



# 8 STAGES OF SPIRITUAL AWAKENING

By

**AiR**  
Atman in Ravi



YOGI





# 8 STAGES OF SPIRITUAL AWAKENING

By

**AiR**  
Atman in Ravi



YOGI

# 8 STAGES OF SPIRITUAL AWAKENING

By

**AiR**  
Atman in Ravi  
Ravi V. Melwani

Copyright © AiR Institute of Realization 2023

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

ISBN 978-93-5917-138-8

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.

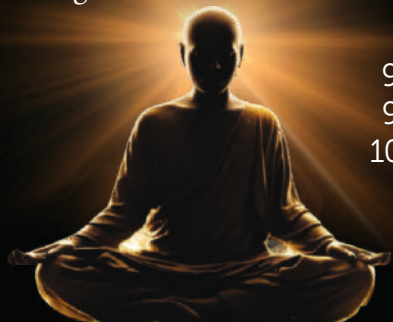
**Printed by: Omkar Offset Printers**

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

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

# CONTENTS

ABOUT THE AUTHOR	1
PREFACE	4
INTRODUCTION	10
8 STAGES OF SPIRITUAL AWAKENING	17
<b>Stage 1: Mumukshu</b>	<b>24 - 31</b>
One Who Yearns For The Divine And Liberation	
<b>Stage 2: Jigyasu</b>	<b>32 - 39</b>
One Who Is Seeking To Realize The Truth	
<b>Stage 3: Gyani</b>	<b>40 - 47</b>
A Learned One, Who Has Accumulated Spiritual Wisdom	
<b>Stage 4: Yogi</b>	<b>48 - 55</b>
One Who Lives, Ever-United With The Lord	
<b>Stage 5: Buddh</b>	<b>56 - 63</b>
One Who Is Enlightened With The Truth	
<b>Stage 6: Sthitpragya</b>	<b>64 - 70</b>
One Who Discriminates With A Steady Intellect	
<b>Stage 7: Jivanmukta</b>	<b>71 - 77</b>
One Who Is Liberated From All Suffering	
<b>Stage 8: SatChitAnanda Atman</b>	<b>78 - 84</b>
An Awakened Soul Who Lives In Truth Consciousness	
<b>MOKSHA, NIRVANA, SALVATION</b>	<b>85 - 91</b>
Beyond The 8 Stages Of Spiritual Awakening	
AFTERWORD - My Journey	92
POEM	96
OTHER BOOKS BY AiR	101





# ABOUT THE AUTHOR

AiR - *Atman* in Ravi

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



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

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

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

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

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

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

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

**YOU CAN DIRECTLY**

**Ask AiR**

at 8 pm every day



**Meeting ID: 85021104431**

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

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





# PREFACE

What is the use of

Meditation  
Concentration  
Contemplation

It will lead to

Investigation  
Discrimination  
Realization

This will ultimately reward us with  
Liberation and Unification



**A**fter spending a decade on the path of Spirituality and 25 years with my Enlightened Master and Guru, Dada, I realized that there were different stages of Spiritual Awakening. It was not just a transformation but a metamorphosis. A caterpillar who had been crawling does not start flying like a butterfly, overnight. So also, seekers of the truth go through several stages before they reach the state of Realization, Enlightenment, Liberation and ultimately, Unification with the Divine.

There is a lot of confusion on the subject of Enlightenment, with different philosophers, authors and scriptures taking us in different directions. I decided to analyze the stages that we experience, in my simple style. In this book, I am explaining what I have personally gone through, along with my learnings from the hundreds, if not thousands, of people whom I have conversed with in the last many years. What have the Enlightened Masters said? I decided to pick and choose, discriminating the myth from the truth, so that this journey can become a meaningful one for those who are truly seeking to be awakened.

Till I was 46 years old, I did not even know the meaning of Enlightenment. It was my Spiritual Master who led me on a quest. He saw a Divine passion for the Lord in me. He knew that I was seeking something beyond the ordinary. So, he triggered a search that created a spark of light within me, and I realized the truth. Is everybody fortunate to have an Enlightened Master? No. Not everybody is fortunate enough. Then, how can one be Spiritually Awakened? Enlightenment cannot be achieved with knowledge from a college. It needs Realization of the Truth. For this, one must overcome ignorance. Many of us are ignorant of our ignorance. We are so enveloped in a blanket of darkness that we live like a frog in a well or like a caveman, believing that success is happiness. We are so lost in this material world that we do not even realize that there is a purpose for our existence. To discover the purpose of our life we must go on a quest and ask questions:

01. Who am I?
02. Why did I come to earth?
03. How did I get this human birth?
04. What will happen in the moment of death?
05. Will I go to a heaven or hell?
06. Who is God? Where is God? What is God?
07. Is reincarnation, a reality?
08. Does the Law of Karma work?
09. What is the Soul? Where does it come from? Where does it go?
10. Everybody will die. Death is certain. The body returns to dust. Then who is reincarnated?
11. Why do bad things happen to good people?
12. Will there be a day of judgement?
13. Will I meet God, face-to-face?
14. What is the cause of suffering?
15. Is there a way to Eternal Happiness?

There are so many questions for which we have no answers. We are blind because of our mind. We just live and die because we do not start with the first question, ‘Who am I?’

Why should there be a Spiritual Awakening? Many people question the need for this additional complication in life. There are enough things to deal with in our life. Our duties, responsibilities, financial commitments and social obligations. Why add Spiritual Awakening to the list? Little do we realize that Enlightenment and being spiritually evolved is the answer to all our problems. The one solution for all miseries in life is Spiritual Awakening and because we do not realize this, we just cry till we die. We zoom from womb to tomb, without realizing that we are the Divine Soul. We believe in the lie that God lives in the sky. We just pray without understanding what we say.

When will we start the most important journey of our life and how will we embark on this voyage? Who will guide us on this road that is less travelled? Most of us just follow the herd. We do not have the courage to fly like a bird; to ask, investigate and realize the truth. We just believe in the myth that we have grown up with. We are taught by the generations before us that it is blasphemous to question our religion. We just continue to believe in what we are taught and in superstitions, rituals and dogmas, we are caught.

I realized that people are curious about Spirituality but most people think that being Spiritual means renouncing the world. One usually thinks, 'If I wish to pursue Enlightenment, I will have to leave my home and head to the forest. I must leave behind all the pleasures of life, all the wonderful people that I love and live in seclusion, eating leaves from trees and meditating all 24 hours of the day.' Unfortunately, we have been wrongly programmed about Spirituality. The truth is that Spirituality is the science of the Spirit. It is the systematic study and understanding of the truth about life. Because we do not start the journey, we get nowhere. We live life, going round and round in the merry-go-round of pleasure and pain, sun and rain, loss and gain, again and again. We live, we die and we are reborn. And this goes on and on. We do not question, 'Why do people say R.I.P. or Rest In Peace when somebody dies?' We cremate or bury the body ourselves but believe, as if by magic, that the deceased would have gone to a distant heaven or hell. Who has gone? Where have they gone and how did they go there?

When we are Spiritually Awakened, we realize the truth as we overcome ignorance. We get answers to all these questions, not only from rational thinking but also through inference. For centuries, when an apple fell on somebody's head, all they said was, 'Ouch!' But Newton questioned, 'Why?' Why did the apple fall on his head? Why did it not fly up in the sky? That question led the world to believe in the Law of Gravity. It was not by proof but by inference. Soon, scientists will believe in the Law of

Spirituality. At this point in time, the Noble Prize for Physics in 2022 has been jointly given to three physicists for their work in Quantum Physics and Quantum Mechanics. This branch of science examines the Wave-Particle Duality - how a particle of matter gets transformed into a wave of energy and vice versa. This study is based on the Law of Thermodynamics which states, 'Energy can neither be created nor destroyed. It can only be transformed from one form to another.'

Today, science is slowly awakening to the Spiritual truths that the wise sages and saints realized centuries ago. The Spiritual Awakening of the ancient world is now dawning upon scientists in the modern world. They accept that over 90% of the universe is filled with an unknown energy. Enlightened sages have realized what this energy is. It is the Supreme Immortal Power, SIP. These sages went through the stages of awakening. It was not by magic that they were Enlightened. It took them a lot of effort, meditation, concentration, contemplation, investigation and discrimination which in turn, led to Realization and ultimately, Liberation and Unification with the Divine.

All this seems so complicated but can be easily understood through the 8 Stages of Spiritual Awakening. The mystery of Enlightenment can be solved if one walks on the path, climbing each step of the Enlightenment journey. Of course, those who take the help of a Guru, an Enlightened Spiritual Master, may make more progress than those who get zapped with available information, not just in innumerable books but also on countless websites, blogs, e-books, audios and videos on the internet.

What is wrong, what is right, what is black and what is white, can be found out only through focussed discrimination. We must tame our monkey mind and make it into a monk. We must eliminate all the junk. We must let go of pleasure and evolve to a life of peace and ultimately, discover the purpose of life. If we are only scaling the peaks of Achievement,

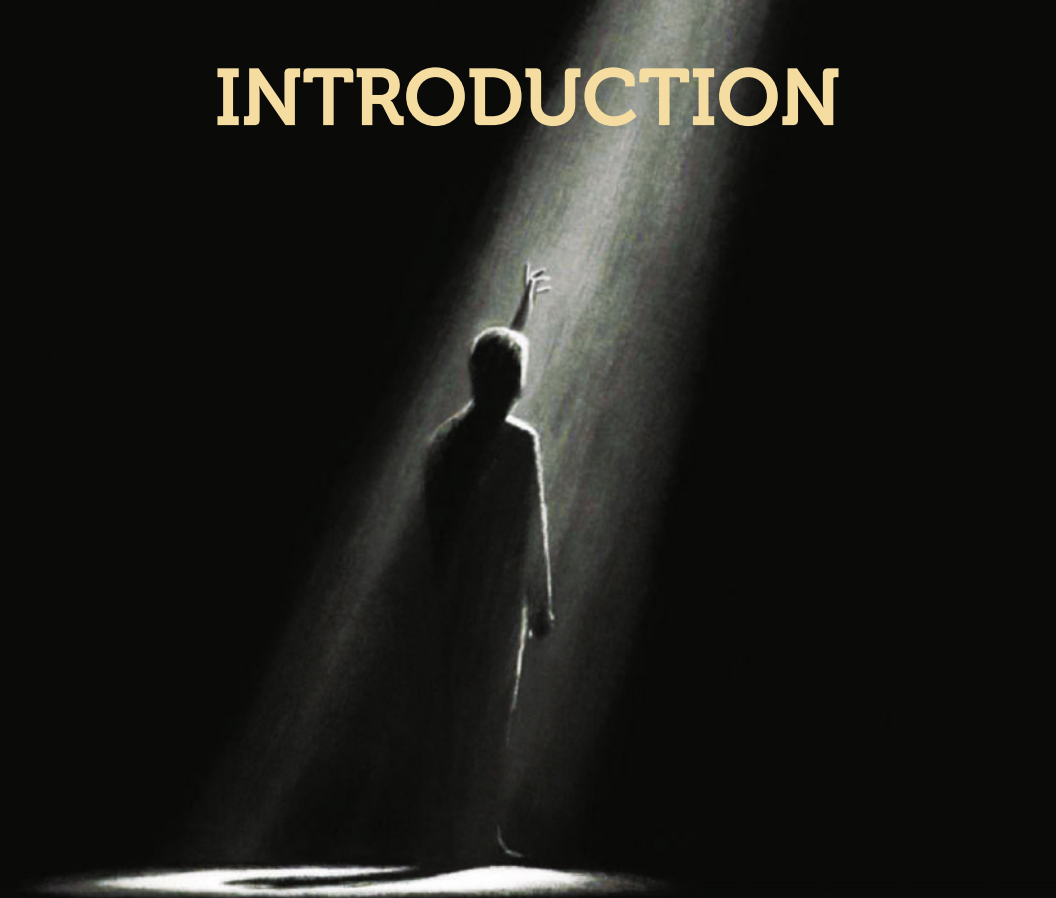
going from peak to peak, thinking that success will create money that will create pleasure, we will never reach the peak of Fulfilment that comes from contentment. We will never know that the third and ultimate peak of happiness is Enlightenment which is revealed when we discover the purpose of our existence, which happens through Spiritual Awakening.

Are you ready to start the most important journey of your life? The road map is in your hands. You must take the first step but if you are not interested, like most of this world, then this opportunity will slip by. You will just live and die. You must stop now and question, 'Who decided my birth? When did I actually come to earth? Is the birth date on my birth certificate, real or fake? Was I not conceived 9 months before my birth date? Am I not that Spark Of Unique Life, the Soul that gave life to the zygote?' If you ask these questions, you will start your Spiritual journey. One day, this body will die and people will say that I passed away. Where will I go after my death? If you just contemplate birth and death, if you just seek the truth and yearn for a purpose or for the Divine or for happiness, any of these will trigger that spark that will take you forward on the journey of Spiritual Awakening. Then, you will evolve from stage 1 to stage 2, then towards the 8 Stages till you are Enlightened with the truth.

What will Spiritual Awakening give you? It will lead you to a life of Eternal Happiness, Divine Love and Everlasting Peace. If you continue to live with your realizations, you may be Enlightened with the truth. Then, at death, you will attain freedom from the cycle of death and rebirth and attain unification with the Divine.



# INTRODUCTION



Most of us just Live and Die.  
We don't Realize the Truth of, 'Who am I?'  
'What is the Purpose of this Human Birth?'  
'Why and how did I come to this Earth?'

Those who seek the Ultimate Truth,  
They go on a Quest to the bottom of the root!  
They go from Achievement to Enlightenment,  
peak by peak,  
But only a very few, those who truly seek!

What is Spiritual Awakening? What are the 8 Stages of Spiritual Awakening? The world talks a lot about being Enlightened and attaining *Nirvana* or *Moksha* but little do we understand what these actually mean and how we can attain them. Many people think that all this is just a fairy tale and yet, there are scores who do not even want to ponder on the subject. They question, 'How does it matter who I am and why I am here?' For them the motto of life is, 'Let us just have fun, till life is done!' And then, there are a few who will pick a book on this subject and pursue the path. But these are a rare few because the majority are prisoners of pleasures, possessions and people. They just live and die. They do not even live. They just exist! They think that life is meant to enjoy the pleasures of this world but they do not realize that these pleasures are consuming them and will be ultimately, making them miserable.

Why should one be awakened? Is it even possible to be Enlightened? Yes, it is possible. The state of Spiritual Awakening or Enlightenment has great benefits. Not only does it liberate us from the triple suffering on earth but also from the cycle of death and rebirth. We all experience misery and sorrow. We suffer pain of the body, misery of the mind and agony of the ego. Who does not experience fear, worry, stress, anxiety, regret, shame, guilt or depression? Who does not burn in anger, hate, revenge or jealousy? We all experience these, along with aches and pains of the body that we go through due to so many diseases. We just cry and ask, 'Why do we suffer?' Do we even realize that everything is happening as per Karma, the Universal Law?

What is Karma? The word 'Karma' in itself means action. However, when the world talks of Karma, it is referring to the Law of Action and Reaction. It is a Universal Law and thus nobody can escape this law. It controls our birth and our death, just as it controls our smile and



misery, in every breath. Just like the seeds that we plant, decide the fruits on the tree, the deeds we do, decide our destiny. Therefore, we must understand Karma to understand, ‘Why we came to earth and what is the purpose of this human birth?’ We could have been born as a dog or a frog or we may return as butterfly, a bee or a tree. We desist from such contemplation but just being ignorant of it does not mean that we can escape this law. The fact is that the body will die. Nobody denies death. Is it not true that birth will continue to happen? And finally, are there not Laws that are governing this universe? Laws like Gravity that ensures our feet to be on the street or the Law of Cycles that makes the Earth rotate on its axis once in 24 hours and revolve around the Sun causing seasons?

Whether it is day or night, pleasure or pain, loss or gain, all these do not happen by magic. They happen by Divine logic. To understand this, we human beings need Enlightenment. We need Spiritual Awakening.

To be Spiritually Awakened, one must start a quest. One must contemplate Karma, death and birth. Only then, would they start their Spiritual journey. After starting the journey, one evolves on the several stages that will lead to, what is known as Self-Realization and beyond. But if one does not start their journey, then they will be in a slumber in this material world and will just sleep and weep through life, suffering the triple suffering of the body, mind and ego.

Ultimately, we all need to be awakened. We must be Enlightened with the truth. Imagine living life without light. Imagine that there is no sunshine and we live in darkness, 24-hours-a-day. Imagine that there is no electricity and when you enter your home, you can see nothing! Not only that but there is no light that comes from a candle

or fire. There is complete darkness. How would life be? While we understand the importance of light in our life, little do we realize that our inner life is full of darkness. We are enveloped in the darkness of ignorance and our inner light has not been lit, that is, we have not awakened, not just in this life but in several lifetimes. We live in ignorance and we die without realizing that nobody can escape from their actions. These actions or Karma are not only responsible for what unfolds on earth, they are also responsible for our death and rebirth. If we live without being Enlightened, we will not only suffer pain but we will be reborn, again and again.

We need to be Spiritually Awakened. We need the light within that will make us Enlightened. Unfortunately, we do not realize that we must start an inner voyage to realize the truth about life. We have nine doors in our body. They are all looking outwards. Two doors of the eyes, two openings of the ears, two nostrils and a mouth. These seven doors, along with the door of excretion and the door for procreation make the nine doors in our body. All these nine doors are looking at the world outside. Unless we open the tenth door, the Spiritual door that looks inwards, we will remain in darkness. This is Enlightenment. This is Spiritual Awakening. This is realizing, ‘Who am I and why am I here?’

We all think, ‘I am ‘I.’ We have a name, family, nationality, religion, occupation, ID card and several other marks of identification that define who we are. Little do we realize, ‘I am not ‘I’. I am not John. I was not John when I was born. My name is just an identity that is given to me after my birth. The birth date that is on my birth certificate is fake! I was born nine months before that date when I was conceived as a single-celled zygote. If the two cells of my parents did not fertilize to

create a life, there would have been no cells multiplying from 2 to 4, 4 to 8, till finally they could create a 25 billion-celled baby in my form. Life came inside me in that moment of fertilization and conception. One day, this life will depart and it will cause death. There will be no breath. People will say that I passed away, although the one who is declared dead would be right there, lying on the bed.' So, unless we contemplate, 'Who am I, in reality?' we will never reach the state of Spiritual Awakening. We all *know* this is the truth but we do not *realize* it. We need Realization to be Enlightened or awakened. Otherwise, we will never realize that we are not the body that dies. While we have a body and it seems like we have a mind which along with the ego becomes 'ME', the Mind and Ego, we need to be awakened to realize that we are neither the body nor the Mind and Ego, ME. If we were the body, then, our loved ones would not destroy it by cremating or burying it after its death. What is that moment of death? It is when we lose our breath and then, people say that we passed away. Who passed away and why? Where did the deceased go and what happens, thereafter? All this cannot be understood by knowledge that we acquire in a college. All this needs Enlightenment. It needs Realization of the Truth that comes from Spiritual Awakening.

Spiritual Awakening is a boon that is graced upon those who truly seek it, who love God and want to realize God, who are seeking the ultimate purpose of life, and who want to reach the state of Eternal Bliss and Peace. Unless there is a deep yearning and seeking, one cannot be Spiritually Awakened. Are these the only attributes for Spiritual Awakening? No. These are just the basic steps to start. There are 8 Stages of Spiritual Awakening but unless we have a Spiritual Mentor, a Guru or a Spiritual Master, we will keep on going round and

round in circles without realizing the truth.

Life is short. A human being has a lifespan of about 100 years and the global average life expectancy today, is less than 75 years. This means that an average human being will die before they reach the age of 75. In some continents, life expectancy is approximately 50 years because of poor living conditions but in medically advanced societies, life expectancy goes up to 90 years of age. Still, nobody can live forever. Death is certain. But what happens after death? Is death, the end? No. Death is just a bend. Our body dies but our Karma remains. The account of our good and bad deeds is carried forward by ME, the Mind and Ego, to another birth on earth. How can we realize this? We need an Enlightened Master, a Guru, who can lead us through the 8 Stages of Spiritual Awakening. Without a Spiritual guide, it will be like driving in an unknown country without directions. We need GPS, a Guru's Powerful Signal. This GPS can lead us to a state of Enlightenment or Spiritual Awakening.

Are you ready to start the journey of Spirituality? Most of us are caught in the kindergarten of religion. We learn the ABC of God. We learn to pray but we do not evolve and graduate to the university of Spirituality. Does anyone of us remain in kindergarten, all our life? Of course not! We move from kindergarten to school and further up, but unfortunately, while all religions are good, they imprison us in beliefs and doctrines that stop us from Self-Realization and God-Realization. Whether we are seeking God or the ultimate happiness or even the purpose of our life, we need a Guru to help us evolve and reach the ultimate peak of Enlightenment.

