ENLIGHTENMENT!

The Myth...
And the Truth!

By

AiR

Atman in Ravi

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Atman in Ravi
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PREFACE

How can one be Enlightened? Enlightenment is bringing in the light of Truth, overcoming the darkness of ignorance that envelops us. If we want to be enlightened, we must first eradicate the darkness, unlearn many things that we have learned and overcome ignorance. Only then can we Realize the Truth. I meet many people who are seeking Enlightenment, who want Self-Realization and God-Realization. However, unless there is Realization about life, how can one be enlightened? Our life bowl is full of myths that we have grown up with. It is full of lies and fairy tales that have continued to keep us ignorant. Unless we become conscious of these lies that we have believed in and uproot them, we cannot plant a new doctrine that will build new roots, shoots, and fruits of Enlightenment. We must unlearn many things and remove the myths.

When I went on a quest to Realize the Truth, I had many Realizations. The biggest Realization made me aware of my ignorance – how I had spent 40 years of my life believing in the illusion of life and how I had lived with blind faith and walked on a dark path that would reach nowhere. When my Spiritual Master, my Guru, Dada J. P. Vaswani pushed me to start my *Talaash*, my quest, I was shocked at the ignoramus that I was. I thought I knew everything, but actually I knew nothing. In this book, I will share my ignorance on one side - the Myth and my Realization on the other side - the Truth. I hope it will inspire you to be Enlightened!

INTRODUCTION

Do you want to Realize the Truth? If you seek Enlightenment, first overcome ignorance. What is your purpose on earth? Is it just to have fun till life is done? What is the secret of eternal happiness? Who are you in reality – the body, the mind, the Soul, or something else? Will you die? Death is certain. But what happens after death? Will you go to heaven or hell, or will you come back to earth in a rebirth? Who is God and where is He? Will our prayers actually work? Will we ultimately meet God face to face? Many questions in our life have no answers. There are many theories that we have heard, but we do not realize what the ultimate Truth is.

This book will help us overcome our ignorance. It will analyze every theory that we have believed in and switch on the light of Truth to eradicate the darkness that has shrouded our life. It will take us through all aspects of our life journey and make us Realize the Truth of our birth, how we came to earth. It will throw light on the phenomenon of death and the afterlife. It will question every belief, every superstition that we have followed, and it will shake every ritual and habit that has been the foundation of our life. Every page on the left side of this book will state an obvious ignorance that we have lived with. On the right, we will bust the myth and reveal the Truth. Hopefully, as we go through every aspect of life and death, joy and sorrow, man and God, we will reach our destination – Enlightenment.

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OUR GOAL IS ACHIEVEMENT

From the time we were kids, what have we been taught? We have been told to be achievers. We must make our parents proud. We must be rich and famous. Our goal is success. When we were in school, we were taught about the importance of competition, how we should outshine our friends, not just in studies, but in sports and in other co-curricular activities.

We have grown up with this belief and the passion to succeed is in our blood. We have been indoctrinated that not to win, is a big sin. We must be a winner in whatever we do. Therefore, we drive down the highway of life on the road called achievement. We believe that money is the most important resource of life, and we want more and more money to fulfil not just our need, but also our greed.

First, we want to be a millionaire, then we want to be a billionaire. We want our name to be among the rich and famous of the world, just as we want to have the best house, the best car, and the best of everything that money can buy. Therefore, we zoom from our womb to our tomb, seeking achievement and success. We go from one peak to another, believing that this is what life is all about. Ultimately, we fall off a cliff called Death. Then life is over! But this is exactly what we were taught right from the beginning. Our parents, our teachers, our friends speak only of success and achievement. If this is a myth, and there is more to life than this, what is the Truth?

TRUTH 1

ENLIGHTENMENT IS OUR GOAL

While we have grown up with the belief that success is everything in life, and achievement should be our goal, this is a myth. Why are we chasing success and achievement? It is because we believe that success is happiness and achievement will give us all the pleasures that we seek out of life. However, the Truth is something else.

No achiever can take even a penny out of this world. No doubt achievement is good, and we must taste success in life, but it is not our ultimate goal. Our ultimate goal is to evolve, from achievement to Enlightenment. Enlightenment is overcoming the darkness of ignorance that envelops us. It is about Realizing the Truth about life. It is understanding the purpose of our existence – who we are and why we are here.

Those who believe that life is all about achievement and success may gain the whole world, but will not discover the Soul which is their true treasure. They will exist on the planet and collect gold and diamonds, money in the bank, and properties in their name. They may believe that they are amongst the wealthiest people in the world but without the wisdom of Enlightenment, they are actually bankrupt. One day, they will depart from this earth, and in that very moment, nothing will be theirs. Their name and fame will dissolve, just as their money and wealth will be lost in a flash. The Truth is that the goal of life is not achievement; it is Enlightenment.

THE PURPOSE OF LIFE IS HAPPINESS

What is the purpose of life? Most people believe that our purpose is happiness. We have come to earth to be happy. Therefore, the whole world is chasing happiness.

Whatever people are seeking, the ultimate objective is happiness. They want success and achievement, name and fame, people and relationships, all because they are sure that all these will give them happiness. If any of these made us unhappy, would we still go after it? Man seems to be fitted with what we can call a 'pleasure drive'. Therefore, he chases everything that gives pleasure, just as he shuns everything that gives pain. This is because we have been taught this lesson very early in life – *Have fun before life is done! Smile all the while. Laughter is the best tonic.* All these teachings have become the basic foundation of our life.

Some people go one step further. Not only do they believe that the purpose of life is to be happy, but they have also been taught that their purpose is to make others happy. They go about serving and helping others with love, compassion, and kindness. But why do they do this? It is because when you make others happy, you become happy. But is this our purpose? No! When will we realize that the purpose of life is not just to have fun? We were not given this unique human body just to come, to laugh, to smile, and to go. Because we believe the myth that our purpose is happiness, we never realize the true purpose of life.

TRUTH 2

THE PURPOSE OF LIFE IS TO REALIZE GOD

What is the real purpose of our life? Our real purpose is not to share jokes, watch movies or television, play games and sports, romance, sing and dance. The ultimate purpose of our life is to realize God. God-Realization is not easy. It starts with Self-Realization and Life-Realization. What does this mean? The purpose of our life is to Realize the Truth of the self – Who exactly am I? Am I this body that will die? Am I the mind that I cannot find? Our goal is to realize that we are the Divine Soul. This is Self-Realization. Our purpose leads us onward and forward to realize that life is just a show, we come, and we go. The fact is that we are a zero. We bring nothing and we take nothing. Although we may smile, giggle and laugh, we experience the triple suffering - pain of the body, misery of the mind, and agony of the ego. Our goal is to transcend all suffering and to go beyond the ordinary, momentary, transitory pleasure to that state of eternal bliss and happiness. This happens when we discover the true purpose of life, and we realize God within in the temple of our heart. This is God-Realization.

This is the Truth, the Ultimate Truth. The purpose of our life is to Realize this. It is to be enlightened. In fact, the purpose of life is to discover the purpose of life. When we don't Realize this Truth, we suffer and we live till we die. We pray to a God we do not know, and we say things in our prayer which we do not understand. This is because we live with the myth, and we never Realize the Truth that God is SIP, the Supreme Immortal Power.

LIFE IS TO LEARN AND THEN EARN

Haven't we been fooled with the belief that life is all about learning and earning? Our knowledge and our skills are focused on making us stand on our feet so that we can be the smartest one on the street. In fact, our life has been divided into two halves - the first half to learn and the second half to earn. But this is wrong! This is not the purpose of life. It is a myth to believe that the purpose of life is just to learn and then earn, till we will finally burn and then return to the planet.

Everybody must die. But why did we come to earth with this human birth? Is there no purpose? We are taught and made to believe that there is a purpose. It is to learn and to be skilled, then to earn and become successful. Then what? Why should we learn and earn - nobody explained this to us! Just because we follow the herd who wants money and wealth, name and fame, we also get caught in the cycle of the myth that life is just about learning and earning. Look around you. People are learning and acquiring more skills than they need. They have been programmed to believe that they must become a genius. But what happens to all our knowledge in the end? Can we take it with us after our death? Then, we collect money, far more than we need, just to fulfil our greed. But even this, we have to leave behind. Then, why believe in the myth that life is just to learn and to earn? Life has a purpose. Why not spend the days of our life to discover the true purpose of life?

TRUTH 3

WE MUST REALIZE LIFE HAS 4 QUARTERS

Life is not just to learn and earn. In fact, life is made up of 4 quarters as per how our ancestors used to live. No doubt, the first quarter of life is to learn, and the second quarter is to earn. But this only makes up half of our life. Then we must turn and try to find the purpose of life. We must not just earn till the day we will burn. We realize that most people return in a new body after death. The true purpose of life is to spend the third quarter in a quest for realizing the true meaning of life and being liberated from this. In the ancient days, this was called *Vanaprastha* or the third quarter. Man would retreat into the forest after completing his first quarter of *Brahmacharya* or student life where he would earn, then finish his second quarter as a householder or *Grihastha*.

Even in the ancient civilizations, man would normally live through three quarters, but before death, he would spend his third quarter to find the answers to the questions – 'Who am I?' and 'Why am I here?' If he was fortunate to pass into the fourth quarter of life or *Sannyasa*, he would renounce everything and live with the sole purpose of God-Realization and unification with the Divine. In the ancient days, man clearly understood that the purpose of life was not just to learn, to earn and then burn and return. His purpose was to escape from another rebirth on earth. He would spend every breath to realize the meaning of death, and what lies beyond. Man, today, has forgotten the purpose of life.

MYTH 4 MONEY = HAPPINESS

Haven't we learned the equation: Money = Happiness? Not only have we learned 2+2 = 4, but we have also been taught that if we have money, we can become happy. Money can acquire all pleasures. It attracts friends and can get us anything and everything that can make us happy. Is this the truth? It is a myth!

It is our ignorance that makes us believe that 'Money = Happiness'. The fact is that we need money to exist. Money is important for our basic necessities — food, shelter, and clothing, but to believe 'Money = Happiness' is a myth. If this were true, then all rich people would have been glad. However, many wealthy people are so miserable that they commit suicide. Therefore, money does not mean happiness.

Throughout life, we believe in the lie that it is money that makes our life blissful. When we go in search of money, we create stress, worry, and anxiety. Even if we acquire a lot of wealth, that wealth gives us pleasure, but it also robs us of our peace of mind. The fear of losing our wealth and the passion of greed robs both our peace and happiness. Unfortunately, we have grown up and have been taught that our financial resources are our happiness resources. Therefore, today, everybody is running a race to become an ace. Instead of trying to find true happiness, people are just trying to earn more and more. Ultimately, we have so much money but there is no life, nor is there happiness.

TRUTH 4

WE HAVE TO *BE* HAPPY, NOT *BECOME* HAPPY

Happiness is a state of being. Happiness does not depend on what you *have*, but how you *feel*. Unfortunately, we have been brainwashed to believe that it is money that will make us happy. Money can buy a bed but cannot buy sleep. It can buy medicine, but not health. It can buy a diamond, but not love. Money can acquire things, but not happiness.

What is happiness all about? It is a state of being blissful and peaceful. It doesn't depend on the things we have, the people we are with, or the places we go to. No doubt all these create momentary pleasure, but soon we can become unhappy again. True happiness is not momentary. It is not fulfilling ones need and then having another desire. This will never quench our thirst, but will only make us burst with misery and sorrow. True happiness is that state of seamless bliss which is built on the foundation of peace and showered with a fountain of love. It is a deep-rooted emotion that comes from within our Soul. Those who are chasing happiness by running after money, do not realize that happiness is like a shadow. The more you chase it, the further it goes away.

If we want to be happy, we have to learn to BE happy. This is the truth. Those who try to BECOME happy, may succeed to do so sometimes, but can never live in a state of eternal happiness. True happiness is not achievement. It is living with contentment and fulfilment and ultimately, it is Enlightenment that liberates us from all misery and sorrow.

MYTH 5 SUCCESS IS HAPPINESS

What is everybody seeking? The whole world is zooming down the highway of achievement to achieve success. We want to become a doctor, an engineer, or open a big corporation or even become a politician. Why? Because we have grown up with the belief that Success is Happiness.

Why is the whole world chasing success? Because we believe in the myth that if we are successful, we will be happy. But the question is – are all successful people happy? Throughout life, we have been programmed to succeed. When we are in school, our parents tell us to come first in class. Our teachers inspire us to become the school captain. We are made to learn success is not the main thing, it is the *only* thing. It hardly matters whether we live with ethics and values. As long as we are successful, nothing else matters. Don't we learn – all is fair in love and war and to succeed? We spend our entire life going from peak to peak, believing that life is about climbing that ultimate peak of achievement and success. Although we see the most successful people in the world, the millionaires and the billionaires, going from one peak to another, and ultimately falling off the cliff called death, we do not realize the myth that life is not just about success and achievement.

Just because we believe success is happiness, we try to scale one peak after another. We let our greed overtake our need, and before we realize it, life is over!

TRUTH 5 HAPPINESS IS SUCCESS

When will we overcome the myth – 'Success is Happiness' and Realize the Truth that the reverse is actually true, 'Happiness is Success'? While the purpose of success is happiness, all successful people are not happy. But the truth is, all happy people are successful. Therefore, our pursuit must not be for success, rather it should be for happiness. How can one be in that state of eternal bliss and peace? It is not by achievement, but rather by contentment, fulfilment, and ultimately, Enlightenment.

The Truth is that it is important to have noteworthy success, to fulfil our needs, but to believe that 'more success = more happiness,' is a lie. Happiness is a state of being and those who attain this state, have attained the true purpose of life. They are the truly successful ones.

What then is the way to true success, true happiness? It is evolving from achievement to fulfilment, learning to live with contentment. This is far better than just chasing success and reaching our grave, as we crave. However, the ultimate Truth is to go beyond even fulfilment and reach the ultimate peak of happiness called Enlightenment. In this ultimate stage of happiness, one realizes the true purpose of life, and is liberated from the triple suffering of the body, mind, and ego. This is our ultimate success. It is the Realization of the Truth about the self, about life and about the Divine. Remember, *Success is not Happiness, Happiness is Success.*

I WILL BE HAPPY TOMORROW

How many of us live with the myth that we will be happy when we go for that fabulous holiday to that beach side resort tomorrow? Don't we dream of bliss when we will get our new car next month? Don't we imagine the ecstasy when we will marry our beloved as we planned? We all think we will be happy when we buy a new house, when we start a new business or when we get a new job. However, this is a myth. Happiness does not lie in the distant future. There is no guarantee about tomorrow. While we are experiencing joy in the thought of what will happen in the future, happiness does not exist then and there. Happiness exists here and now.

There is no guarantee about tomorrow. There is no way to ensure our dreams will be fulfilled. There is no way to be happy in a tomorrow that is not yet born. This is a myth. Happiness does not lie in the distant future. Those who try to live with the happiness of tomorrow, will not only lose that happiness but will also lose the happiness that belongs to 'today'. Unfortunately, because we live with the myth, our happiness goes down the drain with it.

No doubt we have to plan for tomorrow. But happiness is experienced only today. Even the fun of thinking about a dream that will be fulfilled is in this moment. Rather than trying to control happiness that may exist in a tomorrow, we must realize the myth and try to be happy today. There is no way for us to be happy tomorrow.

TRUTH 6

HAPPINESS IS IN THE 'NOW'

Who are the truly happy people? The ones who learn to live life, moment by moment truly enjoy life. Neither do they dwell in a past that is gone, nor do they dream of a future not yet born. They learn to live life moment by moment in the now. They Realize the Truth – Happiness is about *today*, about *now*.

We can be happy now, thinking of a beautiful experience we had yesterday. But we can't go back to yesterday. So also, we can be happy planning a holiday next month, and enjoy that process, being in the now. Unfortunately, many of us live in a past that is gone with regrets and frustrations, just as we live in a future, not yet born, with dreams that never get fulfilled. Alas! We lose the treasure of the 'now'. We lose 'today' and its precious moments, living in the past and the future. We forget the present, our most important gift that carries in it the promise of peace and happiness. We trade the present with the past and the future and lose it.

We must Realize the Truth that happiness is all about 'now'. We must be happy now. We must be happy, moment by moment. We must not let today escape in sorrow, promising that tomorrow will be full of joy. Those who Realize the Truth that happiness is in the 'now', resolve and commit to living life in the moment with joy and peace. They make a vow, 'I shall be happy in the now,' forgetting about yesterday and tomorrow. They are the truly happy ones!

EVERY HUMAN BEING HAS TO SUFFER

We human beings believe that this world is full of suffering, that we must experience pain of the body, misery of the mind, and agony of the ego, that suffering is a way of life. We have been taught that in life, there will be pleasure and pain, sun and rain, loss and gain and we must accept this suffering joyously. While there is no doubt that we must accept the Divine Will, we must realize that to suffer, is a choice. It is up to us to suffer or not to suffer. It is a myth to believe that there is no option but to suffer.

Because we have grown up with the belief that it is necessary to suffer, and there is no possibility of living a life without suffering, we do not investigate to find that state of eternal bliss or *Ananda*. We believe in Karma, the Law of Action and Reaction and accept suffering as a result of our own Karma. We even believe that we have no choice or free will and therefore, no opportunity of changing our destiny. We live just like puppets, without using our intellect and without Realizing the Truth that we suffer not because God wants us to suffer. We also do not suffer because of our bad luck. We suffer because of our ignorance. Unfortunately, nobody taught us this. Even the words of the Buddha – this *Samsara* is *Dukkha*, meaning this world is full of suffering, echoes as a myth in our life and we live with this myth and cry. We don't question 'Why?' We even believe that we come to earth to suffer because every child is born crying, not laughing. We don't realize that there is a way out of all suffering.

TRUTH 7

THERE IS A WAY TO ESCAPE SUFFERING

Has anybody taught you the secret of living a life that is free from all pain, misery, and suffering? Has anybody shown you the path that will lead to everlasting happiness and eternal peace? There is a way, we must Realize the Truth. We suffer the pain of the body because we think we are the body. If we realize that we are not the body, we will understand that though the body may experience pain, we will not suffer. The mind jumps from thought to thought and bombards us with 50 thoughts a minute. But the mind itself is an illusion. It appears to exist, but in reality, it is just a bundle of thoughts. If we stop thinking and become silent, we will escape from the misery of the mind as we tame the monkey mind into becoming a monk. Then there is no fear, anxiety, worry, stress, and depression.

What about anger, hate, revenge, and jealousy? How do we overcome these negative poisons? Who experiences anger? Who wants to take revenge? It is 'I', the ego. When we realize that the ego itself is caused because of ignorance, and we let go of the ego post Enlightenment of the Truth, then, we drop the agony and the anguish caused by the ego. No longer is there anger or hate. Suddenly, the mandatory suffering of the body, mind, and ego, disappears with the Realization of the Truth. A few of us are fortunate to escape from this triple suffering as we go in the quest to find out the answer to the question – Who am I? If we are sincere and Realize the Truth that we are the Divine Soul, we have to suffer no more.

ASTROLOGY CAN SOLVE MY PROBLEMS

Most of us grow up believing in the fairy tale that our life depends upon the timing of our birth and the corresponding position of the stars and the planets. In many Eastern cultures, astrologers make a horoscope that predicts many things about our future. It even certifies a match — a probable spouse, who we will marry. We innocent fools are so gullible that we live our life believing in such fairy tales and myths.

There are people in parts of the world who are willing to live their life on the prediction of a crystal ball. Some mystics claiming to have magical powers, will look at a crystal ball and predict what will happen in the future and we innocently accept it to be true. Different rituals in different parts of the world, trap us in this myth and we not only grow up with it, but we live and die, without realizing that our future is in our hands. An astrologer who uses a parrot for his business, creates future predictions from a bunch of cards. He then trains the parrot to pick our card and reads out our future. It is with utter ignorance that we accept this to be true, just as we humbly show our palm and let palmists decide what the lines in our hands foretell our future to be.

Why do we do all this? Out of innocence, we hand over our life to unscrupulous elements, who then take advantage of us and perform some tricks, promising to change our future. We pay large sums of money because of our ignorance and believe that all this can control our future.

TRUTH 8

NOBODY CAN PREDICT THE FUTURE

Can anybody tell you what your future is going to be? Nobody can! No astrologer, no palmist, no saint or man of God has the power to foresee and foretell the future. The future unfolds as per the Divine Will, which is governed by the Universal Laws. One such law is the Law of Karma, the Law of Action and Reaction. The Law of Karma states that the future will not unfold depending on luck or on the will or wish of a God. Just like the seeds that we plant decide the fruit on the tree, it is the deed that we plant that decides our destiny. We must Realize the Truth that nobody can predict the future. Those who say they can, are taking advantage of our ignorance and innocence. We foolishly invest time and money in listening to and believing in the myth of astrologers and predictors of the future. Nobody can predict for sure what will happen in our life.

