

GOD IS NOT GOD

GOD IS SIP
SUPREME IMMORTAL POWER

By
AiR
Atman in Ravi

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Atman in Ravi
Ravi V. Melwani

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PREFACE

I was a staunch believer in God. My faith in Lord Shiva was unshakeable. I prayed with fervent devotion and dedication to Lord Shiva from the time I was 8 till I was 48. For 4 decades, my belief in my Lord gave me hope and enthusiasm. I loved God. I wanted God. In that passion for the Divine, I went on a quest. Where was my beloved, my Lord? My **Spiritual Master, Dada J.P. Vaswani** led me on a *Talaash*, a quest to find out the true purpose and meaning of life. He kindled in me an obsession to realize the truth. I started my journey on a path that would lead me to a state of eternal happiness. It was that same path that would lead me to Self-Realization and God-Realization.

On 31st Aug 2014, I experienced a divine realization of the truth. I was enlightened with the true meaning of Life, Self and God. The dark ignorance that filled my life for 40 years, disappeared as the light of truth, made me realize the Ultimate Truth: **GOD IS NOT GOD. GOD IS SIP. The Supreme Immortal Power.**

I was shaken by my Realization. How could it be possible that the God I believed in all my life, was not God? How could I accept that my religion was not the Ultimate Truth? My mind initially refused to accept this realization to be the Truth as per my intellect and pulled me back to my Lord Shiva. I had grown up with the belief that Shiva was God, the most powerful destroyer. I used to go to the temple every day. My grandfather instilled in me the power of faith, the belief in Lord Shiva, and my father inspired me with his unflinching faith and

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devotion to Shiva, our family God. Shiva was a God that the whole world believed in! Shiva was my God, who made every dream of mine come true. Now suddenly, after my Talaash, my retreat, my quest, I had this Realization that God does not live in the temple that we go to day after day. **The temple of God is within, in our heart.**

Lord Shiva gave me the vision to build a mammoth statue and gave me the power and resources to make this vision happen. I built a temple with a 65 feet statue of Lord Shiva on Old Airport Road, Bangalore, and it was consecrated by **His Holiness Sringeri Jagadguru Shankaracharya** on the auspicious day of Mahashivratri, 1995. Now, after 25 years, I am sure that this statue is not God, God is the Supreme Immortal Power. God is SIP. Suddenly, I don't pray *TO* God's statue anymore, I pray *THROUGH* it to **SIP – the Supreme Immortal Power** that has created this universe and that governs it, day after day.

There is no doubt that a Creator exists. We call Him God. Some think God is Shiva, some think God is Jesus, or Krishna. There are thousands of Gods, but who is the real God? Where is God? I was blessed to realize the truth that God is SIP. It is this Divine revelation that led me to title my 49th book – **God is not God. God is SIP.** I want to share with the world how the God we believe in builds faith but can stop us from realizing the real God, the SIP, the Supreme Immortal Power that is within. For 40 years, I lived with blind faith, but my love for God made me Realize SIP. May this book open your Real Eyes, as you Realize the Power of the Divine in the temple of your heart!

INTRODUCTION

'How dare somebody say that God is not God!' The first reaction is shocking. 'I believe in God, and I trust God. God is my Creator, my saviour. God is everything. How can anyone say that God is SIP?' It is natural for anybody to react this way. But once we introspect, we contemplate and we understand who God is, where God is, and what God is, then we will realize the truth about God. We will realize that God is not God. God is SIP, the Supreme Immortal Power.

While most of the world believes in their God - Christians believe in Jesus, Hindus believe in hundreds of Gods whose statues and pictures are in their temples - Shiva, Krishna, Rama, Durga, Ganesha, Balaji, Sai Baba and others, and followers of other religions believe in their God, the questions that remain unanswered are, 'Who is the real God? Are there so many different Gods? Which religion is the best and which God is the Supreme God?' This controversy has led to conflicts in the whole world and one man is willing to kill another in the name of God. Isn't it pity, a shame!

If we use our intellect and analyze, 'Can God be like us humans, made of bone and skin or is the Creator a Power? Can God be born, and can God die? Can God have a name and a form? Can God be male or female? If God were like you and me, then, he would need a cardiologist and a dermatologist! Isn't it funny that we are taught these mythological stories and then, we believe

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in dogmas, rituals, and superstitions throughout our life, without realizing the truth about God!

Does God live in a distant heaven or is God an old man, with a long white beard who lives somewhere above the clouds? As kids, we were all taught these fairy tales and we believed that Santa Claus would bring us gifts on Christmas. Today, we know, that these beliefs are a myth, but we don't realize it. We just continue to pray to God, till we die. We don't go on a quest to find out – Who, Where, and What is God? Unless, we go on a Quest, there can be no God-Realization.

Can there be many Gods or is there just one Supreme Power? Isn't it true that God is birthless and deathless? Although the scriptures say, '*The kingdom of God is within*', '*God lives in the temple of your heart*', '*Not this, not this – Thou Art That*,' we blindly believe in our God and do not correctly interpret our scripture. We live and we die, and we don't realize the truth about God.

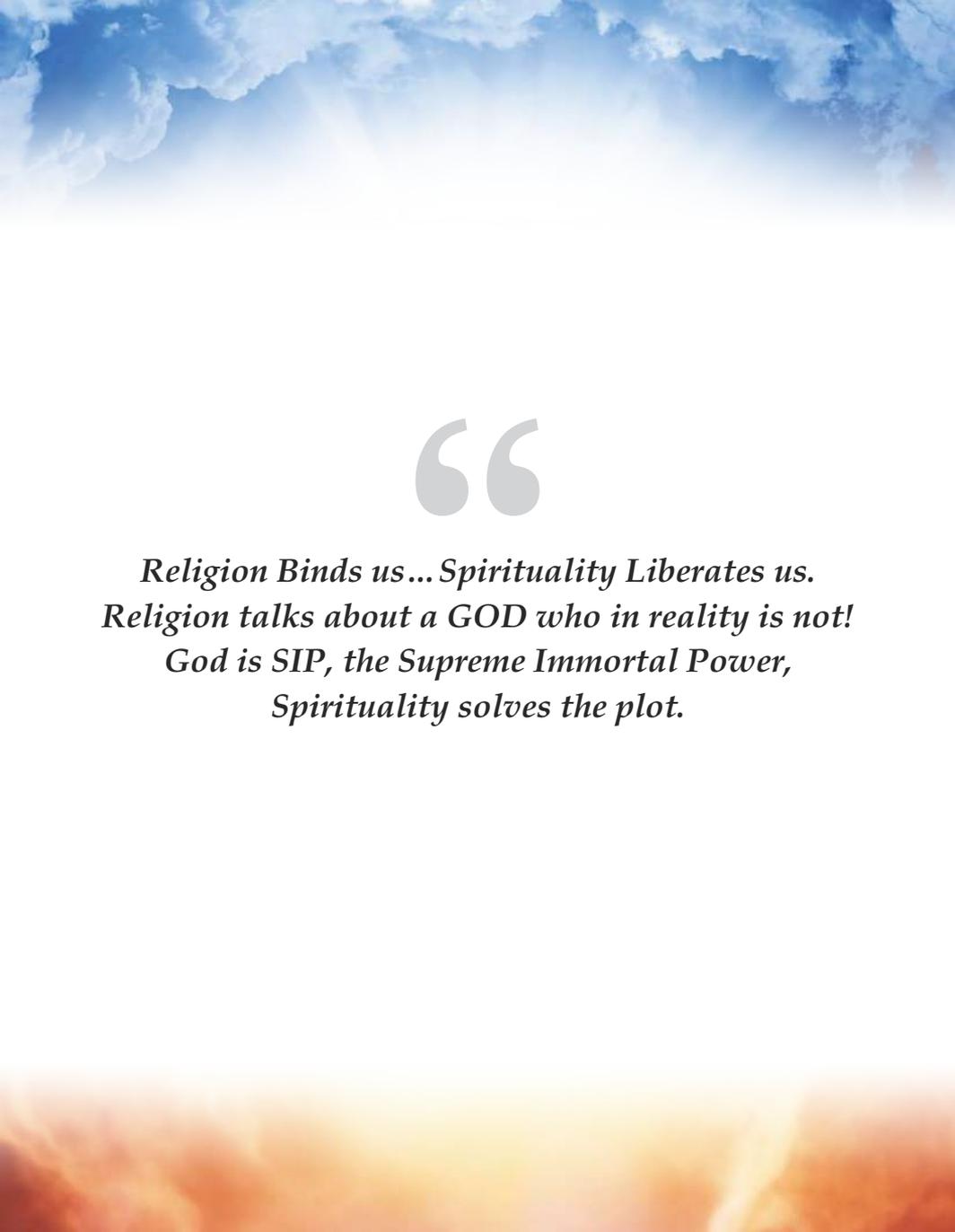
All religions are good, but religion is only a kindergarten. While we all grow from kindergarten to school and then to university, when it comes to God, we remain in the kindergarten of religion throughout our life. We don't evolve to graduate in the university of Spirituality. We don't realize that God is a Power, the Supreme Immortal Power. We don't realize that God is not God! God is SIP. This book will reveal this Truth. It will bust the myth you have lived with all your life. It will unveil the mystery of **Who, Where and What God is**. If you truly love your Lord, it will enlighten you to be liberated from this world and be eternally united with the Divine.

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“

*Religion Binds us... Spirituality Liberates us.
Religion talks about a GOD who in reality is not!
God is SIP, the Supreme Immortal Power,
Spirituality solves the plot.*

1

DOES GOD EXIST?

Many atheists believe that there is no God and there are many agnostics who question whether a God exists at all. While we may not be sure about who God is, what God is, and where God is, there is no doubt that God is.

You and I are proof that God exists. This world and all of creation must have a Creator. Christians may call their God Jesus, Hindus may call their God Krishna, Rama, Shiva, or Durga, and other religions may believe in different Gods, but the majority of humanity believes in a God. So, why does the question arise whether God exists or not? It is because God is not visible. We pray to a statue in a temple or a church, but we have never seen God. We have been told that God exists and taught that there is a Supreme Creator. But none of us has actually come face to face with God. Many of us have a vision of a God. We see our God in a dream and visualize our God appearing and blessing us. We have blind faith that this God exists because we are indoctrinated by our religion and scriptures. The question, whether God exists or not, continues to bother us.

We eat French Fries because of McDonald's. We drive a Mercedes because of the Benz Corporation. We use an iPad because of Apple, just as we make photocopies because of Xerox. Every product has a manufacturer, and so everything on this planet and this universe must have a Creator. Who

created the sun, the moon, the stars, the birds, the animals, and the flowers? Who caused you and me to come into existence? Of course our parents are responsible for our conception but do they actually create us? Some people believe in the Big Bang theory, that millions of years ago there was a humongous explosion that caused this cosmos to come into existence. If there was a Big Bang, who caused it? Some people say it is nature. What and who is nature? What is the source of creation? Others attribute the source of man to be an ape. They believe in Darwin's theory of evolution. Why then are apes not becoming humans today? Because we believe in these fairy tales, we never realize the truth about God. There is no doubt that a Creator exists. The problem is that different religions and cultures believe in different Gods, and it seems that there are dozens of Gods, when in reality, this is not possible. There is just one God.

No doubt a Power exists, a Power that not only created this universe but also controls everything that happens in it, day and night, summer and winter, birth and death. All this is controlled by a Divine Power through universal laws. It may all appear to be magic, but there is a simple logic that there is a Creator and a Preserver of this world, one we call God. Unfortunately, because we have created so many Gods and so many religions, we are confused about who God is. We think of God to be a man or a woman, Indian, African or American and so, we are all confused and we question God's existence.

*While we are not sure Who God is, What God is, Where God is,
There is no doubt that God is.*

2

THE MYTH OF GOD

While there is no doubt that God exists, there are too many myths about God. Every religion has created a fairy tale so mysterious, that their mythological Gods continue to prevail till today. Today, we believe in 'our' God, not because we have seen God, but because this is what we have been taught by our parents and teachers. We have been shown pictures of a God on an elephant, a bull or a peacock. We have been made to believe that the sea was made to part so that God's people could walk through. We pray to statues of a God with an elephant head; we pray to a monkey God; a God with snakes all over him and a crescent moon on his head. While the Creators of these Gods have used their imagination to fantasize about God, we do not realize that God is beyond human comprehension. The myth that we have grown up with, not only confuses us about who God is, but often leads people into becoming agnostics, who then question the very existence of God.

Hundreds and thousands of years ago, ancient civilizations gave name and form to God and the myth has become the Truth. In the beginning, man prayed to a Power because he could not comprehend God and he was helpless. He prayed to various forms of nature. He prayed to the sun, to the wind and to the rain. He also prayed to the Lord of prosperity and suffering. To make his prayers and faith firm, he gave names to God. Some civilizations even created a form that then became statues of the various Gods that the world believes in today.

Over the centuries, more and more Gods have evolved, just as more and more religions have been established. Every time a saint or a sage preached about a God or a Creator, his departure from the world, had spun into a new religion. So came, Buddhism, Jainism and Sikhism, and the dozens of other faiths and beliefs.

What is the truth? Are there many Gods? Who is the real God? Every religion claims that its God is the only true God. Is it possible that one God made the sun, and the other God made the earth? It is most unfortunate that because we believe in the myth about God, we continue to let the fairy tales of our mythological Gods and the folklore that have continued over generations, make us blind to the truth. Not only do we believe in an imaginary God, but we are made to follow rituals, dogmas, and superstitions that take us further down a path that actually takes us away from God. God is not a person that we can find. God is a Power and unless we go on a quest for God with deep love and yearning, we will never realize the truth. Because our religions consider it to be blasphemous, we do not even question the existence of the Gods around us and we do not realize the truth about God. We pray to God as if God is made of bone and skin and never realize that God, who is a Power, is the God that lives within.

*Because we believe in the myth like Santa Claus
and other myth about God,
We don't go on a Quest and Realize the Truth about our Lord.*

3

WHO IS GOD?

While most of us believe that a God exists, there is considerable confusion in the world as to who God truly is. The moment we say 'God', an image of the God we believe in, flashes in our mind. To many, it is Jesus Christ. To some, it is Krishna or Rama, to others, it is the Buddha or Shiva. Each one of us believes in a God that we have grown up with, thinking that this God has created the universe. Religion has added spice to the mythological fairy tales. We read about Brahma - the Creator, Vishnu - the preserver, and Shiva - the destroyer, just as we are taught about the Holy Trinity - the Father, the Son, and the Holy Spirit.

Then, there are mythological classics like the Mahabharata, the Ramayana, stories of Moses and the 10 commandments and the parting of the Red Sea to the Promised Land. These are just a few of the many stories that indicate who God is. Some followers of some religions get offended when anything is said about their God. They believe in their own religion and scripture. There are a few who don't believe, and a few who remain uncertain about who God is. But by and large, most of the world believes in a God.

We believe that God has created this world. We believe that God is all-powerful and knows everything. Still, we don't go on a quest to realize the truth about God. We believe and pray with faith, hope and trust, but probably our yearning for God

is not so passionate and intense that we leave the world and go in search of God. People today go to the extent of killing each other because they believe in a different God. They want others to convert to their religion and follow their scripture only because they believe that their God is the real God, the most powerful Power, and the Gods that others believe in are not truly God. Our parents and our religion indoctrinate us with this belief about who God is, and this is engraved in every cell of our belief system. Further, we are told, that it is a sin to question the existence of God. It is blasphemous to doubt who God is. A very few amongst us go on a quest to understand the truth about God.

Can God be made of bone and skin? Can God have a birthday, and can God die? If God were like man, then who created God? Because we have a mind that has a limited comprehension, we are unable to fathom the Power of God that is so vast that it exists in every atom of this universe. But we don't realize this. We just live and die with the belief that God is the one that we pray to in a temple or a church. We don't search for the answer to the question, 'Who is God?'