What are these 8 Stages of Spiritual Awakening? In this book, we will

go through each stage, one by one. It is up to the seeker of Enlightenment to take the help of a Guru and be awakened. It is very easy to slip and fall as our mind will make us blind. Our mind does not want us to realize the truth and along with the ego, it does not let us be free from the Mind and Ego, ME. It does not let us see the truth and be who we are meant to be.

The moment we question our death, the moment we question our birth, we have already started our journey of awakening. Understanding Karma is the key that will open the door to the light within, towards Enlightenment. However, this is just the beginning. It is important to go through the Spiritual voyage, stage by stage. If one does not yearn for the Divine and Liberation, then they are not qualified for this Spiritual journey. It is said that a true seeker must pass through the 4 doors that will lead to the ultimate destination of Enlightenment - Discrimination, Dispassion, Discipline and Desire for Liberation. But there is more. Only a rare minority will let go of the pleasures of the material world to enjoy the ecstasy of the Spiritual world. These seekers of the truth will pass through the 8 Stages that are in this book. They will realize that they are not the body, mind and ego. They are the Divine Soul, the Spark Of Unique Life, the energy that keeps throbbing from birth to death. The Realization that we are the Soul, helps us achieve our life goal. The Soul comes from SIP, the Supreme Immortal Power that we call, God. To realize this, let us move forward in the journey of the 8 Stages of Spiritual Awakening. If we are sincere in our intentions and our efforts, then with the guidance of a Guru and the grace of God, we will be awakened. We will be Enlightened!



# 8 STAGES OF SPIRITUAL AWAKENING

The Spiritual Journey has 8 Stages,  
It is the same for all ages.

One who is free from the prison of wages,  
One who escapes from all life's mazes,

He is liberated from this world's cages,  
But only if he passes through these 8 Phases.



What are the 8 stages of Spiritual Awakening? When one is ready to go on a quest, that is just the beginning of the journey of Enlightenment. Just wishing to be awakened will not give Enlightenment, for Enlightenment is all about our sincere pursuit of overcoming ignorance and realizing the truth. In the introduction, we have covered the basic road map that will start the awakening journey. However, the journey itself needs to evolve through 8 specific stages. Thereafter, we live in complete surrender. We can go beyond the 8 Stages too but very few people, maybe one in a million, reach that state of Spiritual Evolution, a complete Metamorphosis.

This book will talk about each stage, separately. Each stage has a chapter devoted to it, so that we can get into the nuts and bolts of passing that stage and moving on forward, onward, inward, upward and Godward. Before jumping into the book, stage by stage, let us review each stage in a summary so that we know where we are heading in this journey.

Remember, this journey is the most blissful journey but it is like cooking. Unless we complete cooking the meal, we cannot eat and enjoy it. Every stage will give us some peace and bliss but the ultimate happiness comes when we reach the pinnacle or the peak after crossing all 8 Stages. So, let us start reviewing the 8 Stages of Spiritual Awakening.

The first stage is *Mumukshu*. A *Mumukshu* is one who yearns for the Divine and Liberation. We all want to be happy. We seek pleasure and we do not want pain. Many of us pray to God but our passion is not strong enough either to attain the ultimate peak of happiness or to pass through Self-Realization and reach God-Realization. To be Spiritually awakened, one must not just desire God but yearn deeply for God. It is said that the *Mumukshu* develops a triple yearning for the Divine — a yearning that is more than a miser's yearning for gold, more than a lover's love for his beloved and more intense than a crying child's pain for its mother whom

it has just lost. Unless we develop this triple yearning, we cannot reach the state of *Mumukshutva*.

Most of us are passionate and obsessed but it is not for God. We are attached to possessions, pleasures and people. So, we just live and die. We believe the lie that God lives in the sky. We chase achievement and success to be happy. Our life remains a roller coaster of pleasure and pain and loss and gain. Unless we are a *Mumukshu*, one who deeply yearns for the Divine and one who makes Liberation his only priority, even if we go on a quest, our quest will not be intense. We will acquire knowledge from college, different books and sources but we will not realize the truth. We will not be Spiritually Awakened. This is the first stage of Spiritual Awakening and we will go through it in detail. We will investigate what stops us from seeking God and from being liberated.

The second stage of Spiritual Awakening is *Jigyasu*. It is when one is deep in the quest to realize the truth. It is seeking knowledge and spending time with a Spiritual Master, a Guru, to overcome ignorance. Unless one has a *Jigyasa* or the thirst for Enlightenment, one will not be Spiritually Awakened. Therefore, both *Mumukshu* and *Jigyasu* are like two pillars, like our two feet on which we stand. When we are seeking the truth, we start to question everything. We do not accept the myth that we have grown up with. We do not just follow the herd. We set aside questions for which we seek answers and nothing can stop us if we have a combined force of yearning and seeking. It is with *Mumukshutva* and *Jigyasa* that one can cross the two stages and reach the third. And because these two stages are not easy, less than 1 in 100 seek Spiritual Awakening. So, these become the basic stages before one starts becoming Enlightened.

The third stage of Spiritual Awakening is *Gyani* - when one has accumulated a lot of knowledge. Some of this knowledge has become Realization. There is a lot of difference between the two. The person who



goes through the third stage does not just read and understand what is in a book but goes through the process of contemplation and Realization. One does not reach that state of Enlightenment because one must still work through the stages.

Without the third stage of becoming a *Gyani*, one will be imprisoned in the lies. Most of us remain fools, even though we have been to the biggest or the best of schools because we have not put our belief to test. We have not advanced in our quest. If there is a deep yearning and seeking, one will succeed in the third stage and become a *Gyani*, the wise one. However, it is very difficult to pass this stage without the help of an Enlightened Guru, a Spiritual Master. Unfortunately, our mind makes us blind. Because in thought we are caught, we have many a knot and we get locked in ignorance. We even believe that it is blasphemous to question our religion. So, our life becomes full of superstitions, rituals and dogmas. In the third stage, one reaches the launch pad of Spiritual Awakening. Now, they have enough tools to take that Spiritual leap. However, without these three stages, we will be weak in our efforts for Enlightenment. Many people think that they are *Gyani*. What they do not realize is that they have not overcome ignorance. They have not opened their real eyes. Therefore, they live with their proud ego, thinking that they know everything when in reality, they know nothing. Most of the world lacks the yearning and the seeking to make them a *Gyani* but once we realize the truth even if in small bits, we are ready to be awakened.

If we want to be Spiritually awakened, we must evolve to the fourth stage of living like a *Yogi*, one who lives in Yoga. Such a *Yogi* is ever-connected with the Divine. Unfortunately, even though the whole world is fascinated by Yoga, the majority do not understand what it means. We think that Yoga is just about some physical exercises, the *Asanas* or it involves breathing techniques, the *Pranayama*. The *Asanas* and *Pranayama* are just preliminary steps of Yoga and the one who thinks, 'I am doing Yoga,' does

not realize that we cannot do Yoga. We have to be *in* Yoga. The world is full of Yoga studios and institutes teaching what is said to be Yoga when these are nothing more than gymnasiums. People who are doing Yoga have jumped into the fourth stage without going through the first three stages of Awakening. Therefore, their Yoga cannot lead them to Spiritual Awakening. One must live as a *Yogi* and this means that one must not sink in *Bhoga* or the desires of the material world. One must elevate themselves to live in Yoga. One must be free from the thoughts of the mind and live in Consciousness, ever-united with the Supreme. This stage will be covered in detail so that we understand and realize what it is to be a true *Yogi*.

The fifth stage of Spiritual Awakening is *Buddh*, being Enlightened, being awakened. People think that *Buddh* is the ultimate or final stage but it is not the final stage. Will a doctor, who has finished his theory exams, be allowed to perform a heart or brain surgery? No. That would be a disaster. Medical science ensures practical tests before one is certified. We may reach the fifth stage or *Buddh* and we may have realized the truth about life but it is just the beginning of being awakened.

Spiritual Awakening has two sparks. The first spark is reaching the fifth stage of *Buddh*. This stage is commonly known as Self-Realization. Now, one must get into the subject more intensively as in this stage, there is an essential need for a Spiritual Master or a Guru. When one experiences the second spark that I am not the body, mind and ego, I am the Divine Soul, it is time to even more intensely yearn and seek, till one evolves from that state of Realization to Liberation.

The sixth stage of Spiritual Awakening is beyond Self-Realization. It is the stage of being a *Sthitpragya*. Self-Realization is when one has realized, 'Who I truly am.' But unless one transcends their Mind and Ego, ME, one will not flip over to that state of Consciousness in which the intellect is activated. We, human beings, are the only ones who are blessed with an

intellect. Only a human being can discriminate and realize the truth. But every time we use our intellect, the mind will intercept us and stop us from going to the stage beyond Self-Realization. Therefore, we must live as a *Sthitpragya*, one who lives with a steady intellect and who is no more a slave of the mind, rather a master. When a *Mumukshu* becomes a *Jigyasu* and then a *Gyani* who lives as a *Yogi*, then he can become a *Buddh*. Without passing through these stages, one cannot arrive at the sixth stage of being a *Sthitpragya*.

The seventh stage is popularly known as *Mukti* or freedom. People presume that with spiritual knowledge, they will be liberated and attain God but that is a myth. Unless we live in that state of *Buddh* - one who has realized the truth, with a steady intellect, being a *Sthitpragya*, we cannot attain *Jivanmukti* or Liberation. The seventh stage is that of a *Jivanmukta*, one who has successfully attained Enlightenment and is awakened. Now, they face the final test – Are they going to live as the Divine Soul or will they let their mind take control and make them think, blink and sink? We know of many wise saints who speak with a lot of wisdom but their actions do not match up to their being Enlightened beings. Either they are slaves of intoxicants, drugs and the likes or they are trapped in their ego, which makes them believe that they are God and they try to perform magic to keep their followers spellbound. Such people may have attained Realization but surely, they will not go beyond the 5 Stages of Spiritual Awakening. A truly awakened being will be free and liberated from the body, mind and ego, living as a *Jivanmukta* and will climb the ultimate step of Spiritual Awakening.

The eighth and ultimate step of Spiritual Awakening is living as a *SatChitAnanda Atman*, a liberated Soul living in Eternal Bliss that comes from the Consciousness of the Truth. The *SatChitAnanda Atman* cannot slip back into the material world, in most cases. But even a person who has evolved to this eighth stage needs to live as a Divine Soul to achieve

the ultimate goal of Liberation from this world and Unification with the Divine. The world understands this state as *Moksha*, *Nirvana* or Salvation. One can reach this state only in the moment of death of the body. Therefore, it is not part of the 8 Stages of Spiritual Awakening. However, if one has sincerely passed through the 8 Stages, who is genuinely realized as a *Buddh* and is free from the clutches of the body, mind and ego and living as a *Jivanmukta*, such a Soul who lives as a *SatChitAnanda Atman* can become one with the Divine.

What is the assurance that one must go through these 8 Stages to achieve that state of *Moksha*, *Nirvana* or Salvation? A non-believer will ask this question and he will be caught in the thoughts of his mind. He will just live and die. He will not even find out, 'Who am I?' Only those who are the real seekers and truly yearn for the Divine, are blessed to discover the true purpose of life. It needs faith in the beginning but it is not blind belief. Spirituality is the science of the Spirit. It is the systematic study of, 'Who I am not,' to realize 'Who I am.' If one does not go through these 8 Stages, he will remain a prisoner or a puppet. He will not only suffer the triple suffering on earth but will return in a rebirth, only to suffer again and again. It is a choice. If we want to be blissful in our ignorance, we can but if we are a *Mumukshu* and a *Jigyasu*, the one who yearns and seeks the ultimate purpose of life, we will become a *Gyani*, a *Yogi*, a *Buddh*, a *Sthitpragya*, a *Jivanmukta* and ultimately, a *SatChitAnanda Atman*. Most of us think that we have a Soul. Very few realize that we are the Soul. The majority of us pray to God but only a small minority realize that we are a manifestation of God. These are the ones who painstakingly cross the 8 Stages of Spiritual Awakening. They live as the Divine Soul and achieve the ultimate goal of life. Not only do they reach the state of Eternal Bliss but they also enjoy Divine Love and Everlasting Peace. They are free from all misery and sorrow. If we want to reach that state, we must start this Spiritual journey today, not tomorrow.



# STAGE 1 : MUMUKSHU

ONE WHO YEARNs FOR  
THE DIVINE AND LIBERATION



Do you have a Deep Longing for God?  
Do you Love the World or do you Love your Lord?

If you Desire Wealth, Money and Gold,  
Then, you will Acquire these and soon be Old!

Then, you will Die and be Reborn,  
And this Cycle will Go On and On!

But being a *Mumukshu* will Lead  
You to being Enlightened,  
You will become One with God,  
As you are Awakened!

Spiritual Awakening is the most unique treasure of life. It is more exotic than the rarest of the fruits and flowers known to man. It is extremely rare and difficult to find. To reach this state of Enlightenment, one must be a *Mumukshu*, one who yearns for the Divine and Liberation. Unless one is completely passionate about God, they will not reach the ultimate state of *Nirvana*, *Moksha* or Salvation. The ancient sages called it *Mumukshutva* or a deep love and longing for God. Most of us yearn for the material pleasures of *Samsara*, this material world. We seek to fulfil our sensory passions and experience momentary pleasures. Then, we live like a yoyo, experiencing pleasure and pain, loss and gain. We live and die but do not get to the root of, 'Who am I?' This realization of the self is the key result of *Mumukshutva*.

Death is certain. Every 'body' has to die, one day. So, is this life a meaningless journey? What is the purpose of human existence? No doubt that everybody wants to be happy but are we all truly happy? We think that pleasure is happiness and thus, struggle to find peace, the very foundation of bliss. Even if we find peace, we suffer the triple suffering of the body, mind and ego. Those who are in quest of the ultimate happiness, evolve to the state of Enlightenment, as they realize that discovering the true purpose of life will not only give them peace and bliss but will also reveal the purpose of human existence. It is this Realization, the purpose that is revealed that liberates us from the triple suffering of the body, mind and ego. But to discover this purpose that leads to Eternal Happiness, one must have a yearning for the Divine and Liberation from this illusory world.

Today, the world is full of material pleasures. There are so many attractions that distract us from our ultimate purpose. We forget the very essence of who we are and why we are here. Therefore, we seek money, wealth, name, fame, pleasures and possessions. We forget the true treasure of life. Many of us forget God unless confronted by some serious

problems in life. Prayer has lost its significance for many, in the modern world.

In ancient days, man was more God-fearing. He used to fear the wrath of rains, hurricanes, droughts and diseases. Man would submit to the Universal Power and pray to God to save him from problems and miseries. Today, man has become overconfident. He questions the existence of God. We are becoming more and more distant from our Creator. Therefore, loving God and praying is losing significance. There are some who are still devotees but it is a very small percentage of the population.

How many people have a deep love and longing for the Divine? Do you know of anybody? Unlikely. We are so caught up in our mobile phones, laptops, technology and gadgets, that our life is consumed even before we realize it. Many of us grow up following a religion, but because of technology and efficient modes of communication, we question the existence of a personal God. Many amongst us have become atheists and agnostics, as we ridicule the dogmas, rituals, fairy tales and superstitions that we are told, all the time. All these only distance God further from us.

However, there are a few who stop and ponder — ‘What is the purpose of my existence? Why did I come to earth? What is the purpose of this human birth?’ Such people, very few among us, build a connection with God. They realize that there is a Power that not only created this earth and universe but also governs it. How could such a stupendous world not have a Supreme Power? Some of us pray to a personal God with blind faith and some of us pray to a Supreme Creator who has no name or form. Those who accept God in whatever form, are the ones who qualify to have *Mumukshutva*. Some people live in fear of God. When they see tragedies and diseases, they pray to God, lest they be subjected to such horrors. They do not develop *Mumukshutva*. To them, God can become

angry and inflict misery and pain. But some believers love God, not out of fear but out of faith. They grow into being a *Mumukshu* and they are the ones who can ultimately be Enlightened.

If one does not believe in God and does not pray, where is the possibility of *Mumukshutva*? Firstly, one must accept that God exists. Acceptance is just the first step. Then, one starts to pray. What is prayer? Prayer is communication with God. It is not just talking to God but more importantly, listening to God. If prayers are just a desperate calling to the Supreme Power to save us from problems, they are shallow. So are prayers that are only meant for God to fulfil our dreams. When prayers evolve to become a way of connecting with the Divine, they lead to *Mumukshutva*. This happens when belief and prayer lead to FAITH or Full Assurance In The Heart. We eliminate all doubts and live with HOPE or Having Only Positive Expectations. This leads to TRUST or Total Reliance and Unconditional Surrender to The Almighty. One who lives with faith, hope and trust, lives with enthusiasm. Enthusiasm comes from the Greek word 'Entheos', which means 'in God'. If we believe in God, have faith in God and live with hope and trust, we are enthusiastic. We will live without fear and worry because we believe that we have the backing of a Supreme Power. Is this *Mumukshutva*? No, it is not. But it is the basis on which a *Mumukshu* starts his journey. One who believes in God and lives with enthusiasm starts to love God beyond anything else. He develops a deep longing, a deep yearning to realize God. What happens next?

When we love God, we either become a *Bhakta*, a devotee who is madly in love with God or we become a *Mumukshu*, one who not only yearns and longs for God but goes on a quest seeking God. A *Bhakta* believes in the lie that God lives in the sky. He prays with devotion and hopes that he will get a Divine vision of the Lord. A *Bhakta* believes that one day, he will go to Heaven, where he will come face-to-face with God. A *Mumukshu* is different. His love for God leads him to a search for God. His longing for



the Divine opens the door to God-Realization. He starts questioning – ‘Who is God? Where is God? What is God?’ He questions, not doubting the existence of a Creator but yearning for God. Such a *Mumukshu* thereafter becomes a *Jigyasu* and evolves in the journey of Spiritual Awakening.

What is the distinct difference between a *Bhakta* and a *Mumukshu*? Both love God and seek God but a *Bhakta* has blind faith. He follows his religion and its scripture whereas, a *Mumukshu* really wants God. He goes in a quest and finally realizes God. It is most unfortunate that religions stop *Bhaktas* from realizing God. While all religions are good and they teach people to pray to God, it is unfortunate that people believe that their God, their religion and their scriptures are superior to other religions. Thus they develop an ego that distances them from God. A *Mumukshu* is different. Even though it is considered blasphemous, he questions his religion and scripture. He evolves from the kindergarten of religion to the university of Spirituality. In the beginning, he needs religion to build a foundation for his Spiritual journey but then, he lets go of his religion to realize God.

A *Mumukshu* is like a player in a pole vault challenge. To cross the target of God-Realization, he needs religion, just like one needs a pole as a support to jump over the 6-meter-high target, in a game of pole vault. To jump over, one has to let go of the pole. So, the *Mumukshu* lets go of religion and with the help of Spirituality, realizes God. A *Bhakta* sticks to his religion. He is so engrossed with his God, with a name and a form that he falls in love with an illusory God. He, unfortunately, believes that his God is supreme, his God is in Heaven somewhere far away and his God controls his destiny. A *Mumukshu* goes beyond any God with a name and form. He realizes that God is not made of bone and skin, God is a Power that lives within.

How can we be a *Mumukshu*? How is it possible to live with *Mumukshutva*? We must develop a love and longing for God, which is intense and passionate. Our passion for God should become an obsession. God should not just be a priority but the only priority and goal of our life. It is this passion and obsession that will lead a genuine *Mumukshu* towards Liberation. However, this calls for complete love and longing for the Divine. There should be nothing else that comes in our way, neither success and achievement, nor pleasures, possessions and people. If we are caught in a maze and become distant from God, we cannot be a true *Mumukshu*. It is explained very appropriately that a real *Mumukshu* has a deep love and longing for the Divine that is far more than the longing and love that a miser has for gold. The yearning and love of a *Mumukshu* are much beyond what a lover can have for his beloved and it is even more than the yearning that a child has when it loses its mother. A *Mumukshu* is said to have this triple yearning for God. It is only when we have such a deep yearning, that we let go of the material world and embark upon the Spiritual Journey of Awakening.

Is yearning and longing for God, enough to attain Liberation and Divine Unification? It is good to start with. But a *Mumukshu* realizes that he has to be liberated from this material world to attain the state of *Moksha*, Salvation or *Nirvana*. Therefore, his longing is not just for God but also for Liberation from this world. It is *Mumukshutva* that leads his yearning to discover the true meaning of Karma. He starts by doing good Karma but then, realizes that to be liberated, he needs to be free from Karma. So, he goes on a quest to seek a way to be free. A *Mumukshu* takes the help of a Guru or a Spiritual Master who can guide him towards realizing God.

The most important aspect of *Mumukshutva* is building a deep connection with God. While seeking and longing for God, a *Mumukshu* cries in entreaty for the Lord to reveal himself. It is this deep love and

longing of the *Mumukshutva* that leads him towards God-Realization. The rest of us just live and die and then, we are reborn and this cycle of death and rebirth goes on and on. A *Mumukshu* seeks Liberation from the cycle of rebirth as he frees himself from all desires of the material world. His love for God liberates him from all attachments that may have kept him bound to the ground. He lives his life with just one mission – to be United with the Divine. Therefore, a *Mumukshu* evolves in the journey of Enlightenment.