There is no doubt that science has been given a way to predict certain behaviours of nature. We can forecast weather changes, cyclones, storms, rains, and snowfall but while we can predict the future in nature to some extent, we are not gifted to predict the future of human life. This is because nobody knows our past Karma, just as nobody knows how Karma will react in the next moment that will unfold. If we plant apples, can we predict what will be the fruit that will appear on the tree? Of course, we can. It is a natural law. But can an astrologer, can the planets, the parrots and the lines on our hand predict our future? It is a myth – they can't!

I CAN DO ANYTHING

Doesn't man believe that he can make the impossible possible? What is it that man cannot do? He has invented spaceships that can go to the moon and submarines that can go deep under the seas. He has created technology and computers that can control the world, and supersonic planes that fly across continents. In essence, man has become a puppet of his own ego and he believes that he can do anything.

What happens when a man is suddenly diagnosed with cancer and is told that he just has a few days to live? Man becomes helpless when he is faced with disease, decay, and death. He may be a multi-millionaire, but can he use his money to buy health and life? He can go to the best doctor or surgeon and get admitted in the best hospital in the world. But can man control his life?

Unfortunately, we human beings have been taught that we can do anything that we think and dream of. We have the tools and the resources, and with our skill, we can achieve anything we seek to achieve. Therefore, man lives as if he is the master of his life. He doesn't believe that there is a superpower that controls everything that happens on earth. He relies on science and walks on the path of life blindfolded till one day, he is faced with the end. The man who thought he could do anything, suddenly becomes helpless and realizes that he can do nothing!

TRUTH 9 I AM NOTHING

When we overcome the myth that we can do anything, we Realize the Truth that we are in essence, nothing. Of course, we have been given this gift of human birth. We have been given an intellect, the power to choose, and an able body to work. But as we take pride in making a plane and a bullet train, we forget to ponder on the question – *Who made the brain that made the train and the plane?*

What are we in reality? Because a human being does not stop to realize who he is and why he is here, he lives with ignorance that is fuelled by his ego. To him, the most important word in the world is 'I'. The whole world revolves around him, and he lives and dies in his pride and ignorance.

Those who Realize the Truth, 'I am nothing,' learn to surrender their life and live with peace and bliss. They believe – *I will do my best; God will do the rest*. They live with faith and hope and accept the Divine Will that unfolds, with humility. They surrender to the Supreme Power that gives us life, that has created this universe and that controls everything that unfolds on earth. This Realization that I am nothing, makes us achieve everything that we are meant to achieve. Everything else that we collect on this planet as the proud ego, will all be left behind. Unfortunately, very few amongst us are enlightened with the Truth about life. The rest just live believing that they are everything and ultimately, end their life as nothing!

I AM I, THE EGO, BODY, AND MIND

'Of course, I am 'I'. I am different from you. I am this, the body I see in the mirror. My mind is different from your mind. I have a name, an identity, a nationality, a religion, a family. There is no doubt about who I am.' Most of us live with this belief. But it is a myth! We think we are the body, the mind and the ego. But we never Realize the Truth that we are none of these. One day, we will die. Every 'body' has to die, and people will say, 'He passed away!' The world is so sure that we have left the body that they burn or destroy the body. If we were alive in the body, would anybody dare burn us?

Therefore, there is no doubt that we leave the body, and we depart. Even our birth confirms that we are not the body. The body is formed in the nine months after we are conceived with the fertilization of two cells. We learn this in our biology class in school. Still, we are caught in the myth, and we believe that we are this body. When we see our school photograph along with all our friends, don't we point out and say, 'That is me in the picture!'? But is that 'me' or is that my body? We never Realize the Truth!

The ego keeps saying 'I' and 'mine', and along with the mind, we believe we are ME – the Mind and the Ego. But have we ever seen the mind and the ego? We can find our eyes, nose, toes and see pictures of the heart and the brain, but where is the ego and mind? This we can never find. We just live with the myth that I am 'I'.

TRUTH 10

I AM NOT I, I AM THE DIVINE SOUL

The Truth is we don't know, 'Who am I?' We live and we die, without realizing, 'I am not 'I'.' We are absolutely sure that we are not the body. At Death, we leave it and depart, and the body is formed only after we are conceived. We are equally sure, we are not the Mind and Ego, ME. Where is the ego and mind, we can never find. But, is there any doubt that we exist? We walk and talk, and we sing and do many a thing. Who is the one who does everything? Is there not some power in this body that makes the body grow and makes it go? One day, this power departs. This is called death because there is no breath. It is then that people say we left the body. At that moment, there is no 'I', no ego and no mind, no ME. Who is that which caused the presence of the Mind and Ego, ME and gave power to the body? We are that life power, the Divine spirit, the *Atman*, or the Soul.

Unfortunately, because we never Realize the Truth of who we are not, we never Realize the Truth of who we actually are. The absolute Truth is this – we have a body, but we are not the body. We appear to have a mind, but it is just a bundle of thoughts. The ego appears as 'I', but it is only an identity from the time we are given a name until we die. The Truth is that we are none of these. In reality, we are the Divine Soul and to realize this Truth is our ultimate goal. Because we continue to live with the myth, believing that we are 'I', we suffer the triple suffering of the body, mind and ego. We live and we die, and we come back to earth again.

ALL THIS WEALTH IS MINE

'This is *my* car. This is *my* house, and this is *my* money.' Can anybody deny this fact? 'The car is registered in my name just as the property documents of the house can prove it is mine. Only my signature works to withdraw money from my bank account. Where is the doubt that all this wealth is mine?'

Around the world, we human beings continue to live with the belief in the myth that all our wealth is ours. Although, we know for sure that when we come to this planet, we bring nothing with us, just as we are sure that when we depart, we cannot even take a pin. Still, throughout life, we believe that this is mine and that is mine. No doubt that all these assets appear to be ours, but isn't it a myth, an illusion? We even believe that this is *my* mother, *my* father, and *my* son and daughter. Nobody will deny this, and it can be proved legally. However, the reality is that all these relationships appear to be real, but they are temporary, they are transitory. We appear as somebody's son or daughter when we arrive on planet earth. Then, we become somebody's husband or wife and may also become a father or mother. But ultimately, none of these relationships will last forever. When it is time to go, neither our relationships continue, nor does our wealth remain ours. While this is the Truth, we live through life believing in the myth that all this is mine. Those who are enlightened with the Truth are shocked to realize, 'Nothing that I thought belonged to me actually does! Everything is a myth, an illusion!'

TRUTH 11

ULTIMATELY, NOTHING WILL BE MINE

Is there any doubt that when we arrive on planet earth, we come with nothing, no clothes, no money, no wealth? So also, don't we know for sure that when we depart, everything that belonged to us, will no more be ours? We have to leave everything behind. This is the ultimate Truth. Nobody can deny it. We all know this is a fact. Still, we don't Realize this simple Truth.

As long as we are alive, we can enjoy our material possessions and our beautiful relationships. But none of these actually belong to us. Everything is like a loan given to us, which we have to return. Life is like a rented car. Although we can drive it wherever we like, in the end, we have to return the car. So is all our wealth. We may acquire it through our hard work, or it may come from our ancestors. But it does not belong to us. It is just a trust given to us, to use. Ultimately, we will lose it. Somehow, while this is the absolute Truth, we don't seem to Realize it. We live with ignorance and are not enlightened to realize that nothing was ours, and nothing will be ours. Therefore, to believe that this is mine is a lie. The moment we Realize this Truth, not only will we be free from our ignorance, but we will also be liberated from our greed, our attachments and our lust that cause us so much pain as we live and die. When we realize that nothing is mine, we can live and we can give, and we will spend before our end. Alas! Very few of us Realize the Truth about life and learn to live with Detached Attachment!

TODAY IS MY BIRTHDAY

'How dare anybody question the authenticity of my birthday? My birth certificate proves it. My date of birth is printed on my passport, my ID card, and all my documents!' When somebody suddenly says that my birthday is not my birthday, it is a myth, it is not possible to believe it!

We all celebrate our birthdays. It is the day we were born. We cut cakes, light candles and wear new clothes. Every year we count how old we are. Little do we realize that our birthday is not our birthday. It is a myth. It appears like we were born on our birthday, but in reality, we were alive before our birthday. If you ask your mother whether you were kicking in her stomach before your birthday, she will not deny it. Therefore, there is no doubt that you were actually alive before your birthday. Then, why do we say, 'Today is my birthday'? Because we don't ask questions, we don't investigate and we don't Realize the Truth, we don't realize when we were actually born. Some people think we were born three months before our birthday. Some scientists believe that the Soul entered 5 months before we arrived on earth. The myth gets murkier as our ignorance gets deeper.

Throughout life, we live, and we die with the lie that today is my birthday. Very few amongst us are curious to delve deeper to Realize when we were actually born, and what our real date of birth was. We just follow the herd and sing like a bird – 'Happy Birthday to you!' though this is not true!

TRUTH 12

MY BIRTHDAY IS NOT MY 'BIRTH' DAY

The Truth is that our birthday is only our arrival day. It is the day we were delivered on earth. When were we born? Even scientists and doctors will confirm that we were conceived over 9 months before our celebrated birthday. About 40 weeks before our date of birth, is our actual date of conception. This is 280 days before our delivery when two cells from our parents fertilized to become a zygote. It is then we were actually born, because it is in that Divine moment that we were conceived and destined to become the child of our parents.

However, very few of us Realize this Truth. 99% of the world still believes, 'My birthday is my 'birth' day'. Even to consider my birthday not to be my 'birth' day is sacrilege. But in reality, it is the Truth.

Just because we are so enamoured by the myth, we are unable to clearly see the Truth. Not only are we unable to see that we were born months before as a single-celled zygote, we are unable to understand that we are not the body that develops over the 9 months. We are so busy in our celebration, year after year, that the repeated lie of our birthday celebration pushes the Truth so far away, that we never Realize it. Very few of us who Realize the Truth about our 'birth' day, go one step further to Realize that neither do we have a birthday, nor a death day. We are in fact, birthless and deathless. This is the ultimate Truth, but most of us don't Realize it.

I AM THIS BODY OF BONE, FLESH, AND SKIN

Is there any doubt about what we are made up of? Our outer appearance is the skin. It may be white, black or brown, but each one of us has red blood within. Each of us as per scientific records, as an adult, has about 30 trillion cells. We have eyes to see, ears to hear, a nose to smell, a tongue to taste and skin that can feel. We have hands that can grasp, feet that can walk and a mouth that can talk. We also have genitals that can help reproduce. Below the skin is not just blood, but there is flesh, nerves, and the skeleton of bones. The bone has bone marrow within. We have been able to understand up to here about who we are.

What about our critical organs? We have a brain that works along with billions and trillions of nerves and neurons, sensory cells that work along with the spinal cord to pass signals throughout the body. There is a heart that pumps blood everywhere, to the lungs, the kidneys, the intestines and other critical organs that make us what we are. Can anybody deny this? We know beyond doubt that this is true.

Suddenly we come to realize that this is a myth. All that we think we are, is not our reality. We appear to be this, but in reality, we are not this. We appear to be the 30 trillion cells, but these 30 trillion cells die once in about 7 years, and new cells are regenerated. In fact, we have a new body every 7 to 10 years. If we are not this body, then who are we?

TRUTH 13

I AM THE POWER WITHIN

When I first learned that I was not this body of 30 trillion cells, I was flabbergasted. How could I deny that I was the one I saw in the mirror every day? I could touch myself and feel myself, but then I Realized the Truth that we are not this body made of bone and skin, we are the Power that gives life within.

One day, this body will die, and people will say that he passed away. We see people depart and their body disintegrates into nothing. There is no doubt. Death makes the reality stare at us in our face. Even birth reveals that our face was formed later, the body of trillions of cells developed much after we were conceived. We were born when two cells fertilized. We are that Power of life, that energy around which the body developed as an embryo. Somehow, we live with the myth that we are the body of bone and skin. We don't realize that we are the energy that is within.

Even science endorses that we are not the physical body that we appear to be. In an experiment, scientists took the smallest part of the human body, smaller than atoms, electrons, protons, and neutrons, which they called the quark. When a quark was being examined under a sophisticated microscope, that tiny particle of matter suddenly transformed into a wave of energy. Scientists were bewildered. As they were trying to coin their observation based on the law of thermodynamics, the particle reappeared. Scientists labelled it the 'Wave-Particle Duality' – every cell is nothing but energy. This is the Truth.

MYTH 14 I AM JOHN

How do you introduce yourself when somebody asks you, 'Who are you?' Isn't it common to say, 'I am John', or Tom or Sheela? From the time we are born, we say, 'I am John.' But this is a lie. John is just our name. Were we John when we were born? We were just a tiny baby without a name. We were given that name, and throughout life, we believed in the myth that we are that name.

The myth goes beyond just calling ourselves our name. We have an ID card, and we believe that the details in it are our true credentials. This is a myth. We think we are the name that is on the card. We state our date of birth, we put our gender – male or female, and we even put our photograph on the ID card. Don't we put our permanent address too? All of us believe that our ID card is who we are. It is not just a proof of our existence; it is the Truth of our identification. Little do we realize that it is a big lie! Everything in our ID card is a myth. Neither are we the name that we claim to be, nor are we the photograph, nor is our address permanent. Our date of birth is wrong, and our gender is just an appearance. Isn't it strange that we human beings don't know who we truly are? We believe we are this, what is on our ID card, but in reality, we are none of these. All this is a myth, but the whole world believes in it. Because we have been taught lies about who we are, we never Realize the Truth. We live and die as John, till one day, we are gone. We don't Realize the Truth.

TRUTH 14

EVERYTHING ON OUR ID CARD IS FAKE

Not only is our name, just our name and not who we truly are, but all our credentials on our ID card are also a myth. What is the Truth? When we were born, we were nameless. We were given a name, let's say, John, and one day, John will die. The story of John will be over. But we are not John that will be gone. We are the one who will depart from the body of John. John was just our name.

John might have been male or female, just as somebody may be black or white. But that is not our true identity. The body develops around our life and one day, it dies. Thus our permanent address is impermanent. The address shown on our ID card is just our temporary place of stay. One day, we will depart. Death is certain. We are travellers who come and go. Just like our hotel address is not our address, even our permanent address is temporary.

We confidently state our date of birth, but haven't we learned that was not our 'birth' day, it was just our arrival date? We were conceived and therefore born 40 weeks before this date. And then, our photograph. It is constantly changing. How can we be a baby one day, and a teenager later and suddenly an old man? We are not the body that is constantly changing. This is the Truth that we are none of these. Somehow, we live with the myth and keep repeating it, and one day we die without Realizing the Truth of 'Who am I?' and 'What is my reality?'

EVERYTHING IS PREDESTINED

The whole world believes in destiny. We believe in luck, fate, chance, and serendipity. We believe that life is predestined. Therefore, we can do nothing about anything. We even believe that marriages are made in heaven, only to be suffered on earth. But is this the Truth?

Things happen to us and no doubt we have to accept what happens. But are we just helpless spectators in this drama of life or do we have the opportunity to control our destiny? We grow up believing in this myth that it is God's will that will unfold in our life. It often seems like God is a dictator sitting somewhere high up in the stars, using a remote control to control the fate of the 8 billion people on earth. But this is not true.

Just because we believe in the fairy tales of our destiny, we are not motivated to take charge of our life. We are not inspired to create a change. We submit to our fate and have no faith in the Divine laws that govern the universe. We live with ignorance, and we do not understand what controls our destiny. Sometimes, we think that a prayer will magically change our life and at other times, we live helplessly and hopelessly. We believe that we are cursed, and we live as we nurse, curse, and rehearse our hurts. Because we believe in the myth that everything is predestined, we do not take charge of our life and our destiny.

TRUTH 15

WE HAVE A FREE WILL TO CHOOSE

God has not made us like robots that live and die, without the power to choose our destiny. While He has made trees to be bound to the ground, He has given us the power to move and to do what we will. While He has created animals, and other creatures to live by instinct, He has blessed human beings to live by the intellect. We are the only living organisms on earth who have been blessed with the free will to choose.

We are in charge of our destiny. Whatever unfolds in our life, is a reaction of our own action. It is the universal law – what you do, will come back to you. Therefore, we control our destiny.

What controls our actions? Our actions are controlled by thoughts that become feelings. These actions become seeds that are planted in the garden of our life. Just like the seeds we plant decide the fruits on the tree, the deeds we do decide our destiny. There is nothing like luck. The Truth is that we pluck the fruit based on our own deeds and these deeds are not just some random acts that happen out of nowhere, they are a result of an intelligent choice that we make out of the willpower that each one of us possesses. Therefore, it is foolish to believe that everything is predestined. Our destiny is in our hands. We can take charge of our actions and our life. We have a free will. If we don't use it, then we lose the opportunity of controlling our destiny. Those who believe the Truth, they achieve what they set out to achieve.

I CAN ATTRACT ANYTHING

While some people believe in the myth that we can do nothing, others go to the extreme of believing that they can do anything. They believe in the Law of Attraction and through this belief, try to manifest anything and everything that they dream of. But is this actually possible?

We believe in the law of manifestation and attraction and we try to attract all the good things in our life. We believe that the Power lies in our thoughts, and we pay a lot of attention to using the Power of thought to make our dreams come true. People believe that if you think of success, then you will manifest success and see achievement in your life. But this is a myth.

Suppose I feel like having coffee and I use the Law of Attraction. Will a coffee van come up to me, or will somebody bring me a cup of coffee because of the magical power of attraction? Impossible! By itself, attraction can do nothing. If we are passionate about our thoughts, then attraction can certainly contribute to our achievement. But by itself, it is a myth to believe that we can manifest anything through attraction.

In the last few years, it has become fashionable to believe in the Law of Attraction and people have submitted to the magical myth of manifestation. They spend their entire life using attraction as the key to unlock their dreams, but unfortunately, they live and die with the myth.

TRUTH 16

ATTRACTION CAN WORK IF THERE IS ACTION

The good news is that attraction has power, but we can only manifest our dreams if attraction is followed up by action. Solely by attraction, we can manifest nothing. But if our thoughts of attraction become passionate feelings, and they are followed up with focused action, then there is no doubt that we can attract anything. The myth is that attraction does the trick. The Truth is that it is action that helps us achieve.

Attraction is only a trigger. It creates power in thought by making our desires focused. But by itself, attraction can do nothing. If we look closely at the word attraction, it has embedded in it, the word 'action'. If we remove the word action, what is left is 'attr..', just a little noise. Unfortunately, we are brainwashed into believing that attraction can achieve anything. Therefore, many of us keep on dreaming without doing. We live and die with our dreams.

The magic lies in the word 'action'. Everything that happens in our life is the result of our deeds. Our deeds are like seeds that we plant which will ultimately bear fruit. Is there any doubt that the fruit on the tree depends on the seed? So does the universal law of the deed deliver results in our life. While there is a universal Law of Action, there is no Law of Attraction. It is a myth. By itself, attraction can do nothing. Unless attraction is backed up with sincere, committed, passionate, dedicated action, there will be no reaction, no attraction. Believe in the Law of Action, not attraction.

MYTH 17 MY MIND IS KING

We give so much importance to our mind. The mind thinks, it dreams, it helps us achieve our goals and happiness. What are we without our mind? Our mind is king, in fact, it is everything! But this is a myth, and we have grown up with it.

From the time we were kids, we have been made to believe that the mind is the most important instrument of our life. It is through the mind that we act, and we achieve success. We even believe that the mind is the one that discriminates, that makes choices and drives our willpower. But is this actually true? While we think our mind to be everything, have we ever seen our mind? We can see our eyes and our nose, our ears and our toes. We can even see the picture of the brain and an X-ray of the heart. But have you ever seen the mind? Where it is, we cannot find! The mind is a myth. It is an illusion. It is just a bundle of thoughts. It appears to be, and along with the ego, becomes the Mind and Ego, ME. However, the mind is actually an illusion.

The mind appears to be our thought factory that is constantly producing thoughts. Even when we sleep, we believe that it is the subconscious mind that keeps us awake to dream. In fact, we believe that we are only the body and mind, nothing else. We even think of the intellect, the memory, the ego, which is a part of our subtle existence, to be a part of the mind. But in reality, each is a separate entity. When we realize the myth of the mind, then true peace we will find.

TRUTH 17

MY MIND IS MY BIGGEST ENEMY

The mind is a rascal. It is like a monkey that is jumping from thought to thought. Because of its ever-jumping business, jumping from a past that is gone to a future not yet born, the mind creates regrets and fear, stress and worry, anxiety and depression. It steals our peace. It is our biggest enemy.