Because we do not go on a quest, we live and we die with ignorance, believing that God is the statue or the picture that is framed in our home and temple. We want God but we never find God because God cannot be *Found*. God has to be *Realized*.

*Is God Hindu or Christian, a Statue or a Saint?
God is the Supreme Immortal Power that no artist can paint.*

4

WHERE IS GOD?

Have you ever stopped to wonder where is God? Does God live in a temple or a church? Does God live somewhere far away on a distant star? Does God have his own heaven in a universe beyond this cosmos? Somehow, we have been taught that God is above the clouds in the skies. Therefore, whenever we want to pray, we often look up at the skies, imagining that God is up there. We even refer to our God as the Heavenly Father, who is up in the heavens or *Uparwala*, the one above. But is God really up there in the skies as many of us believe?

Many of us are devout in our belief and we innocently go from place to place to worship God. Pilgrimages all over the world thrive with religious tourists who flock and climb mountain peaks, cross distant oceans and go into remote caves in search of God. Others add to the mystery and sense of awe by building temples on steep cliffs and monasteries in exotic locations, only to enhance the journey to God. But is God actually in any of these places?

For most of my life, I believed that my God, Lord Shiva lived in Mount Kailash and it was my dream to go there. I even went to Haridwar and Rishikesh and then Badrinath, but never found God in any of these temples or pilgrimages. When I asked a temple priest in Badrinath about the whereabouts of Lord Shiva, he pointed to a snow-capped peak rising behind the Badrinath temple - 'That is Mount

Neelkanth,' he said. 'Lord Shiva used to reside here. But he moved with his consort – Parvati, to Kailash.' Most of us are so naive that we actually believe in these fairy tales. We imagine that Krishna lives in Vrindavan, and we go to Tirupati thinking that God is up in the mountains. But where is God in reality? Is God actually in a temple or church or in ancient shrines of Egypt or in the Himalayas of Nepal and India? Some children imagine that God has his heaven deep below the oceans!

Little do we understand that God is not in any of these religious places or pilgrimages. Because we don't know who God is and what God is, our beliefs about where God is are also untrue. As long as the world continues to believe in the fairy tales about God, we will never realize the truth about God. The scriptures say that the kingdom of God is within, that God lives in the temple of our heart. Other religions advocate that God is everywhere, in everything. We have heard this many a time, but we just listen, and we continue praying to our God without contemplating the Truth. Because we think our God is God, we never realize the Supreme Immortal Power that God truly is. Many people get offended when somebody questions who their God is or where their God exists. They live and die, chanting the name of God, blindly believing in the image that has filled their sight from the day that they started to pray. Do you know where your God truly is? Isn't it time to find out?

*Is God in a distant heaven, or somewhere remote in a cave?
Will you realize God, or take the myth to your grave?*

5

WHAT IS GOD?

What is God in reality? Is God man or a beast? That is easy! God cannot be a beast because man is thought to be the only intellectual living creature. But we still pray to a God who has an elephant head or who has a monkey tail, but we don't seem to doubt who God is! We decorate our Gods and seem to be so devoted in trying to please the Lord. Somehow, it seems that the world believes that God is male. Therefore, most of the time, we refer to God as 'he' or as 'our Father', though the world prays to female deities, Goddesses too. But is God a human being, a male or female?

If God were human, then, God should have been born and God would have to die. Thus God would have parents, and if we celebrate the birth of our God, accepting this belief, then who caused the birth of our God?

Many people who yearn for God and go in quest, come to this realization that God is not the God that we visualize. They realize that God is a Power. They may pray to a statue, but they know that the statue is just a form, and not truly what God is. In ancient civilizations, people used to pray to the 'Sun God' because the power of the sun gave them life. They would pray to the 'Rain God' who would control the food that they had to eat, just as they would pray to the God of the winds. People believed that there was a God of death. They became helpless when they would see a dear one pass away and then,

they would pray for the one who had departed. In those days, God was believed to be a force of nature. Slowly, religions came about and created statues of Gods and intriguing fairy tales. The numbers only grew and the question of what God is, got lost in the numerous mythologies in the civilizations that sprouted around the world.

Because we are taught that our God is God, and there is no other God, we blindly believe this. Our parents tell us about where God is and who God is, but there is no iota of doubt that God is the one we pray to. Unfortunately, because we live and die in our ignorance about God, just as our parents were indoctrinated and they lived through their life believing the fairy tale, we not only believe that God is the God that we pray to, but we also teach our children the very same lies that we were told. The lies continue generation after generation and we never realize who God is, where God is, and what God is.

Every now and then, a wise sage is born on earth and he advocates that God is a Power that is nameless and formless. God is the Supreme Power that is present everywhere. Their voices echo for some time, but soon the Saint is dead, and we paint a picture of the saint and create another God. Thus there is no end to the number of Gods, but we do not realize the truth of what God is.

*Is God like us, humans? Is God male or female?
As long as we don't investigate, our ignorance will prevail.*

6

DOES GOD BELONG TO A RELIGION?

Every religion says that *my* God is God. They believe that *their* religious institution is the only real, genuine place of worship. They believe that only *their* scripture is true and conveys the original message of God. Not just that, they criticize and condemn other religions leading to global conflicts and even wars about whose God is Supreme.

Does this question have any merit? Does it require great intelligence to realize that God is one, that all Gods of all religions may appear to be different, but in reality, God is beyond religion? God does not belong to any religion. We human beings have created religion to pray to God, but unfortunately, religion, while teaching us to believe in a God, ultimately stops us from God-Realization. Religions, inadvertently, lock us in a prison of scripture and faith and stop us from realizing the truth and becoming one with the Divine.

The word 'religion' itself means reverence for God. But because of our ignorance, wherein we don't realize who, where, what God is, we pray to a very micro-version of God, and we lose sight of the big picture. Although each and every scripture talks about how we should live, give and forgive, how we should love our neighbour and how the Divine is present everywhere, in one and all, we misinterpret our religion and our scripture as we blindly believe the fanatics who misconstrue God to belong to just their religion.

Can God belong to a religion? Religions are part of the whole, but God is the Supreme whole. Religions are a way to pray, to show our gratitude to the Creator, but we try to fit God into a religion. It is just like thinking of God as the ocean, and religion as our bathtub and trying to fit the mighty ocean into our tiny bathtub! Because of our ignorance, we do not realize the truth of the Supreme Immortal Power that God is. Not only does our religion make us addicted to our beliefs, but it also creates extremist views that create hate, the very opposite of Love, what God truly is.

Religion is meant to teach us the basics of God. Our scriptures are meant for us to seek God, to yearn for God. Religion is just like a kindergarten. Just as we grow from school to university, we are supposed to become graduates in spirituality. Alas, we live and die in the kindergarten of religion, believing in and praying to our God and our scripture. But ultimately, we do not realize the truth about the Divine and do not become one with the Supreme Immortal Power.

God does not belong to a religion. God is nameless and formless. God is a Supreme Immortal Power. When our religion makes God a human with bone and skin and makes God appear as a statue in a temple or church, we lose sight of the Power that God truly is.

*Because Religions give God a form and a name,
We live and die, in this ignorant game.*

7

RITUALS, DOGMAS, AND SUPERSTITIONS

While man has progressed tremendously and created computers, airplanes, and even space shuttles, many of us still continue to believe that our life is controlled by the position of the stars, by the lines on the palms of our hands, and by the other different superstitions we have grown up with. Over the centuries, religions and cultures alike, have created rituals, acts that we have repeatedly performed for so many centuries, that it has become our second nature. Therefore, we don't stop to question the dogma of our religion. We are so indoctrinated, that although what we do is nothing more than a myth, we continue to believe it to be the truth and let it control our ignorance till we die. Isn't it unfortunate that we believe that if we go to a temple and offer money and gifts to God, we will please him, and he will fulfil our dream? Isn't it strange to believe that if we pay 10% of our earnings to our religious institution, then our Lord will suffer for our sins, and we will be forgiven? Till when will we continue to remain ignoramuses and believe that God will be pleased with these material offerings? Does God want our money and wealth? We so foolishly follow our religious leaders, that ultimately, we do not realize our Lord.

Prayers of different religions are so full of meaningless rituals that very little of what we do in the temple of God makes any sense. We just repeat and chant certain mantras and hymns like parrots, without understanding what we truly say and to whom we pray.

We are made to do *Aarti*, sing songs and hymns, light *Agarbatti* or incense sticks to appease God. We light candles, go through religious rituals like partaking of bread and wine, and believe that this is an act of divinity. When will we escape from meaningless rituals instituted by unscrupulous elements who continue to use these so-called religious acts, to imprison us in our superstitions? We are so blind that we even believe that not following these rituals and dogmas, will displease God and we will be cursed, and we will suffer for the rest of our life.

It is time to stop and question every ritual. Why should I go around the statue 108 times? Why should I follow and believe in the superstition that some time and days of the week are Divine and auspicious, while others are inauspicious? Shouldn't we be suspicious of these fairy tales created by people and institutions who want to control us by creating fear in us? As long as we live by fear and not by faith, we will never realize the Supreme Immortal Power. We will just continue to pray to an unknown God, foolishly following rituals, blindly believing superstitions, and continuing with our dogmas till we die. It is time to realize the Supreme Immortal Power and let go of all these meaningless rituals and superstitions that have controlled the generations that have gone before us. It is time to overcome the myth and realize the truth about the Almighty.

*If we blindly believe in meaningless rituals that scriptures tell,
We are bound to suffer and experience hell.*

8

WHICH GOD IS THE REAL GOD?

Finally, the question that remains unanswered is – 'Which God is the real God?' Suppose 3 children are arguing. 'My dinosaur that grows on the tree in my garden, is the most powerful,' says one. 'No', says the other, 'my butterfly, that swims in my ocean, is more powerful'. 'Of course not,' retorts the third, 'my horse, that flies in my sky, is the most powerful of all.' If we hear 3 innocent children talking like this, we will smile at their childish ignorance and laugh over it. But when it comes to God, we grown-up adults behave childishly and foolishly believe that our God is he or she, is Hindu or Christian, lives in heaven or somewhere in the stars. We don't realize that God is beyond our imagination and comprehension. When we have not realized the truth about God, and we try to compare *my* God with *your* God, we are like these 3 little children, fighting over the myth that we believe in.

God is one Power. There is one Supreme Immortal Power. I may call my God, Shiva and you may call yours, Jesus, but that doesn't change who and what God is. Water is water in English. In France they call it 'eau'. In Japan, they call it 'mizu' and in Germany, it is known as 'wasser'. Do these names change what essentially water is? Unfortunately, we don't know who, where, and what God is and out of our ignorance, we think *my* God is the real God and *your* God is not the real God, when in reality, both our Gods are not Gods, but are one Supreme Immortal Power. Because we have grown up

believing in different religions and different Gods, we even hate one other and are ready to kill each other in the name of our God and religion. Although our scripture talks about God being in each one of us, we are unable to realize the truth about God and even today, the world's biggest problem remains in religions fighting each other, trying to prove the supremacy of their God!

If we truly love God, then, we will not fight in the name of God. We will not compare *my* God to *your* God. Our deep yearning for God will take us on a quest to realize the truth about God. We will discover God within and come to the Realization that there is no *my* God and *your* God. We are all manifestations of the same Supreme Immortal Power. This is the ultimate Truth.

As long as we don't realize the truth, we will try to compare one wave of the ocean with another. We will talk about which wave is bigger, not realizing that all the waves emerge from the ocean and become one with the ocean. The waves are just appearances, the reality is the ocean. Because of our ignorance, we compare the waves, and we lose sight of the ocean. So it is with God. Because we think God is God, and we give our Gods different names and create different forms, we never realize the truth that God is one Supreme Immortal Power.

*We say, 'My God is God, and your God is not,'
Because of our ignorance, the Truth we forgot.*

9

DO SCRIPTURES COME FROM GOD?

Who has created all the scriptures, whether it is the Bhagavad Gita, the Bible, the Vedas and the Upanishads or the dozens of other scriptures of the many religions of the world? Did God write the scriptures and hand them over to man? All scriptures have been written by us, humans. The pre-historic scriptures have been verbally passed on from generation to generation in the form of song and poetry and then, ultimately, recorded. Some may believe that it was a prophet of God who was told by God what we must do and what we must not. Others believe that the scripture is God's commandment for our lives, something God wants us to follow, based on their deep meditation and Realization of God's wish.

With all due respect to all the scriptures of the world, let us understand the purpose of scriptures. The scriptures are sacred writing contained in highly respected texts, adopted by the religions of this world. They are holy books, containing numerous directions from the Divine. But did scriptures actually come from God? It is for us to contemplate and investigate. All the scriptures advocate the Truth – Luke 17:21 *'The kingdom of God is within you'*. Corinthians 3:16 *'God lives in the temple of your heart'*. The first principal statement of the Upanishads states, *'Tat Twam Asi,'* which means *'Thou Art That'* – you are That, the Divine Soul. *'Ayam Atma Brahma,'* the second principal statement states that the Soul that we are in reality is nothing other than the Divine. The third statement,

'*Prajnanam Brahma*,' states that the Divine is everywhere, in everything. The fourth statement, '*Aham Brahmasmi*,' states, 'If we are not the body that is sure to perish, if we are not the mind and ego, if we are the Divine Soul and the Soul is nothing but a manifestation of the Divine, then the Ultimate Truth is – we are the Divine! We are a particle of God that appears as you and me.' In the Bhagavad Gita 10.20 Krishna says, '*O Arjun, I am seated in the heart of all living entities. I am the beginning, middle, and end of all beings.*' '*Ek Omkar Sat Naam*' the opening phrase of the Mool Mantra, present as the opening phrase of the Guru Granth Sahib, is the statement of oneness in Sikhism which means, '*There is one God. The Supreme Being is one without a second, the source as well as the goal of all that exists.*' We do not interpret scriptures correctly and continue to follow our religious leaders who take us on a path to God, but inadvertently and ultimately lead us away from our Lord.

God is the Supreme Immortal Power. Every scripture admits this. Unfortunately, our scriptures have become diluted flowing from one generation to another, just like a game of Chinese whisper in which the original message is completely distorted. When will we stop and contemplate the Power we call God? When will we realize that all scriptures are meant to make us unite with the Divine? When will we pick out the essence in the meaning of our scripture and go beyond religion that is a kindergarten and graduate in the university of Spirituality?

*Scriptures are written by man, but we think it is God's word.
Then, like little sheep, we just follow the herd.*

10

DID GOD CREATE MAN OR DID MAN CREATE GOD?

Let us investigate an interesting debate that takes place on our planet. Is it true that God has made man or rather man has made the several Gods and Goddesses that we pray to in this world? Man has created numerous temples, churches, monasteries, and Gurdwaras, and has even created many pilgrimages that have become tourist destinations. Innocent people believe that God lives in these places of worship. They spend their valuable time and money going to distant places, to be able to be with God. But God is not there. God is where they are. God is everywhere. Because man has tried to create temples of God, we are completely confused with this man-made God.

Some people stop and ponder - Didn't God make man? Who created you and me? Who created our forefathers? Because we don't find answers, we even start believing in theories like that of man evolving from an ape. Some of us believe that we all came out of a Big Bang, but we don't stop to ponder about who caused that Big Bang if ever there was such an explosion.

As long as we continue to live in ignorance, we will never realize the truth that God is the Supreme Immortal Power, a Power that is eternal. We will never realize that all these Gods created by the numerous religions are just symbols of worship that are meant to help us build our faith and our belief. Because we continue to believe in the Gods made by

man, we never realize the God that truly made man. We don't go on a quest for the Divine, that actually is in each one of us. God did not create man. Man is a manifestation of God!