Most people are so caught in this world of pleasures that it is rare to find a *Mumukshu*. We are busy enjoying delicious food and exotic drinks. We are caught up in buying clothes and accessories for the body which we are not. We are trapped in electronic gadgets that fill the shelves of shopping malls. We forget God. There are way too many distractions in today's world but a *Mumukshu* is free from all these attractions. His focus and priority are clear. He seeks God. He seeks Liberation and nothing else. While others are enamoured by the pleasures of the world and say, 'I love pizza and I love chocolate,' a *Mumukshu* only loves God. He lets go of the ephemeral pleasures of life and seeks the Divine.

People reading this will wonder, 'Should a *Mumukshu* renounce this world to attain God?' Of course not. A *Mumukshu* accepts all the pleasures of this world as a *Prasadam* or a gift from the Divine but he does not get trapped in desiring these. He enjoys the world, just like anybody else but his love and longing are only for God and because he seeks God so genuinely, he stays away from anything that will distance him from God. He does not become a prisoner of pleasures, possessions and people. While the world gets ecstatic with intoxicants, he has a greater intoxication because of his love for the Divine and this is unknown to the common man.

A *Mumukshu* enjoys a life of deep Peace and Divine Bliss. His love for God manifests as love for all of God's creations. A *Mumukshu* lives like

God, as God and for God. He becomes the Divine instrument as he evolves towards Enlightenment.

Is it easy to be a *Mumukshu*? It is not difficult. If one truly wants to realize God and wants to be liberated from this world of suffering, then he can choose to live in *Mumukshutva*. For this, one must transcend the mind that makes us blind. He must flip over from mind to Consciousness. He must experience the Divine presence in one and all. One's love and longing for God must liberate him from sinking in the quicksand of this material world. He would then be liberated to realize God. Are we ready to be a *Mumukshu*? Do we really want to love God, beyond anything else? Is our longing for Liberation so sincere that it frees us from all attachments of this material world? If yes, then we qualify for the journey of *Mumukshutva*. After reading this text, do not look around to find a *Mumukshu*. They are rare to find. If you have a deep love and yearning for God, start your quest for God. However, God cannot be found. God must be realized and God-Realization will come after Self-Realization. This will happen when *Mumukshutva* will open the door to seeking God and you become a *Jigyasu*. But first, you must be a *Mumukshu*.

Blessed is a *Mumukshu*, for he is the one who realizes God. Fortunate is he who can live with *Mumukshutva* because not only will he be liberated from all suffering on earth but he will also be liberated from the cycle of death and rebirth and be united with God. When we love God so much and long for the Divine, we will be blessed to live as a *Yogi*, one who is ever-united with God. This will only happen when we are free from *Bhoga* or the desires of the material world. A *Mumukshu* loves God so much that he is free from *Bhoga*. His longing for the Divine liberates him from all desires as he lives with a single-pointed focus on attaining God and Liberation. The power of *Mumukshutva* is so strong that it helps us realize God.



# STAGE 2 : JIGYASU

## ONE WHO IS SEEKING TO REALIZE THE TRUTH

*Jigyasa* is all about Seeking the Truth,  
A *Jigyasu* gets to the Bottom of the Root!

Am I the Body, the Ego or am I the Mind?  
The Seeker doesn't stop until the Truth, he does Find.

He Realizes that everything is controlled by Karma,  
He Overcomes all Trauma and Realizes that life is a Drama!

Seeking the Truth, he also Seeks the Lord,  
A True *Jigyasu* becomes One with God!



**T**o be Spiritually Awakened, one must be passionate to realize the truth about life. One must seek answers that reveal the facts of our basic existence.

1. Who am I in reality?
2. Where did I come from?
3. Where will I go after death?
4. What is the purpose of my existence?

There are many more questions that need answers. Enlightenment is nothing but switching on the light within, to overcome the darkness that hides the truth.

One may or may not be a *Mumukshu* or the one who yearns for God and Liberation, but still, one can start seeking answers to understand the purpose of our existence. However, without *Mumukshutva*, our yearning will not take us to our ultimate destination of Liberation from this world and Unification with the Divine. Therefore, being a *Jigyasu* or the one who is seeking the truth, seeking answers is considered to be in the second stage, even though it may be the first stage for a few. When one is only seeking wisdom, he may or may not achieve it but when this seeking is inspired by faith and love for the Divine, then it will take us to the next or the third stage of Spiritual Awakening.

What exactly does a *Jigyasu* do? Unlike the common man, a *Jigyasu* does not just exist. He does not just live till he dies. He tries to find out, 'Who am I? Am I this body that will ultimately return to dust in that moment of death? People will say that I passed away.' A *Jigyasu* questions, 'Who passed away? Where does the deceased go?' A *Jigyasu* does not just follow the herd. He flies like a bird to explore, ask, investigate and realize the truth. He sees for himself how the loved ones of a deceased cremate or

bury the person's dead body. So, he questions, 'If I were that body, would my loved ones destroy me? If I were asleep, would anybody dare put me into a coffin?' This journey of seeking the answers leads a *Jigyasu* to startling revelations. He becomes absolutely sure that he is not this body. Then, he contemplates birth - 'Who caused me to come to earth? No doubt, it were my parents and the act of copulation that led to the fertilization and my birth but did my parents actually create the moment of conception?' We all learn in school how the body is created from a zygote, when 1 cell splits into 2, 2 cells split to become 4 and 4 cells become 8 cells, till we are ultimately delivered as a little baby, which has over 25 billion cells. A *Jigyasu* marvels at how the zygote becomes the embryo but his ultimate goal is seeking the truth. He questions, 'How was I conceived?' But there is no one to give him an answer. For a *Jigyasu* to evolve to the next stage, he needs the help of a Guru or a Spiritual Master.

Who is a Guru? A Guru is one who can take us from 'Gu' to 'Ru' - from darkness to light. A Guru is an Enlightened Master, a Spiritual Sage who is much more than just a teacher or a Mentor. A Guru is one who has personally experienced the moment of Awakening or Enlightenment. Such a person is rare to find but without a Guru, it is very difficult for a *Jigyasu* or a *Mumukshu* to reach the ultimate state of Enlightenment. Even if one prides themselves that they have a lot of knowledge from many a college or they are educated with several theologies, philosophies and scriptures, Enlightenment cannot be attained by mere knowledge. It needs Realization. Realization of the truth happens when we open our real eyes, overcome the myth and realize the truth. Without a Guru, it is practically impossible to achieve this.

When a *Jigyasu* realizes, 'I am not this body,' he does not stop at that. He questions whether he is the mind. 'What is the mind?' he tries to find. Despite all efforts, he is unable to locate his mind. With the help of his Guru, he realizes that the mind is nothing but a bundle of thoughts. It

appears when there are many thoughts. But when the *Jigyasu* sits in meditation and contemplation, he transcends the mind. He goes beyond the mind state. It is with the help of a Guru that the *Jigyasu* realizes that the mind is our biggest enemy. He realizes that it is the mind that causes misery and sorrow. The mind creates stress, worry, fear and anxiety, just as it makes us live in regret, shame and guilt. ‘Then, how can I be the mind, which makes me blind?’ the *Jigyasu* questions. He, then asks, ‘Am I the ego? It is the ego that constantly says, ‘I’, ‘me’ and ‘mine’ but what is this ego?’ He seeks answers. Then he realizes that the ego is a false identity. At this stage, the *Jigyasu* is lost. He learns that it is because of the ego that he lives with anger, hate, revenge and jealousy. The Mind and Ego become ME and the ME creates Karma that binds him to the world but he is so perplexed and flabbergasted that he does not know how to move forward. He declares, ‘I am not the body, the mind and the ego! But I am. I exist. So, who am I?’

Do people go on such a quest? Even the voyagers of the world have discovered countries and continents by traveling through high seas. But the greatest of all explorers is one who goes on an inner voyage to explore his true self. It is the most difficult journey to embark upon. Unless one starts such a journey and has a deep yearning and persistent seeking, one cannot move forward. Just like Christopher Columbus, who had wanted to find India and instead, landed in the West Indies and thought that he had discovered India and accomplished his mission, many seekers who are not focused, accept wrong conclusions in their journey of Enlightenment. Unless we realize the truth, this journey is not complete.

One out of every 100 people will start such a journey of *Mumukshutva* or yearning and progress to that of *Jigyasa* or seeking. Out of this 1%, barely 1% will realize the truth. Therefore, less than 1 in 10,000 people will be blessed to go beyond the first few stages of Spiritual Awakening. How, then, does the *Jigyasu* proceed in being Enlightened? He is absolutely sure that he is not the body that will die. He has concluded that



he is not the mind that he cannot find. He has also accepted that he is not the ego that says 'I' but he has not discovered, 'Who am I?' Blessed is one who realizes, 'I am not the body, mind and ego. I am the Divine Soul.'

What is the Soul? A *Jigyasu* can realize this only with the help of his Spiritual Master. The Soul is a Spark Of Unique Life. It is energy. It is a life force that arrives at the moment of conception and departs at the moment of death. A *Jigyasu* is trapped when his Guru tells him, 'You do not have a Soul. You are the Soul!' He often argues with his Master, 'How can I be the Soul? The Soul cannot be seen.' The Master then explains that the Soul is like electricity and it is birthless and deathless. The *Jigyasu* does not understand. He asks further, 'At one moment, you tell me that I am conceived and that I am the Soul. And the second moment you tell me that the Soul is birthless. You confuse me, Master. How can I ever be Enlightened?' In such situations of delusion on the Spiritual journey, many seekers give up. Their *Jigyasa* or search is aborted. Then, the Guru tells them that they have fallen prey to the mind. The mind does not want them to be Enlightened and so, it confuses them. The Guru guides the *Jigyasu* to flip over from mind to Consciousness, to a state of thoughtlessness, in which his intellect is activated. Only then, the *Jigyasu* moves forward in his quest for the truth.

The *Jigyasu* realizes that God is not God. God is SIP, a Supreme Immortal Power. He is amused when he sees that the whole world is praying to different Gods but he feels sad that these *Bhaktas*, believers or devotees of God are so imprisoned in their religions, scriptures, superstitions and dogmas that they keep on performing rituals but they never realize God. The *Jigyasu* realizes that God lives in the temple of our heart. He becomes aware that the kingdom of God is within. In fact, he learns much later that God is everywhere, in everything. All this makes a *Jigyasu* engrossed in what we can call, a Spiritual Jigsaw Puzzle.

Just like in any jigsaw puzzle, a true seeker starts putting all the pieces in place. ‘I am not the body. I am not the mind. I am not the ego. I am the Soul. The Soul is SIP.’ But then, he gets stuck and questions, ‘How can I move forward?’ The Guru then guides the *Jigyasu* on a process known as *Sravana*, *Manana*, *Nididhyasana*, ‘Read and learn first and then, contemplate your *learnings*. Ultimately, you will get the spark of Enlightenment.’

So, the *Jigyasu* tries to find the rest of the pieces of life’s puzzle. The Guru makes him a Master in the subject of Karma. A *Jigyasu* learns that the Law of Karma governs this world. He is in awe when he realizes that Karma decided his birth and how he came to earth. He is excited and tells his Guru, ‘I will do good Karma because I want to attain God.’ Then, he learns from the Guru, that doing good Karma will bind him to *Samsara* and the cycle of death and rebirth. One must be free from Karma because unless one transcends Karma, he will continue to live and die, only to be reborn. One will not be awakened and liberated.

The *Jigyasu* once again is completely lost. He is in a maze and cannot find a way out. Then, the Guru switches on another light and the *Jigyasu* learns that at death, one of two things happens. Most people live and die without realizing the truth. They create Karma, both good and bad. The body must die but the Mind and Ego, ME carries all unsettled Karma and returns to earth in a rebirth. The *Jigyasu* then, hopelessly asks the Guru, ‘So, is there no hope to be liberated?’ The Guru replies, ‘Of course, there is. A true *Mumukshu* and *Jigyasu* will evolve and realize that he is not the mind and ego that is carrying Karma. With this Realization, one is free from all Karma and when one is free from Karma, then one is liberated from rebirth.’ The *Jigyasu* becomes excited, ‘Oh Master, it is so simple. Why cannot people understand such a simple truth?’ The Guru smiles and reminds the *Jigyasu*, ‘There are 8 Stages of Spiritual Awakening and we have to climb the ladder to the next stage. Life is like a game of snakes

and ladders. We can be bitten by the mind, the ego, our senses and then, we will be back to square one!’

The *Jigyasu* is very sincere in his seeking. He comes to realize the several truths of life. But he has not transcended his mind and ego. If he is a true *Mumukshu*, chances are that he will become a *Gyani*, a learned one. But if he is deluded by the mind, despite having all the knowledge, he will go round and round in circles and not evolve to Enlightenment. Therefore, it is important as to how deep the seeking and yearning is and how sincere a *Jigyasu* is. If the *Jigyasu* falls prey to the pleasures, possessions and people of this material world, he will sink and not go ashore, across to the next stage. But there are many *Jigyasu* and *Mumukshu* who attain all the knowledge and the Realizations that will lead them to a state of being Spiritually Awakened.

What can stop a *Jigyasu* from seeking Enlightenment? Desires are the key factor. We, human beings are given 5 senses and we seek sensory pleasures and because of it, we often become slaves of our sense perceptions. Then, we let the mind lead us into a life of ignorance and are caught in the myth that we grow up with. We permit the ego into fooling us into believing that I am ‘I’ and become attached to people and possessions. This addiction stops us from the Divine benediction of being Enlightened. Sometimes, it is as simple as not finding a Spiritual Master. Then, we are lost because we follow many Masters and to the ultimate destination, we do not go faster! Unfortunately, our life span is limited and before we even realize it, it is time to go. It is the end of the show!

There are innumerable factors that hold back a seeker from being Spiritually Awakened. The simple fact that only a small minority seeks Enlightenment, can demoralize a *Jigyasu* as all his near and dear ones would be walking in the opposite direction. There is often loneliness on this path as it is a path less travelled. A *Jigyasu* is often mocked at and his Spiritual seeking is ridiculed by friends and family. Unless one is sincere,

it is quite probable for one to fail in the journey of a *Jigyasu*. But if one is a *Mumukshu*, none of this matters. If one is yearning for the Lord and Liberation and then goes on a quest for the truth, he becomes unstoppable. No relationship or attachment, no pleasure or treasure and no possession or addiction can stop him from being Enlightened. Of course, he must pass through the 8 Stages but when he passes through the first two stages, there are good chances that he will be Enlightened.

The journey of Spiritual Awakening is the most challenging journey of life but if one starts with being a *Mumukshu* and a *Jigyasu*, then, even though it may seem difficult, it is not impossible to be awakened and Enlightened. The world does not understand the meaning of Enlightenment. People think that there must be a God but people do not understand that we are all Gods. It is a *Jigyasu* who scientifically examines Spirituality as the science of the Spirit and discovers that he is not the body, mind and ego. Thereafter, he realizes that he is the Divine Soul. This is Enlightenment. But for a *Jigyasu*, it is just a spark of Realization. Otherwise, the two stages of being a *Mumukshu* and a *Jigyasu* would have been enough to be Spiritually Awakened. While these two stages constitute the basic foundation on which one can build the layers of Purification, Illumination, Realization, Liberation and Unification with the Divine, the process will take its own time.

Ultimately, what is the reward of being a *Jigyasu* and a *Mumukshu*? It is overcoming ignorance. What does the Realization of the truth do? It liberates a seeker from all misery on earth, from the pain of the body, misery of the mind and the agony of the ego, just as it liberates one from the cycle of rebirth. It leads one to a state of Eternal Happiness, Divine Love and Everlasting Peace. It reveals to us that we are manifestations of God, appearing as human beings, just as we enjoy the ecstasy of God's Divine presence in one and all, in anything and everything on the planet.



# STAGE 3 : GYANI

A LEARNED ONE, WHO HAS  
ACCUMULATED SPIRITUAL WISDOM

A Learned one is Truly Wise,  
On the Spiritual Peak, he will Rise,  
He will Overcome lies that come in Disguise,  
As his Guru helps him Open his Real Eyes!

But Knowledge is not Realization, he comes to Know,  
And on the Journey, he tries to Grow,  
This World is a Drama, it's just a Show!  
The *Gyani* knows, we just Come and Go!



The third stage of Spiritual Awakening, after yearning for God, Liberation and seeking the Truth, is to become a *Gyani*, a learned one who has accumulated Spiritual wisdom that will lead one on the journey of Spiritual Awakening. Unfortunately, most of us are ignorant. In fact, 99% of people do not have the right beliefs but because we all are ignorant, we think that the knowledge that we gained in our schools and colleges is the ultimate truth. We just accept the myth that we grow up with. We believe that there is a God in the sky, although this is a lie. We pray to a God with bone and skin when the truth is that God lives within. We are taught that one day, we will come face-to-face with God and he will pass a judgement on our deeds. After that, we will either go to Heaven or Hell. Whether we believe in all of this or not, the fact remains that in this thought, we are caught because it appears in our actions. Our deeds reveal that the seeds planted in our head by our teachers and our families sprout with a philosophy, right till we are dead. Then, we are reborn and this cycle goes on and on. We return to earth in a rebirth and suffer, again and again. Everybody who is born experiences the triple suffering - pain of the body, misery of the mind and agony of the ego. A *Gyani* realizes that there is a way to be liberated from this suffering. That is why he tries to learn by first unlearning all the fairy tales that he has grown up with.

The *Gyani* is a learned one. Although the majority believes in the lies but a *Gyani* uses his intellect to discriminate. He accumulates Spiritual wisdom, not just by reading but also by contemplating and discussing with Enlightened Masters. He goes beyond his mind which makes him blind, to ultimately find out what the reality is.

In the beginning, a *Gyani* is a *Jigyasu*. At this stage of Spiritual Awakening, he has not been blessed with all the truth, although the process has started. When a Spiritual aspirant reaches the third stage of Spiritual Awakening, he has all the wisdom needed for Realization. One must remember that a *Gyani* is not yet Enlightened. He has knowledge but that

knowledge must crystallize. Just like the water kept in a refrigerator will not become ice until it is kept below freezing temperature, a *Gyani* must open his real eyes. His knowledge must crystallize and it happens only after he further evolves in the journey of Spiritual Awakening. Without being a *Gyani* and without the right wisdom, one cannot be Enlightened.

There are some who may think that they are *Gyani*, the learned ones, without being *Mumukshu* and *Jigyasu*. Such people are overconfident about their understanding of theology and philosophy. They consider religion to be Spirituality. They believe in Masters who are not Enlightened. They blindly believe in what they read in a book and they are caught by the hook! They just live and die, thinking that they are *Gyani*, a learned one but they are not Enlightened and liberated. They will never be united with God. Unless a Spiritual seeker is a *Mumukshu*, has a deep passion and yearning and unless one is a true *Jigyasu*, seeking the truth and nothing but the truth, one cannot reach the stage of *Gyani*. That is why a true *Gyani* is one who reaches the third stage of Spiritual Awakening.

What are the attributes of a *Gyani*? A *Gyani* has realized many truths. He knows, beyond doubt that he is not the body. He is sure that death will occur and the body will die. But he is also wise enough to realize that he does not die. He has learned that he will depart in the moment of death and that is why his family will destroy his body. Therefore, he is not so paranoid about death, although every time somebody dies, it may still make him shudder. Once a person is Enlightened, death, no longer becomes a moment of desperation. Rather, it becomes a moment of celebration. But for a *Gyani*, this realization has not yet happened.

Although he knows that the body will die and he will be reborn, he continues to do good Karma. Being a learned one, he accepts the Law of Action and Reaction. He does not plant any bad deeds because he knows that these will become seeds that will not only make him return to earth in a rebirth but also make him suffer his Karma. One who is not a *Gyani*

can be seen doing bad Karma. This reveals a *Gyani* to the world. He lives a moral life, trying to be free from Karma. The *Gyani* is wise enough to understand that just doing good Karma will not make him realize God but because he is not awakened, he still lives as the body, mind and ego. He still lives as ME, although he knows that he is the Soul that he cannot see.

A *Gyani* knows everything but he does not do everything that a Spiritually awakened one does. He has all the theoretical knowledge of Enlightenment but he is not Enlightened. Unless he reaches the next stage and lives like a *Yogi*, a *Gyani* will remain unenlightened. As seen by the world, a *Gyani* has all the wisdom that he preaches but he does not practice what he preaches. Like us all, he is still a slave of the body, mind and ego, although his wisdom makes him appear to be Spiritually evolved.

What else does the *Gyani* realize? A *Gyani* realizes that life has a purpose. He realizes that I am not 'I' but when it comes to putting his wisdom to practice, he fails. He is still attached to pleasures, people and possessions. He realizes the simple truth that when he was born, he came with nothing and one day, when he departs, he will not carry even a pin with him. But he has not yet won over his senses that make him crave, till he ultimately reaches his grave. Although he knows that God is not God, God is SIP, he still continues to pray to God. He continues to follow rituals and superstitions. These actions reveal that a *Gyani* is not yet Enlightened. His actions show that he still has a long way to go.