It is the mind that makes us continue to live in ignorance. It stops us from Enlightenment as it stops us from the Realization of the Truth. This is because the moment we realize that we are not the body, nor are we the mind and ego, the mind will cease to exist. The mind fights very hard not just to exist now, but it drives our body to act, creates Karma, and brings us back to earth in a rebirth, again and again and it makes us suffer. The mind is our biggest enemy.

What is the cause of our misery? It is the wandering mind. It produces a new thought practically every second. These 50 thoughts per minute can become a whopping 50,000 thoughts a day, creating so much anxiety. Unless we Realize the Truth that the mind stops us from Enlightenment, we will continue to live with ignorance and think the mind is king. In reality, our mind is not our friend. It is our biggest foe. But very few of us Realize this Truth. We don't realize that we have to kill the mind before the mind kills us. So much has been said about the power of the mind, and the subconscious mind that the mind zaps us into believing the myth and hides from us the Truth.

THE MIND CAN GIVE US PEACE

Many of us are caught in this myth that the mind can create peace. We don't realize that it is our very mind that robs us of our peace. By constantly creating thoughts, the mind makes our body system agitated. It makes us jump from one thought to another, practically every second and thereafter creates feelings and binds us in action. While the mind creates stress and anxiety, we try to use the mind to give us peace. How is this even possible?

It is the mind that robs our peace. When there are no thoughts, then we are peaceful. The moment the mind starts thinking, we have no tranquillity. But we believe that the mind can create serenity. We use the mind to think peaceful thoughts, but the mind does not know the meaning of peace of mind. It can only make us into pieces as it disturbs and distracts us, taking us from one thought to another. Unless there is thoughtlessness, there can be no peace.

Therefore, instead of believing the myth that the mind can give us peace, we must realize that only when there is 'no mind', can we reach that state of bliss that comes from thoughtlessness. The mind is the stealer of our wisdom, our Realization and our Enlightenment. Because of the constant rumble and mumble of thoughts, not only does it rob our peace, but it steals our Consciousness that can make us contemplate Enlightenment. Instead of realizing this, we believe the mind can make us enlightened. What a pity!

TRUTH 18

PEACE COMES FROM TAMING THE MONKEY MIND

The mind can never create peace. It can never lead us to the state of Consciousness that will lead to Enlightenment. Unless we learn to acknowledge that the mind is a rascal and we find a way to tame the monkey mind, we will continue to live with misery and stress.

Do we want peace? Then, we have to still the mind. This is not easy. The mind is like a monkey that is constantly jumping from thought to thought. It has a tail – the 'EY' that is Ever Yelling and Ever Yearning. If we want to tame the monkey and make it into a monk, we have to remove all the junk, by stopping this EY - Ever Yelling and Ever Yearning business of the mind.

Just like the monkey, the mind doesn't know how to sit quietly. Because of its monkey like nature, it steals our peace. When we tame the mind by teaching it silence and meditation, then we reduce the mental thought rate, MTR, from 50 thoughts a minute, to ultimately, one thought on which we contemplate. It is in this state of thoughtlessness, that we experience serenity and tranquillity. Not only does such a state create peace, which is the very foundation of bliss, it helps us to experience the state of Divine Consciousness. It helps us to Realize the Truth of who we are and why we are here and leads us to living a life of eternal peace and ever-lasting happiness.

THE MIND IS THE BRAIN

Where is the mind? Many people will consider the brain to be the mind. We know where our nose is, our ears, and our eyes are. We have seen a picture of the heart, just as we may see a scan of the brain. But have we ever seen a picture of the mind? While the mind cannot be seen, we experience the mind.

We consider the mind to be a part of the brain or vice versa. We think that the mind functions in the brain. While we are unclear about their relationship, we tend to understand the brain as the hardware and the mind as the software of the human-computer. Since we don't know where else the mind can be, we believe the mind is the brain. But this is a myth.

We think that the mind is a thought factory whose function is to produce thoughts. But where is this factory? While the brain is clearly understood to be composed of grey and white matter, having nerve cells and is divided into cerebrum, cerebellum, and brain stem, nowhere does science bring in the mind as a part of the brain. The mind is distinctly separate. We talk of the medulla oblongata that connects the brain to the spinal cord, but the brain has no physical connection with the mind. It is the mind that makes us believe that it is part of the brain. It escapes and hides, keeping us ignorant. In reality, it is nothing more than a bundle of thoughts. Most people believe in the lie that the mind is the brain.

TRUTH 19 THERE IS NO MIND

Those who Realize the Truth that there is no mind are initially shocked to come to terms with this reality. Thinking is just another function of our life, just like walking and talking is. The feet walk, and the mouth talks, and our entire human body thinks. Thoughts come from everywhere. They may be triggered from the eyes that see or from the ears that hear. We may smell something burning and think that there is a fire. Our tongue, our skin also trigger thoughts. But where do these thoughts come from? Even if we shut off all our senses and sit quietly, it seems like thoughts are popping out of our head and because it appears that the mental function is coming from inside the skull, we presume that the mind is located there.

But have scientists found the mind? The faculty of thought, imagination and memory has been known for centuries, but nobody has found out the Truth about the mind. Some scientists believe that it is the result of brain activity. But the mind goes far beyond the physical working of the brain.

What is the Truth? There is no mind. It is an illusion. It appears to be, but you can't find it. We have thoughts. Together the bundle of thoughts appears to be our mind. But when you try to find the mind, you can't! Still, it is the mind that directs us to act and makes us feel. When will we tame our monkey mind and be enlightened with the Truth that we are the Consciousness in which the mind appears and disappears?

MYTH 20 DEATH IS THE END

Most of us believe that death is the end of life. We think it is 'game over'! The body dies and returns to dust. But is this the Truth? What do we say when somebody dies? Don't we say, 'He passed away, he departed, expired and moved on'? Who departed? Who moved on? If death was the end, then nobody should go anywhere. Our ignorance makes us believe that the one who dies, goes to a distant heaven or hell and meets God. Although we destroy the dead body by either burning or burying it, why do we imagine that the body will be resurrected or recreated? It is because we believe in the myth. We never Realize the Truth.

Of course, death is the end for John who died. John is no more. But the very next moment we believe John has left the body and gone. If death is the end, then where has John gone? If the body of John who is dead lies on the bed, but we are sure that John is not in the body anymore, then how can death be the end? We are so sure that death is the end that we destroy the body of John. Every morning, John wakes up from his sleep and nobody dares bury his body. But because we believe that death is the end for John, his near and dear ones do not hesitate to cremate his body. Therefore, is death the end or is it an illusion? Is death a reality or is it just like a sunset somewhere which becomes a sunrise somewhere else? When will we be enlightened about the Truth about death and life after death? Till then, we will continue to fear and suffer.

TRUTH 20

DEATH IS ONLY A BEND

Death is not the end. The truth is that it is only a bend. For John, who is dead, it is the end! But for the one who was alive as John, death is only the end of one chapter in the book of life.

When John was born, he was not John. He was given the name, John. One day, John will be dead. But John is just the name of that body. The one who wears the body of John, leaves this body of John and is reborn in a new body as per Karma. This is the ultimate Truth. Because we live believing in the myth, we don't Realize the Truth that the one who was John will be reborn, again and again, maybe as Harry or Sheela. Such is the cycle of life.

Very few people Realize the Truth about life and death. They live, they exist, and they die. They don't give importance to Karma, to doing good actions that will ultimately control their future destiny. They get caught in this cycle of death and rebirth, again and again.

A fewer still Realize the ultimate Truth that they are the Divine Soul and achieve the goal of Enlightenment. These rare few, who realize that death is not the end, it is only a bend, transcend Karma and death, and post their Enlightenment, become one with the Divine. As long as we don't overcome the myth about death, and Realize the Truth about Enlightenment, we will live, suffer, and die, only to be born again.

DREAMS ARE DREAMS, LIFE IS REAL

Suppose I borrowed one million from you in your dream last night. When you woke up this morning, would you come to me to recover that one million? You dare not because I did not actually borrow money from you. It was just a dream. Dreams are dreams and we know it. Nothing that happens in a dream actually happened. Therefore, when we wake up from a dream, we just rub our eyes and move on.

We know the difference between dreams and life. Dreams are dreams, but we believe that life is real. If I actually borrowed one million from you in life, there are few chances that you would forego that one million. You would chase me till you recover that money because I had actually borrowed that money from you. Why? Because it was a 'reality', not a dream.

We have learned to differentiate between dreams and life. We have learned to forget dreams, in fact, we cannot remember dreams at all. But we have learned not to forget the reality of life. It is etched in our memory and becomes a part of our life. However, what we have not learned is that life too is like a dream. It is an illusion. It is a myth to believe that everything that is happening in life is a reality. It is not. It is just a show. We come and we go. It appears to be real, but just like a drama, it is a theatre. Because we consider everything that happens in life to be real, we suffer the misery of life, as we get attached to our possessions and our people. But life too is a myth!

TRUTH 21

EVERYTHING IS AN ILLUSION

How can we digest that life is an illusion? Life is not an illusion. It is real. This is what the world believes, but it is a myth. What is the Truth? The Truth is that life is no better than a dream. Life too is an illusion. Isn't it true that in a dream, when you wake up, everything that appeared in the dream disappears? That is what makes life different. When you wake up in the morning, life is real. That is why we believe a dream is different from the reality of life. But this is not the Truth.

If we analyze life, I may borrow money from you, or you may buy a car and a villa, and they all belong to you. Legally, they are yours, but are these actually yours? When you wake up at the moment of death, nothing belongs to you. All your wealth, your possessions, your people and relationships, cease to exist in a moment. It is just like a dream. Nothing will be yours at the moment of death.

Therefore, the Truth is that everything is an illusion. The reality is that everything is like a dream. The only difference is that we wake up from a dream in the morning, but we wake up from life at death. Nothing in the dream is true, so also nothing in life is true. We can take nothing with us. Nothing is ours. Everything that transpires, disappears into nothingness, just like a dream. Therefore, isn't it a fact, that everything is an illusion? Because we are not enlightened with this Truth, we become possessive, and we suffer.

LOVE IS HUGS, KISSES, AND VALENTINE'S

Don't we know what love is? The whole world sings about love. Billions are spent on making movies and music on love. 'I love you,' is probably the most beautiful statement that we hear. It is love that is so full of bliss.

We don't realize the myth that true love is not just a kiss. It is real bliss. True love is not Valentine's. It is a fountain of joy. True love is not just love from a lover to his beloved. It is not a red-coloured heart. The symbol of love itself is born out of a myth. Don't we believe that love comes from the heart? We even feel it. How can we deny it? We don't realize the myth that the emotion of love causes blood to gush to the heart creating that ecstasy in our heart that makes it beat faster, making it seem that the heart is the organ of love. When will we overcome the myth?

Somehow, the world has evolved to believe that love is all about hugs and kisses, about roses and flowers, about man and woman falling in love. We live with this myth and celebrate love throughout our life without understanding the true meaning of love. To us, love is such a powerful emotion that a lover can give their life for their beloved. We know of love stories where kings have given up their crowns and thrones for the sake of their love. Even in recent times, we see princes and princesses, running away from their palaces for the sake of love. While love is beautiful, it is sad that we have not understood the true meaning of love.

TRUTH 22

TRUE LOVE IS DIVINE SPIRITUAL LOVE

Centuries ago, the Greeks had several Gods of love. While most of the world understood Eros, the God of erotic love, which led to the manifestation of romance and sex, a few prayed to Agape, the goddess of Divine love, love that was not just from skin to skin, but true love that was born from deep within. The Sufis too differentiated love as *Ishq-e-Majazi*, love between the lover and the beloved, and *Ishq-e-Haqiqi*, love between man and God. The ancient Sufis too realized that love was not just a physical expression. While the ancient Greeks and Sufis had Realized the Truth about love, modern-day man is not enlightened with the Truth about true love.

What is true love? True love is a rainbow of 7 colours. It is a Divine emotion that springs as a fountain of joy from deep within. It starts from the moment we are born, as Violet love between a child and a parent. As we grow up, we experience Indigo love between friends. As adults, we become familiar with the other colours of love, Blue romantic love, Green self-love, Yellow intellectual love, and Orange emotional love. But most people are so enamoured by Red erotic love, that the other colours of love are lost and forgotten. True love sprouts from White Divine love that emerges from the Soul within. It is the Soul, the energy of the Divine that creates the fragrance of love throughout life. Those who Realize this Truth, love one and all, from Soul to Soul, Realizing the Truth that love is coming from the Divine Spirit that is in every living creature.

AT DEATH IT IS 'GAME OVER'

What happens at death? If Mr. Kumar died, then, is the game of life over for Mr. Kumar, or does it still continue? Mr. Kumar was somebody's son, somebody's father, may have been a doctor or a lawyer, an Indian or an American. What happens at death? Obviously, the game is over. When Mr. Kumar ends his life, not only is his body destroyed but his ID card, his driving license, his credit cards and bank accounts, everything is terminated. Because we believe it is 'game over' at death, we do not learn to live our life the right way.

What happened to Mr. Kumar at death? Where did he go? As long as Kumar was alive, we called his physical presence Kumar. But at his death, we change – we say, 'This is Kumar's dead body.' We also say, 'Kumar has passed away.' If he actually passed away, then, where did he go? And if he left the body, then, is it 'game over' for him, or only for the body that he left?

Most of us live life believing that life has a starting point called birth and a finishing line called death. We believe in this myth, and we live and die. We don't Realize the Truth that death is not the end. There is something beyond death. Because we live with this myth that life finishes at death, we don't prepare for the life beyond. We just believe in the lie, and we don't go on a quest to find out, 'Are we the ones who will die or whether we will just disappear into the sky?' What is the Truth about life?

TRUTH 23

AFTER DEATH, WE WILL RETURN TO EARTH

What is the Truth and what is the myth? Death is certain – it is the Truth. No 'body' can escape death, but is it 'game over' at death? No! That's a myth. Just because I change from a red shirt to a blue shirt, it does not change who I am. So, when I change from one body to another body, I am still the same person. Death is leaving one body and departing. The Truth is that we don't depart into an unknown heaven, somewhere in the stars. The Truth is that we carry our Karma, our past actions and we return to earth.

What happens when the sun sets? Does the sun disappear? No! The Law of Cycles is at work. The sun remains as the earth rotates. It appears as a sunset somewhere, but it becomes a sunrise somewhere else. So also, death of one body becomes the birth of another. We leave one body, and it seems to be game over. But in reality, we have to settle all our deeds and after our death, we return in a new body, to settle our actions, our Karma.

The body is destroyed. There is no possibility of the body going anywhere. We ourselves cremate or bury the body, and we are sure it returns to dust. We do this because we are sure that the one who was alive was no more. But where did the deceased go? The deceased returns to earth in a new body, in a new birth. Therefore, death is not 'game over'. It is just the end of one chapter in the book of life. It continues, as the next chapter in a new body, and it goes on and on.

MYTH 24 I FEAR I WILL DIE

Doesn't the world live with the fear of death? What do we fear? We fear that one day, in a flash, at the moment of death, we will lose everything that we own. We fear that we will lose our money and wealth, our properties and assets, even our relationships and the people who are so very dear to us. Since we know that death is certain, a reality, and that one day, it is sure to knock at our door, most of us are paranoid at the thought of death. Not only do we fear the loss of all that we own and all that is known, but we also fear the unknown that lies beyond death.

We dread the suffering when our body will be burnt. We shiver at the thought of worms eating our body. When we see the fate of somebody who dies, one cries at the thought of death that may be lurking around the corner. But what is the Truth about all this?

Death is certain. Why should I cry that I will die? I should accept the fact that one day, I will go. This life is just a show. But because I do not Realize the Truth, I live with tears over the years, awaiting the dreadful moment of death. I fear that I will lose everything that is mine. But isn't this a myth? What is mine? When I came, I brought nothing and when I go, I will take nothing. Then, why fear? In fact, I suffer as long as I live. At death, there is no suffering. Then, why fear death again and again when in reality, death is the end of all the pain? Fear causes all suffering due to our ignorance and because we believe the myth.

TRUTH 24

IN REALITY, ONLY THE BODY DIES

What is the Truth about death? As long as I believe in the myth that I will die, and I will suffer, and I will lose everything that I own, and I dread the unknown beyond death, I will be miserable forever. The moment I Realize the Truth about death, then, I will accept it as another moment of life, go beyond my fears and tears and spend the rest of my years, peacefully and blissfully.

The Truth is that only this body dies. I will never die. I will fly in the sky only to return in a new body, in a new life, carrying my deeds, my Karma, to start a new journey on earth. This is the ultimate Truth. Death and birth are part of the Law of Cycles, the law of life, death and rebirth. When we Realize this Truth about rebirth, then, there is no fear. The Truth will make the fear disappear. We will live knowing that nothing belongs to us, that we are travellers here, and just like we check into a hotel and check out, we will enjoy this journey of life, without fear. We will be detached from all our possessions and enjoy our relationship with people, knowing that they are not permanent. One day, at the end of the show, we must go. This body is sure to die, but I will never die. I will come back again and again. Those who Realize the Truth about life, make life a celebration. They have no fear about death and about losing their wealth and their relationships. They realize that they are not the body that they wear, they are the ones who wear the body. This is the ultimate Truth of life.

DEATH IS THE END OF ALL PROBLEMS

Many of us live with this illusion that at death, all our problems will be over. We think death is the end. It is 'game over' and when we die, we will be free from all suffering. Therefore, we pay scant attention to our deeds. We just try to enjoy life without values or ethics. We don't realize that death is not the end of life. It is just a bend, a new chapter in the book of life. We will continue in a new life after death. Our good deeds and our bad deeds won't just disappear. It is a myth to believe that at death, everything gets wiped out. Sure, the body ends its journey, but what happens to the one who left the body and moved on?

Haven't you come across cases of suicide? Why do people end their life? Obviously, because they are unable to deal with the problems and miseries in their life, they take their life thinking that suicide will be the end. This is a myth. Suicide will definitely end life unnaturally. But suicide will not be the end of all problems and sufferings. We will have to return, not just to overcome the suffering that we were facing, but added to that misery, the sin of suicide would multiply our suffering manifolds. Therefore, it is an illusion to believe that we can just die, and escape from all our problems. Problems are part of a life journey. They are a result of our past actions. We cannot escape from them. The only way to escape is to do good deeds that will negate our suffering or to Realize the Truth and be enlightened and therefore, be free from all Karma and therefore all problems.

TRUTH 25

KARMA IS CARRIED FORWARD AFTER DEATH

What happens at death? The truth is that the body dies, but the one who was alive leaves the body. Because we are so sure that the deceased has departed, we burn the body or destroy it in some other manner. But where did the person go at death? The person does not go to a distant heaven or hell, but rather returns to earth in a rebirth. How can we be sure of this?

The Truth is revealed through inference. Why is a child born blind? Is God cruel or incompetent? No! It is because of the Law of Karma. A child may be a baby, but the one who is born in the child is the ME, the Mind and the Ego that carries its Karma forward after death. Our birth is not magic. It is a simple logic. It is based on Karma. We must be absolutely sure that our Karma continues life after life.

At death, we will change our body, but we will not change our Karmic account. It is this carried forward Karma that will decide the circumstances of our birth and everything that unfolds thereafter. The problems that are appearing in our life are because of our past Karma and death cannot be an end to our Karmic account. We will continue with our Karma, life after life, till we are enlightened, and we realize that the Karma doesn't belong to us. Neither does it belong to the body that dies, nor does it belong to ME, the Mind and Ego – that is an illusion. Only this Realization can end our problems and suffering.

I WILL DIE WHEN I AM 75

When will we die? Don't we believe in a life span and life expectancy? The life span of a human being may be 100 years, which means a man is capable of living up to 100 years. But his life expectancy is not the same. This average time a man lives depends on his living conditions and several other factors. In countries like Africa, people live for about 50 years. The global average may be 75. But there are advanced countries like Japan, where the life expectancy is 90.

While we may have a life expectancy of 75, can we be sure that we will live for 7 ½ decades in this journey of life? Death is certain. But when will the moment of death come? This is a mystery unknown to man. Some men can die at 25, just as a little child can die hours after it is born. Haven't we heard of cases of stillborn babies, who did not even take a single breath before their death? Then, there are some people who cross a century. They live way past 110 and it seems that their life will go on and on. But is man immortal? It is a myth to believe that we will, for sure, live for 75 years because that is the average life expectancy for a human being in the world. We must be prepared to die today. Death can come any moment. Because we live with this myth that we will die after we are 75, we don't go in the quest to Realize the Truth about life. What is death? What happens after death? We are ignorant about the true meaning of life and death because we believe in the myth that we will die after we are 75. Some of us even think that the body will never die!

TRUTH 26

I CAN DIE ANY MOMENT

God has created this magical universe in a very organized manner. The mayfly has a lifespan of one or two days. So, while it is not surprising to see a fly die, we are shocked to see a young person die. This is because we expect life to continue till we are old. But is this the case? We can die any moment. Death is not in our hands. While it is absolutely certain that the body will die, it is equally uncertain when and how death will happen.