Does water create ice? Some people may think it does. But in reality, it doesn't. Water becomes ice. Ice is a manifestation of water. So, you and I appear as man and woman, but what are we in reality? We are manifestations of the Supreme Immortal Power. Each one of us is a Power of life that is conceived 9 months before our birth and we exist, till our last breath at death. We are manifestations of the Supreme Immortal Power. The Power is immortal, and so are we. That is why, when the body dies, people say that 'we' passed away. Where did that Power go, the Soul, the Divine Spirit, the *Atman*, whatever we may call it? Where does that Power of life come from when two cells became one to make us start our life journey? It is Divine energy that gives us life from birth to death. But we don't realize we are that Power. Today, even science has endorsed this. But out of our devout devotion that is encapsulated in ignorance, we don't realize the Power of God that is within us. Either we believe in the God that is created by man, or we believe in that God, the Almighty, somewhere in heaven who created man. We never realize the truth that God is the very Power that makes us walk and talk. Neither did God make man, nor did man make God. Everything in this world is an appearance, a manifestation of the Supreme Immortal Power that we think to be God.

God made man or man made God? What is the Truth?

We are all manifestations, we will realize, when we get to the root.

11

OF COURSE, GOD EXISTS!

While there are atheists who believe that there is no God, and there are agnostics who are not sure whether God exists, anybody who uses their intellect can easily comprehend that God exists. If we are driving a BMW, can we doubt that the manufacturer of the car exists? If we are drinking Pepsi, can we believe it came out of nowhere? Every product has a manufacturer. So also, everything that has been created in this universe must have a Creator.

The problem is that we have imagined God to be the one with a human form. We have given God a name and attributes and this confuses us. We have created so many Gods that we do not know who God truly is. Did the Hindu God make the earth and the Christian God make the skies? Some of us even believe in the Trinity, the Creator, the Preserver, and the Destroyer. Somehow, because we have grown up with so many mythological tales, we are confused about the truth of God's existence. To some, God is Jesus, to others, God is Shiva, and to others, he is Krishna, or the Buddha or Guru Nanak. Because every religion portrays their God to be God, we do not realize that God is that Supreme Immortal Power that is beyond all these beliefs. God came first, religions came later. Because we give more importance to religions, we lose sight of the truth about God.

What is the Truth? God is the cause, and we are all effects.

Everything in this universe exists because of God. The sun, the moon and the stars, the birds, the animals and the flowers, you, me, the earth and everything on it, exist because God exists. Many of us think that all this is a creation of God. But the truth is that all this is a manifestation of the Divine. Everything is created by the Supreme Immortal Power and every atom of existence is in reality, the Power of the Divine.

Even science has proved that every molecule of matter is in essence, energy. What is this energy? It is the Power of the Divine. Because we have confused ourselves with the term God, we don't realize the source of the Power that is everywhere and in everything.

Where does the wave come from? It comes from the ocean. Can the wave deny the existence of the ocean? The wave is just an effect. The cause is the ocean. We and this universe are just effects. The cause is the Supreme Immortal Power we call God. The moment we realize that God is not God, but rather an Immortal Power, the absolute Supreme, the birthless and the deathless Creator, who manifests as everything, we will no longer doubt the existence of God. As long as we are ignorant, and we view the ring, the bracelet, the chain as different ornaments, we will not realize that in fact, they are nothing. There is gold in everything. If you remove the gold, they will not exist. Without the Divine Power, we will not exist.

*Just like there is gold in the bracelet and in the ring,
God exists in this universe, in you and me, and in everything.*

12

IS GOD ALSO A HUMAN BEING?

Is God like you and me? Was God conceived in the womb of his mother? Does God have lungs and kidneys, a heart and brain? While we pray to Gods like Ganesha and Krishna, Jesus and Shiva, we do not use our power of discrimination to realize that God is not like you and me who are created with 30 trillion cells. God doesn't have blood and flesh, bone and skin. God is the power that beats within. Because we don't realize the truth about God, we live and we die, we pray and we say things to an imaginary God that ultimately stops us from realizing the truth about God.

We are trying to find God. We have put God in a temple and a church. We search for God in pilgrimages. All religions make us believe that our God is the real God. Religions have given God an image, a form and a name. From the time we are born, we are indoctrinated with these beliefs. Therefore, we blindly follow the herd and believe in the God of our religion.

Because we are trying to find God, we end up never realizing God. God has to be realized. God is not male or female. However, over the centuries, God has primarily become male as per world religions, though we have also started to create female Gods. Not only that, we believe in different Gods to favour us with different things. We have created one God for knowledge and one God for wealth. Religions have created subsections and denominations, each believing in their own

God, their own scripture, their own rituals, and superstitions.

Why can't we stop and realize that God is one? Why do we have to make fun of God, by creating elephant Gods and monkey Gods? We create tales like that of Santa Claus, and of heaven and hell. We blindly believe what our scriptures tell. We don't stop and question how God can be born and how can God die. We innocently believe our parents and mentors and celebrate the birthday of God. We don't realize that these very celebrations and beliefs become the root cause of ignorance and take us in the opposite direction, rather than taking us to God-Realization.

God is not like you and me. God is the Supreme Immortal Power. It is a shame that we compare God to us. We give God hands and feet, and so we defeat the possibility of realizing God. Our mythological tales tell us that the Lord, the Almighty, cut the head of his son, and replaced it with the head of an elephant. We innocently believe it and put that elephant God in our temples, in our homes and make him a part of our life. When will we overcome our ignorance? When will we stop and question how can God have a human form and how can God be born and then die? God is birthless and deathless. God is the Supreme Immortal Power. God is SIP. We must realize that God is not the God we have believed in.

*As long as we believe God to be made of bone and skin,
We will not realize that God is a Supreme Immortal Power, within.*

13

OVERCOMING IGNORANCE

While most of us love God, seek God, and we want to realize God, we just live and die thinking God is a Power in the sky. We believe in all the fairy tales of our religion, not realizing that all this knowledge is making us more and more ignorant about God. Because we have learned so many lies about God, we have not realized the truth.

If we want to realize God, we must overcome ignorance. We human beings are the only ones, amongst all living organisms who have been given the Power to realize God. We have been blessed with an intellect that can discriminate black from white, wrong from right. A butterfly and a tree cannot realize God. Birds, animals, and fish, just live and die. It is only the human being who can ask the questions, 'Who am I? Who is God?' As long as we don't use our power of discrimination, we too will live like the other animals, just to die and then to return to earth in a rebirth.

Our goal is to overcome ignorance. We are enveloped in darkness. We need the light of truth to shine. This is Enlightenment. There may be a lot of light on the outside, but deep within, there is darkness. The darkness within causes ignorance that doesn't realize that the power we call God, actually exists in the temple of our heart. Although the scriptures repeatedly tell us - 'The kingdom of God is within,' we continue to believe in the myth and we never realize the truth.

It is time to unlearn what we have learned. It is time that we forget all that we have been taught. It is time to go on a quest, to Ask, Investigate and Realize the Truth. As long as we blindly believe in what we are taught, and follow what we are told, we will exist like a parrot, that can repeat what it has been taught to say but doesn't understand it. If we pray, but we don't know to whom we pray, and why we say what we say, then we don't pray, we just bray. We are like ignorant donkeys that scream and shout, singing hymns, *mantras*, and songs, to an unknown God in a distant heaven. Because we create so much noise, we do not hear the Divine voice that is within. It is time to wipe out the blackboard of our life, and clean the slate of the ignorance that we have grown up with. Only then will we be able to realize the truths about the self, about life, and about God.

Most of us go to schools and universities and we learn languages, sciences, and the latest technologies. But of what use is all knowledge if there is no realization of who I am and why I am here! We chase success and accumulate wealth, which will not belong to us. We become attached to people and possessions, which we will ultimately, leave behind. We have the knowledge of all these facts, but because we are ignorant, our knowledge doesn't become Realization. If we want to realize God, we must overcome our ignorance.

*As long as we believe in a God who is not God,
We will not realize the Power within that is our true Lord.*

14

THE LADDER TO HEAVEN

Everybody on earth wants to go to heaven. We somehow believe that there is a heaven somewhere up in the skies. When we look at the stars on a dark night, we are amazed at the universe far away from the earth! While we experience joy and sorrow on earth, we want to escape rebirth because we believe that the Almighty resides in a distant heaven, somewhere near Mars or up in the stars. Don't we look up at the sky and cry and ask, 'Why?' calling out to our Heavenly Father? Is there actually a heaven up there or is it a myth that we have grown up with?

Heaven is not a physical location. It is not like New York or New Delhi. We cannot go to heaven. If we use our common sense, we see that every 'body' returns to dust at death. Then, who goes to heaven and how does one go to heaven? Because we blindly believe the mythological tales we are taught, we live and die with the lie. Heaven is that state of liberation from this world and unification with the Divine. We can be transported to heaven only when we realize we are not this body that will die, and we are not even the mind and ego that says, 'I'. The moment we realize we are the Divine Soul, in that very moment, we experience the consciousness of heaven. Very few of us go in quest of this true heaven that is not a location in a distant place. Only those who stop looking for God in far away pilgrimages and start an inward journey, climb that ladder to heaven.

When we talk of ascending that ladder to heaven, it is a step-by-step evolution that will unite us with the Divine. The first step is **believing** in a God. If we don't believe, then we will just live and die. But if we believe, then we go to the next step – we **pray** to our God. We develop **faith** – full assurance in the heart. The fourth step is **hope** and the fifth is **trust**. This creates in our life, **enthusiasm**, and we develop a deep **love** and yearning for the Divine. Many of us climb the ladder to heaven till here. Then we die without realizing the truth about God. Only a few of us, who truly love and seek God, go on a **quest** to find out who, where and what God is. As we take that leap forward in our quest for the Divine, the next step in order to experience heaven is to spend time in silence and to contemplate the Creator of this amazing universe and of all life that throbs in it. Our journey takes us forward and if we have the grace of the Divine, we will be fortunate to meet a Spiritual Master or Guru. A Guru helps us overcome our ignorance and makes us realize that God is the Supreme Immortal Power. We must realize that we have to **Transcend Karma**, not just perform good Karma if we want to achieve that state of heaven. A true seeker of the Divine is enlightened with **Realization**. He transcends the body, mind, and ego, and is **Liberated**. He is the one who attains heaven as he realizes he is none other than SIP, the Supreme Immortal Power, he believed his God was. When we realize that we ourselves are part of that Power, we arrive at destination heaven. We become one with SIP.

*Heaven is not a distant place somewhere on a faraway star.
It is realizing the Divine in you, in me, in every tree and flower.*

15

POWER OF DEVOTION

How can one realize God? How can we realize that God is not God, God is SIP – the Supreme Immortal Power? It is only through deep devotion for our Lord that we can realize the Divine. Many of us love God. But how many of us cross the first seven steps on the ladder to heaven? A large majority of mankind believes in a God and prays. But not everybody has faith, hope and trust. A few of us develop that power of devotion where we have blind faith in the Almighty. Our hope becomes HOPE, Having Only Positive Expectations and our trust becomes TRUST, Total Reliance, Unconditional Surrender, To the Almighty.

Not everybody develops the power of devotion. But the stronger our faith and our *Bhakti*, our deep devotion to the Divine, the more we experience the presence of the Creator in our life and this manifests as enthusiasm. What is enthusiasm? It comes from the Greek word – *Entheos* or 'In God.' We live with Faith in God, Hope in God and Trust in God, so much so that a unique power of enthusiasm fills our life. Not many of us realize that it is the power of devotion to the Divine that creates this enthusiasm. It is this very power that takes us forward to realize God.

At this point, we get divided into two distinct groups. One, who are religious and the other, who are spiritual. The religious ones blindly follow their scripture and pray to their

God. They may have deep devotion for their God, but their power of faith does not grow into a deep love and yearning that takes them in quest of the God that they pray to. The ones who go beyond religion, are the ones who move on the spiritual path. Their yearning for God makes them go in quest, in search of the Divine. They are not willing to accept the fairy tales that the scriptures tell as they realize that there is no heaven and hell. They come to terms with the reality that death is certain and there is a power that departs when the body dies. Their love for the Divine makes them question how everything unfolds on earth. While the religious ones think it is blasphemous to ask questions about God, the spiritual ones go on a quest, ask questions and investigate till they realize the Truth about the Divine. Their power of devotion lights a fire of love and deep yearning. The yearning for the Divine for those who take this spiritual path becomes the triple yearning that makes them realize the truth about God. They yearn for the Divine, more than a miser yearns for gold, more than a lover yearns for the beloved and more than a little child yearns for its mother whom it has lost. It is this **triple yearning** for the Divine that takes seekers forward to realize that God is not God, God is SIP, the Supreme Immortal Power. What makes one realize the truth about the Supreme Immortal Power? It is devotion and love. Without this, we cannot even start our quest. We will just believe in our religion and scripture, and we will pray till we pass away.

*Devotion, faith, hope, and trust make us yearn for God.
We realize God is a Power and become one with our Lord.*

16

IN QUEST OF GOD

The seekers of God who truly love their Lord, don't just pray. They go on a quest. They ask questions and they investigate till they realize the truth about God. If we love God, we will not just live and die with the myth that all of us grow up with. It is unfortunate that our own parents, our family, our society, inadvertently teach us lies about God who they believe lives in the skies. Most of us are gullible and we become scapegoats to our religious beliefs. We do not evolve because we do not investigate. We fall in the trap and accept that any question on God is blasphemous, it is a sin! We feel that we must blindly believe in our scriptures and religion. Therefore, most of us just live and die. We return in a new birth on earth. We do not realize the Law of Karma. We believe that life is all about doing good deeds. What will good deeds do? Good deeds will create a good destiny, but they will not give us God. One day, we will die, and we will return in a rebirth, with all the unsettled good Karma and this cycle will go on and on. We will never realize the truth about God.

Those who truly love their God, go on a quest. They ask the questions, 'If my God is God, then what about all the other Gods? How many Gods exist? Where are these Gods? If God too had a birthday, then who created God?' The seekers of the Truth take a bunch of questions as they retreat and go in search of the Divine. It is not that they doubt the existence of God like the agnostics, but their love for God is so deep that

they want God. Their yearning takes them forward on a search, in quest of the Divine. What is the connection between God and the Soul? Does God control everything that happens on earth? If every religion says that their God is the real God, then what is the truth? Why do scriptures advocate that the kingdom of God is within, that God lives in the temple of our heart? The true lovers of God move forward in quest of their Lord with such questions. They are the ones who realize that God is not God. God is SIP, the Supreme Immortal Power. They realize that while all religions are good, religions can never give us God. We have to evolve beyond our religion and realize the Power of the Divine that is deep within, below our skin.

The quest for God is the first step to realize that God is the Supreme Immortal Power. If we do not start our quest, we will never realize the truth. We will just pray to our God, with faith, hope and trust, but we will never realize that the Power that makes us walk and talk, the Power that gives us breath till our death, is the very Power we call God. Because we don't go in search of the truth, we live and die with the myth, believing it to be the truth. Most of us are like the musk deer. All through its life, in frenzy, it searches for the fragrance of the musk, not realizing that the musk it is seeking is inside its own navel. In this mad ecstasy, the musk deer falls off a steep cliff, and dies. We too live and die like the musk deer because we do not go on a quest and realize the Power of God, the Soul, the Divine Spirit that is within.

*How many of us yearn for God and go on a quest?
Only a few who realize that God is SIP, are blessed.*

17

GOD IS A POWER

The moment we say, 'God,' what do we think of? Each one of us thinks of a different God. The Christians think of Jesus and Hindus think of Krishna, Shiva, Ganesha or Hanuman. Unfortunately, as adults, we still believe that God is the one we have prayed to ever since we started folding our hands in prayer as children. We don't even doubt or question this. If my God is Jesus, it is Jesus, Jesus, and nothing but Jesus. So, if my God is Shiva, there can be no other God than Shiva to me. Every religion so indoctrinates us that we are programmed to believe that our God is God. But this is a myth.