A *Gyani* knows that he must evolve on the journey of Spiritual Awakening and continues his earnest efforts. One who is not a true *Gyani* will stop learning and his yearning will be towards the material world and not the Spiritual world that the Enlightened one will move into. So, a real *Gyani* continues his journey on the path of going inward and forward till



he reaches the state known as Self-Realization. Unless we reach the state of being a true *Gyani*, our wisdom will remain imperfect because a *Gyani* is absolutely clear. He knows, beyond doubt, that the body will die and at death, one of the two things will happen. If he has all the wisdom but is not liberated from Karma, he will have no option but to return to earth in a rebirth. But if he evolves and transcends the Mind and Ego, ME, then he will be liberated and united with the Supreme. The *Gyani* tries very hard to be free from Karma and a true seeker of Enlightenment does not stop at being a *Gyani*.

A *Gyani* realizes that he is a Soul, a Spark Of Unique Life. He logically understands that every living creature is not what they appear to be and while we may see them as bone and skin, the truth is that they are all the Divine Soul that dwells within. While a *Gyani* knows this, does he realize it? No, he does not. He is unable to treat every living creature as God. He also knows that one day, when he is blessed with the spark of Enlightenment, he will see God in one and all but as a *Gyani*, he is not yet qualified, rather, blessed to see God everywhere, in everything. A *Gyani* learns that every molecule of matter, all the 5 elements that are present on earth, are nothing but Divine energy. He even learns that Quantum Physics and Quantum Mechanics have endorsed that this world is an appearance. This world, in reality, is a projection of energy waves that appear as molecules of matter. This universal energy manifests as the world, mountains, oceans, clouds and stars, just as the Power of the Supreme comes alive in every Soul that walks and talks. While a *Gyani* knows all this, he does not live as though everything is Divine.

A *Gyani* has learned that this world is *Maya*, a Cosmic Illusion. He can give many examples, such as that of a mirage — how a mirage in the desert appears to be but when we get closer, it disappears. A *Gyani* will quote that the rainbow is an optical illusion and while we can see it and even capture a picture of it, we cannot catch or hold it. A *Gyani* is very

intelligent. He does not need to be taught about the Law of Causation anymore. He understands that everything around is an effect and the cause for everything is SIP, the Supreme Immortal Power. He can write long essays and give lectures on how a bangle, a necklace, a chain and a ring only appear to be what they are. The truth is that there is gold in everything. The cause is gold and the effect is the various ornaments. If you remove the gold from them, there will be nothing. A *Gyani* knows all this and even believes in it but he does not realize it. It is pure knowledge. He understands that *Maya*, the Cosmic Illusion has two Powers. It conceals the truth and projects the myth, just like in a movie theatre, the projector hides the white screen and projects the actors with light and sound. Many people even cry when they see their favourite actor die but a *Gyani* will laugh because he knows that there is no real trauma and it's all a drama! While *Gyani* knows that this earth is just a stage and we are actors who come and go, he does not realize this truth before the end of his show.

It is a blessing to be a *Gyani* because one has then crossed three out of the 8 Stages of Spiritual Awakening. Fortunate is he who realizes that this world is a *Leela*, a Divine drama that is unfolding as per Karma. A *Gyani* knows that there is no God sitting in a distant heaven, controlling the fate of billions of people. God is SIP, a Supreme Immortal Power, who has not only created this universe but governs it through Universal Laws that are perfect. Laws like Gravity, Karma and other laws that cause day and night, that create seasons through rotation and revolution.

A *Gyani* evolves on a daily basis, learning something new but if he is a true *Mumukshu* and a true *Jigyasu*, then not only does he learn and yearn but he is also passionate not to burn and return. So, he takes the help of a Guru, a Spiritual Mentor, who can help him discriminate between what is wrong and what is right. Instead of believing in the astral world, it is the Guru that gets a *Gyani* to have his feet on the street. The Guru helps the

*Gyani* to build a Divine connection and evolve into the next stage of Spiritual Awakening. It is very sad but many a *Gyani*, who think that they know it all, just live and die without realizing the truth of, 'Who am I?' Such people may be respected by the masses but a true *Gyani* passes through the stages of Awakening rather than impressing people with his knowledge.

What then are the marks of a true *Gyani*? The truly learned one, overcomes all ignorance. Step by step, he unlearns what he has learned and instead of being in awe of religious magic, he replaces it with Spiritual logic. He is not scared of being accused of blasphemy as he questions his religion, theology and the philosophy of several others that bind him with the myth that he has grown up with. A true *Gyani* cleanses himself of all ignorance, which can otherwise blanket one in darkness, which will never let them see the light of truth. A *Gyani* goes to the bottom of the root, 'If I am not the body, mind and ego, then, who am I? If God is not the one who lives in the sky, then, who is God, where is God and what is God? If I am the Divine Soul, then what is my life purpose, my ultimate goal?' A *Gyani* collects all these pieces of the Spiritual Jigsaw Puzzle and tries to solve it. But alas, his mind makes him blind! He is still caught in thought. He has not been able to flip over from mind to Consciousness. So, he does not realize the truth, although he knows all about it.

Knowledge is not Realization. One may have all the knowledge in the world. One may have gone to the best school and college. One may even be mentored by an Enlightened Guru but unless one develops *Mumukshutva*, that intense yearning and develops *Jigyasa*, that sincere seeking, one will not grow beyond being a *Gyani*. There are millions of wise people in this world, scores of *Gyani* but there are a very few truly realized ones, who have made their Spiritual wisdom, real, in their day-to-day life. A true *Gyani* is sure to evolve into the fourth stage of being a

*Yogi* and will go beyond in the journey of Awakening. However, there is one big problem that stops a *Gyani* from evolving further. So, what is the biggest problem for the *Gyani*?

The biggest problem that a *Gyani* faces is his ego. He thinks, 'I know it all!' He considers himself superior to others. He ridicules the world as being foolish. This reveals that he is not a real *Gyani*. He is trapped by his ego. The real *Gyani* lives with humility. He realizes that he is nothing. He is a manifestation of the Supreme, a Divine instrument. The real *Gyani* surrenders his wisdom to the Lord, realizing that nothing is ours. A *Gyani* realizes that even this body is not mine. One day, he has to leave this body and move on. Therefore, a truly wise one lets go of his ego. We may come across many learned Masters but the secret of their Enlightenment is revealed in their humility. If their ego is Supreme, then we can be sure that they are not Enlightened. It is a big achievement for a *Gyani* to not just accumulate the wisdom he has but go beyond the Mind and Ego, ME. If he does not transcend ME, then he cannot become a true *Gyani*, one who is Enlightened.

It's time to stop and reflect - where are we on the journey of Spiritual Awakening? What is the Power of our yearning and our *Mumukshutva*? Where have we reached in this journey of seeking? Are we a true *Jigyasu*? How much have we traversed on the path of Spiritual wisdom? Have we collected all the required knowledge? Do we have a Guru, a Spiritual Master who is guiding us onward? If we have all these three in place, then it is time to move to the fourth stage of Spiritual Awakening. If we feel that we are weak in the first three stages, we must try to strengthen and realign them so that we are prepared to surge ahead in the voyage of Enlightenment.



# STAGE 4 : YOGI

## ONE WHO LIVES EVER-UNITED WITH THE LORD

One who is Ever-United with God,  
One who lives in Union with the Lord,  
Such a *Yogi* is Free from all Fear,  
Such a *Yogi* lives in Bliss, Joy and Cheer,  
Such a *Yogi* is Liberated from Misery on Earth,  
Such a *Yogi* is Free from Rebirth!

It is the *Yogi* who is Ultimately Enlightened,  
Living in Union with God, he is Liberated!



If one wants to be Spiritually Awakened, there is no other way than to live like a *Yogi*. Without the power of Yoga, Enlightenment will remain a dream. What is true Yoga? Yoga is not what the world imagines it to be. We hear so many people saying, 'I am going to my Yoga class.' They are actually going to a gym for some physical exercises. In Yoga, this is known as *Asana* or body stretching positions. No doubt, *Asana* is a preliminary step and a part of Yoga but one who can have a healthy and flexible body is not a *Yogi*.

The second misunderstanding is that Yoga is about breathing exercises known as *Pranayama*. *Pranayama* is a good way to create focus but that focus is momentary. The moment we stop our breathing exercises, our mind will return with its disturbing thoughts. The first step to be a *Yogi* is to understand what Yoga is not. Yoga is not *Asana* and *Pranayama*, the physical exercises and breathing techniques. Then, what is Yoga?

The word Yoga comes from the word '*Yuj*', which means union. To be in Yoga is to be in union with the Divine. When one experiences that union with their God, only then is he a *Yogi*. Yoga can be compared to an efficient SIM card that is always connected to its network. Wherever we take our mobile, we do not lose the network. Similarly, a *Yogi* does not lose his Divine connection with the Supreme. He is ever-united with the Divine. This is true Yoga.

Why is it important to be a *Yogi*? Most of us in the world are not in Yoga. Instead, we are in *Bhoga*. *Bhoga* means that we are prisoners of our passions and slaves of our desires. While a *Yogi* seeks God and God alone, a *Bhogi* seeks the sensual pleasures of the material world. Thus, a *Bhogi* is a prisoner of pleasures, people and possessions. Only a *Yogi* can be free from the shackles of the material world. Living in Yoga, a *Yogi* seeks God and Liberation, just like a *Mumukshu* but goes beyond just seeking. He is

always united with the Divine. It is not easy to be a *Yogi* because the mind will keep pulling us into *Bhoga*, all the time. Therefore, being a *Yogi* qualifies one to be Enlightened.

A *Yogi* has passed through the stage of *Mumukshutva* and has a deep yearning for God and Liberation. A *Yogi* has gone through the stage of *Jigyasa* or seeking of the truth. He has also crossed the stage of a *Gyani* and has all the knowledge needed. Then, a *Yogi* starts to live in Yoga until he is Enlightened and then, he goes beyond. If he loses his Yoga and sinks in *Bhoga*, then all his efforts would be wasted. Therefore, this fourth stage of Spiritual Awakening is a very important one. So, how does one live in Yoga, all the time? How can one become a *Yogi*?

The world knows of the Four States of Yoga. They are *Dhyana* Yoga or Meditation, *Bhakti* Yoga or Devotion, *Karma* Yoga or Action and *Gyana* Yoga or Education. A *Yogi* lives his life, moving from one state of Yoga to another. Ordinary mortals may experience spurts of Yoga or moments of union with the Divine but a *Yogi* is in Yoga, all the time. A *Yogi* moves from one state of Yoga to another, without being overpowered by the senses of his body, cravings of his mind and the callings of his ego. He has realized that he is nothing but a manifestation of the Divine. He is a wave that is thirsty to become one with the ocean. Hence, a *Yogi* remains in Yoga.

When the *Yogi* wakes up in the morning, he does not jump into the material world and his thoughts. He remains in Consciousness and enters the state of *Dhyana* Yoga or the Yoga of Meditation. What does the *Yogi* do? Nothing! He just remains still. He remains in that state of thoughtlessness, which is often known as mindfulness. A *Yogi* has learned to still his monkey mind. He has removed all the junk and his mind is now, a monk. A *Yogi* who experiences Eternal Peace is in a state of *Dhyana* Yoga. *Dhyana* or meditation is not a fancy activity. Its simple objective is to slow down the pace of thoughts, to reduce the MTR or the Mental

Thought Rate. Our human mind is capable of thinking up to 50 thoughts a minute. This can become 50,000 thoughts in a day. Those of us who are not in Yoga, live in stress, worry, fear and anxiety. A *Yogi* has transcended these demons as he lives in *Dhyana* Yoga after making his mind still. What happens by being in *Dhyana* Yoga? Will one be Enlightened? One may receive sparks of Spiritual Awakening in this state of meditation but a *Yogi* does not stop at *Dhyana* Yoga. He moves from the first state to the second state of Yoga, *Bhakti* Yoga.

A *Yogi* will move from meditation to devotion, in the next step. *Bhakti* Yoga is the ability to be united with the Divine through any form of devotion or prayer. It may be going to a temple, singing songs and hymns or reciting passages praising or in glory of God. However, *Bhakti* Yoga is different from *Bhakti*. *Bhakti* is devotion but *Bhakti* Yoga is union through devotion. These are two different concepts. A *Yogi* realizes that God lives in the temple of his heart and he is none other than a manifestation of God. Even though he is not yet Enlightened, he has overcome ignorance in the stage of *Gyani* and does not believe the lie that God lives in the sky. Therefore, a *Yogi* in his *Bhakti*, awakens the Divine within. He does not pray to God but prays through God, creating a Divine connection.

So, what does a *Yogi* do after meditation and devotion? After waking up in *Dhyana* Yoga and spending time in *Bhakti* Yoga, his Yoga or union continues through *Karma* Yoga or the Yoga of Action. We have all heard of Karma. The word 'Karma' means action. It is also known as the Law of Karma. A *Gyani* realizes that whether we do good or bad Karma, we will face the consequences of our deeds. But a *Yogi* goes beyond Karma. He lives as a *Karma Yogi*. Nobody can be free from action. Every living being must act but the *Yogi* becomes free in action. Although he performs actions, he does not consider these to be his actions. He realizes he is nothing but a Divine instrument. Most of us not only perform actions



but we expect results. We are attached to the fruits that we feel should come out of our actions but a *Yogi* is detached from all expectations of his actions. This is *Karma* Yoga.

A *Yogi* lives like anybody else but he offers all his actions to the Lord. He makes himself an instrument of the Divine and all his actions are inspired by a Divine vision or mission that will unite him with the Supreme. A true *Yogi* is never so caught in Karma that he has no time for *Gyana* Yoga or *Bhakti* Yoga. He moves from one state of Yoga to another and after doing his Karma, his duty as an instrument of God, he moves into a state of *Gyana* Yoga. He creates enough time to be united with the Divine through education and gaining Spiritual wisdom.

What is the difference between a *Karma Yogi* and a *Karmi*? Many people are confused and mix up the two. A *Karmi* wants to do good Karma. He does not want to sin but he is so engrossed in his Karma and so lost that he does not live as a *Yogi*. A *Karma Yogi*'s focus is more on Yoga than on Karma. Although he is doing his Karma, it does not supersede his living in Yoga. To him, being a *Yogi* is of paramount importance. A *Karma Yogi*'s attention is not on doing good Karma because he realizes good Karma will bind him to the cycle of death and rebirth. Seeking Enlightenment and Liberation, a *Karma Yogi* goes beyond doing good Karma and expecting a good destiny. A *Karma Yogi* seeks God, Liberation and nothing else.

Being a *Yogi* means spending a lot of time in *Gyana* Yoga. It is *Gyana* Yoga that makes a *Yogi* evolve in the journey of Spiritual Awakening. Without wisdom and the right knowledge, a *Yogi* cannot reach the next state of being awakened. Knowledge is the raw material but unless it becomes wisdom and unless a *Yogi* lives in Yoga with *Gyana*, he will not be united with the Divine.

There are many things that we may learn, which might seem to be knowledge of Enlightenment but they may actually be taking us in the

opposite direction. One such danger is religion. Many people read a lot of scriptures. They believe in a God with name and form and get carried away by rituals, dogmas and superstitions. This is not living as a *Gyana Yogi*. A *Yogi* living in *Gyana* realizes that he is nothing but a manifestation of the Supreme. He may not have got the spark of Enlightenment still but he is very close to it. Even after one is Enlightened, they must continue to live as a *Yogi*. Without being a *Yogi*, it is practically impossible to be Enlightened.

Therefore, a *Yogi* moves from one state of Yoga to another. There is no particular order or pattern that he must follow. However, it is natural to start and end the day with *Dhyana*. *Bhakti* can be done anytime, throughout the day. Karma, action or duty occupies a large part of our day and often, we have no time for *Gyana* but a *Yogi* moves from one state to the other state, remaining in Yoga and not losing the battle to *Bhoga*. By being in constant Yoga, the *Yogi* is preparing to reach the fifth stage of becoming enlightened. It all depends on whether he is successful in living like a *Yogi* or not. If he is not, he will slip in *Bhoga* and lose the gift of Enlightenment. There are cases of several learned Masters who have slipped back into the clutches of the material world, of wishes, wealth and wine and lost their power. Alas! Their Yoga lost the battle to their *Bhoga*! Unless one is a pure *Yogi*, who is ever-united with the Divine, one can never be enlightened. Even if one is blessed with Spiritual Awakening, if he fails as a *Yogi* and becomes a *Bhogi*, he will not go beyond the fourth stage of Enlightenment, the stage of being a *Yogi*.

In my journey of seeking the ultimate truth, as I was yearning for the Divine and Liberation, I started living as a *Yogi*. I eliminated all *Bhoga* from my life. I stopped socializing with unnecessary people and cut off all possible evils that could draw me into *Bhoga*. I even stopped the occasional sip of wine, lest I get intoxicated and lose my power of discrimination. My commitment towards Enlightenment was complete and I lived in Yoga,

moving from one state of Yoga to another. My *Dhyana* was weak as I spent little time in silence but my *Bhakti* was very strong. I lived as a *Karma Yogi*, serving suffering humanity and my *Talaash* as a *Jigyasu* opened the door to the greatest blessings from the Divine.

I was blessed to experience the fifth state of Yoga, *Prema* Yoga or the Yoga of Divine Love. I loved God a lot and the Divine showed me a way to love Him through experiencing Him in all His manifestations. I could love God as I loved all His beautiful creations. Even the love for my beloved became Divine Love. It was not just love for the body or skin but love for the Divine that was within. Therefore, now I could be a *Yogi*, not just through *Karma* Yoga, *Bhakti* Yoga, *Gyana* Yoga or *Dhyana* Yoga but also through *Prema* Yoga. I was united with my Lord as I loved my God with the power of Divine Love that was nothing other than Yoga, being united with the Supreme.

For a *Yogi*, it does not matter which Yoga we are in. What matters is to be in Yoga and not in *Bhoga*. As long as we can be united with the Supreme, we will be ready to qualify for the state of Enlightenment. Somebody like Mother Theresa may have spent her entire life in *Karma* Yoga. Meerabai may have lived in *Bhakti* Yoga. Gautam Buddha may have spent time doing *Dhyana* Yoga or Vivekanand may have spent time in *Gyana* Yoga. Different *Yogis* spend their life in different states of Yoga. What ultimately matters is not what Yoga you are in but rather, if you are a *Yogi* or not. If you are a *Yogi*, you will be united with the Supreme. And having crossed the stages of a *Mumukshu*, a *Jigyasu*, a *Gyani* and a *Yogi*, you are now ready to become a *Buddh* or an awakened one.

The journey of Spiritual Awakening is unique for each seeker of Enlightenment. No two seekers will have the same path but all Enlightened beings go through these stages. Unless one has a deep yearning for God and Liberation, one will never become a *Yogi* and unless

one is a *Yogi*, one will fall prey to the sensual pleasures of *Bhoga*. Therefore, crossing these four stages of Spiritual Awakening is absolutely essential before one is blessed with the light of truth. Enlightenment is not for everybody but anybody who yearns for the Divine and Liberation, anybody who seeks the truth, anybody who gains the right wisdom with the help of a Spiritual Master or a Guru, and anybody who lives as a *Yogi*, in union with the Divine qualifies to be awakened. It is not about having one of these qualifications but all of them. If any of these four attributes are missing, there is little chance of being Enlightened. We know that only one person in ten thousand people is fortunate to reach that state of realizing the ultimate truth and that is not the end. That is the beginning of the journey of Liberation and Unification. But the reward is well worth it. One who is Enlightened and liberated is free from all suffering on earth and free from the cycle of rebirth. But first, one must be a *Yogi*, before Enlightenment and remain a *Yogi* even after Enlightenment.

A *Yogi* is in love with the Divine. A *Yogi* seeks the Divine. He seeks nothing else but the Supreme. To a *Yogi*, God is not a priority. God is the ONLY priority. He is willing to sacrifice anything for God and Liberation. He lives a life of complete acceptance and surrender. Those who wonder why, do not realize that a *Yogi* has gone through the stages of a *Mumukshu*, *Jigyasu* and *Gyani*. A *Yogi* has realized several truths of life and now, seeks nothing but God and Liberation from this world, so that he can be united with his Lord.

Is it very difficult to be a *Yogi*? Living as a *Yogi* is the most blissful life. It is living in Eternal Bliss, experiencing peace, joy and love, unknown to the world. A *Yogi* has no fear and lives with cheer. He enjoys this *Leela*, knowing that everything is *Maya*, being ever-connected with the Divine and under the protection and love of the Supreme.



# STAGE 5 : BUDDH

## ONE WHO IS ENLIGHTENED WITH THE TRUTH

A *Buddh* is Awakened, he has Realized the Truth,  
He has Discovered what lies at the bottom of the Root,  
From Misery and Sorrow, the *Buddh* is Free,  
He Realizes that he is not the Mind and Ego, ME!

