

# CONVERSATIONS ON LIFE WITH AiR

By  
**AiR**  
Atman in Ravi



Conversations that will inspire Realizations,  
that can lead to a Transformation.



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

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ISBN 978-93-5812-958-8

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**Printed by: OMKAR OFFSET PRINTERS**

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

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

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## ABOUT THE AUTHOR

*AiR- Atman in Ravi*

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

*- AiR*

**A**iR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is 'To Help People Realize the Truth about Life and be Enlightened.' He was born in Bangalore on October 15, 1966. At a very young age, he mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 800 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a *Shiva Temple* in the year 1995 in Bangalore, which is now known as the *Shivoham Shiva Temple*. AiR

now believes that Religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

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

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

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 65 books, composed and sung about 1400 bhajans, written several blogs, quotes and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations, corporates and universities. He conducts webinars every week and 'ASK AiR' sessions every day on Zoom and

Facebook Live to help people realize the ultimate purpose of their life.

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

**YOU CAN DIRECTLY**

**Ask AiR**  
at 8 pm every day



**Meeting ID: 85021104431**

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



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*This book is full of conversations,  
Real conversations AiR has had in life...  
Conversations that have led to a transformation,  
And have eliminated misery and strife.*

*- AiR*

## PREFACE

*I too used to Struggle with Questions about Life,  
Till I Overcame my Doubts and all my Strife!*

*- AiR*

**W**hat is life all about? Where do we come from and where do we go? What happens after death? Who is God? Where is God? What is God? Is rebirth a reality? What is the Soul? What is the purpose of our existence? Is there a way to eternal happiness? How does the Law of *Karma* work? Why do bad things happen to good people? Where is the mind? What is the cause of suffering? There is no end to questions. After having written over 65 books on the subject of life, happiness, God and spirituality, whenever I meet people, I am blessed to give them answers.

I decided to share my conversations with people on life because the questions and subjects that trigger these conversations intrigue one and all. Different questions interest different people, but people don't have the answers – the right answers. People are indoctrinated with the myth that they have grown up with. For me, it is always a moment of joy to share my own Enlightenment as I have overcome ignorance and I am blessed with the answers to each of these

questions and more. What causes fear and anxiety? What creates anger, hate, revenge and jealousy? I myself struggled with these questions for over 25 years. Now I converse with people and share my Realizations. I thought it was time to put these conversations in a book.

Whenever I had questions and I could not find answers, I would go to my Spiritual Master, my Guru, Dada J. P. Vaswani and he would either give me the answers or show me the path where I would find the solution to my problems. Life must be *realized*. It is not like knowledge that we can get in a college. Only a truly enlightened Soul, who has experienced the truth can share the right answers with us.

The world has so many opinions that it creates a lot of confusion. But we want a conclusion. We want right answers. So, I have tried to put the right answers in a book, through conversations that I have had with people. This book is not a novel. it has real life experiences in the form of questions and answers that transpired with various people as I travelled around the world. To respect the conversation, the names have been changed but the conversations are original. There are circumstances in people's lives that have drawn answers from the Divine through me and finally, are appearing in these pages.

May this book give you the answers to the several questions you have about life. May it show you the way to peace and bliss. May it liberate you from the suffering of the body, mind and ego. May it answer questions on love and relationships. May it open the doors to the Realization of the Truth and Enlightenment, as it helps overcome ignorance. I too have struggled to find answers and therefore, I wrote this book to help people overcome their struggle in finding answers to the questions that they seem to have no clue about. May this book transform your life.

# 1

## CHAPTER

### Karthik Asked Me, 'Why Did You Shut Down Your Business?' I Explained My Quest.

*I gave up the Race and the Chase to become an Ace,  
Because I wanted to be out of the Maze and live with Grace!*

*- AiR*

**K**arthik was a journalist. He wanted to create a story on Enlightenment and Self-Realization. He reached out to me after reading a few of my books. The first question he shot at me was, 'Why did you shut down your business?'

I told Karthik that I was in a race for 25 years. I was trying to be an ace and in that chase for success and money, I realized that more success and more money did not mean more happiness. With the help of my Spiritual Mentor, Dada, I took a call to close one of India's largest retail stores, Kemp Fort in Bangalore. 'Why?' questioned Karthik, 'You could have continued the business, right?'

I explained, 'We human beings need money to fulfil our needs. When our need becomes greed, money cannot fulfil it. Our desires will never quench our thirst. They will only make us burst. I also realized that more than making money, what gave me happiness was making a difference. I had been in the retail business for 25 years and had made enough

money to live my life. Then can you tell me why should I have continued making money in business?'

Karthik said, 'But everybody wants to be rich and successful. You could have expanded your business and become the country's best retailer.' *'What would it gain a man, if he gains the whole world, but loses his own Soul?'* – I quoted this from a scripture I had read long ago. The purpose of our life is not just to go to school, gather information, learn, do some occupation and earn, only to finally see that our body will burn and we will return in a rebirth on this earth.

Karthik said, 'It's not easy to close such a big business and just give it up. In theory, people talk of it. But practically, it is difficult to do.' I explained that one has to evolve from the First Peak of Happiness, Achievement to the Second Peak, Fulfilment, and then, the ultimate peak of Enlightenment. In the material world, we suffer a lot, but in the Spiritual realm of Enlightenment, we are free from all suffering and enjoy everlasting bliss and eternal peace. 'Don't you miss the action and the passion of your business days?' asked Karthik. 'Once you taste the bliss that is Divine, then, you no more enjoy wealth and wine,' I said.

Karthik smiled, but he was not convinced that everybody could do this. People want more and more. 'Of course, Enlightenment and the Spiritual world is not for everybody,' I said. '1% of people in the world are visually blind, 99% of people are spiritually blind. I too was one of them, till I opened my real eyes to realize the truth. Now my mission in life is to help others realize the truth of who they truly are and why they are here.' Karthik moved on to the rest of his questions. But I could sense his disbelief at how I gave up this material world.

# 2

CHAPTER

## Adarsh Wondered, 'What Do People Seek In Life?' Everybody Wants To Be Happy.

*Because Pleasures, Possessions and People are all that we Seek,  
We never reach the Happiness Peak.*

- AiR

I had just ordered a cup of coffee at Starbucks. I was waiting for it. Meanwhile, I decided to dictate an answer on my phone to a question on life for Quora. As I finished my answer, a person sitting across from my table asked me, 'The coffee is taking a long time today! Who are you talking to about life?' I explained that I answer spiritual questions on Quora, Reddit and Speaking Tree and many people ask me questions. After we introduced ourselves, Adarsh quizzed me, 'What do people actually seek in life?'

'Whether you want to be successful in your business or career, whether you are an artist or sportsman, whoever you are, wherever you are, one thing everybody wants is happiness. The whole world seems to be going on a chase and while it looks like the race is to be an ace, the truth is everybody is seeking to be happy.' Adarsh smiled and said, 'You are right. I came into Starbucks for a cup of coffee because Starbucks makes me happy. I never thought of it. I thought people want success and achievement.' 'Sure,' I said, 'No doubt the whole world is running after success,

but why are people crazy to be achievers? Have you ever thought? If they knew that achieving something will make them unhappy, would they still run after it?

Adarsh leaned forward and picked up his coffee and while I was still waiting for mine, he asked, 'Why are people unhappy?' I replied, 'Because they don't know what happiness is. Everybody wants to be happy but we are trying to *become* happy. We don't know that happiness is in *being* happy. If you want to be happy, you can.' I picked up my coffee and said, 'Sure, I enjoy this coffee but if there were no Starbucks coffee, I would enjoy a cup of tea from the street vendor outside. I don't base my happiness on what I eat and drink or what I wear or whom I am with. I just choose to be happy.'

Adarsh questioned, 'Are you happy all the time?' 'What do you see?' I smiled and questioned back. 'I had been running after achievement and success for 25 years. I believed that happiness was going from peak to peak, achieving one success after another, till I realized that more success is not more happiness. I shut my business down, and instead of just making money, I decided to help people realize the truth. I found a way to the ultimate peak of happiness, and I started writing books on happiness.' I pulled out a copy of my book, 'Be Happy in the Now', and gave it to Adarsh. Happiness is not in seeking and achieving. *It is in being.*

Adarsh thanked me for the book and said, 'If happiness is so simple, then why can't people just be happy?' I said, 'It is because we have been taught lies. We have been programmed to believe that pleasures, possessions and people will make us happy. So, we seek these, instead of being happy.'

# 3

CHAPTER

## Vishnu Questioned, 'Why Are People Unhappy?' I Said, 'Because Of The Triple Suffering.'

*Happy or Unhappy, it's for you to Choose.  
If you are a Slave of the Mind, your Peace you will Lose!*

*- AiR*

I often carry a manuscript of my book and one day, when I was waiting for a doctor in a somewhat crowded clinic, I decided to go through the manuscript that was soon going for publishing. The book was titled, 'Suffer No More'. A gentleman was also waiting for the doctor and when he saw me taking a break, he asked me, 'Why is there so much suffering in the world?' Obviously, he had seen the title of my book and since it was a manuscript and I was scribbling on it, he understood that I was making notes. I shared that I was an author and that I wrote books on happiness and life. He introduced himself as Vishnu, a software engineer and as we started talking, I took the opportunity to tell him about the 'human computer'.

'Just like a computer has hardware and software, the human body is also like a computer.' Vishnu joined in and said, 'Yes, how can hardware work without software and what would software be without hardware?' I smiled and asked, 'So, what do you need for the computer to work?' Vishnu replied, 'Hardware and software.' 'But what if there

was no power supply?' I questioned, 'How can a computer work without power? It needs some battery or UPS if there is no electricity to power it.' I explained to him, 'We all have a power supply too. It is the Soul, the Spark Of Unique Life. Without this Power, the body will be dead.' 'Sure!' he said, 'But, why are people unhappy?'

I told Vishnu, 'Suffering exists in the body when we experience physical pain. The mind makes us miserable with fear, worry and anxiety, and the ego creates agony through anger, hate, revenge and jealousy. As long as we live as the body, mind and ego, we will always be unhappy. It is only when we realize that we are the Divine Soul that we overcome all sorrow and live a life of bliss.'

All this seemed very heavy for Vishnu to digest and so I explained further, 'Who becomes unhappy? The body, the mind or the ego? But I am none of these. When I realize this, I am not unhappy. Because people think themselves to be this human-computer, they suffer the triple suffering and are unhappy.' Vishnu seemed to be interested. He admitted that his mind caused so much fear and suffering. I asked him, 'Do you know what **FEAR** is? It is a **False Expectation Appearing Real**.' He leaned forward and whispered, 'The doctor says I might have cancer. I am doing some tests.' 'But why are you unhappy without being sure of your condition?' I questioned. 'If there is an issue with the body, we must do our best to solve it. Why be unhappy? And what if the tests show you are fine?' Vishnu smiled and said, 'I would be very happy.' 'Be happy now,' I told Vishnu, 'Because as of now, you have not been diagnosed. So why worry and be unhappy?' 'We are unhappy because we let our mind create misery,' Vishnu said. For the first time since we started talking, I saw him really smile.

# 4

CHAPTER

**'I Am Smita,' The Air Hostess Said.  
'Don't Lie To Me,' I Told Her.  
'You Are Not Smita. Your *Name* Is Smita.'**

*Little do we realize that our Name is just a Name,  
This world is like a Theatre, a Drama, a Game!*

**- AiR**

I normally choose to sit on the first row of Indigo Airlines, my favourite domestic airline. As I settled down on one flight, I was very thirsty. I called the air hostess and requested, 'Can I have some water please?' My eyesight is not so great and I struggled to read the name on her badge. I said, 'What's your name?' She replied, 'I am Smita.' I smiled and told her, 'You are not Smita.' 'No Sir, I am,' she replied. I pulled out a 'Happiness Ball' from my bag, gave it to her and said, 'I am in the business of spreading happiness. You are not Smita!' I told her again, 'Your name is Smita. When you were born, what were you? Were you Smita?' I asked. She smiled and replied, 'I was just a baby girl.' 'What if you were a baby boy? Then maybe today you would be Sumit and not Smita,' I said.

The flight took off and she served me a cup of tea and some noodles. Since it was not a busy flight, she started talking to me. 'Into what business are you?' she asked. 'I am in the business of helping people be enlightened. I help people overcome ignorance and realize the truth. Like today, I hope

I made you realize that you are not Smita, your name is Smita. So, when somebody asks you, 'Who are you?', if you want to grow on the Spiritual path, you will never say, 'I am Smita.' You will always say, 'My name is Smita,' I said. 'What difference does it make?' she asked me, 'Whether I am Smita or my name is Smita?' 'Oh, it makes a world of difference!' I said, 'We live in ignorance. We don't know who we truly are and why we are here on the planet. We just live and we die. At most, we try to be happy. But is that the purpose of human life?'

Smita thanked me and went around to the other passengers. But her mind was filled with these thoughts, 'Who am I? What is my purpose?' It must have made some sense to her because just before landing, she came back to me to thank me. 'Where can I read more about what you said to me?' she asked. I told her that all my books were free to download as E-books on Google Play, while hard copies were available on Amazon. But I pulled out a copy of my book, 'Who are you and why are you here?' and gave it to her.

Smita's eyes sparkled and she said, 'You are in such a wonderful business. I wish I could do the same, help people be happy and be enlightened. You are Ravi?' she asked me. I replied, 'No. Ravi was the name given to me. I am AiR, *Atman* in Ravi, the Soul in Ravi.' I showed her the name written on the book. 'Oh yes!' said Smita, 'How can I forget that? When will I become a Soul?' 'You already are. You just have to realize you are not Smita. When you realize you are not the body or mind, you will become the Soul,' I told her.

# 5

CHAPTER

**Rakesh Said,  
'I Was Born On The 1<sup>st</sup> Of January.  
I Am A New Year Baby!'  
I Told Him, 'Your Birthday Is Fake!'**

*Our Birthday is not the real date we were Born,  
Sure, the Body arrived then, but one day, it will be Gone!*

**- AiR**

**A**s I finished talking to Smita, the passenger on the next seat became very curious. 'Who are you?' he asked me, 'I know your name is AiR. But I am interested in spirituality and all that you were speaking about with the airhostess. I realized that my name is Rakesh. I am not Rakesh. How can I know more about who I am and why I am here?' I responded, 'I wish I had another copy of my book. But I don't have that book with me.' I pulled out another book and asked Rakesh, 'When is your birthday?' Rakesh glowed with joy at the question. 'Oh,' he said, 'I am a New Year baby. I was born on the first of January.' Immediately, I shot at him words that shook him, 'Your birthday is fake!'

Rakesh was speechless. Then he opened his purse and showed me his Aadhaar Card, where the date of birth was recorded as 1<sup>st</sup> January, 1974. I smiled and told him, 'Of course, you arrived on the planet on the 1<sup>st</sup> of January. Your birth certificate proves it. But that was not the day you were

born.' He couldn't understand. 'You were conceived much before, weren't you, when you started your journey in your mother's womb? Were you not alive on the 31<sup>st</sup> of December 1973 or Christmas of 1973? If you ask your mother, she will tell you that you were kicking in her stomach, weeks before you were delivered on earth.'

Now Rakesh seemed to get the picture. 'When was I actually born?' he asked me. 'I don't know. You tell me!' I said, handing over a copy of my book to him, 'Don't cut a cake. Awake! Your birthday is fake!' He smiled and asked, 'Is it for me?' 'Yes', I said, 'If you want to know when you were actually born, who you are in reality and why you are here, then read the book.' 'So, is it that I was born 9 months before?' he asked. 'Bingo!' I exclaimed, 'You got it! But even that is a lie.' Rakesh was bewildered. His silence revealed that he was shell-shocked. When he recovered, after he glanced at a few pages in the book and digested the essence of it, he turned to me and said, 'Amazing. How come nobody told me this for over 30 years?' I replied, 'I did not realize it for over 50 years! But one day, when I got the spark of Enlightenment, I let go of all the lies as I realized the truth about life. We are taught so many lies like God lives in the skies. Not only is our birthday fake, but we don't realize that we are the Divine Soul that is birthless and deathless.'

The flight was now about to land and Rakesh took my contact details. He seemed keen to know more. From my experience, such conversations make a big impact on people, but only a few of them are able to defeat the onslaught of their mind and their senses that sink into the material world. I have so many conversations with people, but only a few actually stop to ponder on what life is all about.

# 6

CHAPTER

**Mrs. Sethi Dreamt Of Visiting  
*Kailash Mansarovar* To Meet Lord *Shiva*.  
'But Has Anybody Met *Shiva* There?' I Asked.**

*If we go high up in the mountains, will we meet God?  
When will we realize that inside each one of us, lives the Lord?*

- AiR

When Mrs. Sethi told me that she always dreamt of going to *Mt. Kailash* and to *Mansarovar* I told her, 'Sure. Let us go together. Let us go and meet Lord *Shiva* in *Kailash*.' She smiled as if to ask how was that even possible. But the paradox was, 'Why was she going to *Kailash*?'

Mrs. Sethi was a staunch believer in Lord *Shiva*. She had been an ardent devotee for decades. Somehow, she had programmed her mind to believe that *Shiva* was in *Kailash*. After all, that's what mythology has made us believe — that *Kailash* is *Shiva*'s residence! The destroyer of this universe, *Shiva*, sits as a *Yogi* on *Kailash*, on a tiger skin with snakes all around his neck and the river Ganges flowing from his matted locks. Like millions of devotees of *Shiva*, I too believed that *Shiva* was in *Kailash*, but after being enlightened with the truth, I realized that this was a fairy tale. We innocently believe what our religion proclaims in order to build our faith in God. But we have taken these

mythological tales so seriously that we have become like Mrs. Sethi and we aspire to meet our personal God.

Mrs. Sethi knew that I had built the *Shivoham Shiva* Temple 27 years ago. She said, 'You believe so much in *Shiva*, you pray to *Shiva*. Then, what do you think the truth is?' I told her, 'For 40 years, I prayed to Lord *Shiva*. Now, I no more pray TO *Shiva*. I pay THROUGH *Shiva*. I have realized the truth of *Shivoham*. *Shiva* lives in the temple of my heart. I am nothing, *Shiva* is everything. *Shiva* is in every cell of my existence. But *Shiva* is not *Shiva* as you see him to be. *Shiva* is **SIP**, the Supreme Immortal Power.'

Mrs. Sethi asked, 'Will you really come with me to *Kailash*? 'Sure,' I replied, 'Let us go for a mountain retreat. But let us not imagine that we will meet *Shiva* there. Do you think *Shiva* is made of bone and skin?' I smiled. '*Shiva* is the Power that is within. It is the Power of the Supreme that makes our heart, beat. The Supreme is the Soul in you and the Soul in me. Just imagine — if we go to *Kailash*, do you think we will really get an opportunity to come face-to-face with *Shiva*? Has anybody met *Shiva* in *Kailash*?'

Mrs. Sethi seemed a little embarrassed. She innocently said, 'I am sorry. I am so ignorant that I always believed that *Shiva* was in *Kailash*, I just blindly follow the rituals I have been taught. I wish, like you, I could realize *Shiva* within, in my heart. I know for sure that *Shiva* is not in *Kailash*. Then, why does my mind picture him there?' 'It is because your mind does not want you to realize the truth,' I said. 'Our mind wants to envelop us in ignorance so that we never realize God. Not just you and me but billions around the world live with obvious ignorance because they do not yearn for God. They do not truly love and seek the Divine. If we do, we will realize the Lord within.'

# 7

CHAPTER

## Ms. Singh Was Teaching Children The Importance Of Success. I Told Her, 'Success Is Not Happiness!'

*Success is not Happiness, Happiness is Success.  
Those who Reverse this, End their Life in a Mess!*

- AiR

One day, I was giving a talk to college students and I asked them the question, 'What is happiness?' Students as they are, they started shouting with answers like, 'Success! Achievement! Money! Name! Fame!' I didn't know where this was coming from, how a bunch of young adults was so enthusiastic about what they thought life was all about. Then, some of them elaborated. 'I want a good job. I must have a successful career.' They concluded that this was happiness. I made them understand that this was pleasure. Happiness was a larger subject. But it seemed to go over their heads! As I started speaking about contentment and fulfilment, I realized that they had been programmed to be winners and nothing else mattered to them.