If everybody believes that their God is God, then, is it true that there are so many Gods up there in some heaven far away? Who then is the God of Gods? Is it that the Gods fight amongst each other or is there a board of Gods like a board of directors that corporates have? Those who contemplate, realize the truth that God is one, that God has no name or form. God is a Power. Because we have given God names, and make God look like us humans, we have completely misunderstood the concept of God. Either we think that God is the statue that we pray to, or God is a saint who lived and died. Neither is God a statue, nor is God a saint. God is the Supreme Immortal Power that no human being can paint. The moment we try to believe in a God that has hands and feet, then, we start to pray like fools and try to feed our Gods sweets that we think he likes to eat! We try to impress God, appease God by our

offerings to him or her, without realizing that nothing truly belongs to us. Everything is created by the Creator. Do we bring anything with us when we are born? Then, why do we foolishly offer God's own creation to God? We take beautiful flowers and offer them to the Divine and place them at the altar with devotion without realizing the truth that God is a Power.

There was a young man who kept troubling his Spiritual Master. 'Show me God', he said. The Master tried to explain to him that God is like electricity in a bulb. We can see the bulb glow, but we cannot see the Power that we call electricity. But the young man was not convinced. The wise Master told him that he would show him God tomorrow. The next day the Master asked him to stand on a table to remove the bulb from the holder that was fixed on the wall. He then told him to put his finger inside the holder. The boy started to scream - 'Aaa eehe hoho!' The electrical shock hit him, and he nearly fell off the table. Said the Master, 'Just like you experienced the Power that gave the bulb light, God is the Power that gives us life. But we cannot see the Power. The Power exists just like you felt the shock of electricity. The Power of God exists in us and gives us breath till our death. That Power is in you and in me. That Power is everywhere.'

Though we cannot see the Power of God, we can see it manifest as everything that is alive on earth - in a butterfly and a bee, in a flower and a tree, in you and me. God is the Power that is everywhere.

***God is a Power that we cannot see,
God is a Power that throbs in you and me.***

18

GOD DEFINED IS GOD DENIED

When we human beings try to define God, we fail. It is not possible to define God. God is beyond definition and comprehension. Because people are unable to define God, they convert God into a statue. They place God in a temple, church or monastery. But is this God? We don't realize that God defined is God denied. When we try to define the Supreme Immortal Power that is God, we can never realize the truth about God!

God is not God. God is SIP – the Supreme Immortal Power. What do we mean when we say God is not God? It means that God is not the God that most of us pray to. We also try to define our God's attributes with what he likes and what he dislikes, as male or female and how he or she looks. Because our Gods are ancient, we portray them with vehicles of transportation like a bull or a tiger, a peacock or a mouse. It is ironic, but if somebody creative were to give form to a God today, they would show God in a supersonic jet or even in a space shuttle or UFO. Because these fairy tales have been carried forward for centuries, we believe in the mythological stories about God. Further, our religion denies us the freedom to question the whereabouts and the existence of our God. So, we just live and die, praying to a God that has snakes wrapped around his shoulders, an elephant head or a monkey tail. When will we stop to realize that God is beyond definition? God has no name or form.

Have you ever thought about what the meaning of God is? When I was an innocent boy, I would try to give meaning to the acronym GOD. Was it Governor of Destiny, or Giver of Dreams? Throughout life, we keep saying God, God and God. But we do not stop to ponder over, 'Who is God, Where is God, What is God?'

The fact is that we cannot find God. God has to be realized. God is everywhere, in the sun, the moon, the stars; the birds, the animals, and the flowers. God is in you and God is in me. God cannot be precisely and exactly explained. There is no correct definition of God. Just as we cannot meticulously measure how much water there is in the ocean, we cannot specifically define God. God exists. In fact, God is everywhere and in everything. But God is beyond definition. Can we know how much air is there in the sky? Can we measure the Power of the sun? Do we know where the Power of the ocean comes from? What gives a silent breeze so much power that it becomes a typhoon, a storm or a tornado? What is the power that makes the earth go round and round? What is the Power that makes birds fly in the sky? What is the Power that makes us walk and talk? Can we deny the existence of this Power? Even science agrees that every molecule of matter is energy. When will we realize that this energy, this Power, is the very God that is beyond our definition? When will we realize that God is not God, God is SIP – the Supreme Immortal Power?

*Just as we cannot accurately measure the water in an ocean,
The Supreme Immortal Power we call God is beyond definition.*

19

A SUPREME POWER

How many of us realize that God is not the one we pray to in our temple or church? God is a Power, the Supreme Power, beyond all Power centres of this world. We understand the meaning of power in our heaters, on a cold sub-zero winter night. The power gives us heat that stops us from freezing to death. We understand the power in our mobile phones and laptops, and we rely on power banks and other support systems to give us uninterrupted power. But we don't stop to ponder on the Power that is God. God is not the God that the world prays to. God is the Supreme Immortal Power. It is the Power of God that gives us breath. Without that Power, there would be death.

Even though the scriptures repeatedly tell us that the kingdom of God is within, God lives in the temple of our heart, we continue to search for God outside. The ancient Upanishads of *Sanatana Dharma*, the very foundation of Hinduism say - *Prajnanam Brahma*, God is in you and in me, God is everywhere. The newest of religions, Sikhism, has the preachings of Guru Nanak in the *Mool Mantra* and speaks of *Waheguru* being present as the Divine spark, the Spirit, the Soul or the *Atman* within every living being. While the Buddha did not promote idol worship or the presence of a God with name and form. He believed in rebirth which meant accepting the power that departs at death. Still, we do not realize the Power of God that manifests all around us.

We human beings are conditioned to believe in God and so we do not realize the Power that is God. The Power of the Supreme is everywhere, in the sun that glows, the wind that blows, the water that flows. Every Power of nature is the Power of God. Because we keep saying God, like a dog's tail, we return to our traditional beliefs about God. We must stop saying God and start saying SIP, Supreme Immortal Power. Then slowly, but steadily, the world will transform its beliefs and realize the Power of the Creator that manifests all around us. We are amazed by a hi-tech helicopter, but we are not amazed by the billions of Divine helicopters all around us. Butterflies and birds fly in the sky but where does the Power come from? We hear a little bird sing a song, but we don't realize the Divine Power that is in it. We see a beautiful flower bloom, but we are so zapped with visual beauty, that the Power of the Divine that causes the beauty gets hidden.

The Power of the Divine is everywhere. We see the Power manifest, but we don't realize that this Power is God. The moment we realize that God is not God, God is the Supreme Immortal Power, we will start to experience the Divine, every moment of our life. Our very heart that beats is because of the Power of the Divine. We walk and talk, because of the Power of life that is none other than the Supreme. When will we realize that this Power is God? God is SIP, the Supreme Immortal Power.

*God is not the God, in the temple or Church.
God is a Power, let us refine our search!*

20

AN IMMORTAL POWER

Can God die? Can God be born? As long as we believe God to be like man, he can! But the moment we realize that God is the Supreme Immortal Power, we will come to realize that SIP is Immortal. As long as we consider God to be God, we will visualize a God with form, but when we realize that God is not the picture that we imagine God to be, then we will start to realize that God is a Power that is birthless and deathless. Children often think that electricity is something magical. It brings actors on the television screen. It brings different coloured lights to bulbs. It brings hot or cold air in the air conditioner. This is because children cannot comprehend the meaning of electricity. As we grow up, we learn that we cannot see electricity. It is a power that comes on and goes off! It does not produce the functions of the gadgets and appliances but is only the power that energizes the bulb to produce light, the television to transmit signals, and the washing machine to wash clothes. Have you ever seen electricity? We can't. Because we see God as we have been taught, we imagine God to be God. But when we realize that the God we have believed in all our life is a lie, when we are enlightened with the truth that God is SIP, the Supreme Immortal Power, then we realize the absolute truth that SIP is Immortal.

God is not Immortal. Don't we celebrate the birthday of God? Have not all our Gods died? The moment there is birth and death for God, then that God is not really God. But the moment we realize that God is SIP, then, that Supreme Immortal

Power can never die and is never born. Every day, people are born, and people die. But the sun is immortal. The same sun continues to shine for generations. It is one of the manifestations of the Divine. The Power of the sun is the Power of SIP. It has always existed, and it will continue to exist. But the mythological Gods that we believe in were born in mystical circumstances and have become the fairy tales of the world. How easily we believe the story of a virgin mother giving birth to God! How we enjoy the story of God beheading an elephant and giving life to his son, the elephant God! We don't pause to ask questions and investigate how God can have a birthday and how God can die. So, we believe God to be God and we don't realize that God is the Supreme Immortal Power.

Can we deny that man is mortal? Can anybody escape death? As long as we are made of bone and skin, as long as we have a Divine Soul, we will experience birth and death. The Power that gives us life is a fraction of the Supreme Power that is Immortal. The body is born and the body dies. But the Power that arrives at conception, and the same Power that leaves at death, is Immortal. Because we don't realize we are that Supreme Immortal Power, we think we are that mortal being who is born and who dies. The moment we realize that we are the Divine Soul, we realize that we are part of that Supreme Immortal Power.

*God is an Immortal Power, not a body that can be born,
The Supreme Power is deathless, it can never be gone!*

21

A POWER BEYOND COMPREHENSION

We human beings believe in so many theories of how we came to earth. Some of us believe that we are all a result of a humongous chemical explosion called the Big Bang. Others believe that while we eat grapes, we came from apes. But is this true? Man is trying to comprehend creation but does not understand that some things are beyond man's comprehension. If you touch a glass of boiling hot water, you will immediately shy away from the heat. The skin has been created in a manner that it has cognition of heat and cold. But can the skin see the difference between an elephant and a tiger at a distance? It can't. Only the eyes have been given the power to comprehend and can differentiate between a peacock and a pigeon. The ears can recognize the difference between their singing. The nose can smell the difference between a fragrance and an odour. Like each sense organ can sense and comprehend a specific area of cognition, a human being has not been created to comprehend God. God must be realized. Unfortunately, we are trying to comprehend, define, and find God. Therefore, we go about creating mythological Gods and place our Gods in temples, churches, and monasteries. Then we fool ourselves into believing that this is God. We even fight with one another, trying to prove whose God is the real God. We live and die without realizing that God is SIP, the Supreme Immortal Power.

When we realize the truth that the Creator of this universe is a Power that is Supreme and Immortal, then we overcome our

ignorance and start to comprehend the truth. However, knowledge can never make us realize SIP. We need Enlightenment. We can take a torch and flash it in a dark room to search for something we are looking for, but can we take a torch and search for the sun in a dark sky? The sun will appear at sunrise, and when it does, a torch cannot create light to see the sun. Just like the power of the sun is beyond our comprehension, so is the Immortal Power that is Supreme. The Power is everywhere, in everything. But we are unable to realize this.

What makes our heart, beat? Do we have a battery or a known source of Power? What Power arrives at birth to create the zygote? What Power departs at death, and we have no breath? What Power exists in the sun that glows, the breeze that blows and the ocean that flows? We understand and experience the Power, but we cannot comprehend it. Scientists can define what solar power is, but the Power that creates solar power is beyond a scientist's comprehension.

We human beings waste our life doing all the things we do, but we don't realize the most important purpose of our life is to realize the Supreme Immortal Power. We believe in mythological fairy tales, and we live and die, believing in our God. But we never realize the truth that God is the Supreme Immortal Power. God is SIP!

*The nose cannot comprehend the difference between
a butterfly and a bee,
So also, God is beyond comprehension, God is not the God we see.*

22

SIP IS OMNIPRESENT

The difference between God and SIP is that we believe that God is in a temple or a church, but not on the street. But when we realize SIP, we experience SIP everywhere. SIP is not a powerful God somewhere far away in a heaven. SIP is the Supreme Immortal Power that is everywhere. SIP is in you and SIP is in me. SIP is in a butterfly and SIP is in a bee. SIP is in the river and SIP is in the sea. There is no place where SIP cannot be.

As long as we are ignorant, and we believe that God is the one we have been praying to for ages, we will never realize the truth about SIP and we will never come to terms that God is a Power, not a person. We will always think of ourselves as being different from the Creator. We will never realize that although we are said to be made up of about 30 trillion cells, the Supreme Immortal Power, SIP, is present in each and every cell of our existence.

We human beings are ignorant. We have grown up believing the myth. Therefore, we never realize the truth. We never realize that God is not the God that we have been taught about. God is an omnipresent power. That power that is Supreme and Immortal, fills the universe. Not just every molecule of matter on earth, every atom that exists in the skies, in the universe beyond, in the sun and in the stars, is SIP. SIP fills every atom of existence. Out of ignorance, we have restrained SIP to a God that is a statue or in a picture, or

in the prayer room in our house. *We cannot comprehend the omnipresence of the Divine. We are like that fisherman who was trying to fish for the right fish. One day, as he was fishing, somebody asked him – 'Why are you keeping all the small fish, but throwing back the bigger fish that you have caught, back into the water? The fisherman replied, 'You are a fool! You don't understand. The frying pan in my house is very small.'* Some of us can't think big enough to realize that the Supreme Immortal Power that is truly the Creator of this universe, exists everywhere. We see because of this Power, just as we hear, smell, touch, and taste because of this Power. We walk and talk, we sing and do everything because of this Power. The moment there is no Power, we experience death and there is no breath. When will we realize that the Creator is the Supreme Immortal Power that is omnipresent?

As long as man thinks man is man and God is God, we will continue to believe in God and not experience SIP. But the moment we realize that our Lord is not a God sitting on a throne in heaven, then we will experience the Divine in the singing of the birds. When our little pet wags its tail, we will be able to experience the love of the Divine. The power of the Divine is everywhere. But because we are conditioned to believe in a God that is somewhere far away, we don't experience the Divine that is with us at every breath. We don't see the beauty of the Divine that surrounds us. The Supreme Immortal Power is throbbing everywhere. When will we realize the truth about SIP?

God is not somewhere far away in the sky.

The Supreme Immortal Power sings in every bird that can fly.

23

SIP IS OMNIPOTENT

When we think of God in the form that we see in a temple, a church, a monastery, we imagine God to be like you and me. We think God is a person with a name, a form. He has a body, a head. Thus we are misinterpreting the Power of God. God is the Supreme Immortal Power, not a person.

Stop to imagine how powerful this Power is whom we have been calling God. This Power has not created the tallest building in the biggest city of the world which man may take pride in, and not the longest bridge across an ocean. This Power has created the entire earth, all the seven continents, the oceans, the mountains, the rivers. Not just that, this Power has put life in you and me. This Power is in a butterfly and a tree. It is this Power that manifests as a Soul in every living organism. Today, even science agrees that every molecule of matter is nothing but energy. What science does not understand is where this energy has come from. Scientists do not realize that the universe that they believe is composed of energy and matter, is nothing but the Power of the Divine. The Supreme Immortal Power, that we now refer to as SIP, manifests as not only the earth, the cosmos, the universe, but everything that exists.

SIP is omnipotent. SIP is all-powerful. SIP can do anything. The Supreme Immortal Power who has not only created this universe but also preserves it, is capable of any miracle. However, SIP governs the earth and everything connected to

it through its universal laws. The Supreme Immortal Power is not like a CEO sitting in a board room and giving orders as to what should happen to the destiny of 8 billion people. SIP is a superpower beyond human comprehension. While we cannot comprehend what the Power of SIP is, we cannot doubt that it is. If this Omnipotent Supreme Immortal Power did not exist, then you and me would not exist. Nothing in this world would exist. Everything is a manifestation of SIP. The Power of SIP is such that it can create a tsunami, a tornado, even a tiny virus that can lock the entire world indoors for years. We underestimate the Power of SIP. For SIP, nothing is impossible.