Sometimes, a tragic accident takes the life of our near and dear ones. Then, we are shocked as to why it happened. If we Realize the Truth, that death is in the hands of the Divine, and the reality that death is controlled by our Karma, then, we will not be so disturbed by the sudden and unexpected death of a young friend. We are not disturbed when we hear that somebody who was 75 years or older, died. It seems to us that it is natural for a person to die once they get old. What we don't realize is that lifespan and life expectancy do not control death. They are only a part of God's universal laws, that govern how this world functions. If there was no lifespan, then some people could be living even after they are 500 or 1000 years old. But this never happens. Everything in this world unfolds as per the universal laws created by the Creator and one such law is the law of birth and death. We are sure to die. Nobody can predict when. Then we will return, and the cycle will go on and on. This is a law but very few people will Realize this Truth.

WE WILL BE BORN AGAIN AND AGAIN

Many of us come to terms with the fact that there is life after death. We believe that we will be born again in a new body and this cycle of death and rebirth will go on and on. Not only do we believe that we will be born again and again, but we also live with this myth that life is a continuous cycle of pleasure and pain, of birth and death and this cycle will continue forever. This is a myth.

There is many a myth which we have grown up with. One myth is that there is no rebirth. Another myth is that we cannot escape from the cycle of rebirth. While both these are opposites, there are many other beliefs that are in between. Many people believe that they will go to heaven or hell. But who will go after the body is no more? After the body perishes, the one who departs must go somewhere. Therefore, we infer rebirth to be the only Truth.

While rebirth is a reality, a very rare minority is enlightened with the Divine Truth of how we can escape from the cycle of death and rebirth. We just believe in the fairy tales, and we really don't know whether we can be born as a dog or a pig, as a bee or a tree. We don't go on a quest to Realize the Truth about life and death. What is the cause of our rebirth on earth? What will decide how we will be born and in what circumstances? And most importantly, can we be liberated from this cycle of death and rebirth? We must Realize the Truth.

TRUTH 27

WE CAN BE LIBERATED FROM REBIRTH

Those who are enlightened with the Truth are blessed to realize that we don't have to return to earth, again and again, to suffer. The fact is that everybody who is born must suffer and though life has both pleasure and pain, we don't want to be born again and again, because we want to be free from this world, and become one with the Divine. Unfortunately, those who believe in the fairy tale of heaven and hell, never Realize the Truth. Although they see a body die and return to dust, they do not go on a quest to find out the answer – if my body will die, then who is the 'I' that will depart at death? When we realize we are not the body, and we also realize that the Mind and Ego, ME, is just an illusion, then we attain our ultimate goal and realize we are the Divine Soul. This Realization leads us to our Liberation.

When we realize we are not the body, mind, and ego, we are the Soul, Divine Spirit or *Atman*, then we are free from all Karma. Karma does not belong to us, the Soul. Therefore, at death, there is no rebirth. We do not have to come back to earth. We will be liberated from this cycle and be united with the Divine. This is the Truth. We only see a part of this Truth to be true, we see the body die, and we see it return to dust. We also see a newborn child suffer when it is born. However, we don't join the dots to Realize the Truth. We don't realize that we are neither the body that does the Karma nor the Mind and Ego, ME that carries the Karma forward in the next birth. We are the Divine Soul. This Enlightenment will liberate us.

BAD THINGS HAPPEN TO GOOD PEOPLE

Why do bad things happen to good people? We often cry and ask, 'Why?' It is because of our ignorance. We don't Realize the Truth that bad things can't happen to good people.

When something bad is happening to somebody, it is not because life is such. It is neither because of bad luck nor because God wishes it to happen. There is a reason why bad things happen to seemingly good people. But because of our ignorance, we do not Realize the Truth.

Sometimes, we see a little child die and we question, 'Why?' Somebody whom we love very much suddenly dies in an accident and we are not able to comprehend why this happened because that person was amazingly good. This drama continues in life. Somebody in our house is suddenly diagnosed with cancer or with some terminal illness. We break down in despair and just don't understand how God can be so cruel. We grow up with the myth that people believe in, and we do not go in quest of the Truth. We do not realize why things happen the way they happen. We just live and die, without understanding life.

Of course, bad things happen just as good things also happen. But nothing happens by chance. Our ignorance continues to let this remain a mystery and we blame luck, God, and everything else, but fail to Realize the Truth. We keep wondering, 'Why?' till we die.

TRUTH 28

APPLES CAN'T GROW ON MANGO TREES

Have you ever seen apples growing on mango trees? Never? Why? Because apples can never grow on mango trees. Such is the universal law. The seeds you plant will decide the fruit on the tree. So also, the deeds you plant will decide your destiny.

Bad things can't happen to good people. It is impossible, just like you cannot see mangoes on an apple tree. If there are mangoes on a tree, we can be absolutely sure that it is caused by the mango seed. So also, if bad things are happening to somebody, we can be absolutely sure that it is because of their deeds.

We don't realize that the suffering being experienced by good people may be unrelated to the deeds they are doing now. It may be the result of an action of a distant past that is now forgotten. It may also be the result of an action of a previous birth, unknown to us, even unknown to the ones who are suffering.

Only very few people who are enlightened with the Truth, realize how the Law of Action and Reaction works. They realize that we cannot escape from our actions, even after we die. When they see good people suffer, they immediately realize that this suffering is due to their past Karma and not because of bad luck or the Will of God.

GOD IS CRUEL, UNKIND, OR INCOMPETENT

When the young child of a religious monk died, the monk lost faith in God. He questioned God – 'I have prayed to you throughout my life. I have loved you and been devoted to you. Why then did my only child die at such a young age? Is it because you are cruel? Is it because you have no compassion? Is it because you have no control over the world?'

Many of us live with this myth and we believe that either God is heartless and unkind or incompetent. That is why so much evil happens in the world. We don't contemplate to Realize the Truth. Why does misery unfold on earth? Because we lack faith in the Divine, we are unable to accept and surrender to the Divine Will. And in our ignorance, we tend to doubt God, and His Power.

Haven't we grown up believing in the devil? We believe that just like there is a God who does good, there is an evil power or Satan, who creates all the sorrow and misfortune in our life. Unfortunately, this is a myth. But we don't understand it. We grow up believing this lie, and sometimes, question God's grace and blessings, when something unpleasant happens.

Some of us even cry in entreaty, begging God to solve our problems. Prayer is good and it makes us strong but is it the right way to spend our day? While we must pray, we must search for the answer to the question, 'Why do problems come? Why does misfortune strike us and why does misery knock at our door?' Is it God's Will?

TRUTH 29

EVERYTHING HAPPENS AS PER UNIVERSAL LAWS

God is not controlling everything that is happening in New York and New Delhi. There are 8 billion people in over 200 countries and moment after moment, life unfolds. Should we believe that life is unfolding as per the will of God? While there is no doubt that from a macro perspective, everything happens as per God's Will, but at the micro level, what happens in our lives is a reaction of our own actions.

Everything that is happening in the world, is happening as per Karma, the Universal Law of Action and Reaction. Karma is God's will. It is instituted and governed by God, just like the many other Universal Laws. Unfortunately, because we do not Realize this Truth that everything that is happening in life is as per our own past actions, our Karma, we blame God for whatever happens. We pray to God to change things in our life. But what is the Truth?

The world is governed by God's Universal Laws. Just like the Law of Karma controls whatever happens, the Law of Gravity pulls everything back to the centre of the earth. If it were not so, you and me, the tables and the chairs and everything on earth would be floating and flying. Another law is the Law of Cycles. Everything is cyclic. The earth rotates on its own axis creating day and night. Then, there are seasons. All this happens, not by chance. This happens because of God's Universal Laws. Even our birth, our death, and our rebirth on earth is due to His laws.

GOOD KARMA WILL TAKE ME TO HEAVEN

Many of us do good deeds because we are human, and we believe in kindness and compassion. We believe that we are meant to be good and not evil. But a larger chunk of humanity does good deeds because they believe that good deeds will take them to God. Every good deed will be one step forward in their journey to heaven. But is this true?

Good deeds are nothing but good Karma. As per the Law of Karma, good deeds are like seeds that we plant. They must bear fruit. Just like every sin that we do will make us suffer, every good Karma that we perform, will become a seed that will create a destiny of joy and bliss. There is no doubt that good Karma will return to us in the form of good fortune. But will good Karma take us to heaven? Will good Karma make us one with God? No! To believe this is to believe the myth.

While it is much better to do good Karma than to fill our life with bad deeds, we must realize the myth that good Karma is not a rocket to heaven. It will bring us back to earth to be rewarded for our good deeds. Whether we serve the poor and the destitute, distribute food, blankets, medicine for the sick, or we are kind to everybody that we meet, all these Karma, will give us happiness in our life on earth. But they will not liberate us from rebirth and make us one with God. Because we believe in the lie that good Karma is the way to God, we spend our life doing good deeds but do not invest our time and life in Realizing the Truth about God.

TRUTH 30

ALL KARMA WILL BRING US BACK TO EARTH

While it is definitely good to do good, we must Realize the Truth about what good Karma is and what it can do. While there is no doubt that every bad Karma will unfold as a misery in a person's life, and every good Karma is sure to make our life full of bliss, it will definitely not take us to God.

What is the Truth? If we want to become one with God, we must find a way to transcend Karma. As long as we do Karma, good or bad, we are planting seeds that will bear fruit. Every deed or action is our Karma that has to be redeemed. Either it will be redeemed during this lifetime, or if we die, without the Karma being nullified, then, we carry forward our Karma to the next life on earth, through a rebirth. Therefore, if we do bad Karma, we will be born in a life of suffering and unfortunate circumstances. So also, if we do good Karma, we may be born in a palace or in healthy and happy, fortunate circumstances. Karma is a law that we cannot escape. If not when we are alive, it will settle our score in our next life.

What is important to realize is Karma is sure to bring us back to earth. It hardly matters if it is good or bad Karma. The only way to become one with God is to find a way out of Karma. To Realize God, we have to have nil Karma. But how is this possible? Every human being must act. There can be no freedom *from* action. But there can be freedom *in* action. To transcend Karma, and attain God, we must learn how to attain that state of freedom *in* action.

NOBODY CAN ESCAPE FROM KARMA

When we understand Karma and are amazed by the Law of Action and Reaction, we try to live a life of good deeds. However, while we live with good Karma, some of us wonder what is the way to escape from Karma.

Most of us live with this myth that there is no way to escape from Karma, from action and so, we submit our life to Karma. We surrender to whatever is unfolding as a result of our past Karma, and we try to do good Karma so that our deeds become seeds that will sprout as our 'happy destiny'. We spend our entire life doing good Karma because we believe in the myth that there is no way to escape Karma. We have heard the lie that nobody can escape from Karma and so we spend our days doing good deeds.

This is a myth! There is a way to escape Karma. But as long as we believe that life is Karma, and Karma is life, and there is nothing else beyond this, we will be caught in the cycle of Karma. We will be trapped in the cycle of action and reaction, of death and rebirth and we will return to earth, again and again.

Everybody who comes to earth must suffer. But it is a myth to believe that there is no option but to return to earth. While there is no doubt that we cannot escape from action or Karma, there is a way to escape from the Law of Action and Reaction.

TRUTH 31

WE CAN TRANSCEND ALL OUR KARMA

What is the way to escape from Karma? Everybody who is alive must act and every action creates Karma. It may be good Karma or bad Karma, but nobody in this world can escape from action. Then, what is the way to be free from Karma?

Those who Realize the Truth about the Law of Karma, go deeper to find out who the Karma belongs to. Does the Karma belong to the body? The body is just an instrument of action. While it does the action and experiences the result of the Karma by what happens in life, the body does not own the Karma. One day, the body will die, but the Mind and Ego, ME, will carry the Karma and be reborn in a new body. Karma is the cause of our rebirth on earth. It is a myth that we cannot escape from it. What is the Truth?

When we realize that we are not the body that will die, and we realize we are not even the ME, the Mind and Ego that seems to exist but in reality, is an illusion, then who does the Karma belong to? When we realize we are the Divine Soul, the power of life that makes us act, then, we can be free from Karma. We can disown all Karma, by realizing that we are only an instrument of the Divine. This Enlightenment of who we truly are is a way of transcending all Karma. It is in fact, a magical way wherein, in one moment, all the unsettled Karma of all our previous lives get redeemed or dissolved in that moment of Enlightenment, when we realize we are the Soul.

BAD THOUGHTS WILL CREATE BAD KARMA

Most of us are paranoid about bad thoughts. We are so worried about our mind, that we become slaves to it. In reality, we should not worry so much about our thoughts. The more we worry about our thoughts and our mind, the more we empower them to control our life. Why do we worry about thoughts? Because we believe a bad thought is a bad Karma. But this is a myth. A bad thought is not a bad Karma. It is only a thought. As long as it does not become an action or Karma, it cannot affect our life. However, there has been so much hype about how bad thoughts can create bad Karma that we believe it. Even though we do not want a bad thought in our head, an evil thought may creep into it when we are lying on the bed, and this continues till we are dead. What can we do about it? While there are many ways to control thoughts, to believe bad thought is bad Karma isn't correct.

How do we control thought? One method is to silence the monkey mind, cut the tail – EY that is Ever Yelling and Ever Yearning and make the monkey into a monk. A simple way to do this is to practice silence and meditation. But you can be sure the monkey mind will continue its monkey tricks and produce bad thoughts. The enlightened ones realize that a bad thought is not bad action, and thus work towards controlling thoughts that become feelings, and lead us to actions that if left uncontrolled, can become our habits, our character, and our destiny.

TRUTH 32

KARMA IS ACTION, NOT THOUGHT

Why is a bad thought not so bad? While we cannot control the the arrival of a bad thought, we can control it from becoming a bad action. While thoughts create feelings, we can feed our mind with positive emotions to create positive thoughts. While it is good to have positive thoughts and emotions, the Realization of the Truth is a better way to live.

Those who realize that bad thoughts are not bad Karma, work towards reducing their mental junk and make the monkey mind a monk. However, when a bad thought arises, they use their intellect to shoot it down. Every time the intellect shoots down a bad thought, we are strengthening our willpower and making our intellect the master of the mind. Once the thought is shot, it does not become action. If there is no action, then there is no Karma. Then why worry about a bad thought?

Those who Realize the Truth, pay a lot of attention to their power of discrimination and choice of action. While they spend time in meditation to silence the mind and its bad thoughts, they accept the fact that as long as they are alive, their mind, triggered by their senses, can create any bad thought at any time. Being the master of their life, they do not let the thought translate into action and are thus free from bad Karma. A few enlightened ones, go further in their quest and realize that their mind itself is an illusion. In their search for the mind, where it is, they cannot find!

BY PRAYING WE CAN CHANGE OUR KARMA

It is a common belief that through fervent prayer, we can alleviate all suffering which is actually nothing but our own Karma returning to us. This is a myth. First of all, suffering is a part of human life. Everybody must suffer the triple suffering of the body, mind, and ego. By now we realize that all this pain is due to Karma. It may be Karma of the present life, actions we have just done, or it may be a result of the distant past. We may be experiencing a disease in our body as a result of our past Karma. We may be suffering misery of the mind because of our present choices of this lifetime. We may also suffer the agony of the ego because of Karma. All suffering is due to Karma. But it is twin Karma, the actions of the distant past and the actions of the present life.

Once we have done the actions, we have planted the seeds. It must bear fruit. After doing Karma, just praying to God cannot change our Karma. Many people believe that prayer is a way to redeem our sins. There are some religions that even advocate that we can sin, and the Lord will suffer for us. This is an illusion. It is a magic show. It is not a reality.

Prayer can give us the strength to face problems and suffering. Prayer itself is an act, an act of good Karma. The more our devotion, dedication, and our loyalty to God, the stronger will be our good Karma that will negate the bad Karma of our past. Therefore, prayer will definitely influence our life, but prayer is not a switch that can be turned off to stop suffering.

TRUTH 33

ONLY KARMA CAN CHANGE KARMA

For those who are disappointed to learn that prayer is not the easy way out, what is? God has created the Universal Law of Action and Reaction. It is not that a devil has created Karma and God can save us from it. Karma is God's law and praying to God to save us from His law is like begging a king to pardon us from breaking his dictate. Let us Realize the Truth. Prayer is powerful in many ways. But it is not a remedy to erase our sin and suffering.

How can we redeem our sins or bad deeds? It is through good deeds. Just like we can negate the debit balance in our bank account by depositing cash or cheques, we can also negate our bad Karma through good Karma. Prayer is also a good Karma, and it will, in due course, reverse our sufferings. But prayer is not a magic wand to be free from our bad Karma.

There is a magic wand that can liberate us from all our Karma. Not just Karma of this life, but Karma of the several past lives that we might have lived. When we are enlightened that we are not the body that does Karma, not even ME, the Mind and Ego that carries forward Karma life after life, and we realize we are the Divine Soul, then all our past Karma gets deleted. This is not magic. It is simple logic. It is the ultimate tenet of the Law of Karma. But very few of us realize this and find a way to be liberated from all our Karma and suffering.

HEAVEN IS FARAWAY IN THE STARS

From the time we were little children, we were taught fairy tales, not just about angels in the skies, but Gods and Goddesses that ruled the planet. Haven't we looked at the stars in awe wondering which star is heaven and which is hell? Then we were taught that Santa Claus will bring us gifts on Christmas. As children, we have been fooled with the myth and now, we strongly believe that our Lord lives in a heaven that is far away in the stars. This is a myth. This is not the Truth.

Of course, God exists, but God is not someone who has a name and a form. God is not made of bone and skin. God is a power that lives within. The kingdom of God is within us. The scriptures have been pronouncing this for centuries, but we have been deaf to the Truth. Instead of interpreting the Truth about God, we enjoy the myth of the fairy tales that we are taught. Is it true that after we die, our bodies are transported by a flight, a space craft, or an invisible UFO to the heavens above? Aren't we absolutely sure that we destroy the bodies of the deceased? Either we cremate the body or bury it. But do we have any doubt that the body returns to dust? Although the scripture tells us that we come from dust and unto dust we go, we still want to believe in a magical heaven in the skies. If there was a heaven, then who goes there and how does one go there? When will we overcome the myth and Realize the Truth? Heaven and hell exist. But they exist here on earth.

TRUTH 34

HEAVEN AND HELL ARE EXPERIENCED ON EARTH

Somebody who was taught that heaven is in the skies suddenly gets surprised when they are told that heaven is right here on earth. We have heard of the 7 continents, and the 200 countries, but we haven't heard of a place called heaven or a city called hell. Little do we realize that our very earth is both heaven and hell. We experience heaven and hell on this very earth when we take rebirth in a new body.

Isn't it true that every 'body' dies? Isn't it true that we must pay for our sins and be rewarded for our good deeds? Isn't it true that our body returns to ashes? Isn't it true that the one who dies, passes away or moves on with Karma, actions of the lifetime that must be redeemed? While the fairy tales talk of a day of judgement somewhere far away in the skies, the enlightened ones know that we are punished or rewarded for our actions in a heaven or hell, right here on earth in the kind of life that we are born in through a rebirth.

Don't we see a child born blind? Is it because God is cruel or powerless? God is all-powerful and everything that happens in this world is as per His Divine law. That little child who suffers may look like a baby, but its suffering is a hell experienced by the mind and ego reborn as that little child to suffer its sins. So does a rebirth on earth become heaven, when we are born in a palace or in fortunate circumstances. This is God's heaven and hell. We must not believe what the fairy tales tell us, we must be enlightened with the Truth.

MY BELOVED LOVES ME

Love is one of the most beautiful experiences in our life. But little do we understand the true meaning of love. Who loves? The body, the mind, the ego or the Soul? Why does love change suddenly and why do hearts break? While we enjoy love, romance, and intimacy, little do we understand the source of true love.

When we say that my beloved loves me, what do we mean? Is it the body of the beloved that loves my body? When my beloved dies, will she be still able to love me? If a dead body is incapable of loving, then, who is the one that truly loves me? We are so enamoured by the beauty of the skin, that we don't discover the source of love that is within.

'I love you' is probably the most beautiful phrase in the world. But who says this? Is it just the lips that sing a love song? Is it the mind or the brain that releases hormones that makes the heart dance? What makes the heart beat faster when we see our beloved or go into their arms? Somehow, we have not discovered the Truth about true love. We have been swept off our feet by the emotion of love and we sing and dance. We live and die in the illusion of love that we have not truly understood and realized. Love comes from deep inside, from the Soul within. But we only know of the love that happens from the body and mind. When will we overcome our ignorance to realize true love that is bliss, not just a kiss? When will we realize the source of love?