The talk was soon over, and the teachers invited me for a cup of coffee to the staff room. Over coffee, I met a few teachers. One of them was Ms. Singh. She told me, 'It is very difficult for students of this age group to understand what happiness truly is. They only understand that Success is

Happiness, and it is difficult for them to understand contentment and fulfilment before achievement.' I smiled and told Ms. Singh, 'Of course, these college kids must learn to succeed. First, they must learn, and then they must earn but they must know the truth about life. One day, they will burn and then return. Don't you realize this? Even before they achieve success, should they live with greed and jealousy, or should they be content and count their blessings? One day, some of them will be winners. You know very well that everybody cannot be a success. All your students cannot come first in class. While we teach them how to succeed, we must also teach them the art of gracefully accepting failures, or missing the top ranks and the importance of trying harder the next time. Otherwise, they will be disappointed and disgruntled.'

As Ms Singh was listening intently, I asked her, 'You have taught all your students that Success is Happiness. But what is the truth? Is Success Happiness or is Happiness Success? All the students in the talk seem so convinced by your teaching, that everybody wants success. But why do they want success? Because they want to be happy. But none of them knows the art of happiness. If they become successful, no doubt they will have pleasure, but is happiness guaranteed? All successful people are not happy, but all happy people are successful.'

Ms. Singh was in absolute silence. I could read through her eyes that she was thinking she had made a big mistake in what she had been teaching the students. I gently told her, 'We must teach kids how to succeed but we must not let them get brainwashed into believing that success is everything in life. It is not! Ultimately, we have to leave all our success, money and wealth behind. We must discover the true meaning of life.'

# 8

## CHAPTER

### **Robert Came From America To Meet Me On His Quest Of The Truth. He Was Shocked To Realize, 'I Am Not I.'**

*As long as we believe we are the Body, Mind, Ego, this is 'I',  
We will never realize the Truth. We will just Die with the Lie!*

*- AiR*

One day, I met Robert. He was baffled after meeting an Indian Saint. He narrated his experience. 'Who are you?' asked the Saint. He replied, 'I am Robert.' The Saint retorted, 'I am not asking for your name! Who are you?' Robert replied, 'I am an American.' 'That is your nationality,' said the Saint, 'But who are you?' 'I am the son of Mrs. and Mr. Donald Smith. I am married to Kim and I am the father of Harry and Rachael,' said Robert. The Saint queried, 'Who asked you about your relationships? Tell me, who are you?' Robert paused for a moment and exclaimed, 'Ah, I got it! I am a lawyer from New York.' 'Did I ask you for your occupation or profession? Tell me — who are you?' questioned the Saint again. Robert was flabbergasted. He said, 'I have told you everything about myself. What more can I tell you?' The Saint laughed and said, 'You have told me everything but you have not told me who you are. If you want to attain Enlightenment, first go and study who you are, then only can you attain the Realization of the truth.'

Robert was very sad. He met me and asked for help. 'What is this Saint telling me? I have no clue as to what he is talking about. Yes, I have come to India to start my Spiritual journey, but the Saint is just quizzing me and not helping me start my quest for the truth!'

I calmly explained Robert, 'The Saint has done well to shake you up. Do you realize that whatever he asked you, what was it for? It was to make you stop and introspect on who you are in reality. That is the first major step in the Spiritual journey. Do you have your ID card?' 'Sure,' Robert said, pulling out his ID. I said, 'Do you know that everything in your ID is fake?' Robert was shocked and asked, 'What do you mean?' 'Your ID talks of your permanent address. Is your address permanent? Just like you will check out of your hotel in India and go, one day, you will also leave this address. Your ID card says that you are male but only your body is male. You are not the body. You are the Divine Soul. To realize this is your Spiritual goal. Your ID card shows your date of birth but that was not the date you were actually born.'

'A Spiritual quest is about realizing the truth that we are not this body that will die. We are not even the mind. It is just a bundle of thoughts. The ego that says 'I' is a false identity. When we realize we are not the body, mind and ego, then we realize we are the Divine Spirit. This is Spirituality.'

Robert pondered on what I said. He now realized why the Saint was questioning him the way he did. He was supposed to go back to America but now he wanted to stay a little longer. He felt that there was so much ignorance he had to overcome to realize the truth.

# 9

CHAPTER

## **Rekha Asked Me, 'What Is The Purpose Of Life?' I Questioned Her In Return – 'Is It Just To Live And Die?'**

*Is our Purpose of Life just to Live and then to Die?  
No! We must go on a Quest and Discover - 'Who am I?'*

*- AiR*

**R**ekha was following me on social media. She was a keen seeker of the truth and used to ask me many questions on WhatsApp. By chance, she was able to meet me face-to-face and before I realized it, she shot a question at me, 'What is the purpose of life?' I jokingly replied, 'Just live and die!' She gave me a broad smile and said, 'No! In every video and in every book, you say that our purpose is to find out, 'Who am I?' We must realize that God is not in the sky. We must overcome ignorance before we die.' I told her, 'You know everything! Then why do you ask?' She replied, 'It is because I am stuck. I am unable to achieve the purpose of my life.'

Like many people, Rekha had all the knowledge that one can acquire in college. But she was not able to realize the truth. She suffered the triple suffering of the body, mind and ego. Her life was full of faith and devotion to the Divine. But like many others, she was a prisoner of pleasures, possessions and people. I told her, 'You know the purpose of

life. You just have to realize it.' 'How to realize it?' she asked. 'You have to open your *real* eyes. You must be conscious, be aware that one day, this body will die and if you don't realize, 'Who am I?' then, you will be reborn, and this will go on and on. You will return to earth in a rebirth and then, the cycle will start again – pleasure and pain, sun and rain, loss and gain, and this will happen again and again. Do you want to return to earth in a rebirth?' I asked her.

Rekha immediately said, 'Oh no! I want to be one with the Divine. I want Enlightenment, *Mukti*, freedom, *Nirvana*, *Moksha*. I want Liberation and Unification with the Divine.' 'Rekha,' I said, 'You know it all. But knowing is not enough. The moment you realize, you will be able to do it! You will let go of this illusory world and you will hold on to the Divine. You will make the Lord your priority and you will not just talk of Unification but you will also start to walk on that path. You will not let anything or anybody stop you. You will be free from that prison and you will march forward. You will go beyond fences, farces, faces and forces, because you yearn for the Divine. You seek one and only one thing – to be free from this illusory world and be one with the Lord. After all, this is the purpose of life. You know it. You just have to realize it.'

Rekha went into a trance. As I looked at my mobile phone and started replying to several messages that awaited my responses, Rekha continued to be silent. When I finished, she said, 'Please help me to achieve my purpose.' 'I can guide you, Rekha,' I replied, 'But this is an inner journey. Can I eat food for you? I can't! You have to go within and switch on the light of Enlightenment, overcome the darkness of ignorance and achieve your purpose. You must realize the truth and be enlightened.'

# 10

CHAPTER

## Ashwath Was Always Busy Going To *Rameshwaram And Haridwar.* I Asked Him, 'Where Is God?'

*We cannot find God in a Monastery, Temple or Church,  
If we truly love God, we must go Within and Search.*

- AiR

One day, Ashwath met me in the temple and he asked me how we can realize God. He told me that every month he goes on a pilgrimage, sometimes it is *Rameshwaram* and sometimes *Haridwar*. He said that he had gone to all the possible pilgrimages that he knew of but was unable to find God.

I smiled and asked Ashwath, 'Do you think that by going on pilgrimages you will be able to find God? How is it possible for God to be in all the pilgrimages? And by visiting these places, what will happen? You must stop and realize the truth. Who is God? Where is God? What is God? You have to contemplate this first. If you don't, you will just be going around in circles.'

Ashwath was very devoted to God. He was very keen to find the answer. He asked, 'What should I do? I perform all possible *Poojas* and rituals that the priest tells me to do. I even fast on many days of the month. I offer the Gods and Goddesses the best of flowers, fruits and offerings.' As he was speaking, he had tears in his eyes. Such was his faith.

With love and compassion, I asked him gently, 'Does the Lord want all these gifts and offerings from you? What does the Divine seek from us? We should have a deep yearning for the Lord, only then can we realize God.'

As Ashwath was listening intently, I explained, 'There is only one way to God-Realization. It is through Self-Realization. Unless you realize that you are the *Atman*, you will never realize *Paramatman*. Unless you realize you are the Divine Soul, the Spirit, you cannot realize God. You and me, Ashwath, are not these bodies that we appear to be. One day, this body will die, and people will say that we passed away. Who are we in reality? We are the Divine Soul. The Soul is SIP, the Supreme Immortal Power. The Soul is God. This is the way to become one with the Lord. Instead of going to pilgrimages to search for God, go within, start an inner journey of Self-Realization, then you will realize God.'

Ashwath was ready to follow my advice. But he wanted help. I gave him the first book that I had written, '*Talaash*'. I gave him 2 more books - 'Enlightenment, the Myth and Truth' and 'The Spiritual Jigsaw Puzzle' and explained him, 'Instead of spending so much time going on pilgrimages, spend the same amount of time overcoming ignorance and realizing the truth.'

Ashwath, like anybody else, had a mind. He immediately asked, 'How will I please God by doing this?' I smiled and told him, 'We don't have to please God. We must realize God. What we are taught are lies, like God lives in the skies, and that we can meet God on pilgrimages. If you really love God, start an inner journey and you will surely attain God.'

# 11

CHAPTER

**Sunil Was Trying To Make Friends  
With His Mind. He Wanted Peace.  
'Can We Find Peace?' I Asked Him.**

*The Mind is our Enemy, it Steals our Peace!  
It creates Fear and Worry and it makes our Bliss, Cease.*

**- AiR**

**S**unil used to work with me many years ago. After I shut shop, he opened his own business. He was doing reasonably well with his money but he was not doing well with his mind. He asked me, 'How did you ever manage running such a big business? I get so stressed out! There are so many problems, banking, taxation, customers and people. Every day, I have anxiety attacks. I have no peace of mind.'

Since I knew Sunil well, just as I knew the business he was in, I came straight to the point, 'As long as you let your mind bombard you with thoughts, you will always be stressed. The job of the mind is to create fear, worry and anxiety. If you want peace, you must kill the mind.'

Sunil was shocked. He had read several books in which he had been guided to make friends with his mind. He quizzed me, 'Isn't positive thinking the way out? Will I not find peace if I talk to my mind and make friends with it?'

‘The mind is a rascal. Our mind is our biggest enemy! The mind is a monkey that jumps from thought to thought.’ I explained further, ‘As long as you let your mind continue this aggressive thinking, you will be caught in thought. The mind will create unnecessary fears which are not even real dangers. The mind will stop you from being in Consciousness and from using your intelligence to discriminate.’

Sunil was in the mind state. He could hear me but he was not listening. I pulled out a couple of my books, ‘Many Problems, One Solution’ and ‘How to Flip from Mind to Consciousness’. ‘When you want to find peace,’ I told him, ‘Then read these books. They will show you a way to be peaceful and blissful. Remember Sunil, peace you can’t find. It is within, you just have to still the mind.’

Sunil was so agitated and blurted out, ‘How the hell should I still my mind? It is constantly troubling me. It keeps on taking me to thoughts of worry and misery. It doesn’t let me stay in peace for a moment. It doesn’t even let me sleep in peace. I wake up in the middle of the night with a dream that the bank has frozen my account, that I have failed in my business, that I am going to be bankrupt.’ I smiled. I told Sunil, ‘As long as you are a slave to the mind, you will take this misery to your grave. Spend some time in silence, in meditation. Try to reach that state of Consciousness. Then, you will learn to do your business without the unnecessary add-ons of fear and anxiety. Learn to kill your mind, Sunil, because that is the only way to be still and be in peace.’ ‘How do I kill my mind?’ asked Sunil. ‘Have you ever seen the mind?’ I asked. ‘It is nothing but a bundle of thoughts,’ I replied. ‘When there are no thoughts, there will be no mind. But as long as there are thoughts, peace you will never find!’

# 12

CHAPTER

**Vijay Believed That Doing Good *Karma*  
Would Help Him Attain God.  
But Good *Karma* Means Only Good Rebirth.  
Not Liberation!**

*Doing good Karma does not create Divine Unification,  
For this, we need Realization and then, Liberation.*

**- AiR**

**V**ijay was trying to contact me for a long time on WhatsApp. He had read my book, 'The A to Z of *Karma*' and he was an ardent believer in the law. Somehow, he had been taught that if we do good *Karma*, we will attain Liberation, *Moksha*, *Nirvana*. But he had also read my book that spoke of a different theory. So, we got on a call to discuss this.

'Isn't it true that good *Karma* means we will attain God? After all, when we do good *Karma*, we are fulfilling our life's objective or *Dharma*,' he told me confidently.

I explained to Vijay, 'What causes our birth on earth? It is *Karma*. It may be good or bad *Karma*. As long as there is *Karma*, we will return to earth. *Karma* is like a seed that we plant. If we plant apples, we will get apples and if we plant cactus, we will get cactus. Just like the seeds will bear fruit, our *Karma* will bear results. If not in this birth, then in our next journey on earth.' Vijay was very keen to listen and

understand. He believed that it was only through good *Karma* that one could attain God. He had not understood the concept of Liberation, *Nirvana* or *Moksha*.

‘We must be free from action, Vijay, if we want God. We need Liberation or *Mukti*, freedom from the cycle of death and rebirth. Only then, we can attain Unification with the Divine. And for this Unification, we need Realization of the truth. This is known as Enlightenment.’

By doing *Karma* what happens is that we are planting good seeds through our good deeds. When the body dies, the ME, the Mind and Ego, will carry its good *Karma* and return to earth in a rebirth. While we will live a good life because of our good *Karma*, we will not attain God.

Vijay was very clear. He wanted Salvation, *Nirvana* or *Moksha*. He was a seeker of Liberation. ‘How is it possible,’ he asked, ‘To attain God?’ I replied, ‘For this, you have to be free from *Karma*.’ ‘And how can I be free from *Karma*?’ he quipped.

‘Who does *Karma*?’ I asked. He said, ‘I do.’ ‘Who is this ‘I’ that does?’ ‘Me, my body, my mind, my ego, my intelligence, my Soul.’ I smiled and said, ‘The body is just an instrument. It does *Karma* as directed by the mind. It also experiences good *Karma*. But one day, the body will die. The Mind and Ego, ME will carry *Karma* to the next birth. The Soul is just a power source of life. It does not do *Karma* or carry *Karma*. When we realize that we are the Soul, then we become the Divine instrument. We don’t do *Karma* or create *Karma* for ourselves. It is this, God-Realization that will lead to Liberation and Unification.’

# 13

CHAPTER

## Shanti Was Crying, 'Why Did My Brother Get Cancer?' I Told Her About The Universal Law.

*The Law of Karma says, 'As you Sow, so shall you Reap',  
It is because of the Bad deeds of the Past, that Today, you weep.*

- AiR

Shanti had seen my book, 'Why Bad Things Can't Happen to Good People!' One day, she reached out to me and questioned, 'My brother is such a wonderful person. He has not done any harm to anybody in his life. He is kind, compassionate and helps everybody who reaches out to him. Then, why did a wonderful being like my brother get cancer? I don't believe what you say in your book, that bad things don't happen to good people.'

I understood Shanti's emotions and tried to console her. 'No doubt your brother is a good person but remember that every 'body' must die. You, me, your brother, my sister, nobody can escape death! Some may die naturally, some after a disease or by an accident.' 'But why did my brother get cancer?' she questioned again. 'Why must he suffer so much after being a good human being?'

'Nothing in this world happens by chance,' I told Shanti, 'Everything is controlled by the Law of *Karma*. Whatever is happening is a reaction to our own action. Whatever we do

is called *Karma* and be it good or bad, it is recorded by the *Karmic* law. Just like the seeds we plant will decide the fruit on the tree, the deeds we plant decide our destiny. Whatever is unfolding in our life, is not luck or chance nor is it the will of God. God, the Creator, is SIP, the Supreme Immortal Power. SIP has created many Universal Laws which govern the world. One such law is the Law of Gravity. Another such law is the Law of Cycles. That is why the earth rotates precisely once in 24 hours. So also, the Law of *Karma* makes no mistake. *As we sow, so shall we reap.* What we give is what we get!’

Shanti was not convinced. ‘I know my brother so well. He is 10 years younger to me. He has not harmed anybody, not done any wrong, I can vouch for it. Then, why must he suffer of cancer and die?’ I asked Shanti, ‘Did you decide your birth? Did you decide how and when you came to earth?’ She paused and said, ‘No!’ ‘This is decided by *Karma*,’ I explained. Our life unfolds as per the *Twin Karma*. The *Karma* of our present life which we control, plus the *Karma* of our past life, which is already done and is beyond our control, together *Twin Karma* unfold in our present life. You don’t know your brother’s past *Karma*, do you? Whatever *Karma* he has accumulated in his previous lives, is unfolding now, in this life. Therefore, we have no option but to accept without protest. We must surrender in Consciousness. We must be absolutely sure that nothing can happen in life other than what our *Karma* is.’ Shanti was listening attentively. She was trying to understand how *Karma* works. ‘How can we change our past *Karma*?’ she asked. ‘By doing good *Karma*,’ I replied. I continued, ‘But the best way is to be free from all *Karma* of all lifetimes. This is Liberation from *Samsara*, Liberation from rebirth, and Unification with the Divine.’ Shanti thanked me and left.

# 14

CHAPTER

## **Peter Was A Great Believer In Luck. I Taught Him The Right Spelling Of Luck, 'PLUCK!'**

*Luck does not decide what is going to be our Destiny,  
As it is not Chance that decides which Fruit grows on the Tree.*

**- AiR**

**A**fter many years, Peter walked into my office one day. He used to be my classmate in school and now lived in Australia. He was visiting his family in Bangalore and was passing by my office and decided to drop in. 'Lucky guy you are,' he said, 'You have everything going well. You have a business, you have money, you travel the world! You have great luck!'

I smiled, and asked Peter, 'What was the spelling of luck that we learned in school?' 'Oh, you forgot!' he laughed. He took a piece of paper from my desk and scribbled LUCK. I took the pen from his hand and told him, 'Your spelling seems wrong.' I added 'P' before LUCK. He said, 'This is not luck, this is pluck.' I said, 'Peter, there is nothing called LUCK. Whatever we get, we PLUCK. Life is like a boomerang. What you do will come back to you. Luck, chance or serendipity is just an effect. What is the cause? The cause is our effort. Our destiny is not a matter of chance. It is a matter of choice. We are blessed with the gift of the intellect. We can discriminate and choose.'

‘You are right,’ Peter said, ‘If you look at our class, some of our classmates have become millionaires because of their businesses, some doctors and some lawyers. But there are many who are struggling to survive. We all studied in the same class, in the same school. And when we left school, I never thought that we would all have such different fortunes. You have written so many books on philosophy. Why does this happen? Who controls our luck?’

‘Peter,’ I said, ‘Suppose you are driving in Australia, are you in command of your car or do you reach your destination by luck?’ ‘Oh, there is no luck,’ he replied, ‘I use a GPS to guide me to navigate. But I decide my speed and where I want to turn.’ ‘Great!’ I exclaimed, ‘But can you change the road?’ Peter seemed shocked. ‘How can I change the road? It’s already paved.’ ‘The same way,’ I explained, ‘Certain things that happen seem to be good luck or bad luck, but they are like the road that is paved. These events are unfolding because of our past life *Karma*. But we can choose our present life *Karma* and change and control our destiny. Our destiny is in our hands, not in the hands of a distant God. We can create our own luck through our actions.’

Peter said, ‘But there are many people that we know from our class who are working hard but they are still struggling. Isn’t it sheer bad luck?’ ‘Maybe they are working hard but not working smart,’ I replied, ‘Or they don’t pray enough, or they don’t have the right people around them. There are many possibilities. But luck is not one of them. The biggest probability is the Law of *Karma*. Those who follow *Karma*, do their best and surrender the rest knowing there is nothing like luck. Ultimately, they will pluck their destiny!’

# 15

CHAPTER

**Ramesh Was Busy Making Money.  
I Told Him,  
'What You Earn, Others Will Burn!'**

*We Earn and Earn, only for others to Burn what we Earn!  
What is the Purpose of Life... we must Stop and Learn.*

*- AiR*

**R**amesh was a successful businessman. But he was successful only in business, not in life. Where his life was concerned, he was just zooming from his womb to his tomb, without realizing that he could not take all his money to his grave. He was well over 70 but was working 7 days a week, 12 hours a day, making money and more money. I found it very funny because he did not need any more money! He could not spend what he had even if he wanted to. He had more than what the next few generations could spend. Still, like many millionaires and billionaires, he was so passionate about his achievements and success, his money and wealth, that he could see nothing beyond that.