The *Buddh* is Awakened that he is the Divine Soul,  
To become One with the Lord is his Ultimate Goal,  
The *Buddh* lives with a Divine Glow,  
In Acceptance and Surrender, his life does Flow!



While the term Buddha is commonly understood as one who is awakened, it is the stage, which is the beginning of the Enlightenment journey. No doubt, one has awakened to be a *Buddh* but to complete the journey of Spiritual Awakening, he has to go through three more stages beyond it. What, then, is this stage called *Buddh* or Buddha?

A *Buddh* is not just a *Mumukshu*, who yearns. He is not just a *Jigyasu*, who seeks. He is not just a *Gyani*, who knows and he is not just a *Yogi*, who lives in union with the Supreme. He is Enlightened. He is awakened. He has realized that he is not the body. He will leave this body at the moment of death. He has realized that he is not even the mind. Although, he has tried to find the mind, all he could find was a bundle of thoughts. The *Buddh* realizes that he is not the ego that says 'I', 'me' and 'mine'. A *Buddh* neither has to analyze anymore nor does he have to memorize, for once you realize the truth as a *Buddh*, it becomes a part of your Consciousness.

A *Buddh* has realized the truth about life. He knows, beyond doubt that he is the Divine Soul, a Spark Of Unique Life. Although he realizes this, he has not yet realized God fully. He understands that the Divine is present in all living creatures but only after living as a *Buddh*, does he go through the sparks of Enlightenment that will complete his Spiritual Awakening. The *Buddh* is no more enveloped in ignorance. He is a wise *Yogi*, who has a Divine connection with the Supreme. He has not only transcended the body, mind and ego but also its desires and cravings. A *Buddh* lives in contentment and fulfilment after experiencing that spark of Enlightenment.

What are the attributes of a *Buddh* or Buddha? A *Buddh* lives without fear. Even the real dangers of the world do not affect him. He is free from stress, worry and anxiety. Toxic emotions like anger, hate, revenge and jealousy do not penetrate a *Buddh*. Although his ego is alive, he transcends it and lives as an Enlightened ego. The *Buddh* realizes, 'I am not 'I'.' He realizes, 'I am nothing but a manifestation of the Divine.' Having realized this, he does not sink in *Bhoga*. Just like a beautiful lotus floats above the dirty waters of a lake, the *Buddh* lives above the *Bhoga* of the material world. He neither seeks the trinkets of the material world nor is he affected by the trivial circumstances that unfold in his life.

A *Buddh* is awakened, he is Enlightened but he is not yet liberated. He knows that Liberation will happen in the moment of death. His ultimate goal is to reach that state of *Moksha* or *Nirvana* and he has already started his journey to get there. Ordinary mortals can slip back easily into desires and cravings. But the *Buddh* cannot be easily carried away. In fact, it is practically impossible for a *Buddh*, who lives in Yoga, to slip back into *Bhoga*. But there are cases when a *Buddh*, who is Enlightened, fails to reach that final stage of Spiritual Awakening, which is Liberation and Unification with the Divine. Therefore, an Enlightened one continues his Enlightenment journey till his last breath. Spiritual Awakening culminates in the moment of death. The *Buddh* realizes that death is not the end, it is just a bend. For him, death is not a moment of desperation. It is a moment of Liberation and therefore, a celebration.

The *Buddh* is like a beacon of light in a dark, hopeless world. While the world suffers in miseries, the *Buddh* is free from the ordinary traumas faced by the world. He has realized that this world is a drama, just as he has realized that everything unfolds as per our Karma.

The *Buddh*, the Enlightened one, lives a life of acceptance without protest. Whatever happens, he gracefully accepts, knowing that it is a result of his own Karma. He is Enlightened to the truth that Karma continues life after life. He has learned that only the body dies. The Mind and Ego, ME, carries its Karma and is reborn. Therefore, he considers himself to be an immortal Soul, which is birthless and deathless. He sees through the scientific truth that every cell of the body is nothing but energy. The difference is, while science asks for proof, the *Buddh* has experienced it. This *Aparoksh Anubhuti* is beyond logic. It is Divine magic. The inner light shines and he experiences himself as a reflection of the Lord. ‘*Neti Neti, Tat Twam Asi*’ – I am not the body, I am not the mind, I am that Divine Soul – this truth dawns upon the *Buddh* in that moment of Enlightenment.

The most amazing aspect of a *Buddh* is the moment of Enlightenment. We are told of how the Buddha, the Enlightened one, received the spark of Enlightenment, sitting under the Bodhi tree. This does not mean that everybody must go and sit under a tree. I was blessed to realize this truth in a spark in the AiR France flight AF 192 from Paris to Bangalore. It was on the 31<sup>st</sup> of August 2014 that the Divine light shone on me and created my transformation. Anybody can be a *Buddh* but they must go through the four stages before the awakening. If one does not live with deep yearning and seeking, if one does not overcome ignorance and realizes the truth, if one does not live in union with the Divine, then the spark of Enlightenment will never come. Becoming a *Buddh* is very much possible but one must sincerely follow the stages.

What is the transformation that makes one a *Buddh*? Many people in this world might have the knowledge of the truth. They may even



experience several Realizations but they may not have yet attained the stage of a *Buddh*. Why? It is because to become a *Buddh*, one needs the grace of the Divine and the guidance of a Guru. Without a Guru guiding a *Gyani*, an arrogant one, will presume that he has all the knowledge of a *Buddh* and never experience the spark of Enlightenment. Therefore, Enlightenment is a spark. It has to be experienced. It cannot be proved. In fact, the *Buddh* does not find it necessary to tell others that he is Enlightened. One need not proclaim that one is Enlightened, although he is. Those who are not Enlightened, think of this Awakening as something very mysterious but in reality, one out of every hundred seekers is Enlightened with the truth. However, being Enlightened is not the end of the Spiritual journey. It is just the beginning of the Awakening process.

How can one understand from a distance that a *Yogi* is now a *Buddh*? Enlightenment cannot be hidden. It appears as a transformation in the life of a *Jigyasu*. Everything changes. What he wears, what he eats, what he talks and what he does will no more be human. It will be Divine. Therefore, a *Buddh* will be revealed as his transformation begins.

Have we not seen the metamorphosis of a caterpillar as it becomes a butterfly? Being a *Buddh* is the first stage of that metamorphosis. An ordinary human is transformed into an Enlightened being. An ignorant mind is now, an intelligent Consciousness. Therefore, the process of metamorphosis has begun and it will end only after all the 8 Stages of Spiritual Awakening are completed.

Many people think that being a *Buddh* is the ultimate stage of Spiritual Awakening. This is a myth. A spark of a *Buddh* heralds the

beginning of Spiritual Awakening. The Enlightenment has happened but the complete Spiritual Awakening has only begun. One has realized the truth and become a *Buddh*. Now, the *Buddh* has to live the truth. Only when a *Buddh* lives his Awakening, Enlightenment or Realization, he will be liberated and united with the Supreme. Most seekers of the truth think that the Spiritual Awakening ends at this fifth stage of being a *Buddh* but in reality, the fifth stage is one peak of Enlightenment. Now, one must transcend the mind and ego, completely. One must be free from all Karma and be completely liberated from the triple suffering of the body, mind and ego. Only then, will the *Buddh* attain *Nirvana* or *Moksha*.

When one becomes a *Buddh*, there are two possibilities. In many cases, a *Buddh* does not attain Liberation and Unification with the Divine. The *Buddh* slips and falls into the material world that lures him with people, possessions and pleasures. Why does this happen? Because the *Buddh* still has a mind that produces thoughts. He still has an ego that says 'I'. He still has a family and even if he has attained detachment, they are still attached to him. Often, the *Buddh* has duties and responsibilities that he has to fulfil towards his family. How, then, can a *Buddh* be free to move onward, forward and God-ward? An Enlightened one often gets stuck at this point. Therefore, even after being awakened to the truth, the *Buddh* does not experience an automatic entry into heaven, a state of becoming one with God. It is a tough challenge for a *Buddh* to let go of all pleasures, possessions and people and move forward.

In several scriptures, it is prescribed that one must become a *Sanyasi*. It means that one must renounce their house, work, possessions, relationships, responsibilities, duties and practically everything to move forward to the ultimate state of Liberation. However, this is also

a myth. A truly Enlightened one can live in the material world, provided he is free from all attachments and cravings. He does not have to head to the forest or the mountains and become a *Sanyasi*, one who has renounced everything. As long as the *Buddh* lives as a *Yogi*, one who is ever-united with the Lord and not as a *Bhogi* or one who is intoxicated and distracted by people, possessions and pleasures, he can continue to evolve towards the ultimate destination. No doubt, it is not easy and that is why many Enlightened ones prefer to leave the world and live in seclusion so that they are free from the clutches of the material world. Every *Buddh* must make his or her choice. We are told of Raja Janak, the father of Sita who was the wife of Lord Rama. As per the ancient accounts of his life, he was a *Buddh*, an Enlightened one, although he was a king. Living in a palace, he was detached from all the majestic grandeur. There are cases of Enlightened masters who have continued to live in the usual, worldly way but are internally liberated. Although the world may see attachments around them, a real *Buddh* lives with detached attachment. His relationships are no more binding, just as his duties are no more restricting. Such a *Buddh*, who lives in the material world, marches forward to his destination.

Seekers of Spiritual Awakening cannot easily comprehend the state of being a Buddha. This state has to be experienced. While we may try to explain Enlightenment in words, it is like trying to define the energy or electricity in a bulb. Of course, the bulb glows when the energy flows through it and we can see electricity in the form of light but if we want to feel the electricity, we must have the courage to touch a live wire. How many of us are willing to face the shock? Such is the challenge of being a *Buddh*. The experience is different, it is a state of ecstasy and a euphoria of Divine Bliss, unknown to man.

To conclude, what is that stage of being a *Buddh*? It is being Enlightened with the truth. It is being awakened to the reality of life. It is being liberated from attachments. It is overcoming the myth that we have grown up with. It is the Realization that we are the Divine Soul. It is the beginning of our journey to the ultimate goal. It is freedom from pleasures, people and possessions. It is the Realization that we come with nothing and go with nothing. It is the wisdom that we are born alone and die alone. It is the Realization that death is not the end, it is just a bend. It is the choice of not returning to earth in a rebirth. It is the blessing to be free from all Karma. It is the grace to realize that life is nothing more than a drama. It is the reward of living as a *Mumukshu*, the one who yearns for God and Liberation. It is the result of being a *Jigyasu*, one who seeks the truth. It is going through the process of a *Gyani*, who has acquired wisdom and it is living as a *Yogi*, who is ever-united with the Divine.

A *Buddh* may appear as a normal mortal, made of bone and skin but he has realized that he is the Divine that dwells within. Having gone through the process of Purification, Illumination and reaching the state of Realization, the *Buddh* seeks nothing more than Liberation from this world and Unification with the Divine. To a *Buddh*, this world is *Maya*, a Cosmic Illusion and he has only one mission in life, to transcend the Mind and Ego, ME and be free to be who we are meant to be. The *Buddh* lives as a Divine wave, yearning to merge with the Supreme ocean, awakened and Enlightened with the truth.



# STAGE 6 : STHITPRAGYA

## ONE WHO DISCRIMINATES WITH A STEADY INTELLECT

In this Journey of Realization,  
We start with Purification,  
This leads to Illumination,  
But the Ultimate Goal is Liberation!

Only if we live as a *Sthitpragya*,  
There will be Discrimination,  
Which will Certify and give Validation!



Becoming a *Buddh*, the Enlightened one, as understood by the world is not the end of Spiritual Awakening. The journey of Spiritual Awakening goes on even after being Enlightened. Spiritual Awakening is completed only in the moment of Liberation, in the moment of Unification with the Divine. Therefore, when one becomes a *Buddh* and is Enlightened with the truth, he commences living an awakened life. What does this mean? Just having realized the truth is not enough. One has to live it. If one does not live the Realization, then he is not truly awakened. So, how does one live a Spiritually awakened life?

To live as an Enlightened one, one must be in the Consciousness that I am not this body, I am not the mind and my ego is a false identity. One must live as the Divine Soul. One must not just see the Divine presence in one and all but one must *be* a particle of the Supreme. This is easier said than done, just like knowledge is easier than Realization and Realization is easier than Liberation. What Liberation are we talking about? Even though we have realized that we are the Divine Soul, our mind will stop us from achieving the ultimate goal. The mind will repeat its barrage of thoughts in which, we must not get caught. If one slips into *Bhoga*, then even if he is Enlightened, he may start living a worldly life. There are many examples of many so-called Enlightened Masters who have descended from the peak of Enlightenment into the valley of pleasures, possessions and people. This is because of their mind.

While we have not seen the mind, we all experience its existence when it appears in the form of thoughts. We may try and still the mind and kill the mind but even if we do, we will never be able to kill thoughts. But a thought is not the mind. As long as we are able to have one thought at a time in Consciousness, we will not fail in living an awakened life. However, one must live with a steady intellect for this to happen. This is known as being a *Sthitpragya*, the sixth stage of Spiritual Awakening. In this stage, one has complete command over the mind, he has locked

himself in Consciousness and activated the intellect. There is no 'MIND' anymore - No Miseries, No Ignorance, No Negativity and No Desires.

A *Sthitpragya* is a true MONK. He is —

M – Master of the Mind

O – Only in Yoga, he lives

N – No Desires, he has

K – Karma, he Transcends

True Enlightenment is moving from the mind being a monkey, to a monk. In the state of *Sthitpragya* one tames the monkey mind and makes it a monk. This happens by cutting the tail of the monkey mind, the EY that is Ever Yelling and Ever Yearning. It is being in that state of Truth Consciousness that experiences Eternal Bliss.

So, what is it to be a *Sthitpragya*? A *Sthitpragya* does not live by his mind. His actions are not controlled by his moods or feelings. He lives in Consciousness and every action is a result of discrimination by the intellect. Living as a *Sthitpragya*, there will still be thoughts but in thought, one will not be caught. One will be free from the Mind and Ego, ME, and will not just be the Soul, but rather, live as the Soul. A *Sthitpragya* is not a slave of his desires and passions anymore. He has realized the truth that he is not the body, mind and ego, he is the Divine Soul. Therefore, when there is a thought that attracts him to the world, he uses the Power of his intellect and kills that thought. There is no mind alive anymore, for the *Sthitpragya*. There are only thoughts. Earlier, the *Sthitpragya* used to experience his mind when thoughts used to pour like rain and push him down the drain. Now, the thoughts appear in his

Consciousness as gentle snowflakes, one-by-one. He discriminates each thought as it appears like a gentle fish swimming into the ocean of his Consciousness. Earlier, thoughts would attack him like a swarm of bees and would appear like the many trees we see growing wild in a jungle. Now, thoughts appear one by one, like cable cars on a ropeway. A *Sthitpragya* is in command of his thoughts. He lives as a witness, an observer and deals with each thought with his willpower. Not only does he discriminate but he also chooses his thoughts, feelings and actions. Thus, he remains in peace and bliss, in that state of thoughtlessness that is known as Consciousness.

A *Sthitpragya* is already awakened as a *Buddh*. Why, then, must he struggle to control his mind? This is because as long as we have breath, till that ultimate moment of death of the body, we continue to live with our mind and the ego. Our mind is nothing but a thought factory. It will continue to produce thoughts but a *Sthitpragya* has shut down the factory that is normally very active. Now, his mind is dormant, like a sleepy volcano that no more erupts lava. The volcano exists. It tumbles, rumbles and even emits smoke but as long as one is a *Sthitpragya*, his volcanic mind will not erupt anymore with thoughts. The trail of leftover thoughts of the mind will continue to appear in his Consciousness but not take charge of his life, as it would, in a normal human being.

What happens to the ego of a *Sthitpragya*? Can the ego disappear? If the *Sthitpragya* wants water, will he not say, 'I want a glass of water?' Then, what happens to the 'I', the ego of the *Sthitpragya*? A *Sthitpragya* discriminates and lives as an Enlightened ego. He may use the term 'I' or even 'me' but he realizes that I am not 'I'. He does not live as the 'I'. As a *Buddh*, he is awakened to the truth that we are not the body, we are the Divine Soul. And as a *Sthitpragya*, he achieves the ultimate goal of living as the Divine Soul. It is easy for anybody to say, 'I know I am a Soul,' but it



is difficult for one to realize, 'I am a Soul,' and it is practically impossible for one to live as the Soul. Only an Enlightened Master, who is a *Sthitpragya* and who lives with a steady intellect can be in a state of Eternal Consciousness, not only discriminating but choosing to and living as the Divine Soul.

The mind is constantly trying to defeat a *Sthitpragya* but it fails every time. A *Sthitpragya* has deactivated the mind and it seems to exist only as if it is in a state of coma. Even though one may be a *Buddh*, an awakened one, one is not free from the Mind and Ego, ME, until he is liberated and lives as a *Sthitpragya*. Only then can he move to the next state of living as a liberated Soul.

Enlightenment is not an easy journey. To be Spiritually Awakened, one must live each moment of their life as a *Yogi*, first, before attaining Buddhahood and then, after being Enlightened. It is not a straightforward path. It has many windings and turns before the moment of Liberation and Unification. Therefore, just being a *Mumukshu* or *Jigyasu* and just yearning and seeking God is not enough. Even though one becomes a *Gyani*, lives as a *Yogi* and is Enlightened as a *Buddh* with the wisdom of Realization, he still does not complete the process of Spiritual Awakening. He will still be asleep until he awakens from the body, mind and ego in which, one is so deep in slumber.

Is it easy to give up the body, although we are alive in it? Is it easy to still the mind, something we cannot find? Is it easy to live without 'I' when we constantly refer to 'I' and 'me'? Only a *Sthitpragya* realizes that he is not the 'me' that he sees in a mirror. Only a *Sthitpragya* can live beyond the bone and the skin, as the Divine that is within. What else does the *Sthitpragya* do after realizing that he is a manifestation of the Divine?

The *Sthitpragya* realizes that I am not 'I'. He realizes that I am a Soul, a Spark Of Unique Life. He, then realizes that the Soul is a part of SIP, the Supreme Immortal Power. Being in a state of Consciousness, he experiences SIP in one and all. He realizes that he is not an ordinary man. He is God, himself. Immediately, his mind tells him, 'What a fool you are! How can you be God? How dare you think you are God?' A *Sthitpragya* does not accept this thought. He lives in Consciousness realizing, 'I am nothing, I am not this body that will die. I am not 'I'.' He becomes free from the Mind and Ego, ME that tries to make him see himself as mortal. He realizes that he is immortal. He transcends every ordinary thought and lives in the Consciousness of the Divine presence within. He also experiences the Divine in every Soul, be it a man or a beast. Nothing can stop him from this discrimination and that appears in each and every action of the one who lives as a *Sthitpragya*.

The *Sthitpragya* knows that every molecule of matter is nothing but Divine energy. Science is only waking up to this truth now, through its branches of Quantum Physics and Quantum Mechanics that endorse the theory of Wave-Particle Duality. While science is still grappling with the fact that every particle of matter is nothing but energy, a *Sthitpragya* experiences Divine energy in every molecule of inanimate matter, whether it is the mountains, the seas, the rocks or the river. All that a *Sthitpragya* can see is the presence of the Divine. He does not have to convince himself that God is SIP, a Supreme Immortal Power that appears as every Soul and appears as every molecule of matter. He becomes conscious of it.

A *Sthitpragya* does not have to memorize or analyze because after becoming a *Buddh*, this is what he has realized. Having transcended his biggest enemy, the rascal mind, he is no more challenged by ignorance. However, this calls for him to live as a *Sthitpragya*. Otherwise, he will lose the blessing of being awakened.

It is difficult for one who has not reached a state of *Buddh* to even fathom the journey beyond being a *Buddh* but the truth is that just being awakened is not the end of the journey of Spiritual Awakening. One has to be liberated and the key to being liberated is to live with a steady discrimination and in Consciousness with the intellect. The one who has not locked his life will lose command of the five senses or the five wild horses, as referred to in the Bhagavad Gita by Sri Krishna. The five wild horses are our senses. These five senses are controlled by the mind, which is nothing but the reins. Unless these reins are controlled by a charioteer, our life chariot will topple, as the five horses will go wild, each in their own direction. The charioteer is the intellect. The intellect comes alive in Consciousness and this state is called as being a *Sthitpragya*. Sri Krishna mentions it several times in the Bhagavad Gita – ‘If we have to attain *Moksha*, we must live as a *Sthitpragya*.’

What next? After becoming a *Buddh* and living as a *Sthitpragya*, are the doors of Heaven open to us? Will we attain God? Not yet. We need *Mukti* or freedom and only then can we reach the final stage of Spiritual Awakening. But we cannot attain freedom until we are free from the mind and the ego. After this sixth stage of Spiritual Awakening, of being a *Sthitpragya*, we qualify to reach that state of *Mukti*.



# STAGE 7 : JIVANMUKTA

ONE WHO IS LIBERATED FROM  
ALL SUFFERING

Spiritual Awakening has Stages, Eight,  
Then, to God, we will go Straight!

But we all have to Wait,  
Till we are Free and Cross the Gate.