Unfortunately, because we have not understood SIP, we say God, but we do not know what God truly is. We imagine God to be in a distant heaven, somewhere in the stars. We do not realize that the Power of the Divine beats in our hearts. The moment SIP leaves us, there is no breath, there is death. It is this Supreme Immortal Power that has created the Law of Karma, the Law of Action and Reaction and it is based on this Law that the principle – *As you sow, so shall you reap*, works. The Power of SIP is beyond our imagination. We should not even try to define this Power. It is like trying to measure the litres of water in the ocean or trying to count the number of stars in the sky. We see the Power of SIP all around us, but we don't realize the omnipotence of SIP.

*SIP is a Power beyond human comprehension.
For SIP, nothing is impossible; SIP is beyond our imagination.*

24

SIP IS OMNISCIENT

Don't we go to our temple and our church and cry to our God? Don't we fold our hands and pray and ask God to solve our problems? Why do we do it? Because we imagine that God does not know what our problem is. The moment we realize that God is SIP, the Supreme Immortal Power that is omniscient, we will realize that God knows everything. There is nothing in this universe that can escape the attention of SIP.

When hearts break, lovers pray for Divine intervention. This is because they are ignorant that the Divine Will is unfolding and nothing they do can change what is already over. They have to accept what has happened and surrender to what will be. What is happening is unfolding as per Karma, their own past and present actions. But they don't realize it. Does it mean praying to God is useless?

Prayers are powerful. But we must know to whom we pray and what we say. We must realize that we ourselves are a dot of SIP, a tiny particle of the Supreme Immortal Power. SIP is not far away. SIP is within us. Because of our ignorance, we pray to a God in heaven, but we forget the GOD or SIP that lives in the temple of our heart. When we surrender to SIP that is within, then no heartbreak, no tragedy can disturb us. One who develops cancer in the body will realize that only the body has cancer. He is not the body. The body will ultimately die. He is a part of SIP, the Supreme Immortal Power. He is

unaffected by the pain and the tragedy. He doesn't fold his hands and pray to a God, looking up at the sky and asking why this happened. He doesn't cry at the unfolding of circumstances. He realizes that the Supreme Immortal Power is omniscient. The Power knows everything - what is happening and why it is happening. There is nothing in this universe that happens without the knowledge of SIP. Then, we wonder why bad things happen if everything is under the control of SIP.

The Supreme Immortal Power has created this universe out of itself. There is nothing good or bad for SIP. Everything is part of the amazing show, in which we are actors who come and go. Everything that is happening on this earth, is nothing but the projection of Divine Energy. Not only spiritual saints, but even science has also endorsed that every molecule of matter is energy. This is the energy of SIP. Therefore, scientists today do not hesitate to state that although biologically the human body is made of 30 trillion cells, the truth is that each and every cell is nothing but energy. When will science go to that final step of realizing that the energy that they talk about is nothing but the omniscient SIP? Science prides itself in forecasting weather accurately, in scanning to see whether a child will be born male or female, but SIP controls everything, knows everything, is in charge of everything, even the brain of the scientist!

*SIP is omniscient; there is nothing SIP does not know.
Through Universal Laws, SIP controls how we come and go.*

25

EVERYTHING IS A MANIFESTATION, NOT A CREATION

When we see beautiful stars twinkling in the night sky, or when we are amazed by a vibrant sunset or a Divine sunrise, we often think of the magic of God's creation. Many of us get amazed at the majestic mountains decorated with Divine snow. When we look up at the sky and we hear beautiful birds sing, we appreciate the work of the Creator. Those of us who go snorkelling or scuba diving, get flabbergasted at the underwater world that God has created. By and large, we don't doubt the magnificence in the creation of lions and tigers, zebras and giraffes, peacocks and flamingos. We bow down to the Creator in appreciation of the amazing creation that he has delivered to us. We often pray looking at the sun or the moon, with the same thought - what an amazing creation of God!

As long as we don't go on a Spiritual journey, we will never realize the truth of who the Creator is and how he has created this beautiful universe. How did he create man and woman? How did he create procreation of not just human beings, but the process of a chicken coming from an egg and the tree coming from a seed? Those who go on a Spiritual quest, are enlightened with the truth that all this amazing creation is actually not a creation, but a manifestation. Everything that is so gorgeous, so stunning, so beautiful, is all a manifestation of the Supreme Immortal Power.

By now, we have realized that God is not God, God is SIP. God is the Supreme Immortal Power. However, we have not realized that everything in this universe is SIP, a manifestation of SIP. Everything that we see, touch and feel, is the SIP energy appearing as the beauty all around us. You and me may appear to be, who we see in the mirror, but in reality, we are all manifestations of the Supreme Immortal Power.

What is manifestation? Manifestation in this context means what we see as a creation of SIP is actually SIP itself. SIP is manifesting or appearing as all the beauty in this world. It is the energy of SIP that is in every cell of a living organism. It is SIP that appears in every molecule of matter. Therefore, everything is SIP, not a creation of SIP. It is SIP itself, manifesting as you, me, the butterfly, the bee, the tree and the sea.

The sea manifests as the waves. The waves are not created by the sea. They appear from the sea, and they go back into the sea. A gold ring is a manifestation of gold. It appears to be a ring, but if you remove the gold, there will be nothing. So also, you and me, are manifestations of SIP, the Supreme Immortal Power. When the SIP in us departs, we disintegrate into nothingness. Enlightenment of the Spiritual Truth is the only way for us to realize that everything in this world is SIP, manifesting as what we see and experience.

*Everything in this universe is nothing but a manifestation.
Everything is SIP, but we are caught in this Divine illusion.*

26

WHEN WE SAY GOD, THERE IS CONFUSION; WHEN WE REALIZE SIP, IT'S A CONCLUSION

The moment we say, 'God,' there is such a big confusion! Who is God, where is God, what is God? Somebody thinks God is Jesus. He was born on Christmas day, and he was crucified on a cross and was resurrected. Others think that God is the Holy Trinity, the Father, the Son and the Holy Spirit. Who really is God? There is a lot of confusion!

The Buddha was enlightened, and he denied that there was a God with name and form. He was against idol worship, but today, many Buddhist monasteries are filled with idols. A Buddhist temple in Singapore is said to have 1008 idols of Buddhist saints. Isn't this confusing? The confusion doesn't end here! Guru Nanak said '*Ek Omkar Sat Naam*' - there is one Divine Power that has no name or form, but some followers of Sikhism pray to Guru Nanak as their God, just as some Buddhists pray to the Buddha.

The confusion about God in Hinduism is the ultimate! While the original *Sanatana Dharma* from where Hinduism was born, believed in a nameless, formless universal Power, Hinduism created the Trinity of Brahma, the Creator, Vishnu, the Preserver and Shiva, the Destroyer. Over the centuries, the confusion has only become more complex as it is believed that God came to earth as *Avatars* or incarnations as Rama, as Krishna, and many others. The Hindus love to have many Gods in their temple at home. Lakshmi is the Goddess of wealth, and Hanuman the God of strength. Then, there is the famous Lord

WHEN WE SAY GOD, THERE IS CONFUSION;
WHEN WE REALIZE SIP, IT'S A CONCLUSION

Ganesha who wears an elephant head, because his father, Lord Shiva, got angry and cut off his head.

There is so much confusion about God. Which God is the real God? Everybody believes that their God is the only God and the Gods of other religions are fake. But in reality, God is not the God we are confused about. God is the Supreme Immortal Power. Religions gave God a name and form so that people could comprehend God, believe in a God and pray. In kindergarten, don't we teach children through stories? So also, religion teaches us about God through stories. Religion is a kindergarten to Spirituality. Unfortunately, while we grow from kindergarten to school and then university, we continue to be in the kindergarten of religion till we die.

As long as we continue to live with the confusion about God, we will never reach the conclusion of who, where and what God truly is. God is not the God that religions preach about. God is SIP, the Supreme Immortal Power. As long as we keep saying 'God', we will continue to live with the confusion, because everybody will think that their God is God. If only followers of religions realize that their God is SIP, the Supreme Immortal Power, there will be an end, not only to all the confusion, but also to all the conflict and war in the world caused due to religion. Don't we have an intellect that can easily discriminate that God is the Supreme Immortal Power? This conclusion can eliminate all confusion.

*As long as we believe, 'My God is God and your God is not,'
We will live with the confusion and die without a conclusion.*

27

SCIENCE AND SIP

Do scientists believe in God? Scientists are intelligent people. They want proof to believe in anything and the reason they do not believe in God is because they have been told mythological stories about magical Gods and Goddesses. While scientists are sometimes unreasonable when it comes to having faith or belief, we must appreciate their logical thinking that has helped the world progress so much.

Scientists are willing to accept anything if it can be proved. But unfortunately, the Creator cannot be proved. However, just like scientists accept the Law of Gravity through inference, there is hope that they will one day accept that a Supreme Immortal Power controls this universe. Why do they accept gravity? Because when you throw a ball up, it doesn't fly in the sky. So, science has accepted the Law of Gravity. One day scientists will accept that all the universal laws have been instituted by a Power. That day is not far away!

When scientists were trying to experiment to find out what the tiniest particle of a human cell is, they broke it into molecules and atoms and went beyond electrons, neutrons and protons till they reached the tiniest particle which they decided to call quark. As they were examining the quark under a sophisticated microscope, they were flabbergasted to observe that the particle of matter suddenly disappeared. As they were trying to record their observation on how the particle

must have transformed from mass to energy, as if by magic, the quark reappeared. They related it with the accepted law of thermodynamics – energy cannot be created or destroyed, but can be transformed from one form to another. They coined this experiment as the Wave-Particle Duality. A particle can become a wave and a wave can become a particle. This also means, that in reality, every particle is nothing but an energy wave. Some scientists today believe that although we appear to be a human body with 30 trillion cells, the fact is that we are nothing but energy. Every cell of our existence is energy.

What is this energy that science is talking about? Science does not deny that 99% of this universe is actually energy, dark matter, dark energy which is beyond human comprehension. Scientists have reached up to here, to realize that everything in this world is actually energy. As these scientists go further in their quest, they will realize through inference that this energy must have a source. Every effect has to have a cause, science agrees. But science is trying to find proof of the cause. Science does not understand that the Supreme Immortal Power, SIP that manifests as all the energy in the cosmos, is beyond comprehension. Science may try very hard, but they will never be able to find God. They have to realize that everything is SIP, the Supreme Immortal Power.

*Science and Spirituality seemed to have no synergy.
But today, they both agree that we are all energy.*

28

SIP AND THE UNIVERSAL LAWS

By now, we are familiar with SIP. SIP is the Supreme Immortal Power, a Power that is eternal, a Power that is Supreme, a Power that has not only created this universe, but manifests as everything that exists. This Power is beyond our understanding and comprehension. However, we have been given the intellect and the senses to observe and discriminate. We see that this universe is governed by certain principles or laws. There is order everywhere. If there were no laws, then there would be chaos in the world. What are these universal laws and who has created them? How do the universal laws govern life on earth?

Have you ever seen mangoes growing on apple trees? Impossible, you would say. But why? Because there is a principle – *As you sow, so shall you reap*. If you plant roses, you can't get tulips. Everything in this world is unfolding based on this universal law of action and reaction, popularly known as the Law of Karma. But this is not the only law. Many universal laws govern this universe.

Haven't we heard of the Law of Gravity? It is a universal law. You may be anywhere in the planet, but if you throw a ball up in the sky, it will not fly away. It will be pulled down to the earth as per the Law of Gravity. Then there is the Law of Cycles. Everything in this world runs as per this cyclic law. For centuries, the earth rotates on its own axis causing day and night. Nobody can break this law. It seems like magic, but

in reality, it is logic that follows the universal Law of Cycles. It is the Law of Cycles that also creates seasons, as the earth rotates around the sun, once in $365\frac{1}{4}$ days. These laws have been created with a lot of precision. There are many other laws like the Law of Opposites that create day and night, pleasure and pain, loss and gain, birth and death. We have no choice but to accept it. Then, there is the Law of Balance. After every tragedy, balance is restored. Such is the law! There is the Law of Order in existence. Everything happens in an orderly fashion – fish swim, birds fly, and this order makes everything synchronized. Even the scientific Law of Energy reveals that everything in this world is energy and is in motion. Finally, there is the Law of Compensation – good compensates evil, sweet compensates sour. All these universal laws together govern the universe.

But who has created these laws? Has man done it? Man is incapable of even comprehending these laws. Man is subject to them, but these laws are instituted and managed by the Supreme Immortal Power. Without the universal laws, we would never realize the presence of the Divine Supreme Immortal Power that is SIP. These laws are so powerful and intricate that even man, with his most sophisticated computers, is nothing compared to these Divine Laws. Those who realize SIP and the universal laws, experience the Divinity in all the universal laws that govern the world.

*Everything in this world is governed through Universal Laws.
These Laws of SIP are perfect, there are no flaws.*

29

SIP AND KARMA

The most powerful universal law created by SIP is Karma, the Law of Action and Reaction. It is the Law of the Boomerang, *What goes around, comes around*. The law is based on the principle – *As you sow, so shall you reap*. It is due to this Law of Karma that we don't see apples growing on mango trees. It is impossible! Why? Because the Law of Karma will not permit it. While we clearly understand the law of the seed, we don't understand the law of the deed.

Somehow, we ask the question – Why do bad things happen to good people? We don't realize that bad things can't happen to good people just like tulips cannot grow on a rose plant. If there are tulips, there should have been tulip seeds planted. If bad things or misery is unfolding, it is because of a previous bad deed. There can be no doubt. This is a law! The reason we don't understand the law is because we don't realize that SIP controls this law, not just during this lifetime, but also after we are dead and gone. The body dies, but the one who was alive, the Mind and Ego, ME, who leaves the body, carries their unsettled Karma or actions, both good and bad into a new body in a new life journey on earth.

SIP has created Karma for the perpetration of mankind and for the continuation of life on earth. If there was no Karma and no rebirth, then at death, everything would get over. But there is death, and there is birth. Birth is controlled by Karma. Did

you decide how you were born, when, where, and to whom? You did not decide nor did God sitting somewhere in a distant heaven. When we realize God is SIP, the Supreme Immortal Power, we then realize that it is this Supreme Immortal Power that controls universal laws that govern everything that happens on earth. As long as we don't realize the presence of a Supreme Immortal Power, we will continue to wonder and ponder on why things are happening and how life is unfolding on earth.

It is a fallacy to believe that doing good Karma will take us to God. Good Karma can only plant good seeds and create fortunate circumstances when we take a rebirth on earth. Good Karma cannot give us God because God is SIP, the Supreme Immortal Power. What we don't realize is that we too are SIP. We are not the body that we appear to be that does Karma. We are not even the Mind and Ego, ME that directs all actions and then carries forward unsettled Karma into a new birth on earth. We are the Divine Soul. We are a manifestation of SIP. Unless we realize this, we will continue to live, trying to do good Karma, believing in the myth that with it, we will be rewarded with God. When we realize who we truly are and we are free from Karma, then we will be free from rebirth. This is our ultimate goal, to realize we are the Divine Soul, to be liberated from this world of misery, and to be united with the Supreme Immortal Power. While the whole world understands the basics of Karma, most don't realize that we must be free from it.

*Karma is a law that is created by SIP.
Good or bad that you do, you can never skip!*

30

SELF-REALIZATION IS THE STARTING POINT

Those who want to realize God and the truth about SIP, must decode the mystery of Karma. Until we understand who does the Karma, who dies, who is reborn, we will continue to live and die again and again, in this cycle of death and rebirth, known as *Samsara*. Our goal is to be free from the cycle, if we truly want to become one with the Supreme Immortal Power. As long as we live in ignorance and we do not know the truth of who we truly are, we will continue to create Karma and then die, and then be reborn.