I said, 'Ramesh! Isn't it funny that you are still busy making money when you can't take with you even a penny? None of us can! You are spending your entire life in the pursuit of monetary wealth and you are losing your physical health. What is the purpose of doing so? One day, sooner or

later, you will die. Whatever you earned, will be left behind. Why are you wasting your life?’ Ramesh replied, ‘I am creating a business for my children, grandchildren and great-grandchildren.’ ‘But Ramesh,’ I said, ‘What you earn, others will burn. We spend our entire life trying to earn and earn but in a flash of a moment, when our future generations get a hold of our hard-earned money through inheritance, they will just blow it up because they have never learned how to make money and therefore, they wouldn't value it. Further, is this the purpose of life?’

I asked Ramesh, ‘You know your grandfather but do you even know who the grandfather of your grandfather’s father was? We don’t even know the names of our ancestors, but we spend our entire life leaving wealth for future generations.’ ‘What should I do?’ asked Ramesh. I explained to Ramesh, ‘Life is not about accumulating money and success. Life is about sharing happiness. We must give before we are gone because what we don’t spend before our end is wasted. We have no control over our money after we die and therefore, we must make use of our money in the best possible way. Why live life in haste and leave our money for others to waste? We must pause and find the cause to which we can dedicate our life. It can be something we like. But life is not just about making money. It is more about making a difference. We spend our entire life to learn and earn, but one day, we will burn and then return in a new body. Instead of wasting our life just trying to earn and earn, we must learn what the purpose of life is and we must spend before our end so that when we die, the world will cry.’ Ramesh was surprised at my words. He sat quietly for some time, deep in contemplation and introspection. He understood and exclaimed, ‘What I earn, others will burn! True indeed!’

# 16

CHAPTER

**Davis Thought,  
'The Purpose Of Life Is To Create A Legacy.'  
I Helped Him Wake Up And Realize The Truth.**

*Let us get it into our head,  
We can't control anything, after we are Dead.*

**- AiR**

I had known Davis for many years, although we hardly met. But one day, we ran into each other at a restaurant. He walked over to me and after exchanging pleasantries, he started a discussion. 'How does one plan a legacy?' he asked, 'I am very worried about my business, the school I have opened and my corpus, the wealth I have created. My kids are not really interested in what I do. I do not know how long I will live. What if my legacy does not get established before I die?'

'Can we control our death, Davis?' I asked, 'One day, we all have to go. This is just a show. We bring nothing with us, and we can take nothing with us. Whatever we have, however much that be, we got it here and ultimately, we have to leave it behind.' Just as I was explaining this, Davis got a little irritated. 'What do you mean?' he asked, 'Don't we have to plan a legacy? What will happen to our business, our institutions and organizations after our life is over?' 'No doubt, Davis, we must try to do it but the moment we are

dead, let us get this clear in our head that we will lose control of everything that is ours. Nothing is truly ours. We imagine it to be. There is no way for us to ensure that after our life is over, our descendants will respect our legacy,' I replied.

"Today' is in your hands. Today, you are the master of your life and wealth and today, you can do what you want to do. You can institutionalize your school, so that it is not shut down after your life and you can try to make the best of your life when you are in good health but you cannot use your money once you are dead. It is not yours anymore and even the legacy that you plan, you have no way to control it.'

'Look around you, Davis,' I said. 'What do the kids of the rich and famous do? Most of the time, they have their own priorities and preferences. They even change the names and styles of the businesses and the organizations of their parents. But there is nobody to stop them. We must have a balance — we must take care of our future generation. Regarding our legacy, all we can do is be more concerned about what we are doing when we are alive, than what will happen after we are dead.'

Davis was disturbed by my talk. He said, 'I agree with what you say. But what is the solution? What do we do to our hard-earned money that we spend our entire life collecting?' I replied, 'We must spend it before our end. We must assign it or give it before we are gone. We must invest whatever is supposed to be ours in a manner that we have no regrets with what may happen. We all have a choice, and we must choose wisely. Somehow, it has been a trend for people to just live and die and worry more about what will happen after they are gone. But we don't worry about doing what we must do when we are alive.'

# 17

CHAPTER

## **Dinesh Wanted God. He Was Very Religious. I Made Him Understand That Religion Was Just A Kindergarten.**

*As long as we Search in Temples, God we will never find.  
God is the Power that is within. Alas, we are Spiritually blind!*

*- AiR*

**D**inesh met me in the temple. He had brought 108 coconuts to break. He had brought so many other offerings including milk and sweets to offer God. He had asked the *Poojaris*, the temple priests to do *Rudrabhisheka*. As he was waiting for the priests to start, he happened to see me. He started telling me how religious he was. He told me about the rituals he followed and how he was so desperate to find God. I asked him, 'Just by doing all these *Poojas*, will you attain God?' He said, 'Surely, I will. With so much devotion and dedication, so much *Bhakti*, how can I not attain God?'

Since I had some time, I started to explain to him, 'Do you think God wants your coconuts, your sweets and your offerings?' He was silent and was thinking. 'Do you know who is God, what is God and where is God?' By now, he was completely still. 'If you want God, you must first know who God is.'

Dinesh came out of his trance. He had met me before and he knew that I had evolved on this journey. He was humble and he wanted to learn. So, I told him to finish all his *Poojas*, rituals and ceremonies and meet me in the evening. Fixing a time to meet him, I left. Dinesh continued with the *Poojas*, the religious ceremonies but his mind was on what I told him and he was keen to meet me. He sent me two reminders of our meeting later that day. When I met Dinesh, he was very curious. 'Tell me,' he asked, 'What is the way to attain God?' 'Religion is just a kindergarten, Dinesh,' I said. 'Just like we learn ABC in pre-school, religion teaches us to pray. As kids, we don't understand the meaning of God. So, religion created fancy-looking Gods, along with fairy tales and myths to grab our attention. But the truth is that God is not the statue in the temple. God is nameless and formless. God is not made of bone and skin. He is the Power that is within. If you truly want God, you must start an inner journey, a journey that takes you within and makes you realize who you are and why you are here.' Dinesh was intrigued. Just like I believed for so many years, Dinesh too believed that religion was the way to attain God. I could see the same shock on his face that I had experienced when I had realized that God was not God. God was SIP, the Supreme Immortal Power.

I made Dinesh understand that we are not this body that is sure to die one day. We are the Divine Soul that will pass away. That very Soul that came alive 9 months before our so-called birthday. The Soul, Spark Of Unique Life, comes from SIP, the Supreme Immortal Power. 'That is our true identity,' I explained. I asked the temple team to give him a couple of books to read on Self-Realization and God-Realization. 'Dinesh, if you want God, then get out of the kindergarten of religion and graduate in the university of Spirituality. Then, you will realize God.'

# 18

CHAPTER

## Nisha Said, 'Let's Pray For The Departed Soul.' I Asked Her, 'What Is The Meaning Of Soul?'

*Why do we Pray for a Departed Soul? Why do we Say, R.I.P.?  
Because we are deep in Ignorance, the Truth, we cannot See.*

*- AiR*

Nisha is my neighbour and we met sometime back when another neighbour passed away. We were waiting for the death ceremonies to be completed. As we were waiting, Nisha blurted out the words, 'R.I.P.! Let's pray for the departed Soul.' Since she was sitting right next to me, I started a conversation.

'Who should rest in peace, Nisha?' I asked. 'Well, the one who passed away,' she replied. 'Don't we say, R.I.P.?' she asked me. 'Sure, everybody says it but what does it mean?' Nisha continued with authority, 'Well, we must pray for the departed Soul.' 'But what is this Soul, where has it gone and where did it come from?' I asked. By now, Nisha knew that I was into a serious conversation. She asked me, 'Hasn't Ghanshyam's Soul left in the moment of death? Ghanshyam has died. Must we not pray that he must rest in peace?'

'But Nisha,' I said, 'In a few hours, his body will be in pieces. Do you think that this is Ghanshyam?' I asked pointing

to the body placed a little distance away, covered with a white sheet. 'No, this is just his body.' 'So, who has left the body?' She replied, 'Ghanshyam has left.' I asked, 'Where has Ghanshyam gone?' She shrugged indicating she did not know. 'You say Ghanshyam has gone, but I see him lying here, dead on the bed.' Nisha knew that I had written some books on death and rebirth. 'Maybe, I should read some of your books,' she said, 'To get clarity on what happens at death. But tell me, where has Ghanshyam gone? Where is the Soul that has departed?'

'Ghanshyam is gone forever, Nisha. Ghanshyam can never come back. Soon, they will cremate his body, but not him. Pay attention, there is a difference,' I explained. 'Ghanshyam's body will be reduced to ashes, but he, who was in Ghanshyam, has left. That is his Soul. We all have a Soul, don't we?' I asked Nisha. 'Of course, we do,' she replied. I explained, 'The Soul is a Spark Of Unique Life. It was the Power that gave Ghanshyam life from birth to death. The Soul comes from the Supreme, in the moment of our conception and it departs at death. The Soul is the Power of God or SIP. When it leaves, it becomes one with the Supreme, just as the body becomes ashes. There is no point in saying 'R.I.P.' There is no need to pray for the departed Soul. The one who died has *Karma* to be settled, both good and bad. It is based on *Karma* that we are born again.'

Nisha asked, 'So, his Soul will carry the *Karma* and be reborn?' 'No!' I replied, 'The Soul has no *Karma*. The Soul is birthless and deathless. It is Ghanshyam's ME, his Mind and Ego that will carry his *Karma* and be reborn. If only we realize we are the Soul, not the mind and ego, then there will be no rebirth after death!'

# 19

CHAPTER

**Sushil Prayed,  
'O Lord, I Want To Go To Heaven!'  
Heaven And Hell Are Not Somewhere In The Sky,  
But Right Here On Earth.**

*Heaven or Hell, they are Right Here on Earth.  
Not Physical Domains; we Experience them at Rebirth.*

**- AiR**

**O**ne day, when many of my old friends and I were having tea at Chai Point, the discussion was on prayer. What do we all pray for? Everybody shared their prayers. Most of them used to pray to God so that God could solve every little problem they faced. Just like an ATM was to draw Any Time Money, to many people, God was a PSM or a Problem-Solving Machine.

When they asked me, I said, 'In my years of business, while I had prayed every day, my special prayers were for the resolution of impossible challenges that I faced, which I would write on a sheet of paper and put into a drawer, on God's table. I shared that I had considered God to be my senior partner then. Today, I believe that God lives in the temple of my heart. So, I live in Yoga, ever united with the Divine.

Our tea came and as we started having it, we continued to chat on the 'Prayer' topic. Sushil said, 'My prayer to God has always been one simple and consistent prayer. I want to go

to Heaven. I don't want to go to Hell and suffer!' While some others agreed that they too prayed for this, I took the opportunity to explain, 'When we pray to God that we want to go to Heaven, what does it mean? Who will go to Heaven? Can we go to Heaven before we die? We know for sure that Heaven can be visited only after death when we settle our past account or *Karma*.' Till now, everybody seemed to agree, as they sipped their cups of tea. But then, I took the discussion to the next level.

'When we die, our body is cremated or buried. Then, who will go to Heaven or Hell?' I questioned, 'And if ever somebody is going there, then how will they go? Finally, where are Heaven and Hell? Are they at some physical locations? Has anybody been there?' Sushil's neighbour who was with him spoke about NDE – Near Death Experience, but I explained that NDE was just an illusion of the mind, because when we are dead, absolutely dead, then there is no Consciousness for such a dream or experience. And when not dead, then it's a hallucination of the mind.

'Heaven and Hell are right here on earth, Sushil,' I said. 'We experience them when we take rebirth. Heaven is a reward for good *Karma* just like Hell is a reformatory punishment for our sins. We experience Heaven and Hell every day as we live on earth as a reaction of our past actions. Then, in the moment of death, the body dies but we don't go to a physical heaven or hell, far away. We return to earth in a rebirth. We return with a new body, but the same Mind and Ego, ME, carries its *Karma* into the womb of a new mother, to experience a new life that can either be Heaven or Hell, based on *Karma*.' The subject was so simple that there was no argument. My friends tried to absorb the 'wisdom of a Spiritual journey' as they called it.

# 20

CHAPTER

**Madhu Was Scared Of Death.  
'What Will Happen To Me When They Burn Me?'  
I Told Her That We Never Die.**

*How will I bear the Pain, the Suffering when my Body they burn?  
There is no Pain after Death, this simple Truth, we must learn.*

**- AiR**

**M**adhu had got my contact information from Facebook. One day she called me to discuss how she could let go of the fear of death. She was paranoid and shared that she had sleepless nights. 'Please help me,' she pleaded.

At first, I suggested to her that she join our everyday Zoom call. We have 'Ask AiR' sessions everyday at 8 pm and people ask me many questions on fear, worry, stress and anxiety. They learn how to flip from mind to Consciousness. The everyday 30-minute call strengthens people spiritually. So, I gave her the link and told her that it was free. I urged her to try attending this Zoom call for a few days, assuring her it will help her. When I invite people for the Zoom session, most join, even for a few days, to see if they like it. If they do, they become regular attendees. But some do not continue attending for whatever reason. Madhu was one of them. She never wanted to get answers on Zoom. She wanted to talk to me about her fears.

I explained the solution to her, focusing on a few major areas of Realization. The first Realization was that death is certain. Every 'body' has to die. Neither do we control our birth, nor our death. Death will happen when it has to happen. We must accept it. There is no point in worrying about death. Then I explained fear to her. We must realize that **FEAR** is just a **False Expectation Appearing Real**. Fears are not dangers. The audio calls continued for a few days and each day, the fear continued to be audible in Madhu's voice.

The next day she asked me, with all humility and respect, 'I am sorry to trouble you but I cannot sleep with the vision, the dream of my body in flames after death. How will I be able to bear this fire when I am not able to bear even a candle flame burning my finger?' I explained to Madhu, 'This fear is coming from an unwanted thought of your mind. All the billions of people in this world will die. There is no escape. Then, they will be cremated or buried. Are you the only one who is going to suffer this? You must realize that in that moment of death, you will have no Consciousness, no sensitivity of pain. It is like an eternal anaesthesia. Do you feel the pain of a root canal when your dentist gives you anaesthesia?' This appealed to Madhu a lot. She thanked me, as she realized that her concern was not so much the fear of death and thereafter, rather the negative thoughts of her own mind.

I urged her to attend the Zoom call every day. These calls would act like a positive tonic and help her overcome her fears. They would help her flip from negative to positive, from NEP to PEP. I explained that negative energy has poison, NEP, just as positive energy had power, PEP. Madhu seemed to have overcome her fears. Now, she regularly attends the call to move forward on the spiritual path to attain Enlightenment.

# 21

CHAPTER

## Rajesh Asked Me, 'How Many Times Will The Soul Incarnate?' The Soul Is Birthless And Deathless.

*We live in Ignorance, and we Commit the Greatest Crime,  
We live as ME and Reincarnate Many a Time.*

*- AiR*

Every day, I answer questions. It may be on Quora, Reddit or Speaking Tree. Some people ask questions on Zoom, Facebook, YouTube, or some other social media. One day, Rajesh asked me the question, 'How many times does the Soul reincarnate?' Rajesh's questions were based on the several fairy tales that come out of the myth that we grow up with. Somebody told him that the Soul will reincarnate 7 times. He asked me whether the Buddhist concept of *Sotapanna*, 7 rebirths was true. 'How can we finally achieve *Moksha*?' he asked. His questions were endless because he was seeking answers. He believed that the Soul could reincarnate 288 times. Somebody even told him that we go through 84 lakh lives! And so, he was completely confused.

I explained Rajesh that the Soul is the Power in our body. It is energy. It is birthless and deathless. It does not reincarnate. I took out 2 balloons, one blue and one white and filled them with air. Suddenly, the 2 dead balloons

started bouncing with life. Now, I deflated the balloons. They returned to being pieces of dead rubber and I asked Rajesh, 'Can you return to me, separately, the air of the white balloon and the air of the blue balloon?' 'Impossible!' replied Rajesh, 'How can I do it? The air of both the balloons has merged with the air that is everywhere.' 'Absolutely!' I told him, 'So does our Soul. In the moment of death, when the Soul departs, it is just energy that merges with the Supreme Energy that is everywhere.'

I made Rajesh understand that we think we are this body, mind, ego, and Soul. Because we believe ourselves to be this complex body, we even think of the reincarnation of the Soul. Just like the computer has hardware and software, we have a body and mind. The power given to a computer is external. We can plug in to put it on the computer. To live, we are plugged in with the Soul, the Spark Of Unique Life. This Power arrives at conception and departs at death. It does not reincarnate. It is part of SIP, the Supreme Immortal Power that we call God.

'Who incarnates?' questioned Rajesh, 'Don't you believe in reincarnation?' 'Of course,' I replied, 'We are fools to believe that after the body dies and is cremated, we will go to a Heaven and meet our ancestors. This is a lie. The body returns to dust when the Soul departs. It is ME, the Mind and Ego that takes rebirth because it is carrying its unsettled *Karma* due to ignorance. As long as we are ignorant, we will live, do *Karma*, die and then arrive in a new body, to settle our *Karma*. The ME will reincarnate again and again till we are liberated from this cycle of *Samsara*, of death and rebirth. This is our goal, to realize we are the Soul. Otherwise, ME, the mind and ego, will reincarnate again and again.'

# 22

CHAPTER

## Ravi Celebrated God's Birthday. I Asked Him, 'Is God Made Of Bone And Skin?'

*We celebrate God's Birthday. We even Cut a Cake!  
When will we Awake to Realize that all this is Fake?*

*- AiR*

One of Ravi's greatest joys was celebrating God's birthday. Not only was he excited to celebrate the birthday of Lord *Rama* and Lord *Krishna*, he would also look forward to Christmas and celebrate the birth of *Christ*. For him, these days were great days. But he did not think beyond that. He never thought about how could God ever be born. If God was born, then God was not God, because then there must be some other Creator of that God. But God is the Creator, not the one who is created.

Because Ravi used to follow me and my teachings, he happened to interact with me on this. In one of the sessions of 'Ask AiR' on Zoom, which happens live every day at 8 p.m., Ravi asked me, 'Can we celebrate God's birthday?' This was because while answering one of his questions, I had suggested that he should drop this practice if he was seeking God-Realization. Otherwise, he could continue having fun, celebrating the birth of God every few weeks because there are so many Gods.

I asked Ravi on the Zoom session, 'Do you think God is made of bone and skin? If God was born, then God would need a pediatrician and then later, a dermatologist and cardiologist. Anybody who is born must die. Every 'body' experiences birth and death. But can such a person be God?' I got Ravi thinking and he said, 'Let me think and come back to you.'

In that 'Ask AiR' session, I continued to answer others' questions, and some asked similar questions. I explained, 'God cannot be made of bone and skin. God is a Power, a Supreme Power that is Immortal. That Power is birthless and deathless. That Power is beginningless and endless. What do we call that Power?' I asked. Somebody in that session answered, 'SIP, the Supreme Immortal Power.'

We must realize that God cannot be created. If God was created, then God would have a Super God, and to create that Super God, there would have been a Super-Super God! Ultimately, God is the beginning, the causeless cause. We cannot define God. God is SIP, the Supreme Immortal Power.

Ravi came back on Zoom and asked me, 'Then why does the whole world celebrate *Ram Navami*, *Krishna Janmashtami* and *Christmas*?' I smiled and replied, 'Because most of us are ignorant. We do not realize the truth. We all grow up believing in a personal God, and that is perfectly ok. But just like we move from a kindergarten to a university, we must evolve from the fairy tale of religion to the truth of Spirituality. We must realize that God is SIP. When we celebrate God's birthday, Ravi, we only further our ignorance and go away from the truth. Then, we will never realize God. If you really love God, realize God is SIP, the Supreme Immortal Power.'

# 23

CHAPTER

**Prakash Had Faith.  
He Believed That God Would Solve His Problems.  
I Explained That God Is SIP,  
The Supreme Immortal Power.**

*Sure, God will solve our Problems, but we need Faith and Toil,  
If we just Pray and do Nothing, our Problems will create Turmoil.*

**- AiR**

**P**rakash was like anybody else. He was devout in his belief in God. His faith was unshakeable. He would perform rituals, without missing to dot every 'i' and cross every 't'.

One day, he had a problem that was eating him and he was telling me how he had increased his hours of prayer and his offerings to God, how he believed that God would solve his problems. I narrated a very famous story to Prakash. *There was once a man who was walking through a forest. He reached the bank of a river and he had to cross the river to continue his journey. So, he sat down there in prayer. 'O Lord, I have to cross this river.'* After 2 hours, he was still praying. Prakash was intelligent and he asked, 'How can God help him cross the river?' I asked, 'What should he have done?' 'If it was a shallow stream, he should have walked across. If it was deep, he should have swum. If these were not possible, he should have got a raft to cross,' Prakash replied. 'But,' I said, 'He had so much faith that he continued to pray.' Prakash

smiled. He understood what I was saying. Then he asked, 'Should we not pray?'