It is *Jivanmukta*, that Ultimate State,  
That frees us from all Misery and Hate!

This is the Stage Number Seven,  
The Next Stage leads us to Heaven!



While many people consider the *Buddh* to be Spiritually Awakened, there are many others who think it is a *Jivanmukta*, one who has attained freedom or *Mukti*. A *Jivanmukta* is a living being who is free from all misery on earth. He has attained freedom from suffering, from the pain of the body, misery of the mind and agony of the ego. He is alive but is now qualified not just to be free from all misery on earth but also to be free from the cycle of death and rebirth. What is this stage of *Jivanmukta*?

In the journey of Spiritual Awakening, just being Enlightened is not enough. After being Enlightened, one must live as a *Sthitpragya*, live with that steady intellect and be liberated. It means that one transcends his physical senses, just as he transcends his mind and ego. He is very much alive in the body but is free from the body. His body will experience pain but he will not suffer the pain. A *Jivanmukta* has complete command on his mind, such that there is no mind. There are just thoughts that gently appear in his Consciousness. A *Jivanmukta* is free from the ego. He has reached a state of an Enlightened ego and is free from the bondage of 'I' and 'me'. Is being a *Jivanmukta*, the final stage of Spiritual Awakening? No, it is not. Let us reflect.

A *Mumukshu* starts the journey of yearning for the Divine and Liberation. Then, he becomes a *Jigyasu* and seeks the ultimate truth. Thereafter, he becomes a *Gyani* and attains Spiritual wisdom. It is only when one lives as a *Yogi*, the fourth stage that he evolves to the fifth stage of being a *Buddh*, one who is Enlightened with the truth. This is a major landmark in the Spiritual journey as one is considered awakened. But unless one goes to the sixth stage and lives in Consciousness, activating the intellect, one cannot reach the seventh stage of being a *Jivanmukta*, one who is free from the body, mind and

ego and lives as a liberated Soul. Therefore, *Jivanmukti* is a lofty peak in the trek of Spiritual Awakening.

What is the life of a *Jivanmukta*? A *Jivanmukta* is free from fear, worry, stress and anxiety. Unlike other mortals, he does not suffer the miseries of his mind. This is because he has flipped over from mind to Consciousness. Of course, he still experiences thoughts but they do not pour like rain, causing him to suffer again and again. He has attained *Mukti* or freedom. He is liberated from suffering. One who has not attained *Mukti*, often descends into a valley of gloom and depression. A *Jivanmukta* shines with cheerfulness. He is joyous, blissful and peaceful. He lives in the present moment, and lives life, moment by moment. Therefore, there is no past that is gone and no future that is not yet born. He eliminates all guilt, regret and shame. He is the Master of his memory, as he has locked his mind from picking toxic thoughts that bind him to this world of suffering.

The *Jivanmukta* has transcended his ego and thus, is no more agonized by anger, hate, revenge and jealousy. He has dropped all duality after being awakened that he is the Divine Soul. He has realized that every Soul is SIP. We are all manifestations of the one Divine. A *Jivanmukta* not only knows this but he has also realized it and so, he drops his ego and all its agony and anguish, along with it.

The *Jivanmukta* is still alive in the body made of bone and skin. His body will experience aches and pains but the *Jivanmukta* will not suffer. He lives, realizing that he is not the body, although he has a body and even though he experiences pain in the body, he does not suffer. He lives in a state of Eternal Bliss in Truth Consciousness. 'I am an immortal Soul, birthless and deathless. I experience no pain.' This

is the state of a *Jivanmukta*, one who is alive in a body but liberated from all the suffering of the body. Having attained *Mukti* or freedom, what then is the life of a *Jivanmukta*?

After reaching this seventh stage of Spiritual Awakening, one lives as a *Karma Yogi*. One is in Eternal Yoga or union with the Divine. One is not free from actions but has attained freedom in action. Therefore, a *Jivanmukta* does not create any fresh Karma. He is free from all Karma because he is liberated from the doer-ship that is attributed to the body, mind and ego, which he is not. He has no desires or expectations and lives his life as an instrument of God, fulfilling the Divine Will. Therefore, a true *Jivanmukta* is not only free from creating fresh Karma but is also free from the unfolding of past Karma. His body may still experience Karma that were created when he was the body, mind and ego but now, he is liberated from these. Therefore, he lives as a witness, an observer of the body experiencing some results of past Karma but he is free from Karma. A *Jivanmukta* thus continues to live as a *Karma Yogi*, in complete acceptance and surrender, till he is liberated from his body and united with the Divine. He accepts everything that happens without any protest whatsoever because he realizes that everything is unfolding as per the Divine *Leela*, the play of the Lord. To him, everything is *Maya*, a Cosmic Illusion. It is not real. It is just a projection and he surrenders to this *Leela* and *Maya* in Consciousness. Thus a *Jivanmukta* is joyous, no matter what. For him, there is no difference between pleasure and pain, loss and gain, sun and rain. Everything is unfolding as per the Divine Will, of which, he is a part.

A *Jivanmukta* is not attached to *Samsaar* or the world. Even though, he may seem to be surrounded by people and relationships, he lives with detached attachment and remains attached only to the Divine.

He desires and yearns only for one thing — Liberation and Unification with the Supreme. He loves God and sees God, in one and all. Therefore, a *Jivanmukta* is the epitome of love. His love is Divine and it flows from the Divine within to the Divine in one and all. This fountain of love, joy, bliss and peace are the visible attributes of a *Jivanmukta*.

A *Jivanmukta*, having transcended his ego, realizes that he is nothing. He is not even his name. Nothing belongs to him and he will leave everything behind, at the end of the show. We all have to depart and the body that the world considers as ‘me’, will be left behind. This truth is realized by a *Jivanmukta* and he lives this truth. He is free from his own body, just as he is free from all entanglements of pleasures, possessions and people. He is liberated from the prison of desires, cravings and addictions. He accepts everything as a *Prasadam*, a gift from the Divine but does not seek any pleasures of the body, mind and ego. He lives as the Divine Soul, a Spark Of Unique Life, who is free from the allurements of the material world.

Many people think that to be a *Jivanmukta*, one must be a *Sanyasi*, one has to renounce everything and retreat into loneliness. A true *Jivanmukta* does not run away from the world. He experiences the Divine in every atom of existence and is free from all attractions and distractions. He is genuinely awakened and liberated. Therefore, being a *Jivanmukta* is being in the advanced stage of the Spiritual journey. A *Buddh* evolves into a *Sthitpragya* and only then reaches the stage of a *Jivanmukta*, the one who is liberated when alive. But the journey of Spiritual Awakening does not end here. A *Jivanmukta* has to move to the eighth stage before he is ultimately liberated from the body. However, the key to being liberated while being alive is very important to unlock the door to the final stage of Spiritual Awakening.



A *Jivanmukta* is completely free and liberated. Neither fences nor farces nor faces nor forces can stop him from completing his Spiritual journey. He moves forward and locks himself into an irreversible path after being liberated as a *Jivanmukta*. There is no force on earth that can affect a *Jivanmukta*. He has overcome the ignorance of all farces. He has broken all fences that could stop him from marching ahead. And most importantly, no face on earth, no person, no relationship can pull a *Jivanmukta* back into *Bhoga*. He lives in Yoga, in an eternal union with the Divine. The world has seen some cases of Enlightened Masters who have gone back to live in *Bhoga*, overcome by addictions, intoxications and sinking in pleasures, wealth and wine. A true *Jivanmukta* is incapable of falling back into *Bhoga*. If one does, it only reveals that he did not truly reach the state of *Jivanmukti*. When one reaches *Mukti*, he is liberated. And even though he is still breathing in a physical body, he is free from it, just as he is not influenced by the mind or the ego. Having attained this state of *Mukti* or freedom, a *Jivanmukta* marches on to the final stage of Spiritual Awakening.

Many Spiritual aspirants consider *Mukti* or the seventh stage of being a *Jivanmukta*, as the ultimate stage in the journey of Spiritual Evolution. However, *Mukti* is not *Moksha* or *Nirvana*. While the words *Mukti* and *Moksha* are used interchangeably or considered synonymous, *Mukti* is attained when one is alive and *Moksha* is attained only at that moment of death. This is the principal difference between the two. An Enlightened Soul is first liberated when alive and lives as a *Jivanmukta* before being finally united with the Supreme in that moment of physical death. When the body dies, the *Jivanmukta* does not return in a rebirth to earth. He is free from all Karma and free from the cycle of rebirth. For this, a *Jivanmukta* must move to the final stage and live as an Enlightened Soul till the moment of death, where

he loses his breath. Unfortunately, the world confuses *Mukti* and *Moksha*. But there is a clear difference between the two. Without *Jivanmukti*, one cannot attain *Moksha*.

What is life and its purpose? This is the key question that one must answer in the journey of Spirituality. ‘Who am I and why am I here?’ A *Jivanmukta* has all the answers. He realizes that he is the Divine Soul and in fact, he is a particle of the Supreme that we call, God. The purpose of his existence is not to return to earth in a rebirth. Having reached the state of *Jivanmukti*, he is free from all ignorance and bondage. A *Jivanmukta* enjoys every moment of his life in the ecstasy of the presence of the Divine in every living being, just as he sees every beautiful appearance in nature as a reflection of God. Those who have not attained *Jivanmukti* are in quest of God but a *Jivanmukta* has realized God. Having attained Buddhahood and Self-Realization, he lives in Consciousness, experiencing God as SIP, the Supreme Immortal Power, manifesting as this universe and its five elements and living as a Soul, in every living creature. Therefore, the *Jivanmukta*, experiences God everywhere, in everything. Although he yearns for the Divine, he does not think that the Divine is separate from him. Therefore, a *Jivanmukta* lives as the Divine, for the Divine, like the Divine. He has no more questions, for he is awakened with all the answers. Once a *Jivanmukta* crosses the seventh stage of awakening and moves to the final stage, there is nothing more to attain in the Spiritual journey. A *Jivanmukta* is just one step away from living as an Enlightened Soul in Consciousness.



# STAGE 8 : SATCHITANANDA ATMAN

AN AWAKENED SOUL WHO LIVES IN  
TRUTH CONSCIOUSNESS

The *SatChitAnanda Atman* lives a life of Bliss,  
He is Free from all Unhappiness,  
Having Transcended the Body, Ego and Mind,  
He does not Search, he does not Find!

He lives in a state of Truth Consciousness,  
With Love, Joy, Peace and Happiness!  
He lives Joyously till his last Breath,  
And is United with the Divine,  
In the Moment of Death!



The final stage of Spiritual Awakening is the stage in which an enlightened and liberated being lives as the Divine Soul in Truth Consciousness, experiencing Eternal Bliss. A *SatChitAnanda Atman* can be understood in four parts – *Sat-Chit-Ananda Atman*. *Sat* means Truth. *Chit* means Consciousness. *Ananda* is Eternal Bliss and *Atman* is Soul, a Spark Of Unique Life. When a *Jivanmukta*, a realized and liberated being, completely evolves into a Spiritual life, he lives in a state of Eternal Bliss in Truth Consciousness, as the Divine Soul and not the body, mind and ego. For this, a *Jivanmukta* first lives as the *Sthitpragya*, locked in Consciousness with the intellect in command. Before being a *Sthitpragya* and *Jivanmukta*, one must be a *Buddh*, the awakened and Enlightened one. To reach Buddhahood, one must live as a *Yogi*, who is ever-united with the Divine. One cannot be a *Yogi*, without being a *Gyani* or a wise human being who has overcome ignorance. How can we overcome ignorance? By being a *Jigyasu* or a seeker of truth. Only one who yearns for the Lord and for Liberation, a *Mumukshu*, can evolve to becoming a *Jigyasu*.

So, what does this reveal? As we pass through the stages of Spiritual Awakening, from the first stage of a *Mumukshu*, to the penultimate stage of *Jivanmukta*, we grow stage-by-stage until we reach the ultimate stage of living as a *SatChitAnanda Atman*. Such a person transcends the senses of the body, the ignorance of the mind and the arrogance of the ego to live as the Divine Soul. Having realized the truth as a *Buddh* that there is no self as such, the self is a result of our ignorance, a *SatChitAnanda Atman* is liberated from all Karma. He lives a life of complete surrender, accepting everything that is unfolding as a result of the Divine *Leela* of the Lord. He is free from Karma but realizes that everything that is unfolding is nothing more than a dream. He realizes that he must continue living as a

*SatChitAnanda Atman* in Eternal Bliss of Truth Consciousness, till that moment of death when he will lose his breath. Then, he will not return to earth in a rebirth. He will attain *Moksha*, Salvation or *Nirvana* that lies beyond these 8 Stages of Spiritual Awakening.

Anyone who jumps directly to this chapter of the eighth stage of Spiritual Awakening may be bewildered thinking how all this is possible. It is not possible to comprehend this truth till one is Enlightened as a *Buddh*. Therefore, many people consider the fifth stage to be the ultimate stage of Spiritual Awakening. While it is the stage of Enlightenment, it is not the end of the Spiritual journey because unless one puts the theory of Enlightenment into practice, he will not live in Consciousness with a steady intellect as a *Sthitpragya*. Without being a *Sthitpragya*, he will not reach that state of Liberation or being a *Jivanmukta*, one who is liberated from the triple suffering of the body, mind and ego. Therefore, only the *Buddh*, the awakened one who lives as a *Sthitpragya* or the one whose intellect is locked in Consciousness, evolving to *Jivanmukta*, one who is liberated while alive, reaches the ultimate stage of living as a *SatChitAnanda Atman*. Only such a person is genuinely and fully Spiritually Awakened. The others in the journey of Spiritual Awakening may either gather a lot of knowledge, pieces of wisdom or even flashes of Realization but they will not be truly Enlightened and liberated. They may fail before that moment of death when they will lose their breath. Such people may accumulate Karma and even though it may be good Karma, they will return to earth in a rebirth.

Only a *SatChitAnanda Atman* lives life in Eternal Bliss in Truth Consciousness. Having realized the ultimate truth, such a Divine Soul, who has transcended the body, mind and ego and overcome all sensory pleasures, lives a life of contentment and fulfilment. Such an

awakened being realizes that everything is *Maya*. Whatever is happening in life is nothing more than an illusion, a dream. Therefore, he does not scream, even though there is a tragedy or a trauma. He realizes that everything is a drama. The world is a *Karma Bhumi*, a land where the drama of Karma will continue until one attains *Moksha*, the ultimate goal. Therefore, a *SatChitAnanda Atman*, lives as a Buddha, locked in Consciousness with his intellect and liberated from *Samsara* or the material world, till that moment when he is free from the cycle of death and rebirth.

What are the attributes of a *SatChitAnanda Atman*? He continues to be a *Mumukshu*, yearning for SIP, the Supreme Immortal Power and thus, seeks Liberation and Unification, nothing else. His *Jigyasa* has ended and having realized the ultimate truth, he has stopped analyzing and memorizing because he is full of Divine wisdom. Having crossed the stage of a *Gyani*, he lives with humility, without boasting about his knowledge and realizing that he is nothing but a spark of Divine life. A *SatChitAnanda Atman* continues to live in Yoga, as a *Yogi*, moving from one state of Yoga to another. He does not miss his meditation or silence of *Dhyana* Yoga. He continues his own unique *Bhakti* or devotion through *Bhakti* Yoga. He continues to live as a Divine instrument doing the Divine Will, as a *Karma Yogi*, without expecting any results for any of his actions. A *Karma Yogi* does not want any fruits. All his actions are in complete surrender as he has realized that he does nothing. Everything is controlled by SIP. Thereafter, he spends time in *Gyana* Yoga, continuing to read and absorb any new analogies and experiences, picking further wisdom from other Enlightened Souls. What else does he do as a *Yogi*? I was blessed with the fifth state of Yoga, *Prema* Yoga. As I evolved through the 8 stages of Spiritual Awakening, I found that a *Jivanmukta* can fall into *Bhoga* if he does not live every

moment of every day as a *SatChitAnanda Atman*. Therefore, whatever time was left, I spent it in *Prema* Yoga, the Yoga of Divine Love.

I was blessed to realize that God is in every Soul. My love for God was so deep and my yearning for the Divine was so passionate that I could see God or SIP manifesting as a Soul, a Spark Of Unique Life in every living being. Therefore, I lived in *Prema* Yoga, the fifth state of Yoga. This liberated me from all *Bhoga* or the desires of the material world. This blessing let me live as a *SatChitAnanda Atman*, without slipping into the cravings of the body and its senses, wandering with the thoughts of the mind or being caught by the proud ego. I was none of these and I was able to live in Truth Consciousness, enjoying peace and bliss, only because I could live as a *Yogi*. If one wants to live as a *SatChitAnanda Atman*, one must constantly move from one state of Yoga to another. This is a key attribute of such a Divine Soul.

A *SatChitAnanda Atman* is awakened. He is Enlightened. He has reached Buddhahood. He does not have to analyze or memorize because once one truly realizes the truth, it becomes a part of his system. Do we have to memorize where our ears or nose are or do we analyze whether we smell from our eyes and see from our nose? No, we don't. So also, a *SatChitAnanda Atman*, the awakened and the Enlightened lives free from all ignorance. He has transcended the mind that makes us blind and lives with a steady intellect. Not only is he a visible *Sthitpragya* but he is also a *Jivanmukta*, liberated in his life from the triple suffering of the body, mind and ego. Such are the attributes of a *SatChitAnanda Atman*.

Can one identify who is a *Jivanmukta* or a *SatChitAnanda Atman*? No! Nobody can. We can identify a *Mumukshu* and a *Jigyasu*. We can

even make out who is a *Gyani*. But beyond the first three stages of Spiritual Awakening, the journey of Enlightenment is very personal. How can you make out if somebody is in Yoga or not? Can you differentiate between one who is a *Buddh* who is Enlightened and one who is a *Buddhu*, an unenlightened one? Yes, maybe we can because fools can stand out in a crowd but it is very difficult to know who is a truly Enlightened one. It is not our business to pass judgements on others. Spiritual Awakening is a personal process. The only importance of identifying a *Yogi*, who becomes *Buddh*, is to know and identify the right Guru or a Spiritual Master. When we are on the journey of Spiritual Awakening, the Guru will already be on the path. If we are a *Mumukshu* or a *Jigyasu*, it will not be a difficult task to recognize and find a Guru because when a genuine seeker is ready, it is known that the Master will appear. Enlightened beings make it their mission to help other seekers and they look out for a *Jigyasu* and *Mumukshu* on the path of Awakening. One cannot reach the state of being a *SatChitAnanda Atman* without the help of an Enlightened Master. In fact, one will not even reach the stage of *Buddh*. In today's world, many appear to be Gurus, philosophers, authors, theologians and spiritualists, who claim to know the truth but some of them can destroy the very root of Spiritual Awakening. Therefore, it is important to find the right Spiritual Master.

A *SatChitAnanda Atman* seeks nothing. He realizes that he is nothing. Nothing belongs to him. He is nothing but a Spark Of Unique Life, a Soul that must return to SIP, the Supreme Immortal Power. He realizes that if he becomes a slave to *Bhoga* and falls prey to desires and passions, he will create Karma and return to earth in a rebirth. All he seeks is to be free from this drama on earth and be united with the Divine. Therefore, a *SatChitAnanda Atman* is in the



*Chit* of *Sat*, in the Consciousness of the Truth, experiencing *Ananda* or Eternal Bliss and living as the *Atman* or the Divine Soul. He has a body but he is not the body. He has been able to still his mind and kill his mind. And although thoughts appear, he is not caught in thought. The ego still says 'I' and 'me' but he lives as the Enlightened ego. Thus, having transcended the body, mind and ego, he lives as the *Atman*, the Divine Soul in *SatChitAnanda* or the Eternal Bliss that comes from Truth Consciousness.

Such a blissful one has no fear of death. To him, death is not a moment of desperation but a moment of celebration, for in that moment, he will be liberated from this earth and be united with the Divine. Therefore, he has no other thoughts except the Consciousness of who he is and why he is here. Nothing in this world and nobody on the planet can influence him or change his Realization. He has not transformed his life but has gone through a metamorphosis. Such is the ultimate attribute of a *SatChitAnanda Atman*. He is no more crawling like a caterpillar but is flying like a beautiful butterfly. He has no doubt that when he takes his last breath and his body experiences death, he will be free from rebirth and not return to earth. Nothing else matters to a *SatChitAnanda Atman*. He has no relationship on earth and although he seems to have people who consider that they are his family but to him, they are all manifestations of the one Supreme. They are all waves of the same ocean of which, he is a part too. For him, there is no duality. He sees everything as Divine. He realizes that all beauty has divinity, all that is unfolding is a *Leela* and all that is appearing is a *Maya*. So, he enjoys every moment of his life in an ecstasy of bliss and a euphoria of joy and cheer with love flowing as a fountain and Divine Peace, till he is liberated.



# MOKSHA, NIRVANA, SALVATION

## BEYOND THE 8 STAGES OF SPIRITUAL AWAKENING

*Moksha* is Liberation from Returning to Earth,  
*Nirvana* is being Free from the Cycle of Rebirth!  
Salvation can only happen when we lose our Breath,  
Liberation and Unification can only happen at Death!