TRUTH 35

THE SOURCE OF LOVE IS GOD

True love is Divine. It is a fountain of joy that sprouts from the Soul. That is why a little child that is born loves its mother. It is not taught to love. Love just happens. From birth to death, love emerges like the 7 colours of the rainbow. It is our ignorance that we believe that love is only from our beloved. The Truth is something else. Love comes from the Soul. Love comes from God.

True, Divine, Soulful love can be considered to be white, just like the white light of the sun. The white love manifests as the 7 colours of the rainbow. Violet love between parent and child, indigo love between friends, blue romantic love, green self-love, yellow intellectual love, orange emotional love, and red erotic love all come from the Soul that gives us breath. At death, all love disappears. Isn't this the Truth?

Because we have believed in the fairy tales, and grew up singing love songs, and dancing on Valentine's Day, we have not been enlightened with the Truth of what love is. Love comes from God. The Power of God is the Power of our Soul. When God energy leaves, we are incapable of love. The source of all love is God. Because we are not enlightened with the Truth, our love is skin deep. But true love is Divine love that comes from the Divine and loves the Divine in one and all. True love is the greatest form of prayer. Very few of us even understand what true love us. Those who do are the ones who experience the bliss that flows from the fountain of true love.

GOD IS IN A TEMPLE OR CHURCH

Most of us pray to a God. But where do we go to pray? We go to our temple or our church or any place of worship. Why do we search for God in these places of prayer? Because we believe God is here. From the time we are children, we are taken to our religious institution to pray. We are told to remove our shoes, to be silent, and to take offerings to God. All this indoctrination has filled our life with ignorance. Instead of taking us towards God, it has taken us in the opposite direction.

Every religion is good. It teaches us to pray to the God of our faith and this is good as long as we are kids. Religion is like a kindergarten. But while we go from kindergarten to school, and university, we remain in the kindergarten of religion throughout our life. We don't evolve to the university of spirituality. We do not find out the Truth of where God really is. Because we believe that God is in heaven, we keep looking up at the sky when we pray. We don't stop, ask questions and investigate to Realize the Truth because our religion tells us that it is blasphemous. Is it a sin to attain God? Then why do religions stop us from going on a quest and realizing God? Why do we go from one temple to another, then to a monastery and a church, to search for God? Don't we have an intellect to Realize the Truth that God doesn't live in a temple or a church! When will we start our search? When will we start our spiritual journey to overcome ignorance and to Realize the Truth about God?

TRUTH 36

GOD LIVES IN THE TEMPLE OF OUR HEART

When we go in search of God, away from our temple and church, we will realize God. When we start our journey of Spirituality, we will Realize the Truth that God doesn't live somewhere far away in the stars. God lives in the temple of our heart. While the scriptures tell us that the kingdom of God is within, we are made to believe that we must go to church on Sunday or a Shiva temple on Monday, as if God descends from the heavens and comes to places of worship where devotees throng to pray out of their ignorance. When will we overcome the myth and Realize the Truth? When will the millions stop going for pilgrimages to so-called holy shrines? Unless we stop the outward journey that takes us to a pilgrimage where God doesn't exist and start an inner journey to realize God within, we will never attain God.

The way to God is called God-Realization. God-Realization comes from Self-Realization. If we truly want to be one with God, we must first realize that we are not the body that we appear to be, not the mind and ego that says, 'Me', we are the Divine Soul that gives us the power of life from birth to death. The Soul or life power called the *Atman* or the Divine Spirit, is none other than God. God exists in every cell of our body, but instead of realizing God within, we are searching for God outside. How can we ever realize God? The only way is Enlightenment. Unless we Realize the Truth about God and overcome the fairy tales, we will continue to go around in circles searching for God who we will never find.

I KNOW GOD; I SEE HIS PICTURE

Don't we know God? We see God in our temple and our church. We have so many pictures of God. We have made many beautiful statues, but the question is, 'Is this God?'

Is God made of bone and skin? If God was human like you and me, then God will also need a cardiologist for his heart, but God is birthless and deathless. It is because of our foolish imagination that we think God is male or female. Can there be millions of Gods around the world? Which God of which religion is the real God? Because we human beings have not paused and contemplated the Truth, we have not Realized the Truth about God. Generation after generation, the fairy tales about God have only become more creative and enchanting. The stories created about God have captured our mind and we are zapped by the myth. When will we investigate who God really is? As long as we blindly follow the herd, and pray to an unknown God, we will never be enlightened with the Truth.

If we tell people that the God that they have been praying to is actually not God, they may get very offended. 'How dare you tell me my God is not God?' somebody is likely to retort. The point to realize is that our God is much bigger than the tiny picture we envisage our God as. Just because we have been taught lies about God, we continue to pray but fight with one another, even kill each other for the sake of our mythological God. When will we Realize the Truth about who God truly is?

TRUTH 37

GOD IS A POWER BEYOND COMPREHENSION

God doesn't belong to any religion. God is not male or female. God has no 'birth' day. Still, because of our ignorance, we believe in the myth and celebrate God's birthday around the world. To some, God was born on Christmas, and those who believe in Krishna and Rama, celebrate their God's birthdays on different days. When will we realize that God is God? God is not human. God is never born, and God never dies. As long as we continue to believe in the stories we have been taught, we will pray to a God in a picture and touch the feet of an idol or statue that we think is God. We will live and die with our faith, but we will never realize God.

If we want to realize God, we must ask questions, 'Who is God? Is the Hindu God the real God? Or is the God of the Christians or the Buddhists or the God of other religions the real God?' The first Realization is that there is only one God. We may pray to this God through different religions, names and forms, but God is one. It is ridiculous to imagine that there are many Gods – that one created the earth, another created the skies, one causes birth, and another death. This is the foolish trick of our mind's imagination and our ignorance to believe it. After realizing that there is one God, we must go in quest of who this one God is. Those who are enlightened with the Truth, realize that God is not made of bone and skin. God is the Power within. God is beyond our comprehension. The way to God-Realization is through Self-Realization, to realize God within the temple of our heart.

GOD LIVES ABOVE THE CLOUDS IN THE SKIES

When a little child grows up and asks his parents where God is, he is conveniently told, 'God lives above the clouds in the skies!' The child starts imagining God to be somewhere in the twinkling stars. 'Can God be in the sun or the moon?' the innocent child wonders. This myth is a fairy tale carried over from one generation to another! God is imagined to be a lovely old man with a beautiful long beard, walking in the clouds, with exotic animals, and mystical flying vehicles that transport him to our house and bless us in our dreams. We are even taught fairy tales and we imagine God to be Santa Claus who brings us gifts every Christmas. But all this is a myth. There is no truth in it!

First of all, imagining God to be a physical being like us is ridiculous. Then, imagining God to have a house somewhere on a distant planet is a fantasy! In India, people make their religion very entertaining, with each God having his own vehicle. Goddess Durga travels on a lion, the mighty Ganesha on a little mouse, the goddess of wealth – Lakshmi on an owl, Lord Shiva on Nandi – the bull. When will we stop believing in these cock and bull stories and realize that God doesn't need to come on a peacock or even a sledge drawn by reindeer? When will we stop this mythological imagination and go in quest of Enlightenment to Realize the Truth? As long as we believe in the fairy tales about God, as long as we believe in the myth, God will always remain far, distant from us. We must make God real in our lives.

TRUTH 38

GOD IS EVERYWHERE, IN EVERYTHING

If God is not in the stars, somewhere far away in Mars, then where is God? Those who realize that God is not made of bone and skin, that God is a Power within, realize that God is everywhere, in everything.

The way to God-Realization is through Self-Realization. God is the very Power that makes us walk and talk. When the Power of God leaves us, there is no breath. We are dead. God is that Divine Spirit, the *Atman*, the Soul. Although the scriptures scream that the temple of God is within us, that God lives in the temple of our heart, we continue to believe the myth that God is somewhere far away. Those who Realize the Truth, that we are not this body that dies, we are not even the mind and ego, ME, we are the Divine Soul, they are enlightened with the Truth.

God is in you and God is in me. God is in a butterfly. God is in a bee. God is in every flower. God is in the tree. Unfortunately, we don't realize that God is the very Power of life within every living organism. God is energy, Divine energy and today, even science believes in 'Wave-Particle Duality', that every particle of a human cell is in essence, nothing but energy. Soon, science will understand that this Divine energy is nothing but God. Therefore, where is God? God is everywhere, in everything. There is no place where God is not. Everything in this universe is a manifestation of God. God is the cause, we are just effects.

WITH PRAYER, WE CAN FIND GOD

Around the world, there are millions, in fact, billions who pray to God. They have sincere faith, love, and devotion for their Lord. They believe that their prayers will make them find God, but sadly, this is a myth. Prayer is very important. It is the very foundation of our life. Like somebody said, 'You can do very little with prayer, but you can do nothing without it'. We need to pray, to communicate with God. But when we pray, and we don't know to whom we pray, and don't understand what we say, then, we don't pray, we just bray!

Prayer is not a scheme to find God. Unless our prayer grows into a deep love and yearning for God, and we go in quest of our Lord, we will never realize God. We will just live and die. We will pray to God to make our dreams come true and this may happen, but we will not be liberated from the cycle of death and rebirth, and we will not be united with our Lord. If we want to attain God, we must realize that we cannot find God through prayer. We must seek God, more than we seek anything else. We must want God so passionately, that we must ask questions that may seem blasphemous to our religion. The only way to realize God is to go beyond religion. Religion is the foundation, but it will not make us realize God.

Therefore, this belief that with prayer, we can find God, is not true. We can pray every hour of every day and repeat what the scriptures say. But we will never find God. God cannot be found. God must be realized.

TRUTH 39

WE MUST REALIZE GOD

If we want God, we must not just pray. Prayer is important, but not enough. Why do most people pray? Because they want something from God. They want God to fulfil their wishes, they want God to solve their problems. But true prayer is asking God for God. True prayer is to stop asking for things. It is surrendering to God, accepting God's Divine Will, and living life with just one objective – to Realize God.

God is not a person that we can find. Those who believe in Lord Shiva may search every bit of the Kailash Mountain, but they will never find Lord Shiva. All our Gods and Goddesses are the creative fiction of our imagination. God is a Power that is everywhere, in everything. The sun that glows, the wind that blows, the water that flows, are all a part of God's Power which we cannot see. God has to be realized.

Some people experience God in His beautiful creations. The sun, the moon, the stars, the birds, the animals, and the flowers, make them feel God's Divine presence through His creation. A very few people, the true seekers of God, go beyond experiencing God. They realize God. How do we realize God? The only way to God-Realization is Self-Realization. When we go on the quest and find out, 'Who am I - I am not the body, mind, and ego, I am the Divine Spirit, the Soul,' then we realize that we are all in reality, part of one Power. What is this Power? It is God. God is in you, God is in me. God is everywhere. This is God-Realization.

OUR GOOD DEEDS WILL TAKE US TO GOD

People around the world try to do good deeds or good Karma. The objective is simple. They believe that their good Karma will lead them to God. But this is a myth. Good Karma are only like good seeds. Once planted, our deeds will bear fruit. They will either lead us to happiness in this birth or bring us back to earth in a rebirth to be rewarded for what we have done. But will good deeds take us to God? No! As long as we continue to do good Karma, we continue to live as ME, the mind and ego in the body that is 'I'. When there is 'I' which is the ego, there can be no God. Unless we let go of the ego, we cannot find God.

The entire belief, 'I will find God' is wrong. Because we have been taught this from the very beginning, it becomes very difficult to realize God in the temple of our heart. We believe God to be that picture, with a name and form, living somewhere far away, and we are told, that our God will be impressed by our prayers, our offerings, and our good deeds. But this is a lie and as long as we believe in the lie, we will do good deeds and die, but we will never realize God.

Millions around the globe chant the mantra — *'Good Karma will lead me to God.'* But this mantra is wrong. Karma is a cycle and unless we get out of this cycle, we cannot realize God. We have been so indoctrinated with this belief that good deeds equal God, that we cannot think of anything else but this. When will we change our belief?

TRUTH 40

GOOD DEEDS WILL GIVE US A GOOD DESTINY

As long as I do a good deed to you, I record a Karma in my life book and this, unfortunately, keeps me away from God. My ignorance that believes in the myth of me, you and God being separate, becomes the very cause of not realizing God. God has secretly hidden himself in every living being on earth. Because we believe in the myth, we don't Realize the Truth. We work so hard to do good deeds, but we never realize God.

The way to God-Realization is through Self-Realization. Karma or good deeds do the opposite. It is not that bad deeds will take us to hell and good deeds will take us to God. Both, good deeds and bad deeds, will bring us back to earth in a rebirth. If we want God, we have to transcend Karma. We have to go beyond the 'I' that does Karma and the ME, Mind and Ego that carries Karma, birth after birth. This Karma cycle binds us to the earth, and we will never realize God.

Surely, our good deeds will give us a lot of happiness in our new life as well as in the present life. Just like seeds create fruits, good deeds become the roots and the shoots of our destiny. But God is something else. God is in you and God is in me. We need God-Realization. Unless I realize that I am nothing, but a manifestation of God, and you are nothing, but a Divine Soul, I will never see God in one and all. My ego will be caught in my good deeds, and the myth will entangle me in my Karma. I will never Realize the Truth and I will never Realize God. Good deeds = Good destiny, not God.

OUR GENES MAKE US WHAT WE ARE

Because the whole world is studying our genes, we live with the myth, we don't Realize the Truth. We believe that it is our genes that make us the human being we are. Then there is the global debate – is it nature or nurture? Are we that which is our nature as per our birth or do we become that, what we are nurtured to be? While all this looks so real and important, and we are investing millions in the study of DNA, we do not spend time in overcoming the myth and Realizing the Truth of what we are actually made of.

Sure, our genes have a lot to do in what our physical body is. But how does that matter? When we are not the body itself, then how do genes become the influencer of our reality? Can the dress you are wearing decide who you are? Our dress may make us appear different than who we are, but isn't this an illusion? So do genes create a myth and hide the Truth.

We are going further and further into the study of the human body and getting entangled in the myth. We are not going into the study of the human Soul and Realizing the Truth. We are so busy studying the thousands of genes in the human Genome, the proteins, the DNA, and the chemicals, that all this is taking us further away from the Truth. Isn't it time for us to stop and realize that it is not our genes that make us what we are. Rather, it is our ignorance that hides us from the true reality of who we are? Our focus has to move from our genes to the God that is within.

TRUTH 41 WE ARE MADE OF GOD

When somebody is told this for the first time that we are made of God, the immediate reaction is – 'What nonsense is this! God is somebody who lives in heaven. We are made up of cells and organs, blood and bones, genes and DNA, not God.' We are so caught in this lie that we continue to see genes within us, not God.

Even science in its new experiment has realized that every cell of a human being is in reality, not a particle of matter, but an energy wave. Although this is not spiritual, it is scientific, the mind stops us from Realizing the Truth that this energy that creates each of our 30 trillion cells is nothing but Divine energy. Although we may look like a mass of human cells, we are actually not all that is beneath the skin. We are the Power that is within every cell of our existence. We are unable to Realize this Truth. Unless we are enlightened with the Truth, we will continue to believe we are genes and not God.

Have you ever paused to contemplate what we are made up of? We start as a single-celled zygote, and then the body is created around it. One day, this body dies and returns to dust. Where did we come from and where do we go? Because we don't ask these questions, we continue to think of ourselves to be the body that is a result of genes. We don't realize that we are actually the Divine Soul. Every atom of our body is God.

OUR PARENTS GAVE US LIFE

Is it rare to see people bowing down to their parents as if they were the God and Goddess that created their life? It is commonly believed that we must be grateful to our parents for our life. But the question is, is it true that our parents actually gave us life?

There is no doubt that our parents were instrumental in our coming to earth. But did they cause our birth? Did they give us breath? Did they create our bones and our blood, our heart and our brain? While it was their act of copulation that caused our fertilization that led to the creation of the zygote, our very first cell of life, did they ensure that process of magical fertilization? We all know that man and woman can be helpless when it comes to conceiving a child. Some couples try for decades but are childless, just as some parents have 3 daughters and want a son but can never get one.

When will we realize this myth that our parents don't give us life? Neither do they create life in our body, nor do they create the body that is formed after life arrives in our mother's womb. Because we believe in the lie, we don't Realize the Truth, 'Who am I?' We don't delve deeper to find out who actually gave us life. We just believe what we are taught and follow the herd and remain ignorantly grateful to our parents till we die, without Realizing the Truth of who actually gave us life, and to whom we must be ever grateful to.

TRUTH 42 GOD GAVE US LIFE

If our parents did not give us life, then who did? Where did the Power, that spark of energy come from, that caused the creation of our first cell, known as the zygote? Everything in this world is precisely and beautifully governed by an intelligent power. Because we believe in the myth, we don't Realize the Truth. It is this Power whom we commonly call God, that causes us to be conceived and then finally born after 9 months and 9 days. But we don't Realize this Truth.

Rarely do we bow down to God and express our gratefulness for our life. We more commonly touch our parents' feet, blindly believing the fairy tale that they caused our life.

Life is Divine Energy. It is the Divine Spirit, the Soul, the *Atman*, that causes life in us. This is God's Power. God not only gives us life, God is the very life that causes our existence. We have learned so many wrong things that we are unable to learn the right things. We are unable to realize God within us. This is because we are so programmed into believing that it is our parents who created us.

While we must be grateful to our parents for our upbringing, we must not forget that the life in us, and the life in our parents, is a Power that comes from God. We are all part of that one Supreme Soul. We are all effects. God is the cause. Because we live with ignorance, we don't realize that God not only gave us life but exists within as the Power of our life.

MY RELIGION WILL MAKE ME FIND GOD

Every day we pray. Why? Because we believe that our scriptures, our rituals, and our prayers, the chanting, the singing, will ultimately make us find God. We pray to a God with a name and with a form. We pray to a God with bone and skin. But we don't stop to realize God within. The myth overrides us, as years of indoctrination and generations of fairy tales about our God and our religion, zap us.

It hardly matters which religion we belong to. The myth is religion, not this or that religion. It is like a kindergarten where we are made to listen to interesting fairy tales. These are stories, not the Truth. Alas, we grow from school to college in our education, but we remain in the kindergarten when it comes to religion! We are inspired and we believe that we will go to heaven if we pray. We blindly follow rituals and superstitions, without realizing how meaningless they are. A few of us go beyond our religion to find out that we cannot find God. We have to realize God. But the majority of us, up to 99% just live and die, with a dream that the God that we pray to, will appear to us, save us, and take us to his abode. When will we Realize the Truth that we cannot find God? When will we stop and ponder that religion is just meant to start our spiritual journey? When will we snap out of our beliefs, unlearn the religious fairy tales, and stop praying to the mythological Gods we always think are real? These Gods are a myth! We must realize it.

TRUTH 43

THE WAY TO GOD IS THROUGH SPIRITUALITY

Can we find God? The Truth is we can't. We have to Realize God and we will Realize God when we open our *real* eyes. When we evolve from the kindergarten of religion to the university of Spirituality, God will be revealed to us. The way to God is not religion, it is Spirituality.

Isn't it unfortunate that we blindly believe our religion and we consider everything our scriptures say as the absolute Truth? We don't pause for a moment to ask, to investigate, and to realize what is the Truth and what is the myth. We just follow the herd in the temple or the church. We do what they do, say what they say, but we don't search for the right way to attain God. God is not a product that we can acquire. God is not a person we can find. God is a Power that is within us that is everywhere on earth, that comes to us at birth. God is the Power that gives us breath and leaves us at our death. But because of ignorance, we are trying to find that God which is within us. We are none other than the manifestation of that God we are trying to find.

The Power of life inside us, we may call it the Divine Spirit, the Soul or the *Atman*, is the Power of God. Because we are trying to find God and taking a plane or a train to a pilgrimage, we never start our inner spiritual journey, that goes within, to realize God that is in every atom of our skin and within. If we want God, we must stop finding God, we must Realize God by Realizing the Truth.

PRAYERS ARE POWERFUL

Doesn't the whole world pray? Don't we all go to our temple or church? Don't we fold our hands, close our eyes, look up at the sky and mumble prayers that we don't understand. We pray because we believe that prayers are powerful. Prayers can solve any problem. A prayer can make our dream come true. Prayer can create a miracle and make a fatal disease disappear. Prayer can even take us to heaven. Through prayer we attract God. But do we know the true meaning of prayer? How many of us make offerings to God? We offer money, sweets, and many things to please our Lord. Unfortunately, we don't even know where our God is. We believe God to be somewhere up in the skies or on a distant planet. We believe God to have a name and form. With these beliefs deeply engrained, we live our life with prayer.

While praying is good and showing our gratitude to God through prayer has power, it is a myth to believe that rituals and superstitions born out of prayer, like chanting the name of God, performing elaborate sequences of religious activities, even fasting and penance, will make our prayers more powerful. Too many myths have made God appear in mythological stories, that are believed to be true. No doubt that God is all-powerful, but if we do not Realize the Truth about God, then, our prayers will go in the wrong direction. People innocently pray based on what their scriptures say, and spend their day, remembering their God, but when will we Realize the Truth about our Lord?