'Prayer is important, Prakash,' I said, 'But just the act of praying to our personal God will not solve all our problems. First, we must do our best. Only then, God will do the rest. If we have faith in God and we just pray and don't work on our problem, we cannot expect our problem to be solved.'

'You pray to your God, Prakash, and you go from one temple to another,' I said, 'You spend so much time going on pilgrimages. There is nothing wrong in this. But first, you must understand that God is a Power, not a person. God is not made of bone and skin. God is that Power that is within. When you realize God is SIP, the Supreme Immortal Power, your prayers will invoke SIP that is within you. No doubt it is important to pray but we must know to whom we pray and what we say when we pray.'

The Power of the Supreme is immense. For SIP, nothing is impossible. But if we innocently pray to our personal God and we expect all our problems to be solved, then this whole world will be only praying and not working to solve their problems.

'What do you think God wants us to do when we have a problem? Should we just sit and pray? Or would God want us to find a solution?' I asked. 'Somehow, we have innocently become ignorant and we rely only on ritualistic prayers, when instead, we should work with faith, hope, trust and enthusiasm. Most importantly, we must not believe that God is somebody who is sitting far away in Heaven. We must realize the Power of SIP within. Then, when we pray, we would connect to the Lord in the temple inside us and even the impossible can become possible!'

# 24

CHAPTER

## Raju Had 20 Statues Of Different Gods In The Temple Of His House. 'Are There So Many Gods?' I Asked Him.

*We may have the most Beautiful Statues of God,  
But the Truth is that in the Temple within, Lives our Lord.*

- AiR

Raju was a dear friend and stayed nearby. He was very keen that I visit the temple in his house. One day, when I was passing by, he invited me to have a cup of tea with him. Then, came that moment of seeing his beautiful temple. He had bought statues from all over the world. Not just statues made of marble but expensive metallic statues with precious and semi-precious stones. He was so concerned about the security of his temple that he had to lock it up out of the fear of the expensive statues being stolen.

Raju then explained how he had bought the *Krishna* statue from London. The *Shiva* statue was from *Haridwar*, and he had got a special *Shivlinga* made out of crystals from a designer in Singapore. Raju had beautifully decorated the temple. As I looked on, he showed me the statue of *Ganesha*, and said, 'Whenever I have a problem, I pray to Lord *Ganesha*. For strength, I pray to *Hanuman*,' he said, pointing at the *Hanuman* statue. He then showed me the statue of Goddess

*Lakshmi*. It was the *Diwali* festival season, and this statue was placed at the centre of his temple. 'Please suggest,' he asked me, 'What other statue should I get to make my temple more powerful?'

Raju knew that I had built a huge statue of Lord *Shiva*. He knew that I had recreated the 12 *Jyotirlingas* and the *Amarnath* ice *Linga* in the temple. But he was not aware of the metamorphosis that came after my transformation. So, I explained to Raju, 'I too used to pray to the statue.' 'What do you mean?' asked Raju, 'Don't you pray anymore?' 'No,' I replied, 'I no more pray to a statue, I pray *through* the statue,' to a surprised Raju. 'My dear Raju, do you actually think there are so many Gods living in some Heaven far away? A statue is just a symbolic representation of God. How can we even think that Goddess *Lakshmi* will truly give us money, if we pray to a special *Lakshmi* statue installed in our temple? We have to evolve in our faith and our beliefs. Otherwise, like children, we too will think that the story of Santa Claus is real. These are mythological fairy tales and we need these statues to grow in our faith. But if we cling on to these statues and believe these stories to be true, we will never realize God.'

Raju was trying to understand what I was saying. He was an active sportsman. I asked, 'Can you jump across the rod at a height in a game of Pole Vault without the pole?' 'Impossible!' replied Raju. I questioned, 'Can you jump over taking the pole with you?' 'That too is not possible,' said Raju. 'So,' I explained, 'Religion and these statues are like the pole. We need them to jump over to God. But unless we let go of them, we cannot jump over. These statues in your temple are beautiful works of art but they are not God. You must realize the Self to realize God.'

# 25

CHAPTER

**Ajay Was Bored Of His Mercedes.  
He Wanted To Buy A Private Jet.  
But Things Don't Give Us True Happiness!**

*As long as we Depend on Things to give Pleasure,  
We will Never Discover the true Happiness Treasure!*

**- AiR**

**A**jay was another dear friend of mine. I had known him since I was a businessman and while I shut down my business after 25 years to make a difference rather than just making money, Ajay continued in his passion for success and achievement.

By chance, we got to meet after a long time and Ajay was telling me how he was contemplating buying a private jet. I recalled those days when I had bought a Mercedes followed by a limousine. I had been thinking of buying a small private plane at that time but then, had dropped the idea. Ajay showed me the options he had. There was one possibility of buying a shared jet in partnership with others. He was also contemplating buying his own jet. He was saving money for this passion of his private aircraft. 'I am bored of cars,' said Ajay, 'Driving my convertible Mercedes was fun, but now I want to fly in the sky and I am excited.'

As we were chatting, I shared with Ajay how I too once had something similar in mind. It was a great idea to have a

private jet but what about maintenance, security and crew? All this would not only cost a bomb, but the logistics were difficult. As we were discussing, Ajay asked, 'Shouldn't you buy your jet?' I told Ajay, 'I was contemplating to buy, but then I had the Realization that this pleasure will not give me real happiness. In fact, I have not bought a new car in the last 10 years.' Ajay was surprised. He said, 'You used to buy a new car every year!' It was then I told Ajay more about my happiness journey.

'We all want to be happy, Ajay,' I said, 'But we think that happiness is in possessions. This is a lie. These possessions can give us pleasure, but this pleasure is ephemeral. This happiness is not permanent. When I bought my first Merc, I too was excited. But soon, I wanted another new car. Every new car gave me pleasure, but that pleasure was never lasting. I realized that true happiness comes from contentment and fulfilment, not from achievement of material pursuits.'

Ajay was not in the frame of mind to listen to my happiness story. Although he wanted to be happy, he believed that a private jet was the answer. After a good chat, we parted.

We human beings are prisoners of pleasures, possessions and people. We do not realize that these pleasures are fleeting. Our need becomes our greed, but we are never fulfilled. In this passion for more and more, we experience disappointments, and ultimately, we become unhappy. Still, although we realize this, we don't give up our desires. We are slaves of our sense perceptions, and we want to gratify that. Little do we realize that these will not lead to eternal happiness. The next time I met Ajay, he was still thirsty for happiness, despite his possession of a new jet.

# 26

CHAPTER

## Sharada Asked Me, 'How Can We Be Happy All The Time?' I Explained, 'By Living In The NOW.'

*If you want to fill your Mind with Peace and Bliss,  
Then just Still your Mind, that is Causing Unhappiness.*

- AiR

Sharada was a nurse. She had met me a couple of times because she used to visit me to take laboratory sample tests. Over the course of her visits, I gave her my book, 'The Three Peaks of Happiness'. Sharada read the book and on the next visit to collect the laboratory samples from me, she asked me, 'How can we be happy all the time? Every now and then, I become unhappy. What is the way to reach eternal happiness?'

Sharada was a postgraduate in her university studies but it did not seem that she had graduated in happiness. She seemed so agitated and I explained to her, 'Happiness is a state of being. You have to make happiness a choice. Don't try to become happy. Just learn to be happy.' 'But how do we do that?' asked Sharada.

Most of us swing like a pendulum. We go to a yesterday that is gone and then to a tomorrow not yet born. Alas! We lose the present moment of bliss and joy. Happiness is in the

NOW. You can't be happy in a yesterday or tomorrow but most of us dwell there. 'Why does this happen and how?' questioned Sharada. I teased her and said, 'I will give you any prize of your choice if you can go to yesterday or tomorrow. Can you?' She replied, 'Yes, I can. I keep going there all the time.' 'Who goes?' I asked. She said, 'My mind.' I told her, 'You cannot go. Only your mind can.' She laughed and exclaimed, 'Got it!' The mind is the only one that can go to the past and the future and by doing so, it robs us of our present moment of bliss and peace. If you want to be happy, make a vow to be happy in the NOW.

'How can we be happy in the NOW, Sir?' Sharada asked me. 'If you want to be happy, live life moment by moment. Don't be a puppet of your mind. If you do, you are sure to be miserable. Our mind is our biggest enemy. It makes us unhappy. It steals our peace. Unless we still the mind, we cannot kill our enemy who steals our happiness,' I explained. Sharada was mighty pleased and excited too. She seemed to be tired of her mind and the misery it created. But like so many of us, Sharada was the slave of her own mind. Every time she tried to spend a moment in peace, her mind would bombard her with thoughts and those thoughts would upset her, steal her happiness and make her react negatively. Every time she did it, she lost her bliss and so, she was constantly seeking happiness.

'Have you ever seen the mind?' I asked Sharada. She said, 'Yes,' pointing at her skull. I replied, 'No, that's your brain. But where is your mind?' As she was pondering, I told her, 'There is no mind. There are only thoughts. Where is the mind? You cannot find! When there are no thoughts, there is no mind. If in thought you are caught, misery is brought and then, bliss, you forgot!'

# 27

CHAPTER

## Radha Was Worried And Suicidal. Worry Is Over-thinking And More.

*Worrying is like being Miserable, Rocking on a Chair,  
It gives us Sorrow, but it takes us Nowhere.*

- AiR

One day, I was waiting for the dentist at his clinic. One more patient was waiting for her treatment. Her name was Radha. She was very worried about the root canal treatment that she was about to start. She was sweating and her worry showed all over her face. Out of concern, I asked her, 'Everything ok?' She replied, 'I am so worried.' I joked with her, 'Nobody dies out of a root canal.' The dentist seemed to be caught up in some procedure and so we started talking.

'I have got many root canals done,' I told Radha. And she said, 'I also have got them done.' 'Then why are you worrying about it?' I asked. 'Worrying is my habit,' said Radha, 'I worry about everything and I don't know how to stop it. If it starts raining, I worry. If it becomes too hot, I worry. I worry about the health of all my near and dear ones. I just keep worrying all the time!'

I was not surprised at Radha. I meet so many people who worry. I took a piece of paper and scribbled my expansion of the acronym WORRY and gave it to Radha.

- W - Waste of Life**
- O - Overthinking**
- R - Repeated Fear**
- R - Rehearsing Problems**
- Y - Yearning of the Mind**

‘This is what worry is, Radha,’ I said. She read the acronym and smiled. ‘Bingo!’ she said, ‘But how do I stop worrying? My mind doesn’t spare me for a moment. I just go on worrying and worrying.’ ‘Worry is overthinking, Radha. It is creating a problem where there is none. It is self-inflicted misery, and it is a choice. If you like to worry, you can continue to. Nobody will stop you. But for sure, worry is going to kill you!’ I said.

‘How do you know?’ asked Radha leaning forward and whispering to me, ‘I did not tell you that I am contemplating suicide.’ I wasn’t surprised by Radha’s revelation. ‘Suicide is not the end of our problems,’ I told her, ‘Our worry may lead us to contemplate ending our life. But we will only return to earth in a rebirth, with more miseries and problems than before. Suicide is not the solution. Learn to stop worrying.’

Life is a show. We come and we go. Nothing belongs to us. Nobody will be ours forever. Still, our mind makes us worry so much. It steals our peace and happiness. It is because of our ignorance of the truth that we get carried away and worry so much. In reality, there is no need to worry. When there is no problem, why worry? And if there is a problem, even then, we shouldn’t worry. If we can do something about it, no need to worry. If we can’t do anything, then why worry unnecessarily? Worrying is not a solution for any circumstance. It is only a joy stealer. It robs our peace and our happiness. The dentist called me in and I went in for my appointment. But before I left, I advised Radha to eliminate worry.

# 28

CHAPTER

## **Mr. Mehta Enjoyed Life With The Best Single-Malt Whisky. But Real Happiness Comes From The Spirit Within.**

*Many of us think Happiness comes from only Food and Drink,  
We get Addicted to Pleasures and in Misery, we Sink!*

*- AiR*

I was at the airport waiting for my bags. The luggage was delayed. It was announced that it would take another 15 minutes for them to arrive because of some technical problems. I had just returned from Singapore. During my flight, I had been talking Mr. Mehta who was seated right next to me. Now, seeing me again at the luggage carousel, he asked me for a favour, 'Can you please help me buy whisky from the duty-free?' I smiled but politely denied.

In the flight, I had been talking to Mr. Mehta about happiness and he had admitted that he was addicted to whisky. I jokingly asked him, 'What happens to somebody who has whisky for the first time?' 'It tastes so toxic,' he said. 'Then why does one start enjoying this toxic liquor?' 'Well,' he replied, 'It gives us a great kick.' 'Sure,' I said, 'But is this true happiness? Alcohol fogs our mind and most spirits make us feel high. But these pleasures are momentary,' I explained.

'Sense pleasures may give us happiness for a few minutes but in the long run, they make us unhappy, Mr. Mehta,' I elaborated. 'Is it only those people who have whisky who

are happy? Many are happy drinking a fruit juice that tastes great and doesn't even harm the body.' 'In what way is whisky harmful?' Mehta asked innocently.

'Haven't you seen people misbehaving once they are drunk?' I questioned. People under the influence of alcohol lose their ability to think and to discriminate,' I had tried explaining to him in the flight but Mr. Mehta had continued to enjoy his single malt whisky, glass by glass. The air hostess was concerned, eventually. She had overheard my advice and asked him, 'Are you sure you want another?' Before Mr. Mehta was completely inebriated, I had tried explaining to him what true happiness was, 'Real happiness doesn't come from the spirit in a bottle. True bliss comes from the inner Spirit, the Soul.' I thought that he was absorbing what I was saying but little did I realize that he was drunk and evidently, a slave to alcohol. As I ordered my tea, I started speaking to the air hostess and she shared horror stories of people throwing up while on board and how people thought that life was fun only with drinking. Seeing people getting drunk, she had completely given up having the little alcohol that she used to consume and she asked me, 'Is it good to have a little bit?' I smiled and asked, 'Why? Why should we depend on alcohol to be happy? Is there no other way to be happy?' 'Oh, there are many,' she replied.

Far more than the pleasure that we get from the spirit in a bottle, is the bliss and ecstasy from the Divine Spirit within. We must learn to be happy not with wine but with the Divine that dwells within. When we consume alcohol, the devil in us is awakened and eventually, it destroys our happiness. My conversation with Mr. Mehta may not have been fruitful but it surely led to a positive influence on the air hostess. She said that the talk strengthened her resolve and that she would continue to be committed to never consuming alcohol, ever again.

# 29

CHAPTER

## **Sandeep Thought That Wisdom Came From The Mind. His Intellect, I Helped Him Find.**

*As long as we are Slaves of Thoughts of the Mind,  
Our greatest Treasure of the Intellect, we will never Find!*

*- AiR*

**S**andeep met me to convince me to invest in his bank. He knew that I had large sums of money in deposits and he was trying to convince me to get into a wealth management program so that I could increase my return on investments. I told him that I didn't want any more R.O.I. if there were risks involved. I preferred to have a lower return with stress-free deposits. Sandeep tried to convince me on how they had a 'think tank' and how intelligent brains had gotten together to draw a plan for wise investments for their prestigious clients and he wanted to offer me this service. I politely explained Sandeep that I had no interest in increasing my returns. I was content with what I had. Sandeep was quite surprised as most of the clients wanted more interest and returns on their investments.

Since I had ordered coffee for Sandeep and this discussion was over, I took the opportunity of asking him about the difference between the mind and intellect. 'Well,' said Sandeep, 'We have to make our mind intelligent. It is through studies, experience and working together that the

mind gains its brilliance.’ I never waste an opportunity to share my Spiritual Realizations with people. Sandeep was the new head of banking and he had literally forced me and pressed me for an appointment. Now that he knew that I was not going to be investing in his portfolios, he resigned peacefully to enjoy coffee and I took the opportunity of making the best of the left-over time.

‘Let me give you a few Spiritual tips that will help you in your life,’ I said. ‘The mind cannot give you true wisdom. It only makes us a fool.’ Sandeep was surprised to hear that. I took out a coin from the drawer of my table and gave it to Sandeep. It had the word ‘Mind’ on one side. Sandeep flipped the coin over and saw the word, ‘Consciousness’ on the other side. I explained, ‘As long as we are in the state of the mind, we will be bombarded with thoughts. These thoughts may seem intelligent but they can never be truly wise. Wisdom comes from the intellect, which is our faculty of discrimination and intellect is activated in Consciousness. Unless we still the mind and stop it from bombarding us with thoughts, we will never be able to find the intellect, which shines in that state of Consciousness or thoughtlessness.’

Sandeep started sipping his coffee but he seemed interested. He gave me the coin back. I replied, ‘This is for you. We must learn to flip over from mind to Consciousness. We must learn to activate our intellect and not be slaves to our mind. You think that I am a fool in keeping my money in lower-yielding deposits, don’t you? I too was running a rat race for many years, till I realized, through my intellect, that it is useless to live a stressful life just to have a little more money. My intellect has chosen peace instead. In this material world of success and money, most people have no peace and have forgotten what the ultimate purpose of life is.’

# 30

CHAPTER

## Roger Wondered Why He Was Unhappy All The Time. I Showed Him How To Flip From NEP To PEP.

*If only we Flip fom NEP to PEP, we can live in Bliss,  
But for this, you must Flip from Mind to Consciousness.*

*- AiR*

Roger walked over to me after a talk on happiness. There were people waiting who wanted me to autograph their books. He had also been waiting patiently for the talk to be over. Then, finally, when I was free, Roger blurted out, even without introducing himself, 'Why am I unhappy all the time?' He seemed so full of fear, worry, stress and anxiety. Depression appeared on his face, and he seemed to be caught in some maze. I walked him over to the side and sat him down in a corner. I got to know a little about him and then, gave him the way to be happy.

Why are we unhappy? It is because we are not happy. A person cannot be happy and unhappy at the same time. One emotion fills every moment of our life and we are either glad or sad. Sometimes, we are happy because of momentary pleasures. It could be eating our favourite food or drink or just that ice cream we love. Soon thereafter, we sink into gloom. This is because of the mind. The mind is a rascal. It is our biggest enemy. It creates misery through thoughts and when in thought we are caught, we are imprisoned behind bars of stress and anxiety. 'We have to be free from the mind,' I

told Roger. 'We have to make an effort to eliminate negative thoughts that are creating so much toxic poison and replace them with positive thoughts that will give us power.'

Roger seemed to be keen to find a way to fill his life with bliss. He seemed to be starving for happiness. He was well dressed and seemed to be financially stable but one look at him and I knew that he was mentally disturbed. He asked, 'How do I turn from being negative to being positive?'

I was fortunate to have a coin with me that has NEP on one side and PEP on the other. I gifted it to Roger and said, 'Make it a habit to flip from **NEP** to **PEP**, **N**egative **E**nergy **P**oison to **P**ositive **E**nergy **P**ower. NEP are negative emotions of fear, worry, stress, anxiety, depression, anger, hate, revenge, jealousy and pessimism, while PEP is a set of positive emotions like faith, hope, trust, belief and enthusiasm. It is living with courage, confidence, forgiveness and compassion.' Roger was not done with me. 'But, how can I do that?' he asked. 'Either you can be miserable with your mind in control of your life or you can be happy being in Consciousness,' I replied. I explained to Roger, 'Most of the time, our mind is producing thoughts. We don't realize it, but these are thoughts of fear and worry, stress and anxiety. The mind wants us to be unhappy, but we don't realize this. As long as we are bombarded with unhappy thoughts, there is no other option but for us to be in a gloomy mood. We will be full of sad feelings and our life itself will be unhappy. If only we can stop the mind and its thoughts from filling us with NEP, we can be in that state of Consciousness, where there is peace because there are no thoughts. In this state of thoughtlessness, we are in Consciousness. Then, the intellect does not permit NEP to create negative thoughts. It only chooses positive thoughts with PEP. To be happy, Roger, learn to flip over from NEP to PEP, from mind to Consciousness and you would have learned the art of happiness.'

# 31

CHAPTER

**'What Is Consciousness?'**  
**Mr. Gupta Asked.**  
**'It's A State Of Thoughtlessness,' I Said.**

*Is just being Alive, a state of Consciousness?*  
*No! It is Thoughtlessness that leads to Consciousness.*

**- AiR**

**I**n one of my live sessions on social media, Mr. Gupta asked a question that not everybody could understand, 'What is this state known as Consciousness? I am conscious now. When I sleep, my subconscious takes over and then, sometimes, I become unconscious. People say I lost Consciousness. Then, I regain my Consciousness. What is this Consciousness all about?'