We need to cross the Stages of Awakening, Eight,  
Then, we will attain God at Heaven's Gate!  
Otherwise, we will just Suffer as we Live and Die,  
Because we do not Realize the Truth, 'Who am I?'



What lies beyond Spiritual Awakening? What happens when one is Enlightened and liberated? When one is Enlightened, he is not just liberated from the triple suffering on earth but is also liberated from the cycle of death and rebirth.

Death is certain. Every 'body' will die. Spiritual Awakening is the Realization that I will never die. I am an immortal Soul. I am not 'I'. I am neither the body that will die nor the Mind and Ego, ME. I create no Karma. Therefore, in the moment when there is no breath and the body experiences death, I will be liberated and united with the Divine. This is called *Moksha*, *Nirvana* or Salvation.

What is *Moksha*? What do the Buddhist mean by *Nirvana*? What does the Western world understand by Salvation? All these three terms mean, 'becoming one with God'. They refer to a state of uniting with the Divine. How can we attain God? How can we become one with the Supreme? As long as we are encapsulated in a body-mind-ego complex, we cannot be united with God. Only when we realize God, when we realize that God is not God, God is SIP, a Supreme Immortal Power, we can be free from the Mind and Ego, ME and be a Soul, a Spark Of Unique Life. This is Spiritual Awakening. This calls for one to evolve through 8 stages. When we yearn for the Lord, we seek the truth. Thereafter, we attain Divine wisdom and live in union with the Divine. Then we reach a state of Self-Realization.

Self-Realization is the first platform. After Self-Realization, one lives in Consciousness, transcending the mind and ego. He activates the intellect and attains freedom from ignorance and all misery on earth. He realizes that I am not the body that will die, I am not the mind that

I cannot find and the ego is a false identity. I am the Divine Soul. When one lives as the Divine Soul, experiencing Eternal Bliss in Truth Consciousness, he is still not liberated. He is still alive in the body. As long as we are alive in the body, we are not free from thought. These thoughts can become the mind. So, as long as we are alive, we will have an ego although the Spiritually Awakened will have an Enlightened ego. The 8 Stages of Spiritual Awakening lead us past the material world into the Spiritual world. However, it is only at the moment of death that we will be ultimately united with SIP, the Supreme Immortal Power as we are liberated from Karma and the cycle of death and rebirth.

At death, one of two things will happen. If a person is not truly Enlightened, he will retain his Karma by living as the mind and ego and will return to earth in a rebirth. But if a person is Spiritually Awakened, has transcended the body, mind and ego and is living as the Divine Soul in Consciousness, then in the moment of death, such a *SatChitAnanda Atman*, who is a *Jivanmukta* and a *Buddh*, will not return to earth in a rebirth. He will be united with the Supreme.

Who will be liberated and united? This question cannot be answered in words. This has to be realized. Unless all the pieces of the Spiritual Jigsaw Puzzle are put in the right place, the truth will not be revealed. The truth is that we are not what we appear to be. We are not the body nor are we the Mind and Ego, ME. We may have this knowledge but knowledge is not Realization. When we are Spiritually Awakened with this truth, we will live as the Divine Soul. The Soul is intangible. It is a Spark Of Unique Life. Therefore, only a *Buddh*, who is awakened and is locked in Consciousness will kill his mind and live as a *Jivanmukta*, using his intellect. Unless one crosses these stages and lives like a liberated Soul in Consciousness, he cannot escape from *Samsara*, the

cycle of death and rebirth. Out of the billions alive, a very tiny fraction or a very small minority will cross the 8 Stages of Spiritual Awakening and be liberated and united with SIP, the Supreme Immortal Power. The rest will just live and die because they do not realize, 'Who am I?' They will live as the Mind and Ego, ME and create Karma and thus, will be reborn. And this cycle will go on and on.

So, what is the purpose of human existence? The purpose of our life is Liberation, *Moksha* or *Nirvana*. Our ultimate goal is not just to realize that we are the Soul but after having realized the truth that we are a Spark Of Unique Life, the Soul, we must go on to realize that we are none other than SIP, the Supreme Immortal Power. Our purpose is not just Realization, which comes from Purification and Illumination. Rather, our ultimate purpose is Liberation from the cycle of rebirth and Unification with the Divine. Unfortunately, not even 1% of us try to realize what our true purpose is. How, then, will we start our journey of Spiritual Awakening? How will we be Enlightened and liberated? We will just live and die and the 'I' will return in a new body to suffer, again and again. That is why beyond the 8 Stages of Spiritual Awakening is the goal or the purpose of existence. People wonder, 'Why did we come to earth? Why did we take this human birth?' They do not realize that there is meaning. We are meant to realize God.

Man's greatest sin is that he lives thinking that he is a human being having a spiritual experience when in reality, he is the Supreme having a human experience. We do not realize that we are God and God is SIP. So, we are none other than SIP that appears as a Soul. The Spiritually Awakened one realizes that -

I Am A Soul  
Soul Is SIP  
I Am SIP  
SIP Is In All

These 14 words reveal the essential secret of life but man commits the greatest sin by not realizing this. Man does not win the ultimate reward of *Moksha* because he commits this sin due to his ignorance. He lives as the body, mind and ego and the truth that he is SIP, the Supreme Immortal Power, escapes him. Thus, he suffers the triple suffering on earth and returns in a rebirth. If only man crosses the 8 Stages and is Spiritually Awakened, then he can be liberated at death and be united with the Divine, never to return on earth. Otherwise, man will be reborn and his suffering will go on and on.

Only a human being is blessed to cross the 8 Stages of Spiritual Awakening and attain Salvation or Liberation. A dog or a frog cannot become a *Mumukshu*, a butterfly, a bee or a tree cannot become a *Jigyasu*. Only you or me can go on a quest and become *Buddh*, the Enlightened one. Why? It is because man is the only living creature who is blessed with a fully developed intellect. Only man can contemplate, meditate and discriminate. Only a human being can realize the truth. Animals, birds, fish and plants are also alive and have a Soul but they are not created for the purpose of attaining Enlightenment. They are probably caught in the cycle of *Samsara* and are most likely, redeeming their past Karma, till they return to earth in a birth as a human being. Only then can they attain *Moksha*. Even amongst human beings, those who are mentally challenged or physically indisposed cannot attain a state of Enlightenment, Liberation and Unification. These people will have to return to earth to make another attempt in attaining the ultimate goal of living as the Divine Soul.

Therefore, we must not lose this opportunity. It is a rare opportunity for us to live in Consciousness and we must use our Power of discrimination to realize the truth that we are manifestations of God.

What is the Truth? The Truth is that we are trapped in this body because of past Karma. It is due to Karma that we take birth on earth. As long as we continue to create Karma, we will be reborn. Therefore, the only way to attain *Moksha* or *Nirvana* is to be free from Karma and this happens when we pass through the 8 Stages of Spiritual Awakening. Unless there is a deep yearning and seeking, we will never overcome our ignorance and realize that we are the Divine Soul. We will never live in Consciousness and achieve our ultimate goal. Every 'body' does Karma but when we are Enlightened that we are not ME, the Mind and Ego that drives the body to act, then, when the body dies, there is no Karma because there is no ME. *Moksha* or *Nirvana* is as simple as this. Still, we do not realize it! This is because we are caught in thought. We are trapped in *Samsara*, in desires and passions created by our body senses and the mind. It is the 8 Stages of Spirituality that will awaken, enlighten and liberate us. We have to cross the 8 stages to realize God and attain *Moksha* or *Nirvana*.

The whole world talks about Salvation, *Moksha*, *Nirvana* but how many understand that this can happen only once we have finished crossing the 8 Stages of Spiritual Awakening? Some of us do not even start our journey. It is like somebody aspiring to be a swimmer and dreaming to swim across oceans, without even jumping into the pool. Unless we start a quest, we will not even taste what Enlightenment is. A Spiritual journey involves several Realizations, which when put together will light the spark of Enlightenment.

Most of us are enveloped in the darkness of ignorance. We just believe in the lie and pray to our God in the sky. We never realize that the kingdom of God is within. We are not what we appear to be, made up of bone and skin. We are a manifestation of the Power that throbs within. And because we are not awakened to this truth, we do not experience Eternal Bliss, Divine Love and Everlasting Peace. We all want to reach the state of Eternal Happiness but instead, we suffer. Isn't it the right time to start our journey of Enlightenment? Should we not take the first few steps to the initial stages of being a *Mumukshu*, one who has a yearning for the Divine and a *Jigyasu*, the one who is seeking the truth? We do not have too much time. In a flash, we will lose our breath when death will unexpectedly knock at the door. Then, it will push us on the floor and the opportunity to be awakened will be no more. We can wake up today and start a quest. We have all that is needed to attain Enlightenment. Even the willpower to choose this journey is bestowed upon us. It is for us to choose. Otherwise, we will lose the opportunity.

We are all caught in *Maya*, the Cosmic Illusion. We do not realize that whatever is unfolding on this humongous stage called 'Earth', is a Cosmic drama, a *Leela*. We, who are manifestations of the Supreme Immortal Power, appear as actors on the stage to redeem our Karma, only because we are not awakened. We have an opportunity to be Enlightened and be free from this *Samsara*, this earth stage but we are enamoured by pleasures, possessions and people. So, we think life is fun. We do good Karma to return to earth. When will we attain *Moksha* or *Nirvana* and be free from *Samsara*, the cycle of rebirth?





# AFTERWORD

## MY JOURNEY

I, too, was Blind, a Slave of my Mind,  
I thought I was Everything when I was Nothing,  
I was chasing Success, thinking it was Happiness,  
Till I realized that Bliss comes from Consciousness!

I started a Quest and put all my Beliefs to Test,  
And overcame the Myth that I had grown up With,  
Stage by stage, I was blessed with a Realization,  
And now having Liberation, all I seek is Unification!



After about 10 years of seeking the truth and realizing it, I looked back at my journey of Spiritual Awakening. I realized that it is such a struggle for a sincere seeker to realize God. There is so much myth that we grow up with and our mind makes us blind. Not everybody is fortunate to meet an Enlightened Master and even if one does, Spiritual Awakening is not an easy task. Enlightenment is a blessing that is only for a few. So, I decided to put together my journey of Spiritual Awakening and the stages that I went through. This is not a theoretical visualization of the path to Spirituality. It is my journey, my personal experience.

I was a *Mumukshu* for decades but I did not even know the meaning of *Mumukshutva*, that deep yearning for God, that manifested as a deep yearning for Liberation. It was only after I was 46-years-old that my Guru, Dada, provoked me to go on a quest, a *Talaash*. My seeking was to find a purpose for my existence. I was exploring new lands. I went to Greenland, Iceland, Finland, New Zealand and others, when my Spiritual Master asked me, 'Is this what you are going to do till you die?' When I showed him my pictures with the penguins in Antarctica, he told me, 'Stop wandering here and there and find out who you are and why you are here.' My *Jigyasa* and my quest led to several Realizations.

Today, I realize that if anybody wants to become a *Buddh*, an Enlightened one, then he must pass through the stages that I did - *Mumukshu*, *Jigyasu*, *Gyani* and *Yogi*. Unless one yearns for the Divine and unless one seeks the truth, one will not gain Spiritual wisdom and never live in union with the Divine. A *Yogi* must live in Yoga. I also realized that we are all caught in *Bhoga* or the material world of *Samsara*. For 25 years, I was chasing success to be happy. Little did I realize that success is not happiness. After my *Talaash*, I realized that the 3 Peaks of Happiness were Achievement, Fulfilment and Enlightenment. I worked hard to be liberated from the triple suffering of the body, mind and ego. I learned the true meaning of Yoga and transcended the ignorance that makes one

get caught in thought. It was with the guidance of my Guru and the grace of the Divine that I developed the Spiritual magic that led me to live in Consciousness and realize the truth.

Anybody can become a *Buddh*. It is not impossible. But just being a *Gyani* or one with wisdom and knowledge is not enough. Unless one lives as a *Yogi*, yearning and seeking the Divine, he will never be Spiritually Awakened. After two years of intense Spirituality and renouncing everything else, I was blessed with a spark of Enlightenment on the 31<sup>st</sup> of August 2014. For 48 years, I thought I was Ravi but on this blessed day, when I was in an Air France flight AF 192 from Paris to Bangalore, I realized that I was not Ravi. I was the Soul or *Atman* in Ravi. And so, I changed my name to AiR - *Atman* in Ravi.

This was just the beginning of my Awakening. Little did I realize that my Enlightenment journey was, in reality, kindled on this date. I started living the truth that I had realized. I started writing books, singing Spiritual songs or *Bhajans* that came to me as a blessing on this Spiritual voyage. I evolved from a state of Awakening known as *Buddh*, to a state of *Schitpragya* or living with the intellect over the mind, discriminating thought and not being caught in desires, passions and cravings. I discovered true peace, the very foundation of happiness, just as I lived with the fountain of joy – true love that is bliss.

The journey of Spirituality takes one to a state of *Jivanmukta*. In 2014, I had the spark of Self-Realization. It was many years later that I realized that God was not God, God is SIP, the Supreme Immortal Power that is omnipresent, omnipotent and omniscient. Today, I experience the presence of Divinity in all beauty, as I feel I am liberated from this world, free from all ignorance and free from the prison of the body, mind and ego. I live as a *Jivanmukta* in *SatChitAnanda*.

Can anybody understand all this? Yes, but it is very difficult. Unless one is a *Mumukshu* or a *Jigyasu*, he will not even start the Spiritual Journey.

Awakening is a distant peak. Less than 0.01% of the population will realize the truth because only merely 1% of us start a quest as a *Jigyasu*.

In this book, I have tried to explain the 8 Stages of Spiritual Awakening in simple words as I retrospect my personal journey from Achievement to Enlightenment. For many years, I lived with Fulfilment, without realizing that my life had a purpose. It was only because of my Guru, my Spiritual Master that I embarked on this journey of Realization.

Every 'body' must die but if we do not discover, 'Who am I?' we will be reborn and this will go on and on. We will chase pleasure as we try to run away from pain but we will suffer, again and again. Not only will we experience misery on earth but we will return in a repeated rebirth. It is time to start a Spiritual Journey. It is time to be awakened with the truth. We human beings are the only ones blessed with an intellect. We can discriminate and find a way to Everlasting Happiness and Eternal Peace, where all miseries cease. For this, we must be awakened. We must be Enlightened with the truth.

I feel that I had wasted four decades of my life, zooming down the wrong highway. We all do. But some of us are fortunate, may be because of our good Karma or just our love and devotion to the Divine. We take an exit and find the road that is less travelled. Only those who start seeking the truth will get to the bottom of the root and be awakened.

Do you want Eternal Happiness? Do you want to discover the purpose of life? Do you want to experience Divine Peace? Then start your journey of Spiritual Awakening. If you have already started the journey, find out where you are, what stage you have reached and how you must evolve to go ahead. Our time is limited and it is running out. We must not lose any opportunity. This book is like a GPS that will take you to your destination of Realization and Liberation.





# POEM

## 8 STAGES OF SPIRITUAL AWAKENING

*What is Life? Why did we come to Earth?  
Why did we take this precious human birth?  
Is it just to Live and then to Die?  
Or to Realize the Truth of 'Who am I?'  
Everybody who is born, will one day, be gone  
But those who are gone are sure to be Reborn  
To be free from this cycle, we must be Enlightened  
Start the Spiritual Journey and Be Awakened!*

*Spiritual Awakening happens in Stages, One to Eight  
Then, we are Enlightened and reach Heaven's Gate  
We Realize that there is no Heaven or Hell  
These are Fairy Tales that the scriptures tell  
Realize the Truth, God, we cannot Find!  
It is our own Mind that makes us Blind  
But we can realize God if we go on a Quest  
Overcoming Ignorance, Putting our Beliefs to the Test!*

*The Quest to Awaken has Stages Eight  
We must start, we must not wait!  
First, we must yearn to be one with the Lord!  
We must not love the world, we must love God!  
Then, we must go in search of the Truth!  
We must reach the bottom of the root  
Then, True Wisdom, we are sure to find!  
We are the Soul, not the Body or Mind!*

*Mumukshu is Spiritual Stage One  
When we yearn for the Lord, the battle is won!  
We seek freedom, we seek Liberation  
We search for our God, till there is Realization  
The God that we pray to, does not live in the sky  
This is nothing but a blatant lie!  
Ultimately, we realize God within  
Our Lord is not made of bone and skin!*

*Jigyasu is Spiritual Stage Two  
We seek to overcome Ignorance, realize what is true  
A Jigyasu starts a Talaash, a Quest  
He is passionate, he does not rest!  
'Who am I? Why am I here?'  
He transcends the Mind that causes Myth and Fear  
He realizes he is not the Body that will die  
'I am the Soul,' he realizes. 'That's who am I.'*

*Gyani is Spiritual Stage Three*

*He realizes that there is Life in a bee and a tree!*  
*Gyani doesn't get knowledge just from a college*  
*He goes through Purification to get Illumination!*  
*Because he is Yearning for none other than the Divine*  
*He is seeking the Truth, not wealth and wine!*  
*He is blessed to Realize the Truth!*  
*Delves within to the Soul, gets to the root!*

*Yogi is Spiritual Stage Four*

*Yoga takes one to the Enlightenment Door*  
*Yoga is not exercise for the Body and controlling Breath*  
*It is being united with the Divine, till Death!*  
*A Yogi escapes from Bhoga, Material Desire*  
*His passion is for God, it's his only Fire!*  
*Like a SIM card to the satellite, to the Divine he is ever-connected*  
*Till he is Enlightened, Liberated and United!*

*Buddh is Spiritual Stage Five*

*It is Awakening, it is going high!*  
*But in this Spiritual Journey, it is not the end*  
*It is the peak where we take a bend*  
*Buddh is that spark, sure we are Enlightened*  
*Buddh is one who is Spiritually Awakened*  
*Now, it is time to live the Realization*  
*Till there is Liberation and ultimately Unification!*

*Sthitpragya is Spiritual Stage Six*

*It is stilling the Mind that plays all tricks!*

*It is a stage of living in Consciousness*

*It is being Mindful, living in Thoughtlessness!*

*In this state of no thought, the Intellect, we activate*

*Every thought that arrives, we then Discriminate*

*One who yearns, seeks and who to the Truth is Awakened*

*Must live with a Steady Intellect, not just be Enlightened*

*Jivanmukta is Spiritual Stage Seven*

*Mukti is Freedom, Opening the gates to Heaven!*

*One who is Free from the Body, Ego and Mind*

*Lives as the Divine Soul, he is no more Blind!*

*He is Free from all Suffering on Earth*

*At Death, he will be Free from the cycle of Rebirth!*

*But, if from his Awakening, the Jivanmukta does slip*

*The snake will bite him, he has to restart his trip!*

*SatChitAnanda Atman is Spiritual Stage Eight*

*No more waiting, one has reached the gate!*

*One has to live through these stages till the last breath*

*Then, one will be Liberated in the moment of Death*

*SatChitAnanda is Truth Consciousness, Bliss!*

*It is a state of Eternal Happiness*

*What is the reward living like this?*

*Everlasting Peace, Divine Love, Eternal Happiness!*



*What happens after the Spiritual Stages, Eight?*  
*One transcends all misery, fear, worry and hate*  
*One is Free from the Ego, Body and Mind*  
*One has Realized God, one is no more, Blind*  
*If one lives as a Jivanmukta till his last moment on earth*  
*He will be liberated at Death, there is no Rebirth!*  
*Then, one attains Moksha, Salvation or Nirvana - God*  
*One achieves the Goal, becomes one with the Lord!*

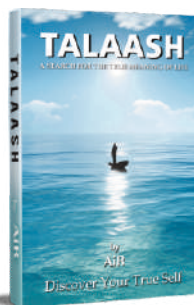
*Our Purpose of life is not to just Live and Die*  
*Our Purpose on Earth is to find out, 'Who am I?'*  
*We must go on a Quest, 'Why did I come to earth?'*  
*We must be Enlightened, Ask, 'Why this Human birth?'*  
*We must live as a Buddh, Knowing it's all just a show*  
*Become a Jivanmukta, who doesn't just come and go!*  
*We must attain Moksha, Liberation from Earth*  
*It's also called Salvation, Nirvana, Freedom from Rebirth!*

*This journey is Real, it's not just a Story!*  
*It's not a mystery, it is my real history!*  
*I, too was ignorant for many, many years*  
*I loved God but I lived with tears*  
*Then, I went on a quest, in search of God*  
*My Guru, my Master, helped me realize the Lord*  
*You, too, must start the Journey, Please Don't Wait!*  
*Don't be Late, Get to Heaven's Gate!*

# OTHER BOOKS BY AiR

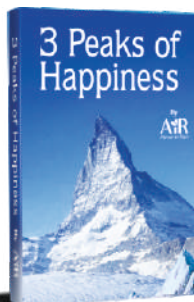
## 1. *Talaash*

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



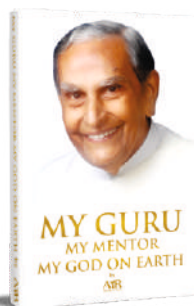
## 2. 3 Peaks of Happiness

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



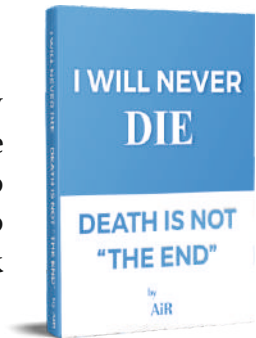
## 3. My Guru, My Mentor, My God on Earth

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



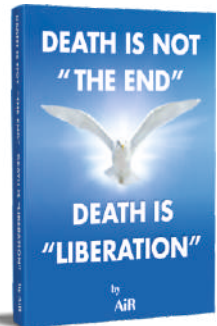
#### 4. I will Never Die, Death is Not “The End”

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



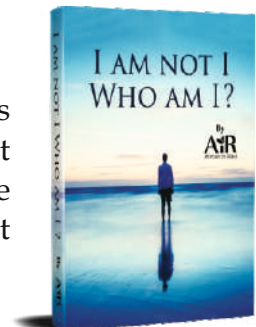
#### 5. Death is Not “The End.” Death is “Liberation”

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



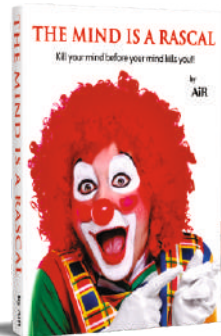
#### 6. I Am Not I. Who Am I?

