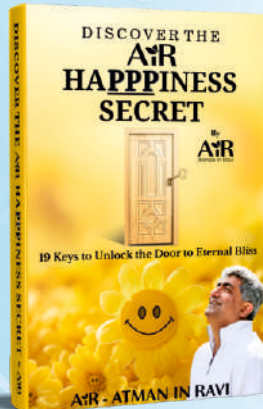
77



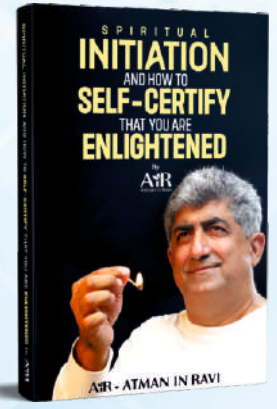
78



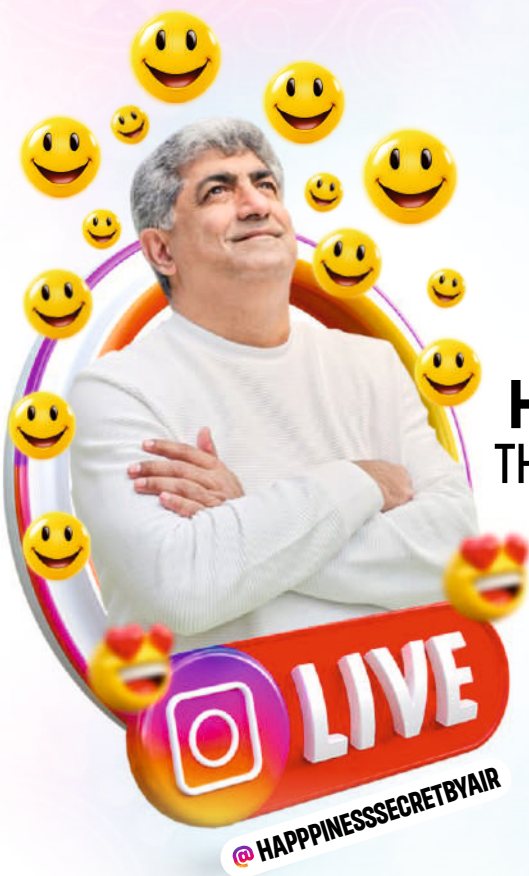
79



80



81



EVERY EVENING AT
SEVEN,
FOR JUST MINUTES
ELEVEN,
DISCOVER THE
HAPPPINESS SECRET,
THAT'S NOTHING LESS THAN
HEAVEN.

AiR
Atman in Ravi



+91 98451 55555



www.air.ind.in

AiR - ATMAN IN RAVI

ENLIGHTENED EGO!

People often say, 'Kill your Ego!' But can you? You can't! The Ego is something that starts at birth and ends at death. It is what causes anger, hate, revenge, jealousy, pride, greed and selfishness. Does it mean that we are doomed to be miserable, all our life?

Here is some good news! While you cannot annihilate and kill the Ego, you can transcend it and have an Enlightened Ego. What is an Enlightened Ego?

Throughout life, the Ego says 'I', 'me' and 'mine' and so, it suffers! When the Ego is Enlightened, it says, 'I am not 'I'.' In that moment of Awakening, the Ego is freed from all misery, agony and anguish. How can we Enlighten the Ego?

This book will show you the way to an Enlightened Ego. In simple ways, it will help you question, 'Who am I?' and make you Realize the Truth. Then, not only will you be free from all misery on earth but you will also be free from the cycle of death and rebirth.



AiR Linktree



AiR Institute of Realization

AiR
Atman in Ravi
Eternal Happiness
Through Enlightenment

Kemp Fort Mall,

#97, Old Airport Road, Bangalore - 560017

+91 98451 55555 | www.air.ind.in | air@air.ind.in