Many people foolishly believe that Karma belongs to the body. Thus they cannot reconcile with the seeming unfairness that unfolds day after day. Good people suffer and bad people rejoice, and this makes them wonder how Karma works. Seekers of the Truth realize that Karma doesn't belong to the body. The body dies. Then, what happens to Karma? Our Karma that are not redeemed, good or bad, get carried forward when the Mind and Ego, ME, takes a new birth. But why does this happen? Because we feel that I am 'I', it is me, I create Karma. Your Karma is your Karma. It is not my Karma, we are different from each other. Because we believe that we have a body and mind, we live, we do Karma and then, we die. To settle our Karma, we are reborn. This cycle goes on and on.

Those who want to realize the truth start their journey of Self-Realization knowing that this is the way to God-Realization.

Unless we realize the truth of who we are, we cannot realize the truth that God is SIP, the Supreme Immortal Power. We will always believe that we are mortals and God is somebody who is controlling our life. The moment we realize we are not the body that dies, that at death people will destroy our body and say that we passed away, then we contemplate— How can we be this body? Even our birth reveals that first, we were conceived, then the body was formed. There is no doubt that we are not the body, we have a body. We, the mind and ego, carry our Karma and are conceived in a new body to settle our past Karma. As human beings, we have free will, and we can choose our deeds that will lead to not just our destiny but also plant the seeds for our rebirth.

Those who want to realize the truth about God, realize that we are not the body nor are we the Mind and Ego, ME. When they try to find the mind, where it is, they cannot find! When they persist to realize the ego, they realize that it is a false identity. Then, if we are not the body, and we are not the mind and ego, then who are we? These fortunate ones, which is less than 1% of humanity, realize that we are the Divine Soul, the Spirit, the *Atman*. This is Self-Realization, the Realization that we are the Life Power that makes us breathe, walk and talk. If we are not the body nor the Mind and Ego, ME, then there is no Karma and no rebirth. This Realization is the most difficult hurdle to cross after which we realize that we are manifestations of SIP. We ourselves are the Divine Soul which is part of SIP.

To realize God is SIP, first realize, 'Who am I?'
Then become free from Karma and attain SIP after you die.

31

FROM SELF-REALIZATION TO GOD-REALIZATION

Why is it that people are not able to realize God? It is because people do not learn the simple trick - to realize God, you must first realize yourself. We are unable to fathom that we are part of that Supreme Immortal Power. As long as we believe that we are mortal beings, not only will we cry, as we live and die, we will never realize God is within. God is that Power that makes our heart, beat. God is the Divine Spirit, the Soul, the *Atman*. God is not God that we always thought he was. God is SIP that is everywhere, the Power that is in everything.

Unless there is Self-Realization that begins with the realization that I am not this mortal body that will die, not the mind I cannot find, not the ego that says 'I', I am the Power of life that throbs from birth to death, we cannot realize the Truth about SIP. Therefore, if we want God-Realization, we must start with Self-Realization. If I do not realize who I am, I can never realize God is SIP, the Supreme Immortal Power.

Those who realize the self and God, realize that at death, one of two things happens. If we think we are the body-mind complex, then when the body dies, the Mind and Ego, ME, along with its Karma takes a rebirth. But if we realize, we are not the mortal body that dies, we are not the mind and ego that is an illusion, we are the Life Power that gives life from conception to death, then at death, we are liberated and untied with SIP. There is no rebirth because there is no Karma.

The Karma was done by the body which I am not. The Karma was directed by the mind and ego, which I realize is an illusion. I am neither body, nor mind, nor ego. I disown all Karma as I drop all the accumulated Karma with the Realization of the Truth that I am a particle of SIP, the Supreme Immortal Power. Till I am trapped in this body-mind complex, appearing to be who I am not, I will continue to suffer as the body, mind and ego. But the moment I realize the self, that I am the Soul, I am free from all suffering. Not only this, but Self-Realization will also lead me to realizing God as SIP - the Supreme Immortal Power that exists everywhere, in everything. If there is no Self-Realization, I will continue to live with ignorance, thinking I am the one who I see in the mirror. I will believe the ego and the mind and live as me, accumulating Karma from my actions. I will be trapped in this Samsara, this continuous cycle of death and rebirth and I will never realize the truth that God, that is SIP, the Supreme Immortal Power, is in fact who I am too.

I am SIP, you are SIP, everybody is SIP. We appear as different beings. A gold chain, ring and bracelet are all made of gold, but they appear as different ornaments. Gold is the cause, the ornaments are the effects. Without gold, they are nothing. We too, without SIP are nothing. SIP is the cause, we are effects. When we realize this, we will realize I am not 'I', I am SIP. I am a part of the Supreme Immortal Power.

*If you want to Realize the Truth that God is SIP,
Then plan Self-Realization as your first trip.*

32

REALIZING THE POWER WITHIN

To start our journey to unite with the Divine, the Creator, whom we thought was God, we now realize that we need to first start with Self-Realization. Without realizing the true self, we can never realize that God is not God, God is SIP, the Supreme Immortal Power.

Have you stopped to feel the Power that is inside you, a Power that makes the heart beat, a Power that makes us see, hear, smell, taste, and touch? This Power makes us walk and talk, it makes us grasp. It is the Power that makes us live, causes respiration, excretion, and procreation. What is this Power that is in every cell of our body? In a flash, when this Power leaves, there is no breath. Death is pronounced. People then say that we passed away. The body is right here on the floor, but people say that we are no more! It is because we were that Power that was throbbing in the 30 trillion cells that we appeared to be. Until we realize that we are that Power, we will never Realize the Truth of the Supreme Immortal Power.

Why is it so important to realize the Power within? Because as long as we don't, we will think that we are all different from one another, just as we will believe God to be somebody far away in the heavens. The moment we realize we are a Power, both you and me will also realize that the Power in us is not different, it is the same Power. Just like electricity in the house comes from one source, but it energizes different appliances

and gadgets, we may appear to be different beings, but we are energized by the same Power, the Divine Spirit, the *Atman* or the Soul. When we realize that we are that Power within and that we are all the same Power, we then realize that it is one Power giving life to all creatures that walk, crawl, and fly on earth. Although we appear to be billions and trillions of different living organisms, the Power in all of us is one.

This Realization that there is one Power in us all, leads us to the ultimate Realization that there is one Supreme Immortal Power, SIP. This SIP, when not understood and realized, leads us into ignorance and we believe mythological fairy tales, creating powerful Gods and Goddesses. But when we realize the Power within, when we realize the Divine Spirit, the Soul that is making our heart, beat, moment after moment, making us breathe and live, breath by breath, we realize the Power of the Divine inside us. It is this Realization, the Realization of the self that will lead us to the Realization of life and the Realization that God is SIP.

Therefore, the first step is to discover the Power within if we want to realize God. All our life, we thought God is God because for centuries, generations that have come and gone, believed in a God. When we realize the Power within, we realize that God is not God. God is SIP.

*When we realize that the Power in you and me is one,
Then, we Realize the Truth of SIP, Gods there are none!*

33

NOT THIS, NOT THIS... THOU ART THAT

Scriptures of many religions continue to scream about the truth of life and of God. But because we live in so much noise, we do not hear the Divine voice that is within. The Bible says the Kingdom of God is within you, Luke 17:21; that God lives in the temple of your heart, Corinthians 3:16. The ancient scriptures of *Sanatana Dharma* from which Hinduism was born, say *Tat Twam Asi*, Thou Art That, (Chandogya Upanishad, Sama Veda); *Ayam Atman Brahma*, our Soul is the Supreme Soul, (Māndūkya Upanishad Atarvaveda); *Prajnanam Brahma*, there is one Divine consciousness in all (Aitareya Upanishad, Rigveda); *Aham Brahmasmi*, I am not the human body, I am the Divine (Brihadaranyaka Upanishad, Yajurveda). The newest of all religions, Sikhism, has in the Guru Granth Sahid, its scriptures, the *Mool mantra*, '*Ek Omkar Sat Naam*,' which says there is only one Power that is beyond name and form. While most religions preach the same thing in different ways, we do not realize the Divine truth that we are not who we appear to be, rather we are all a manifestation of the one Divine.

Those who struggle to realize the self and thus, find it impossible to relate to the truth that God is SIP are recommended to start with two simple words - *Neti Neti*. This means - *Not this, not this*. What does this actually mean? It means that we are not this body that we appear to be. We are not even the mind that we think we are. We are the Divine Soul. Unfortunately, we are not able to realize this. If we want

NOT THIS, NOT THIS... THOU ART THAT

to realize God as SIP, it is imperative that we start with *Neti Neti*, otherwise we will be lost in our own ignorance.

Not this, not this, Thou Art That – let us try to understand this. Are we the body? The body came later. First, we were conceived as a single-celled zygote. The zygote that we started as then formed the embryo around it. We were alive before the body was formed. One day, this body will die. People will say that we passed away. Our near and dear ones are so sure that we are not the body, that they burn or bury it. This makes it clear – *Neti*, not this body. The second *Neti*, not this mind, makes us realize that while the mind appears to be, it is actually nothing but a bundle of thoughts. If you try to find the mind, where it is, you cannot find. It is the mind that stops us from realizing *Neti Neti*. It joins the ego and becomes ME, the Mind and Ego which holds us back from the truth of all the scriptures of all the religions mentioned above.

When we realize this simple truth – Not this, Not this - I am not this body, not this mind, then we will realize that God lives in the temple of our heart, that the kingdom of God is within. We will understand that we are that - the Divine Power and not this body made of bone and skin. We will realize that we are the Power within. This Realization is the gateway to realizing God as SIP, the Supreme Immortal Power.

*When we realize we are the Power, we are That,
We will also realize that God is SIP, and that is the fact.*

34

THE KINGDOM OF GOD IS WITHIN

'How can the kingdom of God be within?' questions the monkey mind as it tries to stop us from the Realization of the Truth. God is in the heavens, somewhere far away in the skies. Within, there is bone and skin, there is the heart, the brain, the kidneys, blood, muscles and there is nothing other than that. Has anybody seen God within? 'Has anybody gone to that kingdom?' questions the mind. As long as we are slaves to the mind, the truth we can never find. We will live and die, believing in the God of our temple or church and we will never start our search to go within.

Those who start their inner journey are the few fortunate ones who realize God as SIP, the Supreme Immortal Power that is everywhere, in everything. But this is not for everybody. Only the genuine seekers of the truth, those who yearn for the Divine, those who want to find the true purpose and meaning of life, who are looking for eternal happiness and peace, beyond success and achievement, they are the ones who will initiate a journey that goes within. They are the ones who will realize that God is not God who lives in the skies, God is the Power that makes us see with our eyes. They are the ones who will be liberated from misery and sorrow, that belongs to the body, mind and ego that they are not. They are the ones who will experience Divine bliss and peace that comes from the consciousness of the truth. This *SatChitAnanda* or consciousness is realizing God within.

When we realize God within as SIP, the Supreme Immortal Power, we realize God everywhere, in everything. The Realization that the Power that makes our heart, beat is none other than the Power of the Supreme leads us to the Realization that the Supreme Immortal Power is omnipresent. It makes us realize that while the body dies, the Power of the Divine that is within, never dies. It is immortal. It leaves at death and arrives at birth.

Because we do not realize that the kingdom of God is within, we live as the body that dies. We create Karma, our actions, that are earned and then are carried forward with the Mind and Ego, ME, in a new birth on earth and the cycle goes on and on. If only we realize that the kingdom of God is within, and that we are that energy, that Power, a manifestation of the Divine, we will not create any Karma. At death, when the body dies, we will be liberated and united with the Divine. As long as the wave continues to think it is a wave, it will return to splash again and again. When the wave realizes it is the ocean, when it loses its identity, it becomes one with the ocean. Unless we let go of the ego, and realize we are not the body, mind and ego, we will never realize the kingdom of God that is within. We will never realize that we are part of the Supreme Immortal Power. The power is everywhere, in the animate and inanimate. It is the Power of the Divine, the Creator that is within. We need to go within.

*As long as we believe that God is far away in the stars,
We will never realize God within, in the birds and the flowers.*

35

STOP SAYING GOD, START SAYING SIP

If you want to realize God, then stop saying 'God' because if you keep saying 'God', you will continue to think of God as what God is not.

By 'God' what do we mean? We mean the Creator of this universe, one who created life on earth, who created nature, who governs and operates the universe. This is not the work of man, or an organization, or a God that looks like a man. The one who has done all this is a Power, a Power that is beyond our imagination and comprehension, a Power that is Supreme and Immortal. As long as we keep saying 'God', we will not only confuse ourselves, but celebrate Christmas as the birth of God, and shed tears on Good Friday. We will innocently have festivities on days when Rama and Krishna were born. We will even fight with others for the supremacy of our Gods, our temples and our scriptures. Will this make us find God? Never! God cannot be found. God has to be realized.

Unless we realize that God is not God, God is SIP, the Supreme Immortal Power, we will never be able to realize the God that we are seeking. The first step is to stop saying 'God' and start saying 'SIP'. This will reprogram our mind and our consciousness to the truth that God is SIP. God is not the picture that we pray to. God is not the statue whose feet we hold in tears in entreaty. God is a Power. God is SIP.

The challenge is humongous because we have been saying 'God' since the time we gained consciousness of the world. We have been going to our God in temples and Churches, but we have not turned inward to search for the Power that beats in every heartbeat. We have not realized that the Power that gives us life from birth to death, is the Power of SIP, the Supreme Immortal Power that is everywhere in everything. The Power in me is the same as the Power in you, just as it is in the sun that glows, in the breeze that blows, in the ocean that flows. There is one Supreme Immortal Power everywhere. But we lose sight of this Power the moment we start saying, 'God.' This is because we are taught about God and our impressions of God are very deep. We have been doing rituals, following dogmas and superstitions since time immemorial. Now to change that is a challenge. But those who realize the truth, flip over in a second from God to SIP. The moment they say 'God', they realize God is not God, God is SIP. God is Immortal. God is birthless and deathless, the Power that is omnipresent, everywhere in everything. The ones who realize SIP experience the Divine within, just as they experience the Divine in everything that walks, crawls, and flies. Those who go one step further, experience all the beauty in this world as a manifestation of the Divine. If you want to realize the truth, stop saying 'God'. Start saying 'SIP' - Supreme Immortal Power.

*If you keep saying 'God', you will never realize SIP.
If you want to realize God, in this moment you must flip!*

36

FROM KNOWLEDGE TO REALIZATION

How can we realize that God is SIP, the Supreme Immortal Power? Although we have all the knowledge about who, where and what God is, why do we continue to believe God is God? It is because we have the knowledge but we do not have the Realization. *Just like water will remain water till into ice it doesn't crystalize; man will remain ignorant that God is SIP, till he doesn't open his 'Real' eyes, for the Truth to Realize.*

We don't need knowledge, we need Realization. We have to realize that the God that we were praying to all these years is a myth, a fairy tale. God is beyond a statue and a saint. God is a Power that nobody can paint. But even though we read this a thousand times, it will not change our belief, until we evolve from knowledge to Realization.

Many people don't understand the difference between knowledge and Realization. They attentively listen to the theory that God doesn't belong to religion, God is not a statue, God is a Power. But even after listening, reading, and understanding this, they go back home and pray to the very God that is not God! What does this mean? It means that they have the knowledge, but they don't have the Realization. Unless one has the courage to question their own beliefs, one has the faith that their flip over from God to SIP is not taking them away from their Lord and unless one has a Spiritual Master, a mentor or Guru, who will not only explain the truth

but will also hold their hand and make them evolve from God to SIP, people will continue to live with the knowledge, but without the Realization.

Those who have realized the truth, will transform their vocabulary, their dictionary, just as they replace their beliefs and philosophy with the new realized truth. It is not complicated. It is very simple. The fairy tales of Santa Claus and the elephant God can easily come to light when we use our Power of discrimination to separate black from white. When we were kids, we could be fooled, but we cannot continue to believe in fairy tales till we die. Therefore, first, we must have the knowledge and thereafter, this knowledge must become a deep-rooted Realization that will create a transformation, in our beliefs and our philosophy of life.