TRUTH 44

PRAYERS WORK WHEN WE REALIZE GOD

What is true prayer? It is not mumbling some words. It is not reciting a mantra or singing a religious song. Prayer is communication with God. It is both, talking to God and listening to God. But if we don't know who God is and where God is, then how can our prayer work?

A prayer will work when we realize God in the temple of our heart. Prayers can be powerful when we experience the kingdom of God within. This is God-realization.

When we realize that God does not live in the temple or church, nor is he somewhere far away in the heavens, then we start experiencing the power of God inside us. It is not easy to realize God. The real process starts with Self-Realization that leads us to God-Realization. Unfortunately, we are so caught in the noise of this material world, that we do not hear the Divine voice within.

God lives in each one of us, but we are going in search of God. We don't need loudspeakers to scream and shout for God to hear us. We must learn to go within. When we are able to realize God within, then our prayers will truly work. They will create an unstoppable power in us, that will liberate us from all suffering, help us overcome our ignorance, and help us live peacefully and blissfully, with God's Divine presence eternally with us. Let us stop to realize God and make our prayers work.

MY MIND WILL MAKE ME REALIZE GOD

It is an irony to believe that an imposter like the mind takes up the responsibility to help us find God. The mind will only make us wonder and wander. Then one day, we will die, and return to earth in a rebirth. We will never realize God. If we continue to believe our mind, then either we will not believe in God because the mind will make us atheists or agnostics, or if we are devout in our religion, then our mind will entangle us in dogmas, rituals, and superstitions that will take us around in circles, till we fall into our grave.

How else can we realize God? We believe that the only tool we have is our mind. Our mind makes us believe it is king. It is everything. It knows God. It is through the influence of our mind that we imagine God to have a name and a form. It is the mind that has created millions of religious institutions, temples, churches, monasteries around the world. Does God actually live in all these places of worship? As long as we follow our mind, we will continue to go to a temple and church. We will not search to find God, to ultimately realize God.

If we want to realize God, we must first kill the mind. It is the mind that stops us from God-Realization. We must find out the difference between the mind and the intellect. Only when we use our intellect to discriminate will we be able to transcend the monkey mind, and Realize the Truth about God. With the mind, we will never find God.

TRUTH 45

CONSCIOUSNESS LEADS US TO GOD

If you want God, then you must Realize the Truth. The mind can never find God. It makes us believe in a God that doesn't exist. It is the mind that has created so many Gods around the world. If we use our intellect, it will be revealed that God is one Power, a Power that created this universe and operates and governs it. But somehow, we don't Realize this Truth because our mind makes us believe the myth. It feeds us with mythological fairy tales that stop us from realizing who God truly is.

If we want to realize God, we must develop Consciousness that makes the monkey mind still. It is in this Consciousness that we must activate the intellect to discriminate thoughts. We must eliminate all the lies that we have been taught and become Conscious of the Truth. The Truth is that God is birthless and deathless. God is not made of bone and skin. God is a Power of life that is within. God is in you and God is in me. God is everywhere and in everything. But the mind stops us from being Conscious of this Truth. If we want to realize God, we need this Consciousness. Consciousness can only be achieved with thoughtlessness. As long as the mind bombards us with lies, we will never be able to reach the state of Consciousness, that will lead to God-Realization. It is the mind that will make us scoff at the idea of Enlightenment, of God-Realization, of Consciousness, because the moment we are enlightened, the mind will cease to exist. Thus, it fights very hard to stop us from Realizing the Truth about God.

OUR ANCESTORS ARE ALIVE IN HEAVEN

When somebody dies, what do we do? We frame a picture and put it up on the wall. We then pray for the departed one. We light incense sticks, even keep on talking to the dead. How often do we see people going to the graveyard and sitting beside the tombstones of the departed? What do we believe? That the ones who left us are there somewhere in a heaven. We even hope to meet them one day when we depart. It is common to imagine that the wife of a man who died a few years ago, would at her death, go and meet him again in heaven. All this is a myth! These are lies taught to us. These are fairy tales that are circulated because of the ignorance that we are enveloped in. Those who Realize the Truth, know for sure that our ancestors are not alive somewhere in heaven.

Is it difficult to comprehend that at death, the body returns to dust? Where is the question of our ancestors being alive? What is the sense in praying for people who have died? Their journey of life is over. They cannot see, feel, hear or touch. Their body doesn't exist. No doubt, the one who was alive left the body, but that is the subtle part of the one who departed. It is the ME, the Mind and Ego of our ancestors who left their body. To believe that the dead live in the air as ghosts, or as the person we knew somewhere in a distant heaven is a lie, that stops us from Realizing the Truth. We must use our intelligence and stop following meaningless death rituals for the deceased. Let's do our best for them when they are alive.

TRUTH 46

THOSE WHO DIE, RETURN AS A NEW PERSON

What is the Truth about those who are dead? Is there any doubt that they no more have eyes and ears on their head? Their bone and skin become ashes when the Power within departs. Where did the departed one go? The Mind and Ego, ME, which leaves the body, comes alive as a new person based on Karma. When we die, only the body dies. But the one who was alive in the body, who directed the body to act, who was responsible for all actions, carries their Karma and is reborn in a new body based on the accumulated deeds. This happens in over 99% of the cases. Because we believe that we are the body, mind, ego, we must be reborn as a new person. This is the universal Law of Karma. This cycle continues.

To consider our dead father or mother to be alive somewhere is not true, because they have already been born as someone else's son or daughter. We have to learn to accept the Truth. If we don't, not only will we continue to believe in such fairy tales, but we will teach our children the same lies, and generation after generation, the myth will overpower the Truth and we will believe that all our ancestors are having a grand reunion in heaven. What a joke! We ourselves destroy their bodies, and then imagine them to be alive! Those who are enlightened with the ultimate Truth, realize that we are not even the Mind and Ego, ME, that we imagine ourselves to be. We are the Soul. Once we realize this, we are liberated and united with the Supreme Immortal Power.

THIS BEAUTIFUL WORLD IS CREATED BY GOD

Don't we all believe that the sun, the moon, the stars, the birds, the animals and the flowers, are all created by God? Everything that is so beautiful in the world, be it the sunrise or the sunset, rain or snowfall, clouds in the sky or birds that fly, we imagine that everything has been created by the Creator, a Power we call God. While it seems to be true, it is in reality, not entirely true. It is not easy to understand this lie, but those who understand the secret of what happens after we die, those who discover the Truth of who am I, realize that this beautiful world is not created by God, but rather, it is God itself.

We credit ourselves for making the train and the plane, but who made the brain that created everything that is manmade? Our mobile phones and our laptops, our luxury cars and our boats, everything that we make on machines, is considered made by us. But we know that somebody else made the mountains and the seas, the rivers and the trees, the butterflies and the bees. You and me, are not manmade. Although we believe that our parents gave us birth, we know for sure by now, that this amazing body of 30 trillion cells, is the magic of a magician who we call God. While it is true that the Creator seems to have created the entire universe, the earth, the planet, the stars, all living organisms, you and me, the mysterious myth that we do not decode, is that nothing is created by God. *Everything is God.* Everything is a manifestation of God. It is God appearing as you, me and the world.

TRUTH 47 EVERYTHING BEAUTIFUL IS A DIVINE MANIFESTATION

What is the meaning that everything is God? It means that it is not created by God. A common man may live and die, and never understand the Truth. He has grown up and been taught that the Creator called God who he believes to be Jesus, Shiva or Krishna, or whatever God he prays to, is responsible for this entire creation. We are different from God. God lives somewhere far away in the heavens, and He has created everything beautiful on earth, both animate and inanimate. But this is not the Truth.

Everything beautiful on this earth is not created by God. It is a manifestation of God. God is the cause, we are just effects. Just like a wave looks different from the ocean, we too appear as God's creation, but in reality, we come from God and go back to God. Every atom, every molecule of matter in this universe is God. While spiritual scriptures have been saying this for thousands of years, science has only recently discovered that matter is nothing but energy. Scientists have recorded an experiment which they called Wave-Particle Duality, which reveals the ultimate Truth, that everything in this world is energy. What is this energy? It is the Supreme Immortal Power that appears as you and me, as birds in the sky, as the butterflies that fly. Those who realize the Divine presence everywhere realize that everything in this universe is not a creation of the Divine, but rather a manifestation. Just as a spider creates its own web, the Divine Power appears as everything in the universe.

GOD IS DIFFERENT FROM US

From the time we are born, we are taught to ring the bell and blow the horn, to call out to our Lord, our God. Again and again, we are repeatedly told that we must pray to our God that lives in heaven. Never have we ever been made to understand that we are a manifestation of God. We are in reality God energy appearing as human beings. Why are we continuously being taught lies, when the scriptures tell us that the kingdom of God is within, that God lives in the temple of our heart?

People who question God's existence are blamed with blasphemy. We are expected to blindly follow the herd and believe in the God of our scripture and religion. God is God and we are we! How can it be that we are God? This is impossible. It is ridiculous even to imagine so!

Because we continue to believe that God is different from us, we live and die, without Realizing the Truth of who am I. Am I this body that will ultimately die? What will happen to me after my death? People will say that I am gone, and some will believe that I am reborn. But what is the Truth? We believe that God is somewhere far away, controlling our destiny and because we believe this, we do not experience the bliss of the Divine that is within. As long as we believe we are made of bone and skin, we will always look up at the sky, and imagine God somewhere up there. We will never realize that we are God energy appearing as you and me.

TRUTH 48

GOD IS IN YOU AND ME

Have you ever stopped to ponder on how you were created? You think you are made of flesh and bone, of all the organs and the skin, but you never realize that you start your life as an energy cell that is alive within. You are conceived as a zygote, and the Power in that first cell developed into the 30 trillion cells that make a human body. You and me, are made up of human cells and each cell is made up of energy. This is even endorsed by science.

What is this energy that constitutes every cell of our existence? It is a Power, the Supreme Immortal Power, a power that is in you and me. We may call it the Soul, the Divine Spirit or the *Atman*. In reality, it is God Power that gives us breath. The moment the power leaves, we experience death. When we realize that we are all made up of nothing but that Supreme Immortal Power, we will realize that there is God in you and God in me. God is the Soul, the power of life that is alive in everything that walks and talks, that crawls and flies. When the God Power departs, we are dead. We are unable to do anything. Although we know all this to be true, we don't realize it.

As long as we think God to be different from us, we will never realize God. When we Realize the Truth about ourselves, this self-realization will enlighten us, that we are not the body, mind and ego. We are the Supreme Immortal Power of God. Then we will realize God in you and me.

IT IS RELATIONSHIPS THAT MATTER

What is the most important thing in the world? Don't we realize that possessions will come and go? Success will never last forever. We think that what matters is our relationships. Therefore, many of us invest a lot in our relationships. What we don't realize is that no relationship will last forever.

However strong a relationship might be, is it eternal? We sacrifice so much for the people we love. We get attached. These attachments lead to expectations that in turn lead to disappointments. But still, we consider these to be more important than the other joys of life. As a man ages, he starts depending on those who he believes will love him and take care of him. That is why the institution of marriage has gathered momentum. Then, we want children, who we believe, and hope will take care of us till our end. But is this the Truth?

Relationships are contracts that are made and broken. How often do we see a promise not kept? If children were to take care of their mother and father, then, there would not be so many old-age homes that are filled with the destitute. Although this is a reality, we live with the myth that relationships are our greatest treasure. No doubt relationships are very important. It is absolutely true that love and care is the primary need of an individual. But to believe that relationships will last forever is a myth and we must learn to get out of it!

TRUTH 49

ALL RELATIONSHIPS WILL END

Is it not true that every relationship comes to an end? Don't we see people cry when their beloved dies? How often have you seen people suffer heartbreaks? Either when we are alive or at death, we constantly see relationships ending. When will we realize that relationships are important, but they are not permanent?

This world is a show. The earth is a big stage. We are all actors. We come and we go. We are not meant to cling on to relationships. We can share a beautiful love with our beloved, but if we are attached, we are sure to suffer. We must realize this Truth.

A human being is immortal. To imagine that we will live together and die together, is an illusion. Some of us believe that our true love will make us reborn together. We also believe in the fairy tale that we will meet in heaven. These are lies and the sooner we realize these lies, the sooner we will learn to face reality and live with the Truth.

We must be detached in our attachments. Although there is deep love for somebody, we must realize that the relationship is not permanent. One day, we have to move on. This is the reality of life. Because we are influenced by the fairy tales in novels, by dramas and movies, we believe in love stories that are eternal and we too hope to meet once again in heaven, one day. Overcome the myth and Realize the Truth!

LIFE IS SHORT; HAVE FUN BEFORE IT IS DONE

When we look around, what do we see? We see people partying, dancing and having fun. Everybody wants to enjoy life. We think life is to have fun before it is done. Therefore, we are constantly chasing pleasures. We are satisfied with momentary happiness. We don't even know the meaning of eternal bliss. We live like a yoyo, sometimes glad and sometimes sad. Little do we Realize the Truth that death is not the end, that this journey is only one chapter in the book of life, that we have to continue our journey either with another birth on earth or if we are enlightened, we can be united with the Divine.

Because we believe in the myth, we believe that life is short. We have been taught that death is the end. We follow the herd that is chasing pleasure. We also want fun, but soon life is done. We do not discover what the purpose of our life is.

Are we born on earth just to celebrate life? Are we created as a unique human being just to enjoy the pleasures of this world? We are so consumed by material pleasures and so imprisoned by our desires and passions, that before we realize it, life is over. Sure, we must be happy. But when will we overcome the myth about what happiness is? Is it just the gratification of our sense pleasures? We must eat, drink and be merry, sing and dance along. Is the purpose of life just to have fun? Those who don't probe, just live and die. They think that they consume the beautiful gift of life, but actually, they are getting consumed by it.

TRUTH 50

LIFE HAS A PURPOSE TO REALIZE

Very few people Realize the Truth that life is a puzzle to solve, that it is a mystery to decode, that it is not just temporary pleasure or fun that is interspaced with misery. Life must be realized. The purpose of life must be discovered. This is the Truth.

Of course, we must have fun and be happy. But that is not our purpose. Most people spend their life planning what food to eat, what wine to drink, what clothes to wear, where to travel for the holidays. They are so enamoured by the pleasure of life, that they forget to find the purpose of it. What is the purpose of life?

The human being is the only living organism who has a full-fledged intellect. He must not just think, but he must discriminate and choose what he does. He is meant to realize who he is and why he is here. The truth is that we are not just meant to live and die. We are meant to find out the answer to the question – Who am I? We have to go further and realize why we are here on earth. Why were we given this human birth? If we just have fun till life is done, our days that are numbered will soon be over and then we will return in a rebirth. The purpose of life is not to be reborn once we are gone. It is to realize that we are not the body, mind, and ego. We are the Divine Soul. This is our ultimate goal. If we do not realize this purpose, and we live and die, then we have wasted this gift of being a human being.

YOGA IS A UNION OF BODY AND MIND

Do you do Yoga? Many people do physical exercises and think they are doing Yoga. They perform breathing techniques and consider this to be Yoga. This is a myth. But the world has grown up with it. Hundreds of Yoga institutes advertise that they will teach Yoga, the union of the body and mind or body, mind and Soul. All they teach is *Asana*, physical exercises or some kind of *Pranayama*, breathing techniques.

Unfortunately, we have not understood the true meaning of Yoga. Yoga is not the union of body, mind, and Soul. What will happen if we do some physical exercises? While it is healthy to stretch our body and good to practice postures, this is not Yoga. The word Yoga means *Yuj* or union. Physical exercises are definitely good and stretching the body in some *Asanas*, is sure to build flexibility and a healthy body. But to call it Yoga, is wrong.

The breathing techniques are referred to as *Pranayama*. We focus on our breath - we breathe in and breathe out in different ways. It momentarily helps us to focus our mind on our breath. It makes the mind still, but does it create Yoga? Does it unite us with the Divine? To believe that it does, is a myth. When will we realize that we are being duped into doing Yoga, which is not Yoga? When will we Realize the Truth about what Yoga truly is? If we don't, we will keep on stretching our body, till we reach our grave and not attain the purpose of Yoga.

TRUTH 51

YOGA IS A UNION OF THE SOUL WITH THE SUPREME

Yoga means *Yuj*. *Yuj* means union. What is this union or Yoga in reality? Those who Realize the Truth, realize that the goal of Yoga is for us to become a Yogi – one who is ever united with the Supreme Immortal Power. Yoga is all about transcending the body, mind, and ego, which we are not, and living with awareness as the Divine Soul, our true identity.

A Yogi is detached from the material world. He is unaffected by passions and pleasures. He has attained that state of Yoga or union with the Lord. He is completely disconnected and detached from the material world, which is an illusion. He has Realized the Truth and lives in that state of Enlightenment. The Yogi may or may not do *Asana* and *Pranayama*. It hardly matters. True Yoga is about being in silence, in meditation. It is reaching that state of thoughtlessness or mindfulness in which one experiences the Consciousness of the Truth. In that Divine state of bliss, one becomes conscious of their true existence as the Divine Soul, not the body that needs to be stretched, nor the mind that needs to be silenced by the breath.

Yoga unites us with the Divine and liberates us from all misery on earth. It makes us live as a manifestation of the Supreme Power. When will we overcome the myth of doing some physical exercises and breathing techniques and think we are doing Yoga? We can't do Yoga. We must be a Yogi, one who is always in Yoga.

MY SOUL WILL SUFFER

How many of us worry about our Soul and fear that it will suffer after we die? We imagine our Soul will go to some distant hell, just as some of the scriptures tell us. But is this true? This is just a myth! Because we do not Realize the Truth, we believe in the fairy tales about the Soul. Just like we have a body, and we seem to have a mind and ego, we consider that there is a Soul inside us that will leave at death. That Soul is different from your Soul. That my Soul will be rewarded for its good deeds, or it will suffer its sins. This is what we are taught. But this is a lie.

Has anybody seen the Soul? Do we even have a clue what the Soul is? Because we are ignorant about the Soul, we believe in the illusion that the Soul will suffer. Because of this, we partake in some rituals and superstitions, perform *Poojas* or ceremonies that will liberate the Soul from its perceived suffering. Our ignorance makes us scapegoats for priests and unscrupulous people, who take advantage of the fairy tales about the Soul that have continued to pass from one generation to another. Much after a person dies, we are still worried about their Soul and imagine that it is in some distant heaven or hell. We pray for the departed Soul as if those prayers will reach that Soul through God's grace. When will we reset our conceptualization about the Soul? When will we let go of these stories that are baseless? The Soul does not suffer. It is the energy that gives us life. It is a particle of the Divine energy that gives us our breath till our death.

TRUTH 52

THE SOUL NEVER SUFFERS

Does the Soul actually suffer? Definitely not! The Soul is not a part of the triple suffering that we experience. Of course, the body experiences physical pain, the mind becomes miserable with fear and worry, and the ego gets agonized with anger and hate. But the Soul doesn't suffer. The Soul is a Power. It is a Divine energy that causes our conception nine months before our birthday. Without the Soul, there would be no fertilization of two cells. The Power of the Soul is responsible for every breath. It makes us walk and talk, sing, and do everything. The energy of the Soul departs at death when we take our last breath. Throughout this journey called life, the Soul is not a part of the body, mind, and ego complex that we call a human being. It is only the source of power that makes us live. It does not suffer. It does not participate in what we think, what we feel and what we do. It does not create any Karma. Because we live with ignorance, we feel that the Soul suffers every pain that we experience. Not only when we are alive, but even after death.

The Soul is incapable of suffering. It is just like the electricity in our house. The Power does not decide the colour of the bulb, nor does it decide what channel is playing on the television. The Power is only giving electricity to our gadgets to function. So does the Soul. It is the Divine Power that empowers us to live. But it is not a part of our pleasure or our pain. When we realize we are the Divine Soul, we in fact, are liberated from all suffering on earth.

THERE ARE GOOD SOULS AND BAD SOULS

Because we do not understand the meaning of Soul, we often relate to a person as a good Soul and a bad Soul. We somehow believe it is the Soul that is responsible for a person's deeds. We even believe that the Soul is reborn after death based on the Karma that it collects. All this is a myth. Because we grow up with it, it has become a part of our belief system.

How often have you heard people say, 'Let us pray for the departed Soul'? Why do we perform so many rituals and ceremonies for the deceased? It is because we believe that the Soul of the dead person is an individual entity that is still alive, somewhere in the skies. We go on to believe that through prayer, we will be able to influence the destiny of the departed Soul. We do not realize that this is an illusion. Therefore, years after somebody dies, we not only imagine the Soul to be alive, but that person, be it our beloved, our child, or our mother or father, to be alive somewhere in a distant planet or star, and so we continue to pray for the departed Soul. When will we stop believing in these fairy tales?