'Mr. Gupta,' I explained, 'You are talking about the Consciousness that is life itself. Every living creature has Consciousness. Where does this Consciousness come from? This Consciousness comes from the **SOUL**, the **Spark Of Unique Life** that exists in every living creature. It may be a dog or a frog, a bee or a tree, you or me. We all have Consciousness. We all have life, till that moment of death. No doubt this is Consciousness as understood by the world but in Spirituality, Consciousness has a bigger meaning than just this.'

Mr. Gupta seemed very keen and so I continued, 'Consciousness is a state of awareness. It is a state where there are no thoughts. Normally, the mind is constantly producing thoughts. In fact, when there are no thoughts, there is no mind. But we human beings are created such that through our 5 senses, the mind is continuously thinking. People try to meditate and do other things to still the mind. Otherwise, the mind creates fear, stress, worry and anxiety. Very few people are successful in reaching a state where there are no thoughts. This is known as a state of thoughtlessness. It is this state that is called as Consciousness.'

'What happens in this state?' asked Gupta. 'One becomes a witness,' I explained, 'One may not have any thought, or one may just have one thought that is being contemplated. Normally, thoughts pour like rain and make us suffer again and again, but in Consciousness, there is stillness, there is silence. Therefore, there is peace and bliss.'

'Of course, only living creatures experience Consciousness. A rock that has no Soul or life, has no Consciousness. But we human beings have Consciousness. However, we don't attain that state of being in Consciousness because we are slaves of our mind and thoughts. If we reach to a state of Consciousness, we can experience peace and tranquillity, the very foundation of happiness,' I answered. Mr. Gupta seemed to be lost in the answer. It looked to me that he had understood what Consciousness was all about. In fact, I could see that he was thoughtless and contemplating Consciousness. But what is happening in somebody's mind, nobody can tell. Mr. Gupta suddenly got lost and I knew for sure that his mind had taken over his Consciousness.

# 32

CHAPTER

**'I Want To Attain *Moksha* Today,' Said Seema.  
'*Moksha* Or *Nirvana* Happens Only At Death.'**

*Mukti is freedom from Karma when you are on Earth.  
Moksha is Liberation at Death from the cycle of Rebirth.*

**- AiR**

I had just finished my lunch when I got a call from Seema. She had fixed a time to call me in the morning but she had missed the time slot and therefore, first apologized and then shared what was bothering her. 'I want to attain *Moksha* today,' she said, 'I had sent you a few messages and you explained through a voice note but I did not understand why I can't attain *Moksha* today. I don't seek anything other than *Moksha*. Please show me how I can attain *Moksha*.'

'Do you understand the meaning of *Moksha*? Some people call it Salvation or Liberation or even *Nirvana*. This is the ultimate Unification with the Divine in the moment of death when one has attained Liberation. This is only possible after the Realization of the truth or Enlightenment. When we are alive, we can attain Enlightenment but *Moksha* cannot be attained when we are alive,' I told her. 'Why?' asked Seema, 'I don't understand.'

'Every 'body' alive must die. Only the body dies,' I explained,

‘But the one who was alive, leaves the body only to return in a new birth on earth. It is just like how we change clothes. So, we change bodies after we die. In fact, we don’t die. Only the body dies.’ Seema was very keen to understand and wanted me to explain further.

‘Did you control your birth, Seema?’ I asked, ‘What caused you to come to earth as Seema?’ ‘I don’t know,’ she said. I replied to Seema, ‘That was God’s will!’ She retorted, ‘My life is a gift from my parents.’ ‘Sure, Seema,’ I said, ‘But do our parents actually create our life? Our life comes from the Divine and it is because of our own *Karma*. When anybody dies, the body returns to dust but the *Karma* of the one alive is not settled. The Mind and Ego, ME carries this unsettled *Karma* and returns to earth. Unless there is no *Karma*, one cannot attain *Moksha*. *Moksha* is that state when you do not return to earth in a rebirth and you become one with the Lord. But for this, one must be free from all *Karma*.’

Seema was very keen to attain *Moksha* and she asked, ‘How can I be free from *Karma*? Is that possible?’ ‘Yes Seema,’ I answered, ‘If you realize that you are not the body that will die, not the Mind and Ego that says, ‘ME’, then you are free from *Karma*. The truth is that you are the Divine Soul. When you realize this, you achieve the goal of *Mukti* or freedom. You become free from all *Karma*.’ Seema was very attentive and asked, ‘Isn’t *Mukti* same as *Moksha*?’ ‘No!’ I replied, ‘*Mukti* is freedom from *Karma* when you are on earth. *Moksha* is Liberation at death from the cycle of rebirth. You cannot attain *Moksha* when you are alive but if you attain *Mukti*, then, in that moment of death, you can attain *Moksha* and be united with the Lord.’ Seema was silent for a long time, but I could hear her breathing, deep in contemplation.

# 33

CHAPTER

**'Isn't This World An Illusion?'**  
**Asked The Scientist.**  
**I Explained The Meaning Of *Maya*.**

*The Cosmic Illusion will make us Appear as You and Me,  
Till we are Enlightened that we are all Nothing, but Energy.*

**- AiR**

I had just picked up my favourite South Indian food, *dosa* and *idli* from the buffet counter and was about to start eating my breakfast when a gentlemen came over to my table. The restaurant was jampacked and I was alone. He requested if he could share my breakfast table. He too, was all by himself. As he sat down with his breakfast plate, he immediately started a conversation. He introduced himself and asked, 'Who are you? What do you do?' As I explained my journey as an author, philosopher and a Spiritual Mentor who had transformed from being a businessman, he immediately said, 'Yes, you seem to be sitting in front of me.' I paused for a moment, trying to understand what he was saying. He continued, 'You appear to be who you said you are but in reality, you are nothing but 36 trillion cells that appear to be you.' It was very rare for me to hear this from somebody and so, I let him continue talking. 'Who are you and what do you do?' I asked. 'I am a scientist,' said the gentleman, 'And I enjoy studying Quantum Physics and Quantum Mechanics. Science has

discovered that every molecule of matter in this universe is nothing but energy. This is one of the greatest discoveries of modern science. Although you told me who you are,' said the scientist, 'What I see in front of me is a mass of trillions of cells, molecules of matter that together appear to be you.' 'Wow!' I exclaimed, amazed at the perspective of the scientist, eating a piece of my favourite *dosa* and letting the scientist start his breakfast, I continued after a pause. 'This is *Maya*,' I told the scientist. 'What is *Maya*?' he asked. '*Maya* means Cosmic Illusion,' I replied, 'Everything in this universe is an illusion. Everything that appears to be is nothing but Divine energy. Everything is a manifestation of **SIP**, the **Supreme Immortal Power**.' The scientist was eating his toast but stopped to reply. He did not believe in a God or a Power. All he knew was that matter was nothing but energy as science had recently discovered. 'I don't know what *Maya* is,' he said, 'I only know that this entire universe is filled with dark matter, dark energy and that energy is in every molecule on earth.' He explained, 'A particle of matter can become an energy wave, and an energy wave can return as a particle of matter. This is the concept of Wave-Particle Duality,' said the scientist. 'Yes, Sir,' I replied, 'What you say is science. In Spirituality, we call it *Maya*. Nothing is real. Everything is an illusion.'

Since the scientist was interested, I took off a ring from my finger and asked him, 'What is this?' 'It is a ring,' he replied. Then, I asked, 'If I remove the gold from this ring, can you tell me where the ring would be?' 'Then, it won't exist,' he said. 'The ring only appears to be,' I explained. 'In reality, it is gold. This is *Maya*.' When we finished our breakfast, we found synergy in Spirituality and science as both of us agreed that we are all nothing but energy.

# 34

CHAPTER

Sam Asked,  
'What Is The Cause Of All My Suffering?'  
He Didn't Know About The Law Of *Karma*.

*Karma is a Law. It is absolutely true.  
Whatever you do, will surely come back to you.*

- AiR

I was reading the manuscript of my book on one of my train journeys in Switzerland. A fellow passenger who was sitting right across was watching me curiously. The book happened to be, 'Life is *Karma*'. When I took a break from reading the manuscript, the curious passenger waved to me wanting to start a conversation. 'Do you believe in *Karma*?' he asked. 'Sure, I do,' I replied with a smile, 'I am an author and have written several books on *Karma*.' 'Oh, really!' he exclaimed, 'I don't believe in *Karma* because although I have not done anything bad in life, I seem to end up suffering all the time.'

Sam introduced himself and explained that he used to believe in the concept of *Karma*, years ago. In fact, recently, he had started wondering whether the theory of *Karma* was just a fairy tale, a myth. One after another, he was facing misery and tragedy. After listening to him for a while, I explained, 'Can apples grow on a mango tree, Sam?' 'How is that possible?' asked Sam. I explained, 'Because it is a universal

law.' I explained the principle, '*As you sow, so shall you reap.* this is *Karma*. It works like a boomerang. *What goes around comes around.*' 'But then, why is it not working for me?' questioned Sam. 'It has to work,' I replied, 'It is a universal law. Just like the earth rotates once in 24 hours as per the Law of Cycles or anything that we throw up is pulled down to the earth as per the Law of Gravity, everything unfolds in life as per the Law of *Karma*. As per *Karma*, '*What you give is what you get. What you do, will come back to you.*'"

'I know *Karma*,' said Sam, 'I read a lot about it and in fact, believed in it till I saw that it was not working in my life.' I explained Sam, 'Do you know that whatever is unfolding in your life is *Karma*?' 'No!' he replied loudly, 'It is not! I am suffering for no fault of mine.' I paused and explained, 'Suffering doesn't happen by chance. It is not luck. We pluck our suffering because of *Karma*.' Before he could interrupt, I continued, 'You do not know the *Karma* of your past life and that is why, you feel that you are needlessly suffering. Suffering is only because of *Karma*. One day, we will die. Everybody dies. But what about *Karma* that is not settled? We carry that *Karma* into another rebirth on earth. Then, things unfold based on that *Karma*. Along with our present *Karma*, it is the twin *Karma* that causes both fortune and misfortune that unfolds in life.' Sam was attentive, 'Do you mean that my suffering is because of my past *Karma*?' he asked. 'If you are sure Sam that it is not because of your present *Karma* of this life,' I replied, 'Then there is no other option than it being because of your past carried forward *Karma*.' Sam understood what I said and I handed him over a book, 'Why Bad Things Can't Happen to Good People' that I had written months earlier. 'Read this book,' I said, 'and let me know if you have any questions.'

# 35

CHAPTER

## Komal Asked, 'How Can We Overcome Suffering?' I Asked, 'Who Suffers?'

*Of course, your Body will experience Pain, Again and Again,  
But you are not this Body that is Suffering in Vain!*

- AiR

I rarely go to a hospital but I had developed some pain in my arm and the orthopaedic doctor suggested physiotherapy. One day, while waiting for the therapist at the reception at the Physiotherapy Department, I met Komal who had also come there for treatment. As we got talking, she asked me, 'How does one deal with all this suffering? Can we overcome it?' I asked her, 'Who suffers?' She replied, 'Me!' I questioned again, 'Who is this me?' She replied, 'My body. I have been suffering for so many months.' 'Sure,' I said, understanding that her issue with her ligaments and muscles was a bit more complicated than mine. 'Your body is experiencing pain,' I said, 'But why are you suffering?' Komal did not understand.

'What do you mean?' Komal asked. I explained to her that every 'body' will experience pain but we can be free from suffering if we realize that we are not this body? My hand may be hurt, or my leg may be fractured but I don't suffer. 'I don't get it,' said Komal, 'Me and my body are one. We are the same.' 'No!' I said, 'You *have* a body but you *are not* the body.'

Komal was listening, intrigued. I explained, 'One day, you were conceived in your mother's womb, 9 months before your so-called birthday. There was no body then. Just one cell called the zygote. Your body was formed over 9 months and then, delivered to earth.'

'This body will experience pain and it will happen again and again. There is no way for any 'body' to escape pain. We fall as we grow tall and the body will experience disease and decay. One day, the body will die. And then, Komal, what will people say?' I asked. Komal paused for a moment and said, 'People will say that I passed away.' 'Now you got it!' I exclaimed. 'You passed away means you left the body. That is why, they cremate the body or bury it because the body is not you.' Komal gave me a broad grin. I knew she had understood what I was saying, though she had not realized it.

'If you want to overcome suffering of the body, you must realize this simple truth. You have a body, but you are not the body. That is why you say *my* hand, *my* leg and *my* head. You are the Divine **SOUL**, the **Spark Of Unique Life**. You don't suffer but because you think you are the body, you will suffer pain again and again. The moment you realize that you are the Divine Soul, you are free from all suffering, from the pain of the body, misery of the mind and the agony of the ego,' I explained. Komal said, 'I wish I could be free from all suffering.' I told her that I would courier one of my books to her, 'Many Problems, One Solution,' and she thanked me for it. Her rascal mind still had a question, 'Tell me, just by realizing that I am not the body, I am the Divine Soul, will the pain disappear?' 'No!' I replied, 'The pain will not disappear. The pain is Karmic. But your suffering will be no more.'

# 36

CHAPTER

## Kavita Wondered Why She Was So Jealous. I Told Her About The Ego.

*It is the Ego that is Causing your Jealousy,  
Realize you are the Divine Soul and Experience Ecstasy.*

- AiR

Kavita reached out to me via email. She wanted help because she was burning within. She was jealous. She knew it but she did not know how to get out of it. She wanted to end the fire of jealousy that was destroying her. She had spoken to many people but she had not been able to find a way out. Then, a friend suggested that she contact me. And so, I fixed a call with her to help her.

After the basic introduction and explaining her problem, Kavita asked me, 'How can I end this jealousy? I know my problem but I don't know the solution.' I asked Kavita a simple question, 'Has your right leg ever kicked your left leg? Is your left eye jealous of your right eye?' After a brief pause, she said, 'No.' 'Then, why are you jealous of others?' I continued, 'It is because you think that others are different from you. You compare yourself to others. You are yearning for what others possess and if others are happier than you, you become miserable because of jealousy.' 'Absolutely!' said Kavita, 'You are absolutely right! But I don't want to be

jealous. Why then am I becoming jealous? I am admitting my problem.'

'The problem comes with the ego,' I explained further, 'Who is causing jealousy in you? It is your ego. And as long as you let your ego control your life, you will burn in the fire of jealousy.' 'What should I do?' asked Kavita. 'The simplest way out is to ask yourself — who am I?' I replied. 'I am Kavita,' she said. 'No, you are not,' I replied. 'What do you mean?' questioned Kavita. I said, 'Your name is Kavita. But you are not Kavita.' 'Okay,' said Kavita. 'When were you born?' I asked. '22<sup>nd</sup> of June 1970,' Kavita replied. 'Are you sure?' I asked. 'Should I send you a copy of my birth certificate or ID card?' she asked. I could feel Kavita smiling on the other side of the call. 'That was the day you arrived on earth,' I told her, 'That was not the real day of your birth. When were you actually conceived?' 'I don't know,' she answered. I explained, 'You were conceived 9 months before.' 'Oh yes, how dumb can I be!' she exclaimed. 'Your body was formed over 9 months in your mother's womb,' I explained, 'When you realize that you are not your body, you win the first battle because you compare your body to others. The second battle — try to find your mind. Where is your mind, you cannot find. Your mind is nothing but a bundle of thoughts that creates the false identity of your ego.'

'When you realize that are the Soul, the Spark Of Unique Life and you are not the body, mind and ego, this Realization will free you from all jealousy. You will realize that the ones you are jealous of are not the body they appear to be. They too are a Divine Soul and when you achieve this goal, you are liberated not just from jealousy but from anger, hate and revenge. All this agony is created by the ego, which you are not,' I explained.

# 37

CHAPTER

## **Savita Asked, 'How Can I Kill My Ego?' We Can't Kill The Ego But We Can Transcend It.**

*The Ego will be Alive till we are Dead.  
We can't kill it but we can Transcend it out of our Head!*

**- AiR**

Savita was looking for a way to destroy the ego. She had read several books and listened to several Spiritual Masters and she believed that if she wanted happiness and peace, she had to kill her ego. 'How can I destroy my ego?' she asked me.

One Guru, one of her Spiritual Mentors urged her to annihilate the ego. I questioned her, 'Where is your ego? Can you show me how it looks?' Savita thought for a moment, and said, 'I am the ego.' 'Who is this 'I'? You want to kill 'I'. You want to destroy, annihilate 'I'. Can you do it?' I asked. Savita pondered and replied, 'Does it mean that as long as I am alive, the ego will be alive?' 'Absolutely!' I said. 'Does it mean that till I die, I will have to suffer the ego?' she asked. 'Absolutely NOT!' I said. 'I don't understand,' said Savita.

'We cannot kill the ego. As long as we are alive, we cannot annihilate it but we can transcend it,' I told her. 'How can I transcend my ego?' Savita asked. 'We must let go of the ego. We must drop it and go beyond it,' I said. 'How can I not be 'I' as long as I am alive?' she asked. 'When we realize that I

am not 'I', I am not the body that will die, I am not the mind that I cannot find, then I realize that the ego is a false identity. I am the Divine Soul, the Spark Of Unique Life. In reality, I am nothing. When you realize this truth that you are nothing but the life energy of the Soul, then you transcend your ego,' I explained.

Savita was excited to hear what I was saying but she was not clear. 'Teach me,' she urged, 'How I can transcend my ego?' 'As long as you do not realize who you are, you cannot transcend your ego. Suppose you are playing the part of Cinderella in your school drama, do you become Cinderella?' I asked. 'Yes, as long as I am on the stage performing my role but not when I get off the stage, take the costume off and go home,' she replied. 'So also,' I said, 'This body that you wear is just a costume. The name Savita is just a title. Is it not certain that one day you will leave this body, even this name with the ego and depart from this earth?' 'Yes,' said Savita, 'Everybody has to.' 'If only you realize this truth that you are the Soul that departs, not the body that appears to be Savita, you can transcend your ego,' I said.

Savita decided to write down some key learnings.

- I am not Savita. It is just my name.
- This body is just a costume. One day, I will leave this body.
- I am the Soul.

As she wrote that, she asked me, 'Will I develop a new ego, that of the Soul?' I laughed and replied, 'The Soul in you and the Soul in me is the same. We are all part of one Supreme Soul. This Realization that I am not the body and mind but the Divine Soul will help transcend your ego.'

# 38

CHAPTER

**Amjad Asked Me,  
'Why Is There No World Peace?'  
'Because The Ego Makes Us  
Different From Each Other,' I Explained.**

*Because we think we are Different, there is no World Peace.  
If we Realize we come from One Supreme Soul, War will Cease.*

*- AiR*

**A**mjad and I had studied together. We were good friends but we had not met for many years because he had moved to Australia and had settled there. Thanks to social media, he caught up with me when he visited Bangalore and came over to say a hello. We were chatting about school and our classmates and he seemed familiar with my journey of Spirituality.

Amjad saw one of my books, 'World Peace'. Picking it up, he asked me, 'Why is there no peace in the world? Why are people fighting all the time? One country with another, one religious group with another religious group. Is this ever going to end or is this war going to go on till eternity?' 'Amjad,' I said, 'As long as we think we are different from each other, there will be conflict. As long as there is duality, war will never end.' 'What do you mean?' he asked, 'What is duality?' 'As long as you and I, think we are different from each other, we will fight,' I said. 'But we are different from each other, aren't we?' he laughed. I replied, 'We appear to be different but what is the truth? The body that we wear is

not who we truly are. This body will die and people will say that we passed away. As long as we associate ourselves to be this body, we will be different. But the reality is, we are the Soul, the life energy that came first, 9 months before. Once we were conceived, then the body developed. Didn't we learn this in school, Amjad?' 'Sure,' he replied, 'This is the scientific truth but how will this lead to world peace?' 'Read the book,' I told him giving him a copy as I continued to explain.

'We human beings live in ignorance. Not only do we not realize that we are not this body but we also don't realize the simple truth of life. You and me are effects. The cause is the one Supreme. We both are manifestations of the Divine. We may appear as two different bodies, two different religions, two different nationalities but in essence, we are the same Soul. As long as the Soul in you and me is contained in our body, it is separate and unique. But ultimately, our Souls will become one in the moment of death. We are ignorant of this truth. So, we fight with each other.'