Do you doubt that the God you pray to is a Power that is Immortal, Supreme, and present everywhere? Does your intelligence understand the truth of life, death, and Karma? Do you doubt that you are not this mortal body that will die? You are the Power that will fly. What is this Power? Those who are intelligent do not doubt that there is electricity in the bulb that glows. They do not put their finger into the bulb holder to check if there is power. They can see the power glow through the bulb. So, those who realize do not doubt the existence of the Power within that is Supreme and Immortal.

*Unless you move from knowledge to Realization,
You will remain in religion, not have a transformation!*

37

TRANSCENDING THE MIND, OUR BIGGEST ENEMY

If we truly want to realize that God is SIP, then we must first destroy our mind. Our mind is our biggest enemy! It stops us from realizing the truth. Therefore, '*Kill the mind before the mind kills you!*'

Have you ever seen the mind? You have seen your eyes in the mirror. You can touch your nose. You can pull your ears. You can even see the picture of your heart and your brain through an X-ray or a scan. But have you ever seen the mind? You can't because there is no mind! It is just a bundle of thoughts that appears to be the mind. The moment it establishes itself, it becomes a thought factory and bombards us with a thought practically every second. This can be 50 thoughts a minute, a whopping 50,000 thoughts a day! This is what causes us fear, stress, worry, anxiety and regret. As long as we let the mind take control, we will be ruled by our thoughts. We need to tie down the mind as it jumps like a monkey from thought to thought. If we don't tame the monkey mind, it will continue to jump from thought to thought and fill our life with junk. If we want to realize the truth that God is SIP, we must first make our monkey mind a monk. Until we still the monkey mind, until we reduce the MTR, the Mental Thought Rate from 50 thoughts a minute to 40, 30, 20 and ultimately one, we will not be able to realize that God is SIP. The moment we try to contemplate the truth of the Supreme Immortal Power, the mind will jump to a thought that will take us away. Why does the mind do this?

First of all, the mind is an illusion. But having established itself, it continues to keep us in ignorance and to believe that we are ME, the Mind and Ego in a body. The mind knows that the moment we realize we are not the body that will die, we are not the mind that we cannot find, we are not the illusory ego that says 'I', in that very moment, the mind will cease to exist. It is just like darkness ceases when we switch on the light. So, when we are enlightened with the truth that we are the Divine Soul, not the body that we appear to be, we will realize that there is no mind and that will be the end of the story for the mind. The mind fights very hard to stop us from Enlightenment and Realization. The mind wants us to continue in the darkness of ignorance. We must beware of the mind.

Only those who transcend the mind will realize the truth that God is not God, God is the Supreme Immortal Power. The mind stops us from realizing that we are the very Power of SIP. Therefore, we have to transcend the mind and reach that state of Divine consciousness. We have to become a witness, an observer of the mind. We have to spend time in stillness, in silence as we watch the monkey mind jump from thought to thought. Slowly, the monkey mind will stop its jumping business. Then, we must use our intellect to discriminate every thought and not let the mind take charge. We must live in thoughtlessness or consciousness.

*The mind is a monkey. It fills us with junk!
To realize that God is SIP, tame the monkey to a monk.*

38

LETTING GO OF THE EGO

Do you want to realize the God that you have prayed to throughout your life? Do you want to become one with the Supreme Immortal Power? Do you want to overcome the myth and realize the truth? The first step is to let go of the ego. As long as there is 'I', you will never be able to realize the truth about God. The moment the ego pops its head up, it creates a duality between us and God. The ego establishes itself so firmly in our life that instead of realizing God within, we search for God outside. How will we ever find God?

When we let go of the ego, when we renounce the 'I', when we come to terms with the truth - 'I am not I', then we will realize, 'I am a particle of SIP - the Supreme Immortal Power'.

When the ego says 'I', what does it mean? It looks at the mirror and identifies itself with the body. It thinks, 'I have a name, a mind of my own, a family, a business' and this locks us into a prison of ignorance. We live and we die without realizing the truth of who am I. Without realizing who am I, we can never realize the Supreme Immortal Power, SIP that throbs as the Divine Power in each one of us. We will continue to be 'I' and continue to pray to 'you', my Lord, without realizing that I am nothing. I am just a manifestation of the Supreme Immortal Power. Without that Power of life, the Divine Spirit, the *Atman*, the Soul, I am nothing. I am That, the Power of SIP, not this body that I appear to be, nor the mind and ego that

always says, 'It's me.'

If we want to realize the Supreme Immortal Power, SIP within, the first step is – letting go of the ego.

$$\text{MAN} - \text{EGO} = \text{SIP}$$

$$\text{SIP} + \text{EGO} = \text{MAN}$$

This equation can lead to Enlightenment. This equation can liberate us from being the ego, the mind and the body that we appear to be and make us a part of the Divine SIP. The fact is that we are Immortal. Don't we leave the body, when the body dies? The fact is that we were conceived before the body was formed, 9 months before our birthday. We are that spark of energy that arrives at birth and departs at death. We are not the 'I' that the ego makes us believe we are. The moment we let go of the illusion of the ego, what will be left? That spark of energy that we truly are – SIP, the Supreme Immortal Power.

It is unfortunate that from the time we grow out of our childhood, the ego takes over. I want chocolate, I want to marry, I want to succeed, I want a family. Everything is 'I' till we die. It is this 'I', the false ego that stops us from realizing that 'I am not I. I am SIP.' Without SIP, I am nothing. When the SIP that I am, departs at death, the body crumbles, the mind and ego that carries its Karma out of ignorance, returns in a new body, all because of the ego that made me believe, 'I am I.'

*As long as the Ego says, 'I', we cannot realize God.
When we let go of the ego, we become SIP, the Supreme Lord.*

39

BEING ENLIGHTENED ABOUT SIP

The Enlightenment of the Truth that God is not a statue, a mortal saint, but rather the Supreme Immortal Power, SIP comes from Self-Realization. Unless we let go of the ego and realize, 'I am not I,' we will never realize that what we thought to be the Power in the sky is actually the Immortal Power that throbs in our heart till we die.

The Power of SIP, the Supreme Immortal Power, is everywhere. There is no place where this Power doesn't exist. This Power is in you and this Power is in me. This Power is in every molecule of creation. This Power is in both animate and inanimate things alike. Why then are we not enlightened about SIP?

To be enlightened about SIP, we have to overcome our ignorance. We have grown up with too much myth. Unless we unlearn many things that we have been taught, that spark of Enlightenment that God is not God, God is SIP, will never shine in our Soul. *The Truth stares at us in our face, but we are caught in a maze. We are running a race, trying to be an ace. Then how can we have the grace of the Divine that is within us?*

Once, a woman lost one of her diamond earrings and was searching for it outside her house. The concerned neighbours joined her in her search, till one intelligent man asked, 'Do you know for sure where you dropped your earring?' 'Of course,' she replied, 'I am sure I

dropped it inside my house.' 'Why then are you searching for it outside?' he questioned. 'You don't understand,' she said, 'because it is very dark inside my house. So, I am searching outside.' We may laugh at this old lady, but aren't we very much like her? SIP is within. But because we are not enlightened, we are enveloped by darkness, we are searching for God outside when in reality, the Supreme Immortal Power, SIP, is inside.

The moment we realize the Divine Spirit, the *Atman*, the Soul within as the energy of SIP, we will be enlightened that SIP is the God that we were always searching for. We will come to terms with our foolishness that God is not made of bone and skin. God is SIP that throbs within. God is not in a temple or church. We don't need to search. The Divine SIP is everywhere, in everything. However, as long as we are searching in the wrong places, we will never realize the truth about God. But if we let go of God, just as we let go of the ego, and the ignorance it causes, we will realize SIP, the Supreme Immortal Power. To realize SIP, we have to open our 'real' eyes. In this world, 1% of people are visually blind, 99% are spiritually blind. To be enlightened about SIP, we have to remove the Spiritual cataract. Then, we will realize that God is SIP, a Power that is supreme, immortal, birthless, deathless, beginning-less, and endless.

***If you want to be enlightened and realize your Lord,
Then, realize God is SIP; God is not God.***

40

SIP, BIRTH TO DEATH AND BEYOND

Those who are new to the concept of SIP, may like to reflect upon the truth about the Supreme Immortal Power, SIP. SIP is with us from birth to death. Our very conception, 9 months before our so-called birthday, is because of SIP. The Immortal Power causes the fertilization of two cells. Without the Supreme, life cannot happen. Man and woman may attempt for eternity, but the life that causes a woman to conceive is Divine. Who then, creates the body? Is it the work of man? Our parents do nothing. It is through the grace of the Divine, the Supreme Immortal Power that the body is woven around the zygote, the first cell. One by one, our critical organs form – the heart, the brain, the kidneys. However, we choose to be oblivious to the Divine magic show that unfolds every day on this planet. If SIP desires, then there is birth. Man is helpless when a stillborn child is delivered. Doctors may try their best, but it is SIP that does the rest.

This is just the beginning. Every newborn child needs a Power to breathe, for its heart to pump blood, to digest, to excrete, to crawl and walk and grow. Where does this Power come from? Our mobiles and laptops have batteries, power banks or plain electricity, but where does the Power in a human being come from? Not one or two, 8 billion of us! But we don't stop to ponder about the Power of SIP that beats in our heart from birth to death.

As long as we have the Power, we have breath. The moment SIP leaves, there is death. Instead of contemplating this simple truth, we believe that everything came from a Big Bang. Or that we evolved from apes! If we did, then where did apes come from? Dinosaurs? The source of all Power is SIP. SIP has no beginning or end. Our life may be over at death, but SIP continues beyond. Don't we say that he passed away, although the body is dead on the bed? Why do we destroy the body? Because SIP has departed. The moment the Supreme Immortal Power leaves, we are useless, worthless! But where does this Power go and where does it come from?

Just because we do not understand and comprehend where, how, and what SIP is, we cannot deny its existence. Death is a reality and so is birth. The Power that makes us walk, talk, sing and do everything, is the Power of SIP. The moment there is no Power, we can do nothing! Instead of submitting to this Power, in Divine acceptance and surrender, some of us question it. Isn't it a pity?

Because we have been ignorant throughout our life, believing in a God with name and form, we have not realized the truth about SIP, the Supreme Immortal Power that caused our birth and will leave us at death. We are that Power, but throughout life, we are so busy in meaningless things, we don't realize the truth about SIP.

*SIP is the Power in us from birth to death.
It makes us walk and talk. It gives us breath.*

41

SIP AND THE SOUL

What is the connection between SIP and the Soul? Don't many of us believe that the Soul is created by SIP, the Supreme Immortal Power? By doing so, don't we get carried away thinking that our Soul is mortal, just as SIP is immortal? We don't realize the truth that both SIP and the Soul are immortal.

What stops us from realizing the truth about SIP and the Soul? It is not so difficult to realize that we are not this body that is born after we are conceived. We are not this body that will die. We are the Power that will depart into the sky. But where do we go? Because of our ignorance that makes us think we are ME, the Mind and Ego, we create Karma and return to the earth in a rebirth in another body which we are not. We don't realize that we are a part of the Supreme Immortal Power that departs at death. The body is nothing. It returns to dust. The mind is an illusion. It does not exist. When we realize this, we realize that we are the Power of life that was alive from birth to death.

What is this Power that gives us life? We may call it the Soul, the *Atman*, or the Divine Spirit. It hardly matters! There is a Power, in you and in me that gives us life to breathe and eat. This Soul Power is universal. It exists in every living organism. It is SIP, part of the Supreme Immortal Power that is everywhere, in everything. Because of the fairy tales we have learned about the Soul, we don't realize that our Soul is

SIP. Our Soul is nothing other than the Power of the Divine we call God. Because of our mind and ego, we have separated God from us and made God a heavenly father. However, when we realize that God is not a father or mother, male or female, Hindu or Christian, God is a Power, SIP, the Supreme Immortal Power, we also come to realize that it is that very same Power that gives us life.

Therefore, the Soul is SIP. SIP is the Soul. There is one SIP that manifests as the billions and trillions of Souls. Because of our ignorance, we believe that we are all different human beings, different Souls, when in reality, we are all one Soul. We all come from one SIP, and we will go back to one SIP. We are like the millions of waves in the ocean that appear different but come from the same ocean and go back into it. Because we do not realize the truth and we are so caught with the fairy tales about the Soul, we think my Soul is different from your Soul, just like my body is different from your body. When we realize the body appears and disappears, and we are not this, we are the Soul that arrives at conception and departs at death, we are a Power, it is then that we realize that our Soul is a part of SIP, the Supreme Immortal Power. Can we deny this truth that we are not this body that dies? While we are sure we are the Soul, our Mind and Ego, ME, stops us from realizing this truth that the Soul is SIP, the Soul is the very God that we all seek.

*The Soul is SIP, the Supreme Immortal Power,
SIP manifests in man and beast, and bird and flower.*

42

IS SIP ONLY IN THE ANIMATE, OR ALSO IN THE INANIMATE?

The word *animate*, comes from the Latin word – *Animare*, which means 'to enliven' or 'to give life'. Therefore, anything animate has a Soul, a Divine Spirit or *Atman*. The question that can confuse us is – Is SIP only in the animate or is SIP also in the inanimate? By now, we are clear that the Soul is SIP and SIP manifests in all that is born and dies on earth. What about the mountains and the seas, the rivers and the breeze? Don't we see Power in the sun that glows, in the wind that blows and in the water that flows? What is this Power? This Power is also the Power of SIP. What then is the difference between animate and inanimate?

SIP is the Supreme Immortal Power. The Power manifests everywhere, in everything. Every molecule of matter, be it earth, water, air, fire, or space, has SIP in it. However, each of these elements doesn't have a Soul. Each molecule of matter is thus considered inanimate. When matter is put together and energized with a Soul, the inanimate becomes animate. What are we human beings made up of? We are made up of the five elements and we come alive with the Soul. The Soul is the higher Power of SIP. A human being has a higher-powered Soul than animals. Trees and animals have a lower-powered Soul. But everything alive or animate has a Soul. This makes us part of the Karmic Law and we experience death and birth till we are liberated and united with the Supreme Immortal Power.

The inanimate are never born and they don't die. But they are also manifestations of SIP. We can recall the scientific experiment, called Wave-Particle-Duality, which makes us realize that every molecule of matter, all the 5 elements of nature are, in fact, nothing but energy or part of the Supreme Immortal Power.

The mind will confuse us, but we should not let this happen. We must be clear that we are elements of SIP – space, air, water, fire and earth which are spiritually knitted together with the Soul. At death, the Soul departs. The fire or heat in us disappears as the air escapes, the water evaporates, our space shrinks and what is left, is a handful of earth. Can anybody deny this truth? Where do each of these 5 elements come from? They appear as 5 different elements, but in reality, they are the energy or the Power of SIP.

Therefore, everything is SIP, be it animate or inanimate. The mind, however, will continue to confuse us. First, we say, 'SIP is in the Soul'. Then we say, 'SIP departs.' And finally, we say, 'SIP is everywhere!' We must be clear that the SIP departing at death in any animate being is the Soul departing. What is left is SIP and every element of nature is SIP. SIP is everywhere, in everything. We must not let our mind confuse us that SIP is both, in the animate and in the inanimate. SIP is everywhere. There is no place where SIP is not!

*SIP is the Soul in the animate, in humans, animals and trees,
SIP is also in the inanimate, in the mountains, skies and seas.*

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EXPERIENCE SIP ALL THE TIME

As long as we think God is God, we will always find it a challenge to find God. But when we realize that God is not God, God is SIP, then, we can experience the Divine every moment of our life. How is it possible to experience the Supreme Immortal Power constantly? Look around you. Can you not experience the Power that is vibrant in the blowing of the breeze and in the swaying of the trees? Then, stop and ponder on the butterflies and the bees. Don't you see the Power? Look beyond and hear the roaring of the seas – isn't there a Power that makes the waves come and go. Now look up at the skies and enjoy every bird that flies. Can you not experience the Power? The Power is everywhere, but we are lost in this world of pleasures and possessions. We are so caught in this material world, that we do not experience the Power of the Divine that is all around us. We do not have to discover this Power. It is there. We have to realize it. We have to open our *real* eyes and we will be able to feel the presence of the Divine Supreme Immortal Power all around us.