Because we believe that the Soul is responsible for a person's life, we relate the attributes of a person to belong to the Soul. We think that each Soul, good or bad, continues its journey, be it to heaven or hell or to take rebirth here on earth. Is this true?

TRUTH 53 ALL SOULS ARE ONE

What is the Truth about the Soul? The Soul is a Power. The Soul is energy. The Soul Power in you and me is not different. All our Souls are in fact, part of the one Supreme Immortal Power. Just like waves in the ocean appear as different waves, but in essence, they are all part of one ocean, we may appear to be different human beings, but the Truth is, we are not the bodies that we wear, we are the Divine Soul and the Divine Soul in you and me, is the same Supreme Power. The Truth is we are all one, but because of our ignorance, we believe that we are different from each other. Because we identify ourselves to be the body, mind and ego, when in reality, we are the Soul, we don't realize we are all one.

When a child blows five balloons with air, he plays with the red, blue, green, orange and white balloons, thinking of them as 5 different balloons. Of course, they are five different coloured balloons, but what happens when the child bursts all the balloons? Can we retrieve the air of the red balloon, the blue balloon, and each differently coloured balloon separately? Impossible! The air of the different coloured balloons has merged with the air that is everywhere. So does our Soul. Just as we understand that there is air everywhere in the atmosphere, we must realize that the Soul Power is everywhere. Every living creature is powered by that same Supreme Soul. All Souls are one. This is the ultimate Truth. As long as we don't realize it, we will continue to suffer.

AFTER DEATH, THE SOUL BECOMES A GHOST

Because of our innocence and our ignorance, we are made to believe that at death, the Soul of the departed becomes a ghost and stays in the room or hovers around the house. We are manipulated into performing rituals and ceremonies by religious priests, who take us for a ride. We are so frightened of the ghosts and spirits of the dead, that we are willing to pay any price and do any ritual to liberate the Soul from becoming a ghost. When will we overcome this myth? There are no ghosts except in our imagination and in the movies that seem to make our illusion appear to be real.

Because we fear ghosts and spirits, they have become a reality. Novels, dramas, movies, songs, about ghosts linger in our mind as we visualize a ghost flying somewhere in the sky, even sitting on a chair, after somebody has died. We are made to imagine that a ghost opens the door in the middle of the night and then with the fluttering of the wind, flies on top of the tree outside our house. Is that the Soul of the deceased? Have you seen a Soul becoming a ghost? Is it true that Souls are flying in the sky and perching on the trees or the mountains? All this is true only in horror movies. We must realize that it is a myth, we must let go of it! At death, the Soul never becomes a ghost. We must wipe this myth out of our mind and stop teaching this lie to our children so that it doesn't carry on to the next generation. The concept of a ghost is a myth and not the Truth. It is not true that at death, the Soul will become a ghost.

TRUTH 54

THE SOUL MERGES WITH GOD

What happens to the Soul at death? Because we don't Realize the Truth, we say, R.I.P. – Rest In Peace. But who will rest in peace when the deceased has already become pieces? Of course, we are praying for the Soul. We imagine the Soul as being an invisible UFO, that leaves the body and flies into outer space. Some of us believe in ghosts and spirits, and some believe the Soul goes to heaven. We even believe that the body is resurrected. We don't use our intellect to question how could the body that has disintegrated to dust, reappear to be rewarded and punished. We don't realize the simple Truth that once the body dies, and dissolves to dust, the Power that kept the body alive, the Spirit, the *Atman* or the Soul, leaves the body, and becomes one with the Supreme Immortal Power that we call God.

The Power of God is everywhere, and we, somehow, believe it is inside us. But it is also outside us. At death, the Soul Power merges with the Divine. If you take a glass and fill it with water, where is the water? It is inside the glass. Now you pour the water out. What is in the glass? There is air, isn't it? But is there air only inside the glass or is the air everywhere – inside, outside, above and below? Similarly, we imagine that the Soul is inside us. But in reality, the Soul is everywhere. At death, the Soul or the Power of life, leaves all the 30 trillion cells of our body in a flash of a moment and it becomes one with the Supreme Soul that is everywhere. When we Realize this Truth, we will stop believing in the myth of ghosts.

WE ARE DIFFERENT FROM EACH OTHER

While you and me appear to be different, it is a myth. We are not separate from each other. We are in reality, the same. How is this possible? It seems impossible to believe that this is a myth. Tom is Tom and Harry is Harry. How can Tom be Harry and Harry be Tom? We appear to be distinctively different individuals. We have a different body and a different name. We have different minds. We even have unique fingerprints that make us the individual that we are. When somebody says that we are not different, that it is a myth, it is so difficult to believe it.

From the time we grow up, we are conditioned to understand that this is *my* body, *my* house, *my* car. I, me and mine, are different from you and yours. Isn't that the Truth? Because we have been misguided and taught that we are the bodies that we wear, we have not realized our true identity. We have not been enlightened that there is no difference between you and me. A very small minority realizes that this is a myth. Most of humanity just dies with it. Because we think we are different from each other, we hate each other, we even take revenge, because of the illusion of who we are. Our nationality, our religion, everything seems different and therefore, we go to war with each other. All this is because we are sure that we are different from each other. But this is a myth. The moment we realize who we truly are, we will realize that though we appear to be different, it is like a mirage in the desert, an illusion.

TRUTH 55 WE ARE ALL ONE

As long as we believe we are what we appear as and what we see, that we are all different from each other, we will never Realize the Truth that we are actually one. The waves appear different from each other, but in reality, they are part of one ocean. We live and die, distinctively as different individuals, but just like the waves, we come from one source, and we return to that same source. The moment we realize we are not the bodies that we wear, we are the Divine Soul, we will realize that we are all a part of the one Supreme Immortal Power.

We came first. Our body was formed later. We are actually energy that appears as a body. The energy in you and me is the same. It is like the energy in your house that gives power to the bulbs, television, and the air conditioner — it is the same. The bulb looks different from the television, but the Power that makes them work is not different. Our bodies are different, but we are not our bodies. We are all the Soul, part of the same Supreme Immortal Soul.

One day the body will die, and people will say that he passed away. We are so sure of this that we destroy the body. Who passed away? Where did he go? The moment one leaves the body, the Power of life, the Soul, the *Atman*, the Spirit, becomes one with the Supreme Spirit. As long as we live with the ignorance that we are the body, we will think we are different from each other. The moment we realize we are the Soul, we are all one.

KNOWLEDGE WILL CREATE ENLIGHTENMENT

We know we are the body, don't we? But we don't realize it. We know fertilization happened first. The embryo was formed later. Then, why do we think we are the body? We know we are not the body that will die. Our family knows for sure, that is why they burn it, they destroy it! We know it, but why don't we realize it? It is because we believe knowledge is Realization. We think knowledge will create Enlightenment, but this is a myth. As long as we do not Realize the Truth, and we only *know* the Truth, we will live and die, and suffer from ignorance.

We know that nothing belongs to us. We come with nothing, and we go with nothing. Still, throughout life, we say, 'This is mine.' We live with greed and want more and more. We have desires and passions that make us spend our life, collecting things that we have to ultimately leave behind. Why? Because of ignorance. Because we believe in the myth, we don't make an effort to crystallize our knowledge into Enlightenment. The biggest problem with humanity is that we think we know everything when in reality we know nothing! We are ignorant, but the bigger problem is that we are ignorant about our ignorance! As long as we believe in the myth that we have all the knowledge needed and that our university education has made us a genius, we will live and die as ignoramuses. We don't know who we are and why we are here! Yet we believe that we have all the knowledge, and we are enlightened. It's a myth!

TRUTH 56

REALIZATION LEADS TO ENLIGHTENMENT

Knowledge is not Realization. We may know everything, but we realize nothing! It is only when we open our 'real' eyes that knowledge will crystallize into Realization.

When we realize that nothing belongs to us, we will not let our need become our greed. When we realize that death is certain, then we will prepare for what lies beyond. If we realize we are not the body, then we will not be so enamoured by it. When we realize we are not the mind, then we will live by our intellect. When we realize our purpose here on earth, then we will not just zoom to our tomb. Realization will make us transform. It will help us move forward on our journey of Enlightenment.

It is a myth to believe that Enlightenment is a magical state that is attained by some mystics. We have grown up with this illusion and we don't realize that Enlightenment means to switch on the light within. The Truth is that we can be enlightened if only we realize what is the myth and what is the Truth. If we use our intellect to discriminate, every myth will be shot down as a lie, as a fairy tale and every Truth will replace what we have learned and what we have believed all along. Unfortunately, we have learned too many lies. Our family, the movies, our religion and our scriptures have made us blindly believe without contemplation and introspection. Therefore, there has been no Realization. Let us Ask, Investigate, Realize the Truth and be enlightened. It's possible!

PRAYER WILL SOLVE ALL PROBLEMS

Even today, children are taught – 'If you have a problem, just pray'. They fold their hands, look up at the sky and beg God, 'O God, please solve our problems.' They are not taught who is God, what is God and where is God. They believe in their mythological God and never realize the Truth. They mumble some prayer and don't know what they say when they pray. They believe their prayer will solve all their problems. Will this happen?

Suppose you are walking in a forest, and you reach a point where you are confronted by a river. You want to cross over. If the water is shallow, you may try to walkthrough. If it is deep, you may have to swim. If you don't know swimming, you will need a boat. But can you just sit at the bank of the river and pray? Will your prayers transport you to the other side? This is the problem. We have been fed with the myth, and so, we don't Realize the Truth. No doubt prayer will strengthen us. No doubt it will inspire us to find a solution, but just to believe that prayer will solve all our problems is an illusion.

Prayer has power. But this power will be unleashed only when we Realize the Truth about what we say when we pray and whom we pray to. This state of God-Realization comes with Self-Realization and Self-Realization itself solves many of our problems. When Self-Realization evolves to God-Realization, all our problems are solved. Somehow we don’t focus on Realization and just continue to pray.

TRUTH 57

ENLIGHTENMENT SOLVES ALL PROBLEMS

What are the problems that a man faces? Man faces problems with the physical body. He experiences pain and disease. He suffers. But when he realizes that he is not the body, the pain may exist, but the problem of suffering comes to an end.

Man suffers due to his mind. He has so many problems caused by thoughts of fear, worry, stress, and anxiety. It leads him to the problem of depression. These problems make him contemplate suicide. Therefore, the monkey mind of man is responsible for most of his problems. But what happens when man realizes that the mind is an illusion. It is just a bundle of thoughts. What happens when man is enlightened to use his intellect to discriminate? Then, all the problems caused by his mind, disappear like a mirage in the desert, a rainbow in the sky. The problems appeared, but his Enlightenment made them disappear. They were a myth.

Finally, man is agonized by the problems of anger, hate, revenge, and jealousy. Who gets anguished? It is the ego, 'I'. But when man realizes that 'I am not I', then man is instantly freed from the terror of anger, the agony of hate, the stress of jealousy, and the fire of revenge. How does man escape from all these problems in a flash? When man is enlightened that he is not the ego, the mind, the body, all his problems disappear. He realizes that all this is a cosmic illusion. It's just a show.

ENLIGHTENMENT IS NOT FOR THE YOUTH

When people read so much about Enlightenment and they are inspired to start a journey to Realize the Truth, they are attacked with one more myth – 'Enjoy life now! Why are you worrying about Enlightenment? Enlightenment is meant to be pursued when you grow old. It is not a subject for the young. Young people must have fun, enjoy life, sing, dance, eat and drink.' The youth believe in this myth and sink in the material world. Suddenly one day, they are gone, only to be reborn! They were fooled and drawn away from Enlightenment.

When should one start the journey of Enlightenment? Is there a particular age? A small child can be taught the alphabet of a language, but such a baby will not understand Enlightenment. But when we grow up, we are taught to drive a car, even to fly a plane because we have a developed our intellect. But did anybody teach us Enlightenment? We have certificates and licenses of driving and flying, but we are not certified with Enlightenment. Are we going to be enlightened after we die?

Enlightenment is more important than any other certification. Unfortunately, nowhere in the world is there a certification of being spiritually enlightened. We are given certificates by our university, but what will we do with all this knowledge if we do not realize who we are, and why we are here! We are fooled into believing that we must pursue Enlightenment later, but unfortunately, that day never comes.

TRUTH 58

WE MUST ATTAIN ENLIGHTENMENT NOW

Do you realize the importance of Enlightenment? Then, start your journey today, start it now! There is no right age to be enlightened. The opportunity to seek the Truth is rare. Most of us just live and die, without Realizing the Truth of who am I. Enlightenment reveals the Truth. It makes us realize our true identity and purpose. It liberates us from all misery, the triple suffering of the body, mind, and ego when we are alive. It also liberates us from the cycle of rebirth after death. It is a pity, we procrastinate and put off the quest for the Truth for a later date.

If you want Enlightenment, do it now. Start your quest now. Start asking questions now. Discover your spiritual mentor or master now. Overcome your ignorance now. Tame your monkey mind and make it into a monk now. You must get into that state of Consciousness now. You must practice silence now. You must seek the Truth now. You must want to become one with the Divine right now. The time is now. Don't let the now escape you. If the myth takes charge of your life, you will never Realize the Truth. Soon one day you will be gone, and you will be reborn. You will accumulate treasures and wealth, only to leave them behind. You will live with the illusion and die without Realizing the Truth. If you seek Enlightenment, start your journey to the Truth, away from the myth and do it now. It's simple. Every myth that you drop will add a Truth to your crop. Soon, there will be no myth left, only the Truth.

WE ARE DIFFERENT FROM GOD

Man is man, and God is God. We have been told this again and again. It has been etched into our minds indelibly. And so, we live with this myth, and do not realize the ultimate Truth of life. We pray to a distant God who we believe lives far away in the heavens. We don't realize that this is a lie that God is not a person, God is a Power, that God is not far away, God is here and now. God is everywhere, in everything. We are unable to realize this Truth because we have been wrongly indoctrinated about who, where, and what God is.

Religions consider it blasphemous if their followers question their interpretation of the scripture and the existence of the God that they advocate. We are supposed to blindly follow the herd, bow down to a person in a picture or before a statue whom we have never really seen. We are made to imagine the existence of mythological Gods, which are nothing more than a fairy tale.

Because we believe that we are helpless human beings, and God is a superpower, we do not even go on a quest to realize who we are. Therefore, there is no Realization of Self and God. We pray to a powerful God as if he is a magician, and our prayers will invoke his magic and miracles will happen. Little do we realize that God lives in the temple of our heart. Even though the scriptures say this very clearly, we continue to believe that we are different, and God is different and one day we hope to go to our God in heaven and see him face to face. But this is an illusion.

TRUTH 59

WE ARE THE MANIFESTATIONS OF GOD

When we Realize the Truth that we are not this body, mind and ego, we are the Divine Soul, we are a Power, then we go on to realize that we are none other than the Supreme Immortal Power we call God. God is the cause. We are just effects. God is the Power that makes our heart beat. It is the Power that gives us breath, from birth to death. Because we continue to live in ignorance, believing the myth, we do not Realize the Truth.

A wave will always think it is a wave until it realizes it is the ocean. It appears as a wave but comes from and goes back into the ocean. So do we. We appear as human beings, but in reality, we are God, the Supreme Immortal Power. Our journey starts when the Power enters the zygote and it ends at death, when the Power leaves. We are that Power, the Power of the Divine. But we don't realize it.

We are manifestations of God. This means, we are God appearing as human beings. Even science endorses that every cell of a human is nothing but energy, appearing as matter. This is the Truth, but because we believe the myth, we don't realize it. God is the cause; we are just effects. When God leaves, there is no breath. At death, we disintegrate to dust. You and me, are in reality, God disguised as man. This is the ultimate Truth, but until there is Self-realization, there can be no God-Realization. We are nothing, God is everything. We are not, alone the Supreme Immortal Power is.

EVERYTHING AROUND ME IS REAL

Every human being believes that this world is real. Everything is permanent. We know what a dream is. It is unreal. It is different from this reality called life. Do we have any doubt about this?

How confidently do we say – 'This is my father and mother. These are my spouse and children. This is my car, my house, my business'! Little do we realize that this is a myth. Nothing is mine. I came with nothing. I will go with nothing. We come alone and we go alone. Somehow, we have been taught that all this is a reality. What is the Truth — we have forgotten to realize.

In a dream, if I see myself as a king in a palace, riding a golden chariot, I wake up realizing that everything was an illusion. It was not real. It was just a dream. While I strongly believe that a dream is a dream, I believe that my life is real. I don't realize that even this life is an illusion. Life is nothing more than a long dream. The difference is, in a dream I wake up in the morning, but the dream called 'Life' awakens us only at death. Look at a dead man – wasn't his life nothing more than an illusion? He believed everything was his, but all his possessions and relationships disappeared in the moment of death. Just like in a dream, wherein nothing is real, in life too, ultimately, nothing is real. Everything seems to be ours, but eventually, nothing is. It is just like a dream! Everything is an illusion, it is unreal. It appears very real because we believe in the myth. But life too is just like a dream.

TRUTH 60

THERE IS ONLY ONE REALITY

The human mind has a limited capacity. It can only comprehend what it can. Can you close your eyes and see with your ears? Of course you can't. The ears are only meant to hear. A human being too is only meant to comprehend life up to a point. We cannot define the Power that has created the universe and all life in it. But we can realize that we are all insignificant particles of that energy that make up the universe.

What is the Truth? Each of the 8 billion people is made up of 30 trillion cells. But each cell is nothing but energy, Divine energy. This energy is everywhere in the universe, in every living creature that walks, crawls or flies. In fact, every molecule of matter as proved by science is nothing but energy and all this energy, is one Supreme Infinite Power. Unfortunately, we do not realize this Truth.

Everything in this universe, animate and inanimate, is ultimately made up of matter, that is in reality, Energy. There is one Supreme Immortal Power that is omnipresent, present everywhere, in everything but appears different. It appears as mortal humans and other living creatures who have a Soul, just as it appears as nature all around us. In reality, everything is an effect of one cause. Everything is a manifestation, an appearance of that one Power. Only that one Power is a reality. Everything else is an illusion. This is the ultimate Truth of life.

AFTERWORD

Even after reading a whole book on the myth and the Truth, it is not easy to attain Enlightenment. We may agree to many of the illusions, and realize that several logical Truths are absolutely correct, but still, something holds us back from a complete Realization that will enlighten us, help us overcome our ignorance. What is it?

Our mind is our biggest enemy. It stops us from Realization because the moment we Realize the Truth, the mind ceases to exist. Therefore, it fights very hard to keep us ignorant. It tries to destroy the intellect that is trying to control it and correct it. As long as the mind is in control, we can never be enlightened, our knowledge can never become realization.

As I talk to people about Enlightenment and share my Realizations, they seem to understand that what they believe in, is just a myth. They even accept the Truth, but do not escape from ignorance. Because their belief system is so strong and they have been indoctrinated, they are unable to change. I ask many people, 'Practice makes…?' and their spontaneous answer is 'Practice makes a man perfect!' Then I ask, 'Is any man perfect?' They admit that it is a myth, nobody is perfect. The Truth is - practice makes improvement and more practice makes more improvement. We know it, but because we have belief in what we have been taught, we continue to accept it as the Truth. When will we reverse this?

When will we ask questions and investigate till we Realize the Truth?

If we want to be enlightened, we have to unlearn many things. We have to wipe out the myth and replace it with the Truth. One by one, we must shoot down the myth. We must overcome our ignorance and replace it with the Truth. This is Realization. Unless, we Realize the Truth about birth and death, about man and God, about heaven and hell, about the Soul and reincarnation, about our purpose, we will just exist. We will live and we will die, without realizing who am I. Then the cycle will continue. We will return, only to suffer. Enlightenment is the solution.

What is Enlightenment? It is bringing in the light and overcoming the darkness. It is bringing in the Truth and removing the myth. It is overcoming illusion and living with Realization. This is the way to be liberated from all misery, while we are alive. This is the way to liberation from the cycle of death and rebirth and Unification with the Divine. But as long as we believe in the myth, we will live with it. We will not get to the root and Realize the Truth. We must take each myth, one by one, and destroy it. Then, the darkness will disappear as the light of Truth will enlighten us. Then we will be free from our ignorance. Every myth overcome and every Truth realized takes us one step forward in the journey of Enlightenment. This is our ultimate goal, just as it is the way to eternal happiness and everlasting peace. It is a choice. We can believe in the myth and live and die with it , or Realize the Truth!

POEM : ENLIGHTENMENT!
The Myth... And the Truth!