I continued to explain, 'We are greedy and we want more but we don't realize the simple truth that we cannot take anything with us. We brought nothing and when we die, we will take nothing. Still, we are fighting to collect everything. Aren't we fools?' Amjad seemed to agree and he endorsed what I said. 'This crazy Russian and Ukraine war in today's day and age is ridiculous. Every day, people are killing people of other religions. This is such a shame!' I said, 'As long as we are ignorant, this will continue. We have too many political and religious leaders who are taking us in the wrong direction. We need Spiritual leaders to take us to destination Peace!'

# 39

CHAPTER

## Boris Was Heartbroken And Crying. I Explained What True Love Is.

*Love isn't love if it is full of miseries and many a tear,  
True Love is Divine and full of cheer!*

- AiR

I was once sailing on a ship and the table next to mine was reserved for Boris and his girlfriend. The first day, they were all lovey-dovey, taking pictures together and having a good time. But after the second day, every meal was full of fights and arguments. The tables were not so far apart and I couldn't help but hear their conversation. Boris loved the girl a lot and he wanted the best for her but it did not seem that she loved him. She wanted to live her own life and Boris was just a friend for her, not her beloved. Boris had done everything to make this voyage beautiful for both of them but somehow, it didn't look like their love was True Love.

One day, while walking up and down the deck during sunset, we started talking. There was nobody else except Boris and me. Earlier, I had shared my book, 'True Love is Bliss, Not Just a Kiss', with the couple. So, Boris took me up on that and asked me what True Love is.

I explained, 'There is a lot of difference between Love and True Love. Love says, *I love you because I need you*. True Love says, *I need you because I love you*.' 'Wow!' he said, 'That is my problem. My love for Sharon is True Love. I love her so dearly, not because I need her. I want her so much because I love her. But you see, she loves me only when she needs me. She doesn't love me all the time. It depends on her moods. If she is in a loving mood, she loves me but if she is not, I feel like a stranger. How can I make this love work?' I laughed and explained, 'As long as you chase her, you can never love her. And I recited the famous quote, *If you love someone, set her free. If she comes back to you, she was yours. If she doesn't, she never was.*' I said, 'True Love is a bond. It is not a contract. For True Love to work till eternity, there must be a bond of the body, mind, heart and Soul and unless there is a connection that is not just physical and emotional but also intellectual and spiritual, love will wither away. When two people really love each other, that True Love is eternal. It is unbreakable. But remember, True Love is rare. As long as love is controlled by external circumstances and glamour of the skin, we will never discover True Love that is for the Divine within. Do you know that love is Divine? The emotion appears from the Divine within us, for the Divine in the beloved. Anything less than this is not True Love.'

In ancient days, the Greeks classified love as Eros, physical love that was different from Agape, Spiritual love. The *Sufis* called *Ishq Majazi* or worldly love different from *Ishq Haqiqi* or Divine Love. 'If you want your love to be Divine and eternal, then evaluate your love. Don't let it be a bubble that will burst. Of what use is such love?' Boris was in tears. He really loved Sharon but it seemed that it was not going to work. He was afraid of losing her but he realized that he should be detached. If she truly loved him, only then this True Love was meant to be.

# 40

CHAPTER

## Rakesh Was Practising Exercises And Breathing Techniques And Called It 'Yoga'. 'Yoga is 'Yuj',' I Explained.

*Yoga is moving from one state to another state of Union,  
It is yearning for the Lord and creating a Divine Fusion.*

- AiR

**A**t a resort, one day, I woke up early and went for a morning walk. Thereafter, I settled down to have a cup of coffee in the lobby. As I was enjoying this special coffee with jaggery, Rakesh was busy doing his exercises overlooking the beautiful valley. After completing his physical exercises, he started doing some breathing exercises. I was just finishing my coffee when he came over and asked me, 'Don't you do Yoga?' I replied, 'Of course, I do. I am in Yoga all the time.' Rakesh smiled and said, 'I don't understand.'

I asked Rakesh, 'What Yoga do you do?' He replied, 'Every morning, I do one hour of Yoga,' and he explained all the Yogic techniques he had been taught. In fact, he tried to explain *Surya Namaskar*, a famous Yoga routine. I appreciated his knowledge of *Surya Namaskar* but then went on to reveal the truth.

Picking up my phone, I opened Google Play bookstore, and showed him my book, 'The True Meaning of Yoga.' As I showed it to Rajesh, he noticed my picture on the book and

asked, 'Have you written this book?' I smiled and said, 'Yes.' 'I am very keen to know about Yoga. Can you please explain it to me?' asked Rajesh. I called my driver and asked him to bring a copy of the book from my car as I started talking to Rakesh.

'What you were doing as a physical exercise is just *Asana*, not Yoga. It is just one limb of *Patanjali's* 8 limbs of Yoga. Then, you were doing some breathing techniques. This is called *Pranayama*, another limb of Yoga. The word Yoga means 'Yuj' or union with the Divine. It is the union of the *Atman* with *Paramatman*, a union of our Soul with the Supreme Immortal Power, SIP. Even Patanjali explains Yoga as having 8 steps – *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* and *Samadhi*. Yoga is that ultimate step called *Samadhi*. Yoga is transcending the body, mind and ego and being in Consciousness, in union with the Divine. Being in Yoga is like being connected to God, just as a good SIM card is always connected to the satellite. When we have a good network with God, we are in Yoga. Otherwise, we are in *Bhoga*, we sink in this material world of pleasures, possessions and people,' I explained.

Rakesh was intrigued and admitted, 'I always thought Yoga was about physical exercises and breathing techniques. It gives me so much peace.' 'Sure,' I said, 'It is good to do body stretching or *Asana* and breath control or *Pranayama*. This definitely helps us still the mind but the moment we stop, we sink in thought. However, if we are a true Yogi, living in Yoga, we will be ever-united with the Divine in peace and bliss. The world knows of 4 states of Yoga, *Dhyana Yoga* – meditation, *Bhakti Yoga* – devotion, *Karma Yoga* – action and *Gyana Yoga* – education. I was blessed to discover the fifth state, *Prema Yoga*, the Yoga of Divine Love.'

# 41

CHAPTER

## Ritika Used To Wear 3 Masks In Fear of COVID-19 Till She Realized That It Was Just Fear.

*When we live with the emotion of Fear,  
We lose our Peace and Bliss with every Tear.*

*- AiR*

**T**hose were the days when we all wore masks, lest we die of COVID. The fear was not so much fear of the Corona Virus, rather the fear of death, which would be caused by COVID-19. Ritika is a colleague and she used to come to office not with one mask or two but three masks and then a cloth that covered her face, making her look like a bandit. She would look so alarmed and scared as if there was a tiger lurking in the office, waiting to attack her. In fact, her fear had become more like a wolf, much bigger than it actually was.

Soon enough, it was time for lunch and everybody was eating. So was Ritika. She couldn't wear the mask and eat lunch, could she? I asked her teasingly, 'Has COVID permitted you to have lunch?' She laughed but I could see the fear behind her smile! Some people had died and it was attributed to the Corona Virus. But there were other underlying causes — they had other diseases like heart disease or lung disease, that could have caused their death.

I explained to Ritika, 'No doubt, we must take precaution but we must not panic.' I read out Mahatma Gandhi's quote to her – *More people die out of the fear of the disease than the disease itself.* It was not Ritika's fault. The whole world had shut down and the media was making COVID-19 look far deadlier than it actually was.

'You know what is **FEAR**, Ritika? It is a False Expectation Appearing Real. As long as you have fear, there are good chances that you will get the virus. But if you don't have the fear, even if the virus comes, it will just come and blow over.'

Ritika improved in as much as the three masks that she used to wear, became one mask. She realized that wearing three masks was not going to protect her anymore. But she continued to wear that one mask. It was in the three- mask period that she was infected with COVID and she recovered from it too. Though there was not much fear, she felt that one mask could still protect her.

It is not just fear of COVID. We human beings are fearful of so many things. We develop a phobia of flying, even of spiders or of reptiles. We become imprisoned by our own fears. As Ritika read my book, 'Fear', half of her fear did disappear. But it needs faith, courage and confidence to live fearlessly. A few people are blessed. They do the things they fear and make the fear, disappear. They realize that those who are diseased by fear are soon going to be deceased by it. Ritika grew much stronger and eventually, took off all masks. She went one step further and learned from me that we are wearing a mask over our true self. This body itself is nothing but a mask. We in reality, are the Divine Soul. And thus, out of ignorance, we are all hiding our Soul with the body mask. When we realize that we are the Divine Soul, there will be no fear, stress, worry or anxiety. All negative and toxic emotions will disappear in the moment we realize the truth.

# 42

CHAPTER

## **Smriti Used To Pray Every Morning And Night. Then She Realized God Within.**

*Of course, for many years, I used to pray TO God,  
When I realized that God was SIP, I started praying THROUGH God.*

*- AiR*

**S**mrity was very keen to realize God. But she was very religious. She prayed to many Gods. In fact, there was no God that she did not pray to. Her faith was very strong but she was very ritualistic. She would fast, perform ceremonies and go for pilgrimages. One day, she met me and asked, how long will it take her to find God.

I made Smriti understand that you cannot find God, you have to realize God. God is not just in a temple or a monastery, a gurdwara or a church, God is everywhere. If we truly want God, we must change our search. God is not made of bone and skin. God is a Power that is within.

Smriti said that she understood all this. But how should she realize God within? There was no way to go within, as per her. I explained to her that a human body is a house of 9 doors. We have two eyes, two ears, two nostrils and a mouth. These are 7 doors and 1 each for excretion and procreation. 'All the 9 doors are looking outside,' I explained to Smriti, 'We must open the tenth door that will look

inwards. Then, we will realize God.' 'How should I open the tenth door that will look inside?' she asked. 'Simple,' I said, 'When you stop looking outwards into the material world, then you will look inwards and realize God. God is not a fancy looking person. God is a Power, the Supreme Immortal Power. That spark of God's Power is in you, your Soul, just as that spark is in me. God is present in every living being. Every Soul is God. The Soul is SIP. SIP is in all. If we realize this truth, we will experience God's presence not only within us but everywhere and in everything.'

Smriti tried to change her focus. She tried to go within and inwards. Slowly but steadily, she realized the truth that God was not somewhere in the skies. These were lies! God is the Power that makes every heart, beat. God is what makes everything beautiful. Smriti started experiencing the Divine in all the beauty around her. Bit by bit, she stopped praying to the God outside and started connecting with the Lord that was within.

Smriti told me that it was not easy, 'I have been praying to my God in the temple for years. I have shed many tears for my Lord.' I said, 'That is fine. From now on, don't pray *to* that God but pray *through* that God. Realize that God is present in every molecule of matter, just as God is every Soul. This whole world is an illusion, a Cosmic Illusion. Everything is a manifestation of the Divine.' Smriti was a Divine Soul. She not only realized the truth but marched forward towards Enlightenment. She started experiencing the Divine presence and started living a life in Yoga. It was her devotion, her *Bhakti* that led her to be close to God. I explained to her that without the grace of God and the guidance of a Guru, it is very difficult to cross to the shore.

# 43

CHAPTER

**'What Is Ultimate Bliss?'**  
**Asked Ritesh.**  
**I Explained, '*SatChitAnanda*'.**

*Consciousness of the Truth creates Divine Bliss.*  
*In this state of Thoughtlessness, there is Eternal Happiness.*

**- AiR**

**R**itesh was seeking happiness. He was taught that success is happiness. So, he was chasing pleasures that came from money, wealth, name fame, but he was never happy. He made enough money and he had enough pleasure but he was missing that state of true bliss. When he came to know that I had written several books on happiness, he approached me to learn the art of being happy.

I gave him several tips. 'First of all,' I said, 'Learn to be happy in the NOW. Don't live in a yesterday that is gone and a tomorrow not yet born. That will make you miserable. Happiness doesn't depend on things. If happiness depended on material things, then the rich would be glad, not sad. Why do many successful people commit suicide?' I got Ritesh thinking and explained to him, the ultimate secret of happiness.

'Everybody wants to be happy, Ritesh. Who doesn't? But most of us think that happiness is pleasure. Pleasure is

momentary. It is ephemeral. It does not last forever. Pleasure will make us happy but soon we will be unhappy again, wanting more. Desires will never quench our thirst. They will only make us burst. Therefore, we have to go beyond pleasure if we truly want to be happy,' I explained. 'How else can we be happy?' asked Ritesh. 'Far more happier is the one who lives with contentment and fulfilment rather than achievement. Such a person's happiness is built on the foundation of peace. Therefore, one should seek that state of ultimate bliss, of being fully content and satisfied. One should not chase success and pleasure for happiness,' I told him. Ritesh was just absorbing the fact that fulfilment and not achievement is eternal bliss when I delivered the next piece to him.

'Even though we may be living with contentment and fulfilment, we will still suffer the triple suffering of the body, mind and ego. We must reach to a state of Enlightenment, a state where we attain Consciousness of the truth. This leads to that state of eternal bliss which knows no misery or sorrow. It is called *SatChitAnanda*.' I explained.

*Sat* means truth, *Chit* means Consciousness and *Ananda* is eternal bliss. When we are in the Consciousness of the truth, we experience *SatChitAnanda*, or eternal bliss. This was too difficult for Ritesh to digest. Although he was seeking *SatChitAnanda*, the state of eternal bliss but neither did he understand what it actually meant nor he knew how he could reach that state. He was tired of chasing pleasures and he was ready to shift to contentment and fulfilment and live with peace. 'But what is Consciousness of truth?' he asked me. I said, 'Start the journey to Enlightenment and you will discover eternal bliss.' Ritesh smiled and thanked me, assuring me that will seek this happiness.

# 44

CHAPTER

## **Asha Was A Strong Believer In Attraction And Manifestation, Till She Realized The Truth.**

*Many of us believe in Manifestation, in Attraction.  
We don't realize what works is the Law of Action!*

*- AiR*

**A**sha started talking to me on how the Law of Attraction was magical. I had known Asha for years. She was an avid reader and followed several philosophers. We kind of grew up together and so, she saw me evolving in my beliefs. One day, she got hold of my book, 'The Law of Attraction' and took out some time to discuss the same with me.

I asked Asha, 'Do you really believe in the Law of Attraction? Do you believe that you will manifest everything that you think about? So, start manifesting that it will snow here now in the middle of summer. Will it, Asha?' Asha thought and replied, 'That is not a practical manifestation. How can it snow in such heat?' 'So then,' I asked her, 'How does this Law of Attraction work according to you?' She started to quote world-famous authors, philosophers and speakers and how they endorsed that if you manifest something and you keep on attracting it, you will have it. She said, 'I have tried it many times. I want coffee, I want coffee, I want coffee and somebody brought

coffee for me! So many people have given testimonials that they manifest their dreams. Their thoughts are so powerful that the Law of Attraction works.'

'No doubt, Asha,' I said, 'Thoughts and manifestation have some power of attraction. But remember, attraction is not a law. The theory of attraction is based on the Law of Action. It is not attraction by itself that will manifest thoughts into making our dreams come true. When these thoughts become feelings and these feelings become actions, only then, will the action result in an appropriate reaction.'

I wrote the word Attraction on a piece of paper and asked Asha, 'What do you see within this word?' She replied, 'I see the power of manifestation.' I said, 'Look closely. Inside the word ATTRACTION, is the word ACTION. If you remove the word ACTION, what is left?' She covered ACTION with her thumb and said, 'Attr...'. 'You see,' I said, 'Without action, there can be no attraction.'

I made Asha understand that if everybody in this world could achieve whatever they wanted through attraction, through manifestation, then everybody would be sitting on the beach or in a lounge, dreaming of success. Nobody has ever made their dreams come true through attraction. No doubt, attraction is powerful in as much as those thoughts become our passions and push us to actions but it is our actions that do the magic, not attraction.

I gave Asha my book, 'The Law of Attraction' and gave her another book, 'Life is *Karma*'. I suggested that she evolve from the belief in the Law of Attraction to the Law of Action. Asha took both the books and said that she would like to have another meeting after she reviewed both action and attraction.

# 45

CHAPTER

## 'Where Does The Soul Go After Death?' Asked Vinod. I Showed Him Two Balloons.

*Just like Air in the Balloons Merges with Air that is Everywhere,  
The Soul too at Death merges with SIP that is Everywhere.*

- AiR

Vinod was attending one of my seminars. The topic was life after death. It was a very interesting question and answer session on rebirth and I tried to explain the basic truth. Those who did not believe that there was something like rebirth were made to ponder on death, 'Isn't death certain? Isn't it true that every 'body' will die? Just as death is certain, so is birth. We did not control how we came to earth, but just like we were born, every day, thousands of people are born. This is a reality.' The third fact that I explained other than death and birth was *Karma*, the Law of Action and Reaction. I made the audience understand that everything in this world is unfolding as per *Karma*. The *Karma* includes our past *Karma* and our present *Karma*. But ultimately, the body dies and we carry our *Karma* into a new rebirth on earth.

Vinod, one of the participants, was sitting right in front and listening keenly. After the talk, he came over and started chatting. He requested me to help him understand,

‘What happens to the Soul after we die? Is the Soul reborn? Where does the Soul go after death?’ I reminded Vinod about my talk, ‘The human body dies when the Power of the Soul departs. The Mind and Ego, ME carries its *Karma* into a rebirth.’ ‘Yes, I understand. But where does the Soul go? Does the Soul go along with the Mind and Ego, ME into a new body?’ Vinod asked. I immediately took out two balloons from my pouch, one blue and one white. I blew air into both the balloons and made them bounce against each other. Vinod smiled seeing the balloons. ‘What is this?’ he asked.

I replied, ‘You answer my question now and I will answer yours. Ready?’ I then released the air from both the balloons, and I asked Vinod again, ‘Can you give me back the air of the white balloon and the air of the blue balloon separately?’ ‘Impossible!’ exclaimed Vinod. He continued, ‘How can I? The air that was in both the balloons has mixed with the air in the atmosphere.’ ‘Absolutely,’ I said, ‘Similarly, in the moment of death, the Soul leaves the body and merges with the Supreme Soul that is everywhere. Soul does not remain as a distinct entity but becomes one with **SIP**, the **Supreme Immortal Power**. The **Soul** is a **Spark Of Unique Life**. It is a unique Power for you and for me, only as long as we are alive. When the body dies, the ME, the mind and ego, is reborn with a new spark of life that comes from the same source, where our Soul merged at death.’

‘It is just like a wave that comes from the ocean. Does the same wave come back to splash?’ I asked. ‘No,’ replied Vinod, ‘It becomes one with the ocean and then the ocean creates a new wave.’ ‘So also,’ I explained, ‘The Soul is not reborn. It merges with SIP and then, returns as a new Soul, a new Spark Of Unique Life when we start our next journey to settle all pending *Karma*, good or bad.’

# 46

CHAPTER

## **'What Is The Guarantee Of Rebirth?' Questioned Triveni. I Joined The Dots.**

*What is the Cause of us coming to this Earth?  
It is our Karma that Causes Rebirth.*

**- AiR**

**J**ust as Vinod finished talking to me about the Soul and how the balloon experiment showed that the Soul is not reborn, Triveni was waiting besides Vinod for the next personal conversation after the talk on rebirth.

'How can you guarantee rebirth?' she asked me. I smiled and said, 'Through inference'. 'What do you mean?' she asked. I took a pen from the table and threw it up in the air and then caught it as it came crashing down. Triveni was puzzled. 'First, you blew balloons and now, you are throwing a pen in the air,' she laughed. I questioned her, 'Why did the pen not fly away into the sky?' 'Gravity,' she blurted, 'Because of gravity, it came down.' I said, 'Can you prove gravity?' She replied, 'It is a law that even science accepts.' 'I agree,' I replied, 'Gravity is a law. If gravity was not a law, then we would all be flying in the air along with the tables and the chairs and everything else. But, because we are not flying, through inference, we accept the presence of the Law of Gravity.' 'So?' asked Triveni, 'What is the connection of gravity and rebirth?' 'Inference,' I replied.

'Just as we infer that the Law of Gravity is making everything stay put on the ground, it is gravity that makes us stand on our feet on the street, so also, it is through inference that we accept rebirth as a reality.' Triveni had her mouth open to indicate that she did not believe in it. I had just explained everything in the talk before this meeting but now, was giving Triveni a personal explanation.

'Do you deny death, Triveni?' I asked. 'Of course, not! Everybody has to die,' she said. 'Do you believe that there will be birth on earth, or will all birth come to an end?' I asked again. 'What a ridiculous thing!' she exclaimed, 'Of course, birth will continue.' 'What caused your birth?' I asked. 'Did you choose your gender, your parents, your nationality?' 'No,' she said, 'I did not.' 'Then who did?' I questioned. As she was thinking, I asked, 'Do you believe in the Law of *Karma*?' 'Yes, I do,' said Triveni. That made it easy for me. I said, 'Some child is born blind. It is not because God is not kind. It is their past *Karma*. When we join the dots of death, birth and *Karma*, we can clearly see the picture of rebirth being a reality. Why does birth happen in the first place? It is only because of *Karma*. How does one explain this? In this moment of death, all our *Karma* are not settled. Therefore, we carry our *Karma* into a new birth on earth. What is the proof, Triveni?' Triveni smiled and said, 'Inference?'