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



## 7. The Mind is a Rascal

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



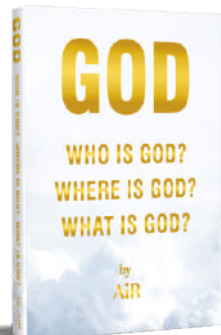
## 8. A Cosmic Drama

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



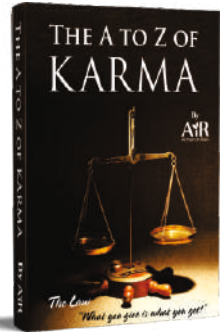
## 9. Who is God? Where is God? What is God?

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



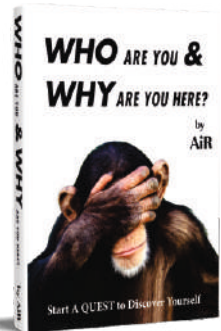
## 10. The A to Z Karma

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



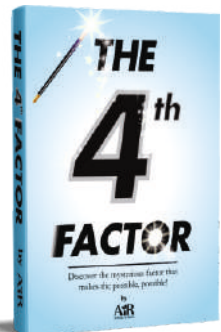
## 11. Who Are You and Why Are You Here?

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



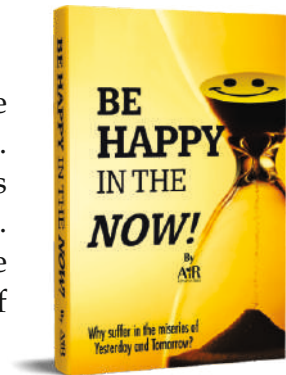
## 12. The 4<sup>th</sup> Factor

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



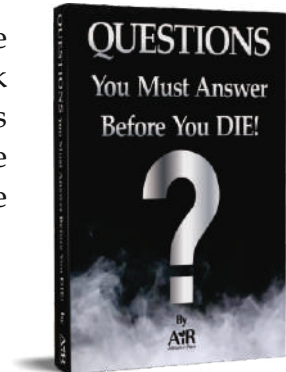
### 13. Be Happy in the NOW!

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



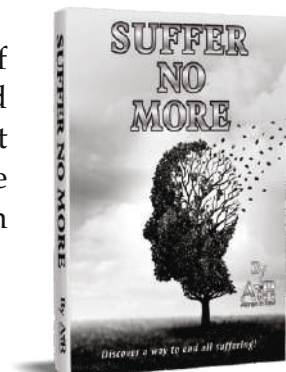
### 14. Questions You Must Answer before you Die!

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



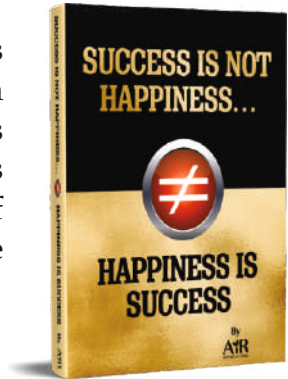
### 15. Suffer No More

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



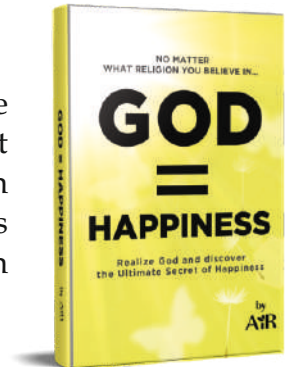
## 16. Success is not Happiness... Happiness is Success

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



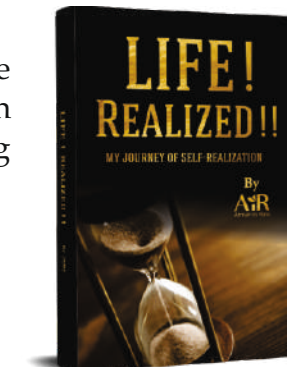
## 17. God = Happiness

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



## 18. Life! Realized!!

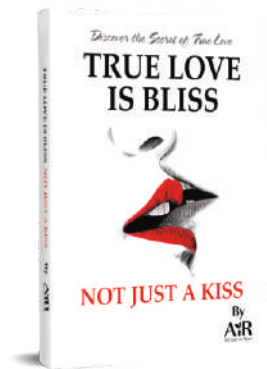
This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.





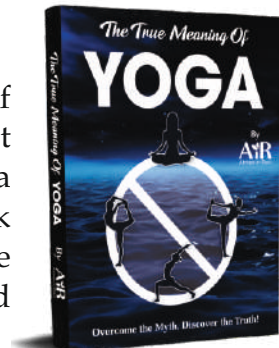
## 19. True Love is Bliss... Not Just a Kiss

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



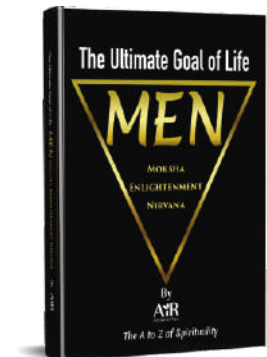
## 20. True Meaning of Yoga

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



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

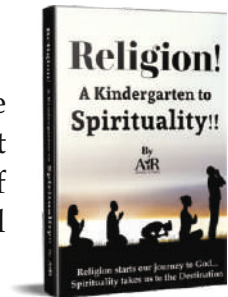
The three most tenable concepts—*Moksha*, Enlightenment, *Nirvana* are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.





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

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



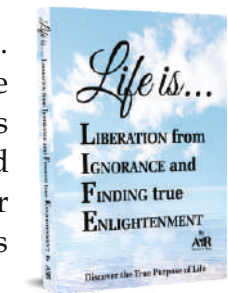
## 23. Why Bad Things Can't Happen to Good People!

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



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

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



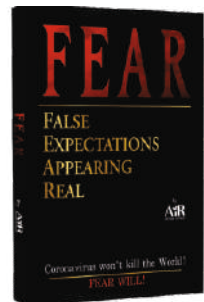
## 25. The Ladder to Heaven

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



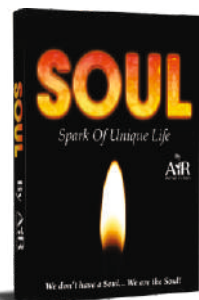
## 26. FEAR- False Expectations Appearing Real

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



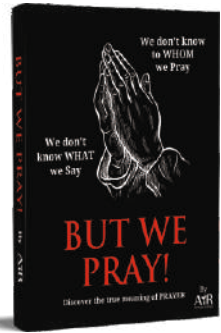
## 27. SOUL - Spark of Unique Life

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



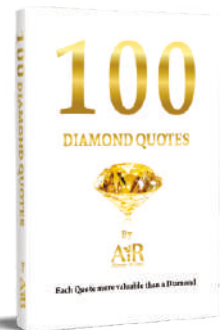
## 28. But We Pray!

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



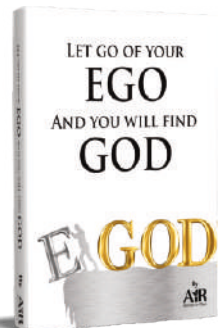
## 29. 100 Diamond Quotes

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



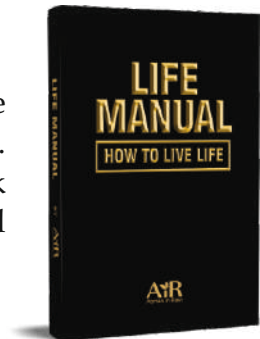
## 30. Let go of your Ego and you will find God

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



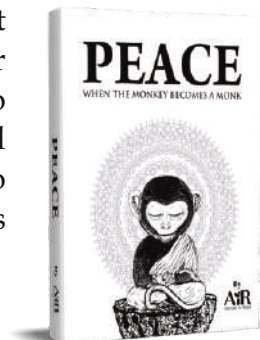
### 31. Life Manual - How to live life?

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



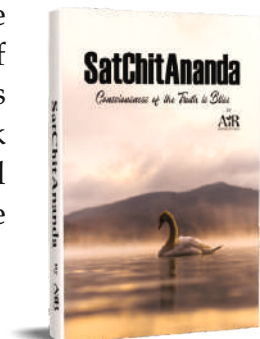
### 32. PEACE... When the Monkey becomes a Monk!

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



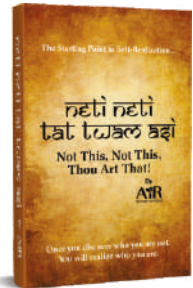
### 33. SatChitAnanda - Consciousness of the Truth is Bliss

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



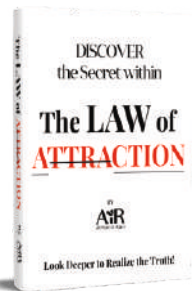
### 34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

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



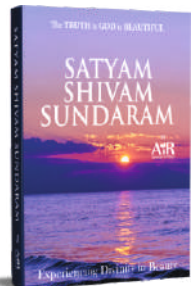
### 35. Discover the SECRET within The LAW of Attraction

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



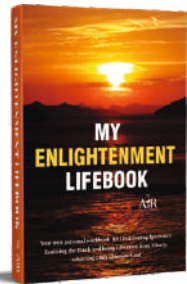
### 36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

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



### 37. My Enlightenment Lifebook

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



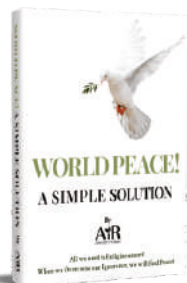
### 38. When you overcome the FEAR of DEATH, You start to LIVE

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



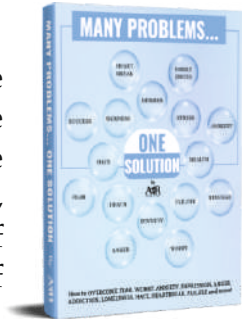
### 39. World Peace! A Simple Solution

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



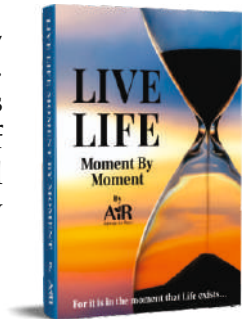
## 40. Many Problems, One Solution

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



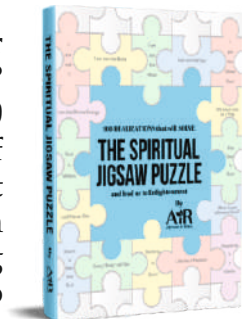
## 41. LIVE LIFE... Moment by Moment

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



## 42. The Spiritual Jigsaw Puzzle

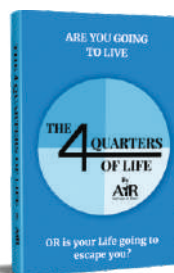
Are you seeking Eternal Happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be Enlightened with the Truth, and liberate you from all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





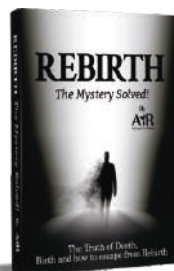
### 43. The 4 Quarters of Life

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



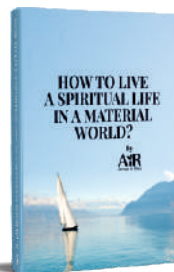
### 44. REBIRTH... The Mystery Solved!

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



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

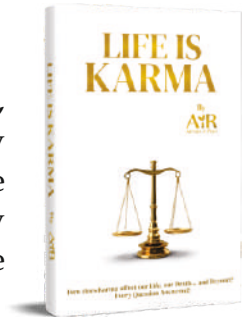
Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed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





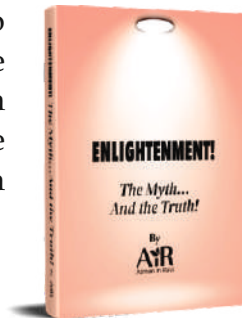
## 46. Life is Karma

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



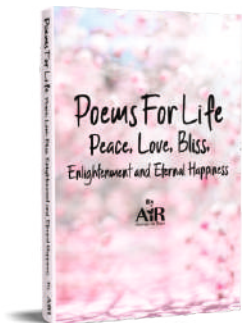
## 47. Enlightenment - The Myth and The Truth

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



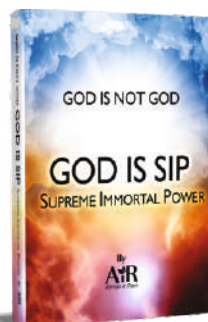
## 48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness. Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife! So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



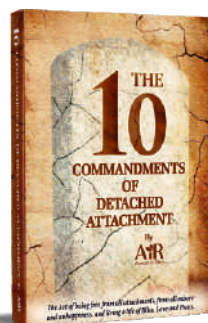
## 49. God is not God. God is SIP – Supreme Immortal Power

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



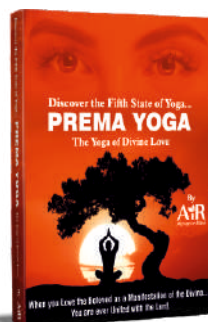
## 50. The 10 Commandments of Detached Attachment

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



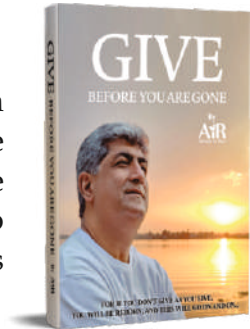
## 51. The Yoga of Divine Love - Prema Yoga

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



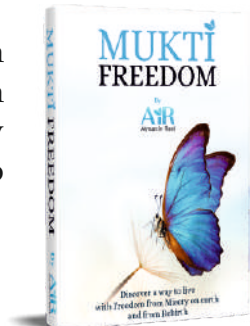
## 52. Give before you are Gone!

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



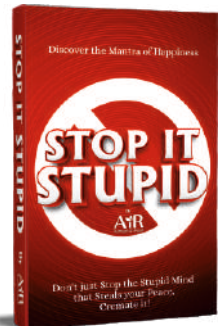
## 53. Mukti - Freedom

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



## 54. Stop it, Stupid!

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



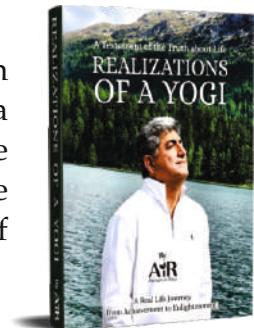
## 55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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



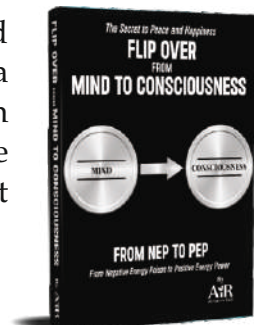
## 56. Realizations of a Yogi

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



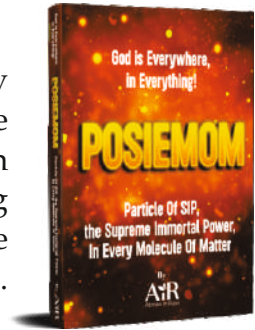
## 57. Flip Over! From Mind to Consciousness, from NEP to PEP

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



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

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



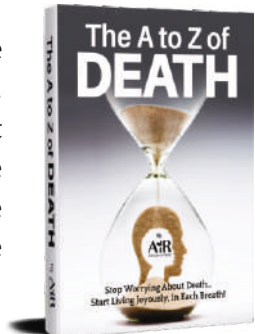
## 59. Happiness is Success

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



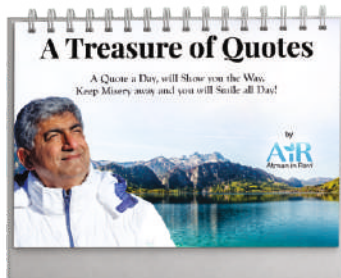
## 60. The A to Z of Death

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



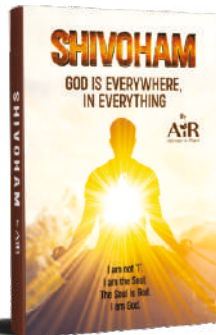
## 61. A Treasure of Quotes – Perpetual Calendar

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



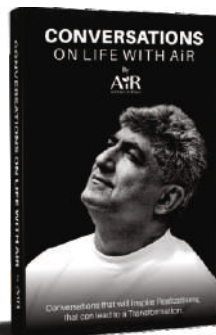
## 62. Shivoham

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



## 63. Conversations on Life with AiR

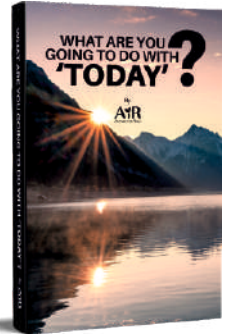
Conversations on life is a collection of discussions that AiR has had with people he has met on his travels or at conferences and talks. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all misery and suffering.





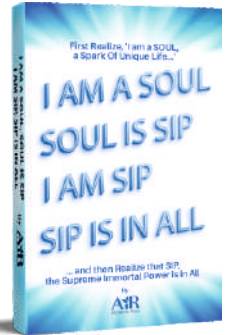
## 64. What Are You Going To Do With TODAY?

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



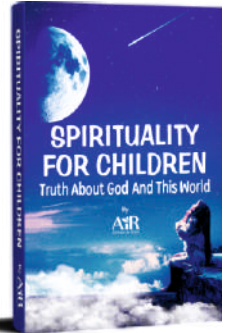
## 65. I am SOUL. SOUL is SIP. I am SIP. SIP is in All.

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



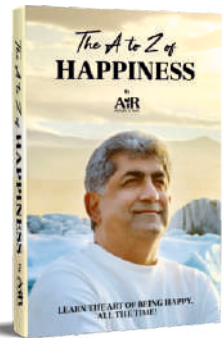
## 66. Spirituality for Children

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



## 67. The A to Z of Happiness

Who doesn't want to be happy? We all enjoy pleasure but we think that it is bliss. Pleasure is only momentary. It is ephemeral. Little do we realize that we can be eternally happy and there's a way to it. 'The A to Z of Happiness' is a collection of happiness secrets that is guaranteed to take us to the ultimate peak of happiness, where there is no suffering, no misery, no sorrow. There is a way, a way to eternal bliss and joy that comes from Truth Consciousness. And this book will lead you to it. Get ready to smile all the while, as you discover the A to Z of Happiness!



Now...

## 68. 8 Stages Of Spiritual Awakening

Coming Soon...

## 69. Our Greatest Sin

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



# 8 STAGES OF SPIRITUAL AWAKENING

Spirituality is considered to be a mysterious subject. We are told that we must renounce the world and live a secluded life in a forest if we want to realize God. We are enveloped in the darkness of ignorance. We live and die, without even finding out, 'Who am I?'

There are 8 Stages of Spiritual Awakening but unless one starts a Spiritual Quest or a *Talaash*, one will not even begin the journey of Self-Realization. This book is about my personal experience, my voyage to the ultimate truth. How I advanced stage-by-stage, to be Spiritually Awakened. Anybody who follows these steps, can evolve and be Enlightened with the truth.

Awakening is just the beginning of Spiritual Evolution. The goal is Liberation and Unification, *Moksha*, Salvation or *Nirvana*. We have all heard of these terms. This book will show you the way to reach your goal, to realize that you are the Divine Soul. It will not only liberate you from all suffering on earth but also show you a way to escape rebirth. It is a map with the path and the destination.

Start Your Spiritual Journey, Today!

**AiR**  
Atman in Ravi

**A.i.R.**

AiR Institute of Realization  
Ask Investigate Realize



Kemp Fort Mall,

#97, Old Airport Road, Bangalore - 560017

+91 98451 55555 | [www.air.ind.in](http://www.air.ind.in) | [air@air.ind.in](mailto:air@air.ind.in)