We human beings are seeking Enlightenment
But we live and die in the dark
The myth makes us scared of a lizard
Instead of fearing the shark

It's sad that we are taught lies
And our mind is full of junk
It's time for the Intellect to make the monkey mind
Into a silent, tamed monk

But how do we doubt our parents and teachers
Who taught us all that we know?
How can we believe that this world is not real
It's just a cosmic show

For years we have followed our religion
And believed in what scriptures tell
Suddenly to change our belief is tough
That there is no heaven and hell

What is the Truth, what is the myth
How will we get to know?
Until we ask questions and investigate
We will not Realize the Truth of this show

We are taught to chase money and success
And that the Goal of Life is Achievement
We live and die without realizing
That the Goal of Life is Enlightenment

Throughout life we chase pleasures
And to become happy, we try to be
We never Realize the Truth that happiness is within
And then from misery we are free

Money can buy medicines and a bed
And it can buy a diamond ring
But money cannot give us health and sleep
True Love it cannot bring

So, throughout life we believe in the myth
We never learn the Truth
We live and die with ignorance
Not getting to the bottom of the root

We try to be happy in a tomorrow
A tomorrow that is not yet born
And we live with the miseries of yesterday
A past that is forever gone

We believe in astrologers and palmists
And like fools show them the lines on our hand
We don't realize that everything is controlled
By a Supreme Power beyond our land

We live and die with ignorance
Thinking we are the body, ego and mind
But the Truth is that we are the Divine Soul
This Realization, when will we find?

We come with nothing, we will go with nothing
This Truth, don't we know?
Enlightenment will open our 'real' eyes
To realize everything is just a show

The myth makes us celebrate our birthday
With balloons, candles and a cake
The Truth, we were conceived nine months prior
To this Truth, when will we Awake?

We think God lives in a distant heaven
He is made of blood, bone and skin
That is a myth, the Truth is this
God is the Power within

Doesn't each human being on earth say with pride
'I am Roger, Steve or John'?
These are just names, when will we realize
One day, this body will be gone!

Most of us believe in the Law of Action
Everything unfolds as per our deed
But some believe in the myth about Luck,
Can we get mangoes with an apple seed?

Then, why do we believe the Law of Attraction
That we can manifest all we dream?
When will we realize, not attraction, but action
A Team and Scheme will fulfill our dream

We believe the myth that our mind is king
And we trust it can do anything
When will we realize it is the biggest enemy
That throughout life does misery bring!

Isn't it true that we must die?
Death is certain for all who are born
Some of us believe we are this body
Don't we see that one day, it will be gone?

Then, why do we believe that after death
To a distant heaven we will go?
We ourselves destroy the body of our loved one
And then believe to God they will go

We haven't understood death, have we?
The myth of death makes us live with fear
The loss of all that we own and the beyond, unknown
Makes us shiver, year after year

Why do bad things happen to good people?
This question our ignorance does ask
When will we Realize the Truth that
Everything unfolds as per our task?

Then, we blame God as being cruel
And say that He is unjust, unkind
This is sheer ignorance my friend
It is a trick of our monkey mind

It believes that good deeds will take us to heaven
But think, who will go there?
The body at death has become dust
And the one who died, is where?

Of course, we have to pay for our actions
Pay for every good deed and sin
When we Realize the Truth of Rebirth
Then, this battle of life we can win!

But we just live with ignorance
Thinking bad thoughts will control our life
It is not bad thoughts, but actions
That we do to our friends, husband or wife

And so, we pray to our Heavenly Father
To forgive us for our bad deeds
When will we realize the law he made?
Everything grows as our planted seeds

The Truth is simple, it can be learned
If we transcend the ego and mind
But first we must discard the fairy tales we learned
Then Enlightenment we will find

For years we are taught this story
That God lives in a temple or church
We live and die with the ignorance
But for God we never search

We think God is a statue or picture
Who has a name and a form
We don't realize that God is the Supreme Power
He is immortal, He never dies, nor is ever born

But because we are taught, with prayer
To God we can go
We continue to fold our hands at pilgrimages
Till the end of our life show

Is there a way to find God?
This Truth we never find
We just live as slaves of our ego
And our rascal monkey mind

Because we just believe everything
We are taught and we are told
To the myth and the superstitions of this world
And to the rituals we are sold

Religion is good, it teaches us basics
But it's just a kindergarten, it's where we start
If we want to realize God
We need Spirituality that will make us realize our Lord

Spirituality is the way to realize God
To realize the Power in our heart
To realize we are ourselves that Supreme Power
And with the Power we will unite, when we depart

But as long as we believe that our ancestors are alive
In some heaven far away from earth
We will not realize the mind and ego
Will return to earth in a rebirth

Why do we believe in the fairy tales?
Stories that preach suffering of the Soul
To realize that the Soul is the Supreme Power
Is our life's ultimate Goal

But we are taught about good Souls and bad Souls
We don't realize our souls are all one
Our bodies and mind are different
But our Soul is the Power of the sun

There is one Power that controls everything
The Supreme Immortal Power
But until we overcome our ignorance
The Truth we will not Discover

Have you ever stopped to realize
What is the purpose of life?
When you do, you will be free from all misery
The triple suffering that causes you strife

The past is gone, you can't change it
But you can change life from now
Go in quest and Realize the Truth
Today, take this solemn vow

Let go of the fairy tales, the myth and the lies
And Realize the Truth of this show
We are just actors, this earth is a stage
We just come and we must go

Before we go, let us overcome the myth
Let us transcend the ego and mind
Then, we will attain our ultimate Goal
Within, the Divine we will find

And if we don't Realize the Truth, then what?
One day we will die on earth
Then we will return again and again
As we suffer in a Rebirth

Those who Realize the Truth of life
That they are not the ego, body and mind
They are liberated and free from all misery
Everlasting Bliss and Peace they find

By
AiR
Atman in Ravi

ABOUT THE AUTHOR

AiR- *Atman* in Ravi

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

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

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

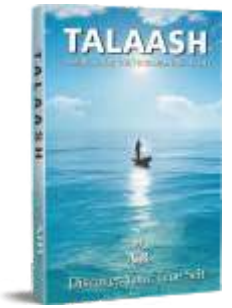
After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing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

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 40 books, composed and sung about 1200 bhajans written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many

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

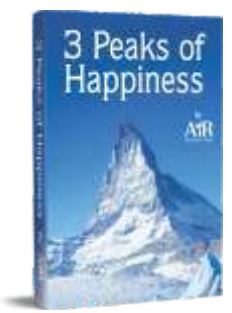
Started with nothing...
Became something...
Achieved everything,
Only to realize we are nothing!

BOOKS BY THE AUTHOR



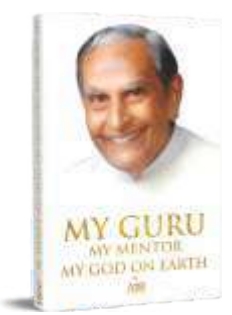
1. Talaash

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



2. 3 Peaks of Happiness

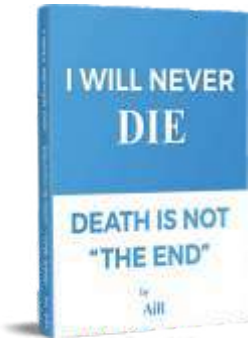
This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and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



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

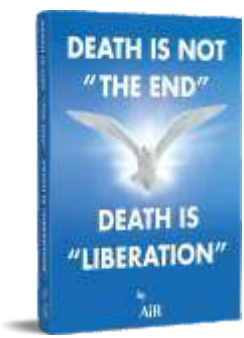
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.

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



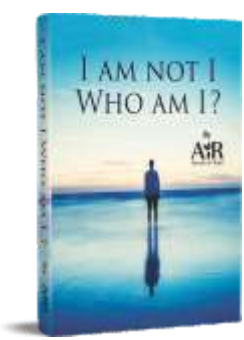
In the journey of his life, AiR Realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.

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



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

6. I Am Not I. Who Am I?



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

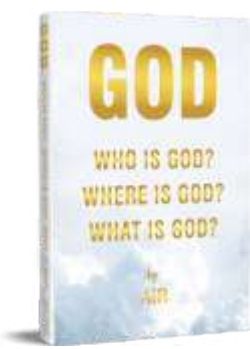
7. The Mind is a Rascal

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

8. A Cosmic Drama

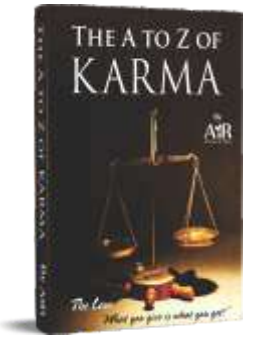
This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

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



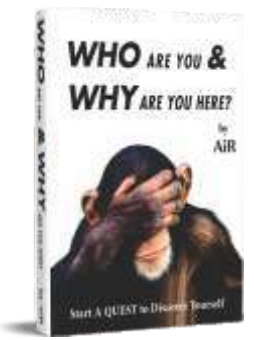
These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.

10. The A to Z Karma



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

11. Who Are You and Why Are You Here?

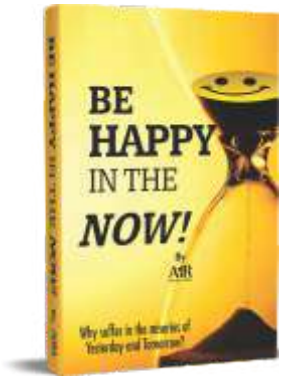


This is a simple book that prompts us to ask the right questions to discover the secret of our life—who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.

12. The 4th Factor

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

13. Be Happy in the NOW!

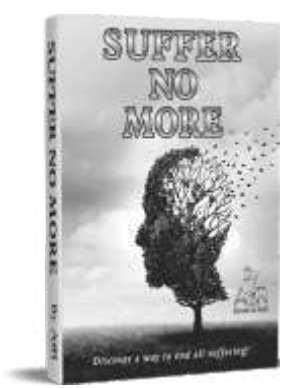


Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of eternal joy, bliss and peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.

14. Questions You Must Answer before you Die!

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

15. Suffer No More

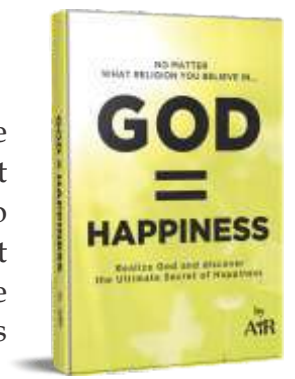


'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.

16. Success is not Happiness, Happiness is Success

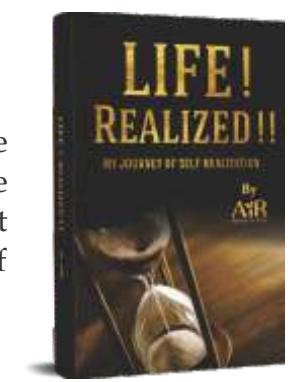
People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.

17. God = Happiness



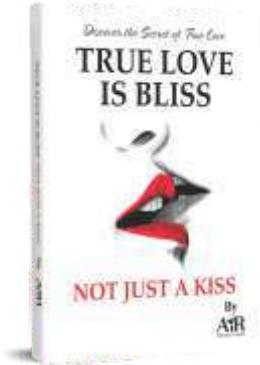
In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life! Realized!!



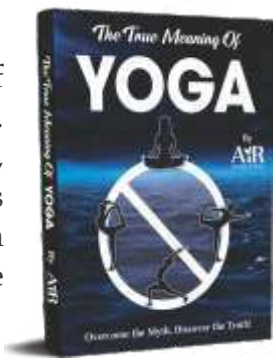
This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.

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



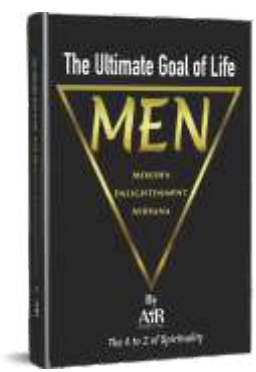
Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.

20. True Meaning of Yoga



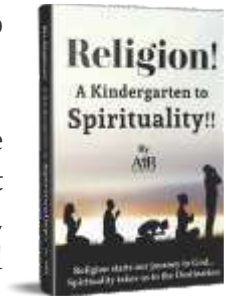
Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.

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



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

22. Religion! A Kindergarten to Spirituality!!

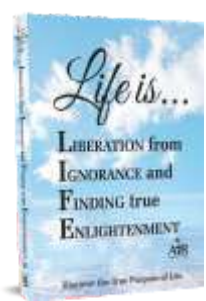


This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.

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

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

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



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

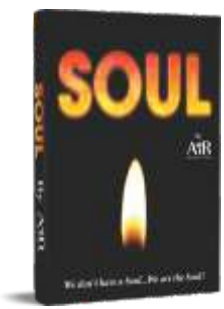
25. The Ladder to Heaven

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

26. FEAR- False Expectations Appearing Real

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

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

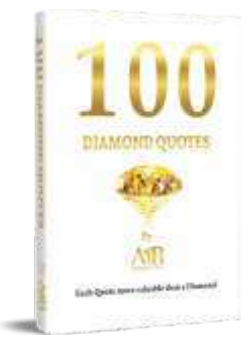


The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!

28. But We Pray!

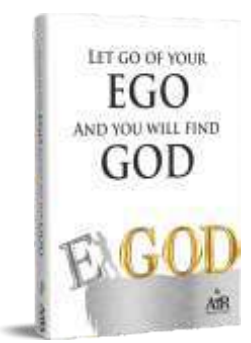
The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.

29. 100 Diamond Quotes



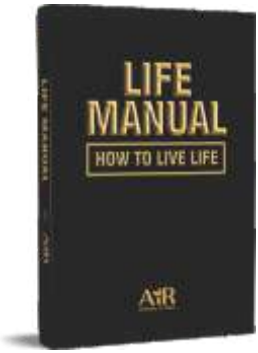
Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on happiness, liberation, realization, spirituality, and enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than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

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



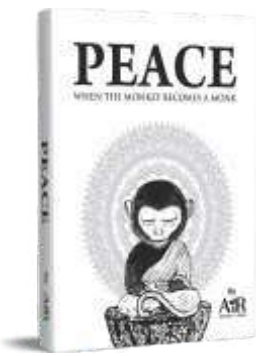
Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go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

31. Life Manual - How to live life?



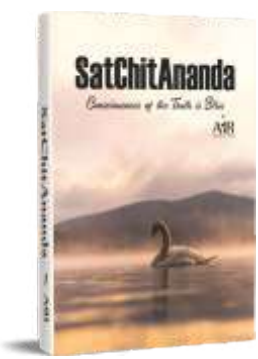
Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.

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



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

33. SatChitAnanda - Consciousness of the Truth is Bliss

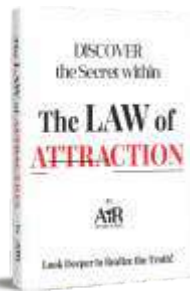


Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of *SatChitAnanda* and shows us the way to live every moment of life with seamless joy and peace.

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

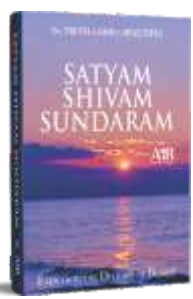
What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.

35. Discover the SECRET within The LAW of AttraCTION



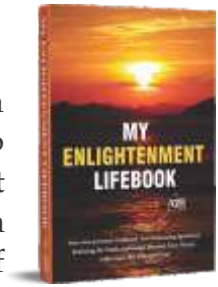
Many of us believe in the Law of Attraction, that we can realize our dreams through this mystical, magical law. But not all people are able to realize their dreams.This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.

36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty



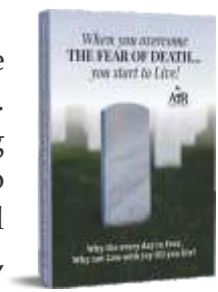
This book, based on the ancient chant Satyam Shivam Sundaram - the Truth is God is Beautiful, will help us realize a profound truth, that Beauty is Divinity. It will change the way we pray and build a closer connection with God, as we realize the Divine in the temple of our heart.

37. My Enlightenment Lifebook



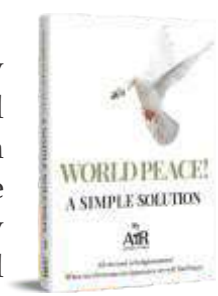
This book is a treasure of crystalized wisdom that is put together in a simple manner to help one Realize the Truth. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment.

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



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

39. World Peace! A Simple Solution

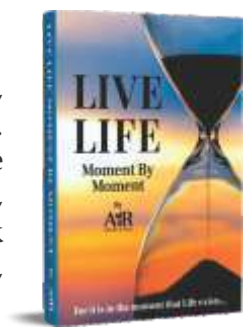


The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful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

40. Many Problems, One Solution

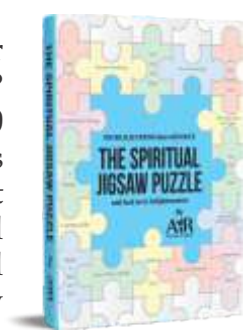
Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!

41. LIVE LIFE... Moment by Moment



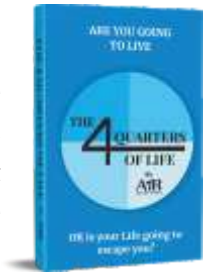
Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!

42. The Spiritual Jigsaw Puzzle



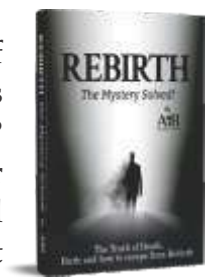
Are you seeking eternal happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be enlightened with the Truth, and liberate you from all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

43. The 4 Quarters of Life



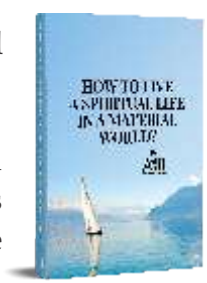
To discover the purpose of life, we must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the ultimate goal of life, Enlightenment, which few people do. This book will inspire you to live a complete life, Quarter by Quarter, so that you can live with bliss and everlasting happiness.

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.

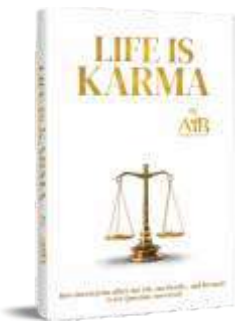
45. How to Live a Spiritual Life in a Material World?



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

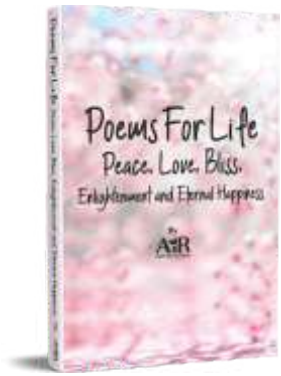
can liberate us from all misery and suffering. Some people do take the road less travelled, the Spiritual path, and go on a quest to Realize the Truth. But is it even possible to live a Spiritual life in this material world, surrounded by worldly pleasures? Of course, it is! Spirituality is not really about renunciation, but Realization. This book shows the way to that inner voyage of eternal happiness.

46. Life is Karma



Life is Karma. As life unfolds day after day, we are confronted with circumstances, good and bad, and we wonder why things are happening the way they are. Is it luck, chance, serendipity or is it God instructing what should happen in our lives? It is none of these. It is Karma. Karma is a Law of Action, a Law of Action and Reaction, which is based on the principle, 'as you sow, so shall you reap.' Everything that is happening in our life is unfolding as per Karma. But we don't realize that it is twin Karma, one, the Karma of the past which we cannot change and second, the Karma of the present which depends on our free will, our choice of action that we choose based on our intellect. But it is not as simple as this. Everything that we do in life creates Karma. And even after we die, our Karma continues with our Mind and Ego, ME that takes rebirth on earth along with its karma. This book 'Life is Karma' explains everything about Karma, and beyond, how we can be liberated from Karma and be united with the Divine.

47. 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.

And Now

48. Enlightenment - The Myth and The Truth

Next in pipeline…

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

50. Happiness is Success

ENLIGHTENMENT!

The Myth... And the Truth!

Somehow, we are fooled into believing that Enlightenment is a unique gift to the intellectual sages and saints. It is something found in the depth of religions and scriptures. We don't even know the meaning of Enlightenment because we live with the fairy tales and the lies that we are taught.

Enlightenment means to bring in the light. We are enveloped by the darkness of ignorance and therefore, we do not see the light of Truth. To be enlightened means to open our 'real' eyes and Realize the Truth.

To Realize the Truth, we have to unlearn what we learned, the lies, only then we can discover what is right. We have to bust the myth that we have lived with. Dozens of myths have controlled our life. We think we are the body, ego and mind. We are taught that Success is Happiness, and we celebrate our birthday the day we 'arrive' in this world, although we were actually born 9 months before. It's time to stop, to bust the Myth and to Realize the Truth.

This book will help you be enlightened with the Truth as it will bust each Myth you have lived with, Myth after Myth.

By

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