While Triveni was not fully convinced, at least she knew that there was some logic in the connection between death, *Karma* and rebirth. She could not explain it but she had the Realization within that rebirth does happen. Since she believed in *Karma*, she now seemed to believe in rebirth too.

# 47

CHAPTER

**'Why Do We Need A Guru?' Questioned Vikram.  
'Can You Go On A New Route Without A GPS?' I Asked.**

*It is the Guru who shows us the Direction,  
Without a Master, we Cannot Reach our Destination.*

**- AiR**

**V**ikram was present on one of my online sessions. It was after COVID-19, the year 2020 onwards that we started having Spiritual sessions online on a daily basis. In one such session, Vikram commented, 'It's not necessary to have a Guru, is it?' I laughed and reflected on what my life would be without my Guru. Would Tiger Woods ever be the world's best golfer? Would Sachin Tendulkar or Rahul Dravid become great cricketers without a coach? We all need teachers or Masters who are experts, to lead us forward in our life journey. Most importantly, on a Spiritual journey, we need a Spiritual Master, a Mentor or a Guru who can take us from 'Gu' to 'Ru'. Vikram asked, 'What is Gu and Ru?' I explained, 'Gu is darkness and Ru is light. We human beings live in darkness. We are enveloped in ignorance. We just live and die. It is the Guru that helps us switch on the light within, so that we can see we are not the body, nor are we the Mind and Ego, ME. Without the Guru, we will not only suffer on earth but return again and again, in a rebirth.'

‘It is not enough to have a Guru. One needs an enlightened Master to be able to reach the shore, across this ocean of life called *Samsara*.’ I explained a little bit more how my Guru was my guide, my friend and how I used to consult him at every crossroad of life. He would guide me to move onward and forward. It was my Guru that helped me go inward, to attain a state of Self-Realization and God-Realization. It was my Guru who helped me achieve the goal of realizing that I am the Divine Soul.

‘What happens if you don’t have a Guru?’ asked Vikram. ‘It is like driving in an unknown terrain,’ I said, ‘Without a GPS. Just like the GPS, the Global Positioning System tells you where you are and guides you with directions, to your destination, a Guru’s Powerful Signal, GPS, helps you discover the purpose of life and guides you to reach there.’

‘Vikram,’ I said, ‘For 48 years, I lived like a human machine. For 25 years, I was just making money, which I would ultimately leave behind. It was my Guru who helped me open my real eyes and realize the truth. What would I be without my Guru? It was my Guru who opened the door for me to march forward. Today, if I am helping people realize the truth, that spark was my Guru. Without that spark, neither would I have achieved that glow of Enlightenment of the truth, nor would I be able to help the world.’

How is it possible to achieve our Spiritual success without a Guru? It is impossible. Our average lifespan of about 70 years is too little to discover the Spiritual truth ourselves without a Guru’s help. No doubt, the Spiritual journey is a personal journey but without a Guru, we would just wander here and there and get nowhere!

# 48

CHAPTER

**Bhojraj Was Stingy.  
He Never Gave Anybody Even A Penny!  
I Advised Him, 'Give Before You Are Gone!'**

*Whatever we Earn, others will Ultimately Burn,  
Spend before the End so, when we Die, let the world Cry!*

**- AiR**

**B**hojraj was one amongst those who thought that life was all about success. He believed that success was happiness. He was one who never realized that happiness doesn't come from making money, rather, spending it. He spent his entire life earning and earning. One day, I told him, 'Bhojraj, what you earn, others will burn.'

I had known Bhojraj for many years. We had grown up together, living and working in the same locality. I had let go of the material world and had evolved in the Spiritual journey but Bhojraj was one of those who was imprisoned in the prison of pleasures, people and possessions. He thought that money equals happiness. Whenever he used to meet me, he would try to pull me back. He would often say, 'Why did you leave your business? If only you had continued, you would have been a leading retailer.' I tried to make Bhojraj understand, 'What would we do with more money? Most of us are blessed. We have fulfilled our needs. Then, why get caught in greed?' I even gave Bhojraj a copy of the *Gita Saar*,

the essence of the *Gita* because he used to follow the *Bhagavad Gita*.

*What is yours that you brought to earth?  
What will remain yours that you will carry beyond death?*

I tried to talk sense into my friend but Bhoraj told me, 'I want to make more money than what you had made. Just because you were successful and rich, you gave up and you moved on. Let me also become successful and wealthy.'

'My dear friend, Bhojraj, I realized the truth. That is why I am sharing this with you. We must give before we are gone. Aren't we all sure to depart? If we don't give as we live, whatever is ours will ultimately, be snatched away. Then, there is no remote control. We will not have any control on the money that we had earned. Others will destroy our wealth and we will be helpless. Therefore, we must spend before our end. Money has no value, unless it is used wisely. Otherwise, we will just leave it in the bank when we die.'

Bhojraj was indifferent to what I was saying. So, I took a different route to get it across to him. I asked him, 'Did you carry any Indian currency, Rupees, when you went for your Europe trip last month?' 'Are you silly?' he asked me, 'They don't accept Indian Rupees.' 'So, what did you do?' I asked. 'I converted all my Rupees into Euros and uploaded my foreign exchange debit card, so that I could use it in Europe,' he replied. 'Wow!' I said, 'That is great. Do you know that Rupees will not work in your final destination, too? Have you started converting your Rupees for that ultimate journey? When you leave this world, the only currency that will help you is good *Karma*. When are you going to start converting cash into doing good *Karma*, so that when you reach there, you can be rich?'

# 49

CHAPTER

## Sudeep Could Not Understand *Mukti And Moksha.* I Explained The Metamorphosis Of A Butterfly.

*Transformation or Mukti is our First Goal,  
Then Metamorphosis, living as the Divine Soul.*

- AiR

Sudeep was a seeker of the truth. He attended my Zoom sessions every day. Not only was he God fearing, but he also loved God a lot. He was a truly blessed Soul and wanted *Mukti, Moksha* and Liberation. However, he was not clear about these terms in the beginning. Whenever he got a chance, either personally or on a call, he would communicate with me.

One day, I got a chance to talk to Sudeep on the life cycle of a butterfly. He was very excited as he explained to me how the journey starts as an egg that hatches and becomes a larva or a caterpillar. 'Then,' he said, 'The next phase is the pupa or chrysalis. Ultimately, the butterfly starts to fly.' Sudeep seemed to be an expert on the subject. Then I asked him, 'Have you experienced a metamorphosis in your Spiritual life?' Sudeep was confused. 'How can we experience a metamorphosis? We can only have a transformation. Water can transform to ice but then, ice can become water, again. Metamorphosis is an irreversible change. Can we human

beings achieve that?’ As Sudeep was pondering on this, I took to the main subject.

‘Sudeep, first, we have to attain *Mukti*. *Mukti* is Liberation when we are still on earth. Then ultimately, we will reach that state of *Moksha*, *Nirvana* or Salvation, where we will be free from the cycle of death and rebirth. We human beings experience a transformation but we remain the slaves to our mind. Because we are slaves, we go to our graves without experiencing a metamorphosis.’

Sudeep asked, ‘How does one achieve a Spiritual metamorphosis? How does one go from *Mukti* to *Moksha*?’ I replied, ‘It starts with Enlightenment but even an enlightened person who is transformed, can fall back into the trap of the material world. Unless we let go of the ego, unless we experience that metamorphosis and live as the Divine Soul, we may return to the body-mind complex and get caught in thought. Therefore, a human being rarely reaches the state of Spiritual metamorphosis. Very few people are blessed. Many people achieve *Mukti*, the Realization of the truth. They achieve Self-Realization and progress on the path of God-Realization but the truly enlightened ones experience a Spiritual metamorphosis. In the moment when the body dies, they are liberated and united with the Divine.’

Sudeep asked, ‘How do we know that a person has achieved a Spiritual metamorphosis? In the case of a butterfly, we can see it stage by stage.’ ‘Sudeep,’ I said, ‘The journey of Spiritual metamorphosis is very personal. We cannot judge or evaluate who has achieved *Mukti* and who will ultimately attain *Moksha*.’

# 50

CHAPTER

## **Kiran Wanted God And Was Very Devoted. I Showed Her The Way To God-Realization.**

*Do you want God? Are you truly seeking the Lord?  
The way to God-Realization is Self-Realization.*

**- AiR**

**K**iran used to visit the temple, every day. Not only did she pray but she would perform ceremonies and even fast as an expression of her faith and devotion. She grew up believing that God lives in a temple and she always imagined that the Lord will come and bless her due to her sincere acts of devotion.

I had known Kiran for decades but recently, after she read my books and heard my *bhajans*, the songs I sing on my philosophy of life, she started talking to me and asking me how she could attain that state of God-Realization. Kiran said, 'I seek God. I seek nothing else. All I want is to become one with the Lord. I have no desires. I am tired of living in this material world. There is so much suffering. Earlier, I was attached to people and possessions. Now, I have given it all up. I go to the temple and pray. I am seeking God. Can you help me find God?'

I explained to Kiran, 'You cannot *find* God. You have to *realize* God. Do you think God is impressed by your offering of

flowers and coconuts? We have all grown up with the myth and we live and die with it, without realizing God. If you truly want God, Kiran, then your love for God should be so deep, your yearning for the Divine must be so sincere, that you must go in quest of God. Who is God? Where is God? What is God? Of course, God is. But you have to realize God.'

Kiran was a sincere believer and seeker of God. And so, she listened to every word I said. She desperately wanted to follow the path. She had seen me evolve on my journey and she knew that I could help her get on to the right path that would take her to God.

'Have you realized God?' she asked me. 'Of course,' I replied, 'I am with God, all the time. I see God everywhere, in everything.' 'How come you can do it and I can't?' asked Kiran. 'You can, too,' I replied, 'If only you attain that state of God-Realization.' 'Tell me, please,' she said, 'How do I get to God-Realization?' 'The only way to God-Realization,' I told Kiran, 'Is through Self-Realization. Self-Realization is realizing that I am not this body that will die. This body came later. I was conceived 9 months before. One day, this body will die and people will say that I passed away. Who passes away?' I asked. 'The mind,' said Kiran. I smiled and asked, 'Have you ever seen the mind? There is no mind. It is just a bundle of thoughts. The one who departs at death is the **Soul**, the **Spark Of Unique Life**, that causes birth. We are that immortal Soul, that Power. This is Self-Realization.' Kiran paused to digest what I had said. 'And how does this lead to God-Realization?' questioned Kiran. 'The Soul is a Power of life. It comes from **SIP**, the **Supreme Immortal Power**. This is God-Realization. Realizing that God lives within, in the temple of our heart.' Kiran was speechless.

# 51

CHAPTER

Prasad Asked,  
'What Will Happen To Me When I Die?'  
I Explained,  
'One Of The Two Things Can Happen.'

*At Death, if we are Ignorant, we will be Reborn.  
But if we are Enlightened, the cycle will not go on and on.*

- AiR

Prasad used to read my books. Every time I published a new book, he would be one of the first ones to pick a copy. He is one of the people I know, who has all my 60 books. In fact, when I saw him buying one of my books a few months back and he shared the secret that he had a library of my books in his house, I started to gift him a book every time it was published. Prasad became a dear friend and I was no more an author but a Spiritual Mentor and guide to him. He was constantly in touch with me through WhatsApp and would track every new book release.

One day, when I was gifting him a copy of my book, 'The A to Z of Death', he asked me, 'What happens at death? Everybody has to die, right? I know that for sure. Do we really go to Heaven or Hell? There are so many things that scriptures tell. What is the truth?'

'Death is certain, Prasad,' I said, 'Will you die or not?' 'Of course, I will!' he replied. 'NO! You will never die,' I said.

Prasad was shocked, 'What do you mean?' I explained, 'Your body will die. People will say that you passed away.' 'Yes,' replied Prasad, 'That is true. What will happen to me when I die?'

I said, 'The body dies. The body is mortal. We are immortal Souls. We never die. But we don't realize this. Haven't you learnt in science that energy cannot be created or destroyed? It can only be transformed from one form to another. We are that life energy that arrives as the first cell in the zygote and departs at death. We must realize, Prasad, that we are not this body that dies. We are the **Soul**, that **Spark Of Unique Life**, the life energy. Because we do not realize this, we live as the body, mind and ego. The body dies, but ME, the mind and ego, carries *Karma*, good or bad, and returns to earth in a rebirth in a new body. In most cases, this happens because more than 99% of the world does not realize that they are the Soul. So, they return in a rebirth.'

'So, what exactly happens at death?' asked Prasad. 'One of the two things can happen, Prasad. If we live with ignorance as the body, mind and ego, the body will die and we will be reborn based on our *Karma*. If we do good *Karma*, then, the mind and ego will be reborn in a good life. Therefore, this is the first and most common thing that happens at the moment of death. Do you doubt this — that the body must die and *Karma* must be settled? So, there is no other option but to be reborn.' 'Is this what happens at death?' asked Prasad. 'No!' I replied, 'This is only the first possibility. It is rebirth. The second possibility is Liberation. If we realize that we are the Divine Soul, then we have no *Karma*. The mind and ego, ME is an illusion. When the body dies, we the Soul, are liberated and united with the Lord.'

# 52

CHAPTER

## Shristi Asked, 'What Should Be My Purpose Of Life?' I Explained PIRLU.

*First, we need Purification and then, Illumination,  
Then, Realization will lead to Liberation and Unification.*

*- AiR*

**S**hristi was a social media freak. She was familiar with every post of mine. She read my answers on Quora, just as she watched my videos on YouTube, Facebook and Instagram. It did not end there. She had all my E-books downloaded on Google Play, just as she tracked me on Twitter, Pinterest and LinkedIn. The way she reached out to me was through my answers on Speaking Tree. Then, she started interacting with me personally.

One day, I got a WhatsApp message from her. She asked me, 'What is the purpose of life?' I replied, 'The purpose of life is to discover the purpose of life!' She answered with a smiley, 'Yes, I know. But how can I discover my purpose?' "PIRLU",' I replied. 'PIRLU?' she typed back, 'What is PIRLU?' I sent my reply in 5 lines.

**P** - Purification  
**I** - Illumination  
**R** - Realization  
**L** - Liberation  
**U** - Unification

‘Wow!’ exclaimed Shristi, ‘I don’t remember reading this anywhere.’ I said, ‘Yes because you don’t attend the daily Zoom calls. I have explained the concept there.’ ‘How can PIRLU give me my life purpose?’ she asked.

‘The purpose of our life is ultimately, Liberation from this world of suffering. Everybody knows this. But they don’t know how to attain the state of Liberation and Unification with the Divine. PIRLU is the secret,’ I explained. ‘If we want to be free from the cycle of rebirth, attain *Nirvana*, *Moksha* or Salvation, the way to attain it starts with Purification. Unless we clean up our mental junk, the monkey mind will not let us become a monk! So, it starts with Purification of thoughts and overcoming of ignorance. This leads to Illumination. Illumination is overcoming the mystery that has filled our history. When we are illuminated with the truth, it leads to Realization. Realization is not knowledge that you can get in any book in any college. It is a spark of Enlightenment and this Realization cannot come without Purification and Illumination.’

‘I am amazed,’ said Shristi, ‘I am very keen to achieve my life purpose but I don’t know where I am when it comes to PIRLU. I have realized many truths but I don’t feel liberated to be united with the Divine. Where am I stuck?’ I explained, ‘You need to continue the process of PIRLU – Purification, Illumination, Realization. Only then, will there be Liberation and Unification. You need Enlightenment. Read my book, ‘The Spiritual Jigsaw Puzzle’. Find out which pieces of the puzzle are missing. These Realizations will lead you to Liberation and Unification.’

## AFTERWORD

*Often, just a Conversation can become an Inspiration,  
It can be a Motivation for our Life-Transformation.*

*- AiR*

If you have read the conversations in this book, you would have realized how people live in this world. There are some people whose life is full of fear, anxiety, stress and sorrow. There are people who are seeking happiness but don't know how to be happy. People pray to God but they do not know – Who is God? Where is God? What is God? Everybody wants peace but they do not know that if they still their mind, peace, they will find.

The conversations in this book are not a work of fiction. These are real life discussions that I have had with people. Of course, their names have not been revealed but every conversation is a real-life situation. Many people have benefitted from these conversations. These conversations have transformed lives. Therefore, I am inspired to continue talking to people.

What do I talk to people about? I don't talk about politics. I don't talk about success, achievement, money, name and fame. I don't discuss Bollywood and Hollywood nor do I

discuss pleasures of this material world. The only things I discuss are related to life. I talk to people about purpose and meaning, about true peace and happiness and about the ultimate goal of realizing that we are the Divine Soul, being liberated from this world of suffering and being united with the Divine.

If you are looking for a life problem that needs an answer, chances are you will find it here. As you go through the titles of the chapters in the contents page, each chapter title will give a glimpse of what each conversation is about. Then, it is for you to contemplate and be motivated by that talk that somebody had with me or just let it pass.

Life is a short journey and if we try to discover the truth about life ourselves, our life will be over even before we realize what it means. It is by learning from experiences, our own and those of others, it is by learning from conversations we have with people, that we can evolve in our life and reach our destination. We all need direction. Sometimes, it may be a Guru or a Spiritual Mentor. Other times, it may be a book. There are times we may be shown the way just by a simple conversation.

May this book, 'Conversations on Life', inspire you to march onward, forward, upward, inward and Godward, just as my conversations with my Mentor, my Guru, Dada, led me to overcoming ignorance and realizing the truth. It has been long since I have had wasteful conversations, meaningless talks with people that would bear no fruit. I am grateful to the Divine that my life is full of conversations on life, conversations that have helped me progress every day, just as they have helped others go on a quest and realize the truth. Let these conversations be an inspiration to those who are seeking the true meaning and purpose in life.

POEM

**CONVERSATIONS**  
ON LIFE WITH AIR

*Who am I? Why am I here?  
What is the Purpose of my life, my dear?  
When somebody asks me, 'What is the Truth?'  
I tell them to get to the bottom of the root*

*My life is all about conversations  
Conversations that become Inspirations  
For one needs motivation to seek Realization  
And Realization will give Liberation*

*Must I suffer right till I die?  
Am I just meant to live and cry?  
What is the cause of this bad luck and fate?  
Why is my life full of anger and hate?*

*People have questions but whom to ask?  
Who will give answers to this arduous task?  
Most of the times, we are filled with lies  
We are told that God lives in the skies*

*Whom should I talk to, whom should I seek?  
To which Spiritual Master, I must speak?  
Who will take me to the ultimate Peak?  
I don't know, I am so meek!*

*When I meet people who don't know what to do  
 I try to tell them, just what is true  
 Everything in this world is nothing but a show  
 We are just actors who come and go*

*When somebody asks me, 'Peace, how can I find?'  
 I tell them that they must still their mind  
 Peace is within, we don't have to find  
 Open your real eyes, don't be blind!*

*Then there are people who want Happiness  
 They want to live in Peace and Bliss  
 I just tell them, 'Happiness is in the Now'  
 To be Happy in the Now, make a vow*

*So, my life is full of Conversations  
 I am glad for these are Inspirations  
 They lead people from misery to Liberation  
 And with the Divine to ultimate Unification*

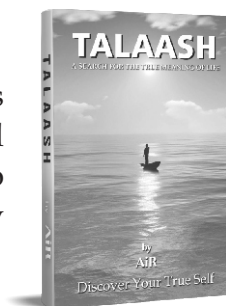
*This is the purpose of my life  
 To help people be happy and free from strife  
 To help people achieve their ultimate goal  
 To realize that they are the Divine Soul*

*So, even if I walk, I continue to talk  
 And answer people, who come with a knock  
 I help them with a direction, those who just flock  
 I reveal the truth so the secret of life they unlock!*

## OTHER BOOKS BY AiR

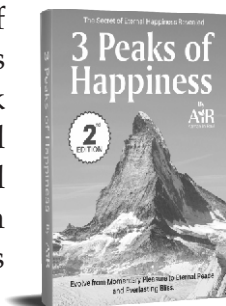
### 1. Talaash

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.



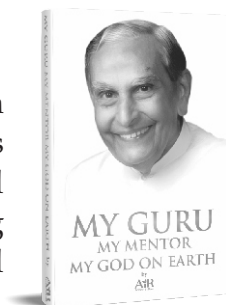
### 2. 3 Peaks of Happiness

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.



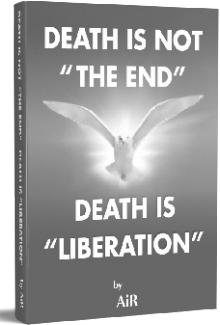
#### 4. I will Never Die, Death is Not "The End"

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.



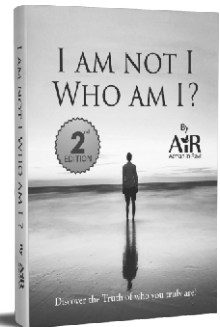
#### 5. Death is Not "The End." Death is "Liberation"

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.



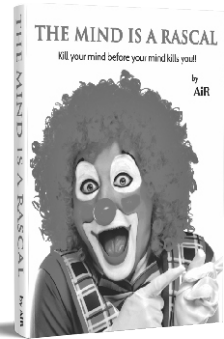
#### 6. I Am Not I. Who Am I?

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?



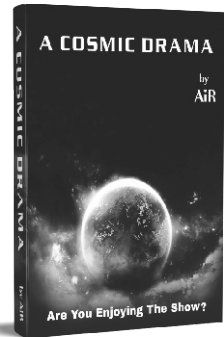
## 7. The Mind is a Rascal

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.



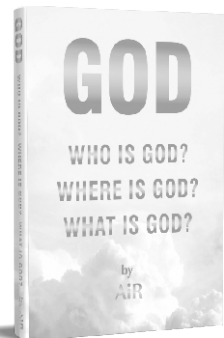
## 8. A Cosmic Drama

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.



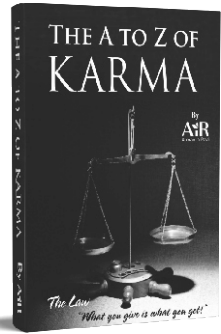
## 9. Who is God? Where is God? What is God?

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.



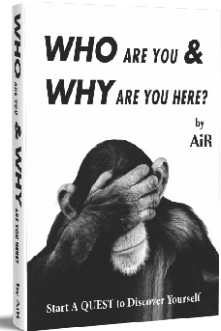
## 10. The A to Z Karma

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.



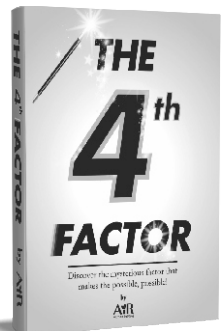
## 11. Who Are You and Why Are You Here?

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.



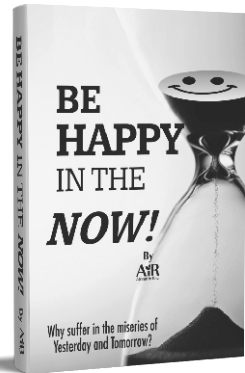
## 12. The 4<sup>th</sup> Factor

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!



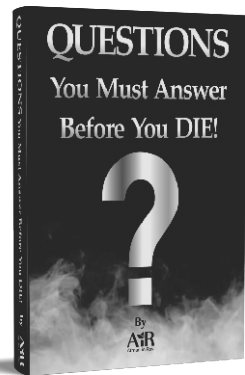
### 13. Be Happy in the NOW!

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.



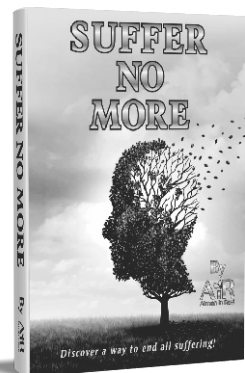
### 14. Questions You Must Answer before you Die!

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.



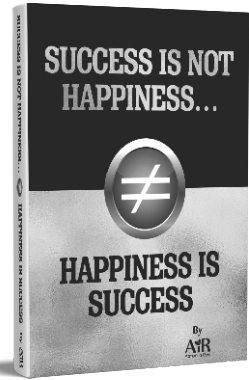
### 15. Suffer No More

'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.



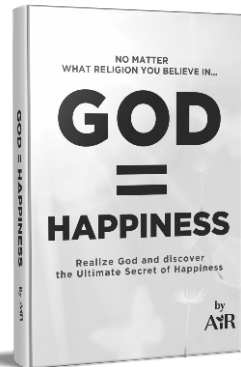
## 16. Success is not Happiness, Happiness is Success

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.



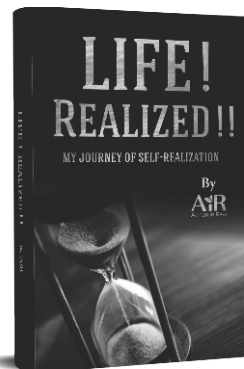
## 17. God = Happiness

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.



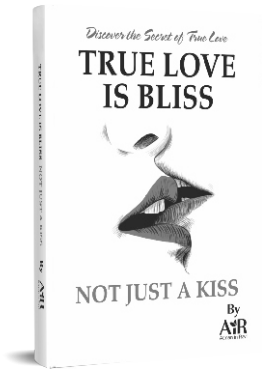
## 18. Life! Realized!!

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.



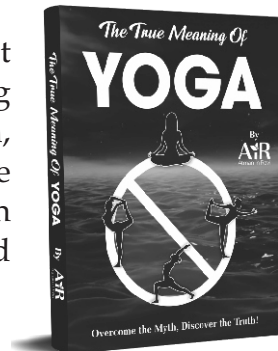
## 19. True Love is Bliss...Not Just a Kiss

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.



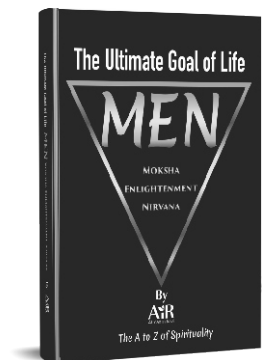
## 20. True Meaning of Yoga

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.



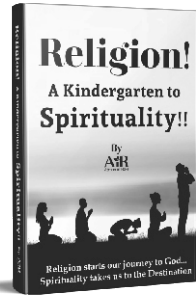
## 21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



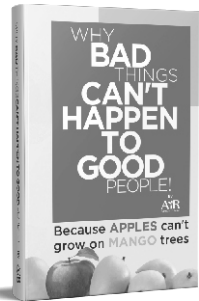
## 22. Religion! A Kindergarten to Spirituality!!

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.



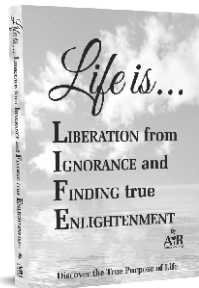
## 23. Why Bad Things Can't Happen to Good People!

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!



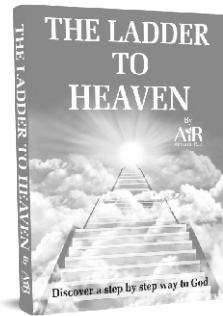
## 24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

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.



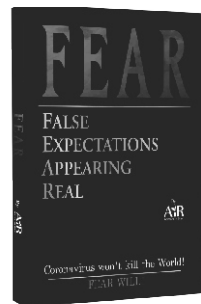
## 25. The Ladder to Heaven

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.



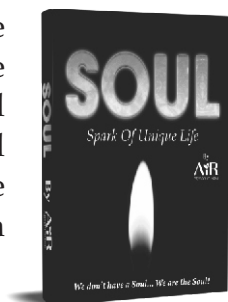
## 26. FEAR- False Expectations Appearing Real

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.



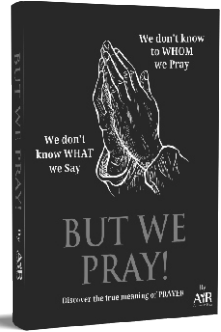
## 27. SOUL - Spark of Unique Life

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!



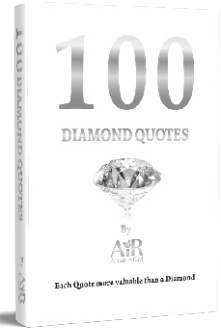
## 28. But We Pray!

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.



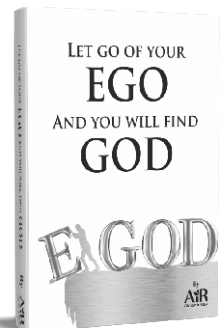
## 29. 100 Diamond Quotes

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.



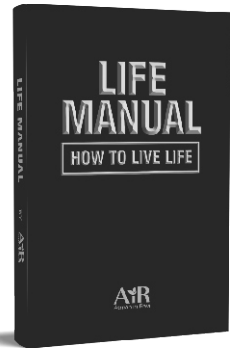
## 30. Let go of your Ego and you will find God

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.



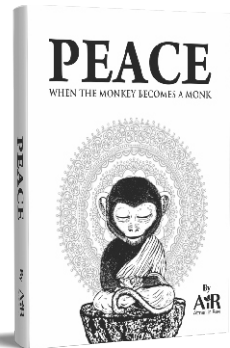
### 31. Life Manual - How to live life?

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.



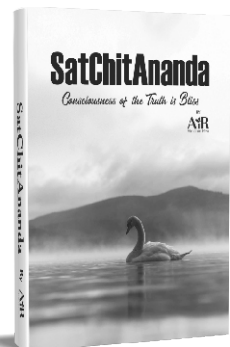
### 32. PEACE... When the Monkey becomes a Monk!

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.



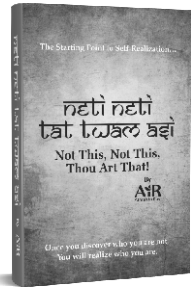
### 33. SatChitAnanda - Consciousness of the Truth is Bliss

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.



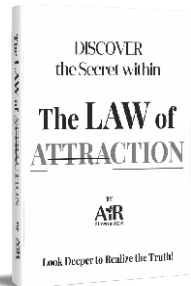
### 34. Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That

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'.



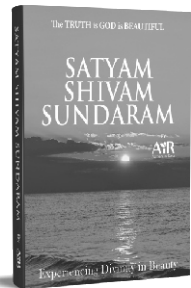
### 35. Discover the SECRET within The LAW of Attraction

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.



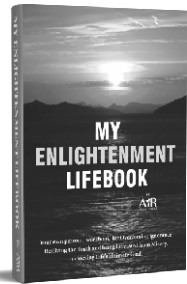
### 36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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.



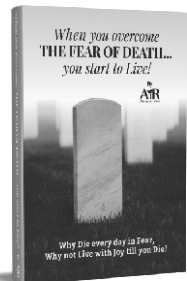
### 37. My Enlightenment Lifebook

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.



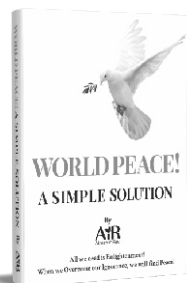
### 38. When you overcome the FEAR of DEATH, You start to LIVE

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.



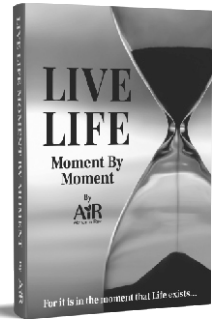
## 40. Many Problems, One Solution

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!



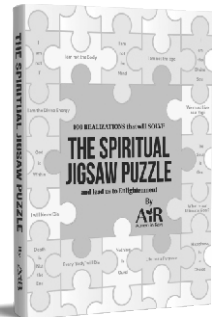
## 41. LIVE LIFE... Moment by Moment

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!



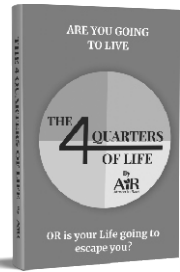
## 42. The Spiritual Jigsaw Puzzle

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.



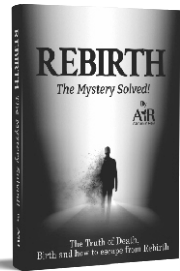
### 43. The 4 Quarters of Life

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.



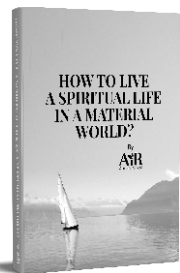
### 44. REBIRTH... The Mystery Solved!

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.



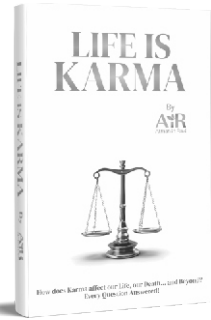
### 45. How to Live a Spiritual Life in a Material World?

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.



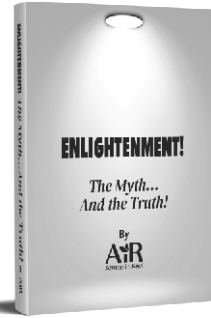
## 46. Life is Karma

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



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

Never have you read a book of Poems like this,

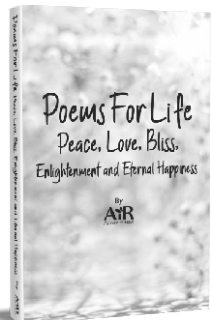
Poems that will give you Peace, Love and Happiness.

Poems that will tell you the Truth about Life,

How to Overcome Misery and how to Overcome Strife!

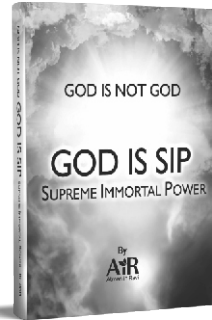
So, if you ever want to read a book, choose this,

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



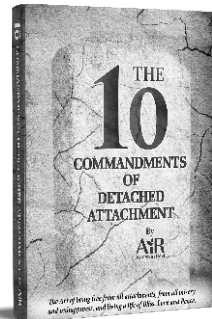
## 49. God is not God. God is SIP – Supreme Immortal Power

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



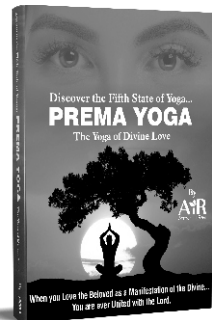
## 50. The 10 Commandments of Detached Attachment

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.



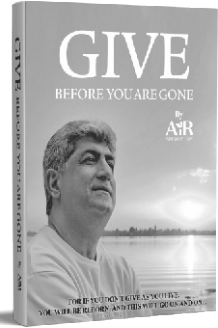
## 51. The Yoga of Divine Love - Prema Yoga

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.



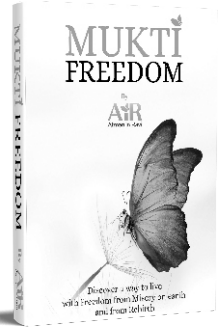
## 52. Give before you are Gone!

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.



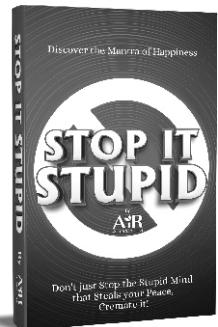
## 53. Mukti - Freedom

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.



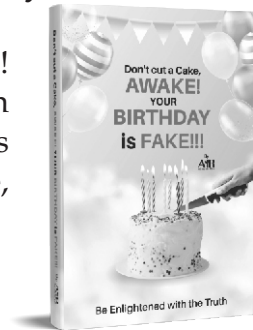
## 54. Stop it, Stupid!

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.



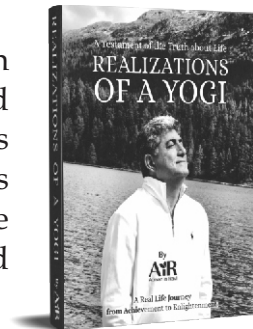
## 55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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.



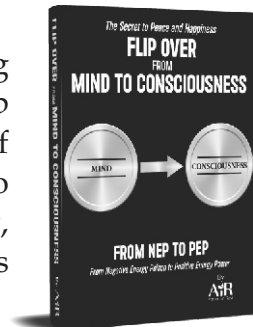
## 56. Realizations of a Yogi

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.



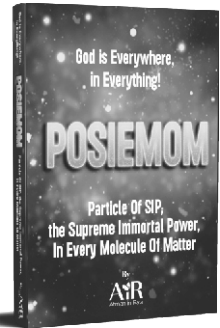
## 57. Flip Over! From Mind to Consciousness, from NEP to PEP

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!



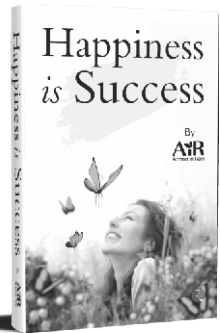
## 58. POSIEMOM - Particle of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God is 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 to this.



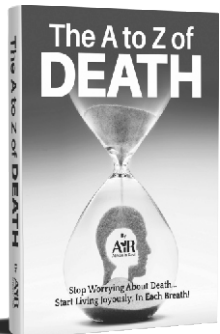
## 59. Happiness is Success

Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, from one success to another, only to realize that the ultimate peak of happiness is beyond Achievement and Fulfilment. It is Enlightenment, Liberation from misery and suffering and experiencing Eternal Happiness, Divine Love and Everlasting Peace. This book can transform your life.



## 60. The A to Z of Death

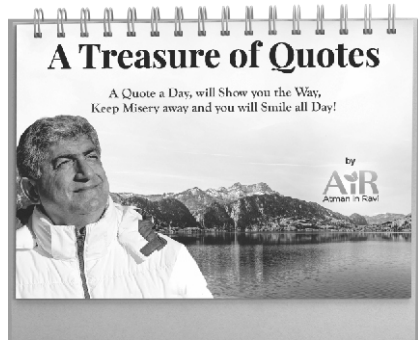
Death is certain. Every 'body' must die. Still, we do not accept the reality of death. We fear death because of the loss of all that we own, all that is known and we fear death because of the unknown beyond death. However, we are ignorant about the truth of death. Death is not the end, it



is just a bend. Only the body dies. We never die. We are the immortal Soul. At death, either we will be reborn based on our Karma or we will be liberated and united with the Divine. The A to Z of Death reveals everything we need to know about death, the truth of death which will make death a moment of celebration.

## 61. A Treasure of Quotes – Perpetual Calendar

A Treasure of Quotes is a Perpetual Calendar. It consists of 366 quotes – 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 provoke

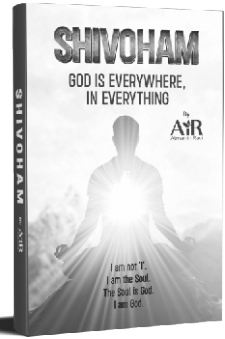


you to contemplate and reflect on your life. It will inspire you to begin a spiritual quest and eventually lead you to Enlightenment, our ultimate goal. This collection of quotes can transform your life from a life of mundane existence to a life of Liberation from all suffering on earth and from the cycle of rebirth. It can make you evolve from a life of Achievement to Contentment and Fulfilment until you finally reach that ultimate peak of Enlightenment – a state of Everlasting Happiness, Divine Love and Eternal Bliss. May this Treasure of Quotes be a real treasure for you.

## 62. Shivoham

*Shivoham* literally means *Shiva + Aham*. I am *Shiva*! But in reality, it is the Realization of the truth, it is Enlightenment that I am nothing, not this body, mind and ego, I am the

Divine Soul. I am a part of the Supreme Immortal Power, SIP. *Shiva* is not only in a temple, *Shiva* also lives in the temple of our heart. It is for us to realize what Adi Shankara said in the 8<sup>th</sup> century, *Chidananda Rupah Shivoham Shivoham*. The reality of our existence is the Power of the Divine. This book will take you through from *Om Namah Shivaya* to *Shivoham*, from religion to Spirituality, from faith in God to realizing God.



**AND NOW...**

**63. Conversations on Life with AiR**

**COMING SOON...**

**64. What are you going to do with *Today*?**

**65. Spirituality for Children**

# CONVERSATIONS ON LIFE WITH AiR

We have so many conversations but some conversations become an inspiration. A discussion can become a motivation that can lead us to that ultimate state of Liberation and Unification with the Divine. Such are the conversations in this book.

After AiR transformed his life and evolved from a journey of Achievement to Fulfilment and finally Enlightenment, he started writing books on life. He has written over 65 books as of today. These books cover subjects like Happiness, Peace, Purpose, Problems, Self-Realization and God-Realization. Whenever AiR meets people, he invariably starts a conversation to help them live meaningfully and blissfully. Most people just exist and die. They don't discover the truth — Who am I and why am I here?

This book has conversations that can transform your life. They are not fairy tales. They are real conversations with people on the real problems and issues of life. Any one of these conversations can become an inspiration that can lead to a transformation in you that can further lead to Liberation from all your suffering and transport you to a state of Ultimate Peace and Bliss.

By  
**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)