In every moment of our life, this Power is throbbing. Every beat of our heart reveals the Power of SIP within us. There is no battery, no charger, no power bank. There is a Power. What is this Power? Is it difficult question to ask? We breathe, we eat, we digest, we excrete, we procreate, but we don't realize what that Power is that makes every cell of our body perform. Without the Power, we wouldn't be able to see,

smell, hear, touch and taste. When we see a dead body in front of us, isn't it obvious that the Power has departed? While the Power manifests in every human being around us, we don't realize the Power. The Power manifests in every beautiful flower, in a cute little bird that sings. The Power is everywhere, it is just that we are blind, and we don't see, experience and realize the Power of SIP.

We can experience SIP all the time, if only we overcome our ignorance and realize the truth. The Power is all around us. We are so enamoured by the Power of our cars, and planes that fly in the sky, that we fail to see the Power in the clouds that drift above. The earth rotates so beautifully creating day and night, but we don't experience SIP. In every breath that we take, it is possible to stop and to be conscious of SIP. Instead, the mind steals our consciousness and takes us on another journey. Alas, we do not experience SIP all the time! Because of this unfortunate fact, we observe this illusory world, but we fail to realize the one reality that is everywhere, in everything. Even though science has discovered that every particle of matter is energy, we still don't realize that everything in this world is nothing but energy, energy that appears as you, me, and the universe. What is this energy? It is SIP, the Supreme Immortal Power. Isn't it time to start experiencing SIP all around us?

*When I see a beautiful butterfly and a little bird sing,
I experience the Power of the Divine, SIP, in everything.*

44

LIVING IN BLISS WITH SIP

Why do we human beings suffer? Why do we go up and down, like a yoyo, with pleasure and pain? It is because we live as the body, mind and ego, which we are not. The body seeks pleasure, but also experiences pain. The mind is swinging, between the negative and the positive. The ego tries to achieve success, achievement but ends up agonized by anger, hate, revenge, and jealousy. Although we have an option to live a life of eternal bliss and everlasting peace, we fail to do so. Why? Because we do not realize that we are not the body, mind, and ego. We are the Divine Soul. We are SIP. Everything is SIP. The moment we have this Realization, our life is transformed into a life of bliss.

The moment we realize that we are SIP, and the body that we wear only appears to be us, we will be free from the triple suffering that we all experience on earth. We will experience oneness with every human being. There will be no hate, no revenge, just love. We will accept all religions, philosophies, and theologies, realizing that everything that is unfolding on this planet, is nothing more than a humongous theatre of SIP, where we are 8 billion actors, who come on the earth stage every day, perform our part and go. Once we realize that we are SIP, everything is SIP, that there is nothing other than SIP, whatever happens on the earth stage, comedy or tragedy, will not affect us. *We are like the little girl who cries that she only wants the Santa Claus-shaped sugar candy. The mother tries to explain - 'The Santa*

Candy is sold out. Please enjoy the snowman candy, the reindeer candy or the Christmas tree candy. All candies are the same, they are all made from sugar.' But the innocent child cries and insists that she only wants the Santa Claus candy. We may be amused by that little child, but what about us? We are living in this world and crying, desiring this and wishing for that, not realizing that everything is an illusion, everything is like a dream. Nothing matters. What matters is to realize SIP, to experience SIP and to live with SIP, the Supreme Immortal Power, every moment of our life.

If we want to live with bliss and peace and love, without any misery and sorrow, then, we must live as SIP, see everybody as SIP, treat everybody as SIP, and experience SIP in everything and everybody. When we realize SIP in one and all, we will enjoy a dog wagging its tail as bliss that comes from the Power of SIP. We will feed fluffy little rabbits, experiencing the bliss of SIP in them. Every innocent baby that smiles will give us the joy of SIP, if we realize SIP everywhere, in everybody, in everything. It is not so difficult to live with SIP in bliss. The challenge, however, is to unlearn all the fairy tales we have been taught and to realize the truth about SIP. Then, we will be free from all misery and every moment of our life, will be full of joy. It is a choice. We can continue to pray to a God in a temple or church, and seek the myth of this material world, or we can realize SIP in one and all, and live with peace, bliss and happiness.

*If we live every moment with the Supreme Power, SIP,
We will have Peace and Love, and our Joy will never dip!*

45

EVERYTHING BEAUTIFUL IS SIP

For over 4 decades, I prayed to *my* God in a temple. I kept seeking God, loving God, yearning for God. I wanted my God very much. Where would I find my God? I used to discuss this with my Spiritual Master, my Guru, Dada. Where is Lord Shiva? Is he somewhere in Mount Kailash or somewhere far away in the skies? It is with the guidance of my Guru that I went on a *Talaash*, a quest. It is with the grace of the Divine that I realized the truth that God is not God. God is the Supreme Immortal Power. God is SIP.

Today, I live with SIP all the time. I realize that Power of the Divine everywhere, in everything. When I stopped searching for the God that I prayed to for 40 years, I had already realized God everywhere, in everything. Earlier, I used to be amazed at a beautiful sunrise and sunset. I used to watch it with awe as a Divine magic show, projected by the Creator. I used to experience God's presence in the sun, the moon, the stars, birds, animals, and flowers. But now I realize something more Divine, more profound. Everything beautiful around me is not created by God. It is SIP, the Supreme Immortal Power that manifests as all the beauty around me.

When I see a beautiful bird sing, I see SIP in the bird. When I play with my little dog that wags its tail, I experience the presence of the Divine. Every day I feed birds, rabbits, geese, but in reality, I am not feeding pets. I am in love with SIP, the

Supreme Immortal Power that is in each of these amazing creatures. Everything beautiful that I see is no more a piece of beauty as I used to see it. It is SIP, the Supreme Immortal Power that is creating ecstasy, bliss, love, joy, peace in my heart and Soul. Everything beautiful is the Divine. Earlier I could see the beauty, not the divinity. Now I see the divinity in everything beautiful around me.

Let us analyze. There are so many beautiful people in our life. What makes them beautiful? It is not the beauty of their skin. It is the Supreme Immortal Power within. Therefore, when a person dies, all the beauty disappears. Why? It is because the SIP has left. The Power has departed. The body has died, but the Immortal Power leaves to become one with SIP, of which it is a part. Although this fact stares at us in our face, we attribute the beauty to the body, not to SIP, the Power that departs. Look at a beautiful butterfly or a bird. They are so beautiful, but what happens the moment they are dead? All the beauty disappears. When will we realize that the beauty is not in the butterfly and the bird, but in the Power that gives them life? Everything is beautiful because of SIP. Without SIP there will be no beauty. Nor will there be life. Unfortunately, we are so enamoured by our senses, that we are carried away by skin-deep beauty, by external appearances. We only focus on that. We fail to appreciate the Power of SIP within, which is the true source of all the beauty. Very few blessed ones realize that everything beautiful is SIP.

*We get so carried away by the beauty that we see,
That we don't realize the SIP in you and me.*

46

THE WAY TO LOVE SIP IS TO LOVE THE SOUL IN ALL

Isn't it a great feeling to have realized God? Isn't it intoxicating and enthralling to experience God in everything beautiful? Isn't it blissful and peaceful to feel the presence of God as SIP, the Supreme Immortal Power that is within us? Now comes the final challenge – can we love our God that is SIP? Yes, we can!

Those who realize the truth that God is not God, God is SIP go beyond ordinary prayer and faith in God. They experience the Divine all the time, everywhere, in everything. When they want to love their God, they just reach out to the SIP that exists everywhere and they love SIP, not as the skin, but as the Power within.

How can we love God? God is SIP. SIP is the Soul. Every living creature has a Soul. Every living creature is SIP. When we love any living creature as SIP, we are loving God. Therefore, Enlightenment that God is SIP opens the doors to love God, the SIP or Soul, in one and all.

Does it mean that every time we love somebody, we are loving God? No! It is only when we love the Soul, the Divine Spirit, the *Ruh* or *Atman*, we are loving the SIP that is God. If our love is skin deep, it is not love of God. It is guided by our senses and is not true love. The ancient Sufis called spiritual Godly Divine love as *Ishq Haqiqi* and worldly love as *Ishq Majazi*. The ancient

Greeks called Divine love Agape and erotic love, Eros. When love is just lust, and does not reach the Soul, then that love is not Divine love. We must discover Spiritual Divine love. That is, in essence, what each one of us is made of. Because we are caught in the cosmic illusion, we are able to love the skin, but not able to love the Soul that is SIP or God within. Although most scriptures mention that God is love, and love is God, we do not realize this. We live and we die. We pray and we seek God. But we lose the opportunity of loving God. When we realize God is SIP and SIP is present as every Soul, in every animate creature, then we can love God as the Soul in one and all.

Love is Divine and if only we realize Divine love from Soul to Soul, will we be able to love God, love SIP in one and all. Our love can also reach out to the mountains and the seas, the skies and the breeze, but because these are inanimate, and they do not have a Soul, they do not respond to our love. But when you love your dog and it wags its tail, it is God as SIP, the Soul, loving you. When you hear a beautiful bird sing a song, it is SIP singing for you. But as long as we do not realize SIP in the Soul, and we do not love SIP in all, we will lose the opportunity of loving God. God is not far away in the heavens. God is here, and now. We must open our real eyes, and realize SIP, as the Soul. Because we do not realize that God is SIP in the Soul, we are shy to love or to say, 'I love you'. Would we be shy to tell God, 'I love you'?

*There is a way to love God; we must love the Soul in all.
God is SIP, the Soul Power in everything that can walk or crawl.*

47

THE TRUTH OF NIRVANA, MOKSHA, SALVATION

What is the ultimate goal of life? Why should we even bother about God, SIP, or anything else? Most people believe that the goal of life is to be happy. They are so busy seeking pleasure, that they experience pain and suffer again and again. They don't realize that there is a way to eternal bliss and everlasting peace. There is a secret that will not only liberate us from the triple suffering on earth – the pain of the body, misery of the mind, and agony of the ego, but also liberate us from rebirth – from returning in a new body, again and again, only to experience the constant cycle of pleasure and pain. What is this magical way of seamless eternal peace, love, and joy? Some people call it *Nirvana*, some *Moksha*, some salvation. There are many names that this state of being is titled as. Some think that we can attain this state of eternal happiness or *Ananda*, through meditation, through Realization or through Enlightenment.

The truth is that all these are not different from each other. They are the same state of eternal happiness that sees no misery. The only difference is that they are portrayed differently, through different philosophies, theologies, and religions. To decode the mystery of these terminologies, one must focus on the simple truths about life. One will be transformed to that state of bliss instantly. All these heavenly terms - *Nirvana*, *Moksha*, salvation imply that we become one with God, that we be liberated from earth and be transported

to heaven and that we be free from all misery and pain.

The truth is simple. When we realize that God is SIP, the Supreme Immortal Power and that we are nothing, but a manifestation of that Power, we will be freed immediately from the miseries of this world and be united with the Divine for eternity. Who suffers? The body, the mind, and the ego. But the truth is that we are none of these. We are the Divine Soul. This Realization is not easy because our own mind defeats our efforts towards this goal of Realization and Liberation. But this is the only way to *Nirvana*, *Moksha*, or to salvation. Anybody with intelligence can see that the body dies and perishes. Thereafter, what? A quest in this direction will lead us to answers of who we are and to the Supreme Immortal Power that we misunderstand to be a God.

This is our ultimate goal, to realize we are the Divine Soul, to be free from this constant suffering on earth and rebirth and to become one with the Divine. Unfortunately, we are unable to attain this blissful unification with the Divine because we consider ourselves to be the body, mind and ego. If we are blessed with Self-Realization, and we move forward towards Life Realization, we will realize that God is SIP, the Supreme Immortal Power and we will attain that state of *Nirvana*, *Moksha* or salvation.

*It's all the same, Nirvana, Moksha, Salvation,
After Enlightenment, there is Liberation and Unification.*

48

LIVING WITH ACCEPTANCE AND SURRENDER

Finally, what is life all about? People are confused. They don't understand. Suddenly, they are faced with cancer or an incurable disease. Their heart breaks as a loved one dies or departs. Business fails. Families disintegrate. There is misery and pain everywhere on earth. Where is God, they question. As long as we do not realize SIP, we will be one amongst those who are constantly crying in pain and experiencing misery and agony.

But we have a choice. We can be free from all pain and suffering, if only we realize the truth about SIP and we learn to live a life of acceptance and surrender. What is acceptance all about? When we realize the truth that everything in this world is unfolding as per a Divine plan and as per the universal Law of Karma, we will not live a life of regret, worry, and fear. We will accept whatever has happened as a result of our past karma and we will close the door on the past. Can anybody go back to yesterday, last week or last year? The past is over! *If the past was what we were meant to see, then behind, not in front our eyes would be.* Because we are constantly living in the past, we don't learn to accept whatever has happened. Thus, we lose the present moment of divinity, of peace, love, joy, and bliss. This moment is ours, why lose it thinking about yesterday? Why not accept what can't be changed and move on? Those who realize the truth about SIP, learn to live with acceptance. They know that there

is a Supreme Immortal Power that is in control of everything. They live with faith, hope, trust, and enthusiasm and not only do they accept the Divine Will, but they also surrender to it.

What is surrender? Surrender is TRUST - Total Reliance, Unconditional Surrender To the Supreme Immortal Power. Those who live in surrender have no fear. They know that everything that is unfolding is a Divine theatre of SIP. Nothing is real. Everything is a projection. They surrender to the will of SIP. They also live as an instrument of SIP, transcending the senses of the body, thoughts of the mind and the constant eruption of the ego that tries to defeat their Realization. Because they have realized SIP, they live in the consciousness of the truth, blissfully, peacefully, without any desires or cravings. To them, nothing matters. They know that they are SIP. They have realized the truth. They seek nothing except to become one with the Divine, and even that they surrender to SIP. All they do is to live in the constant Realization that they are a manifestation of SIP, that SIP is everywhere, in everything. This entire drama called life is SIP. Everything is SIP. There is only one reality – it is the Supreme Immortal Power. Everything else is an illusion. If only we can live in acceptance and surrender as SIP, experiencing SIP in one and all, our life will become an island of Divine peace and everlasting bliss. We will accept the Divine Will of SIP, and we shall surrender to SIP, that Supreme Immortal Power that is everywhere, in everything. We will live with Trust in the Supreme Immortal Power, SIP, that is within!

*We must Accept, not Expect. We must Surrender, not Wonder,
Trusting in SIP, the Supreme Immortal Power.*

AFTERWORD

God is not God, God is SIP, the Supreme Immortal Power. Even though this is so evident, many people continue to go back to their temple and church and pray to their God whom they have always believed in. Beliefs and habits are difficult to change. Unless somebody is really interested in realizing the truth, and being liberated from misery, and from the corresponding suffering and pain, one will just continue to follow the herd. It is your choice. Do you want to go by what the mind has believed in all these years, or do you want to stop, read, introspect and realize?

The opportunity of being born as a human doesn't come again and again. We know that death is round the corner. We must realize that we cannot be enlightened after we are dead, lying on the bed. We must get this into our head! Otherwise, we will live and die. We may do good deeds and try to please our Lord, but if we don't realize that God is not that old man with the long white beard, somewhere above the clouds in the skies, our prayers will be meaningless. The opportunity to realize God is now. If we miss the opportunity, we may be devout and devoted, but we will die only to be reborn on earth in a rebirth. We have a choice. Just as we can choose to believe in a God and pray, or not to believe and just sway in this world of people, pleasures and possessions, so also, we have a choice, we can believe in God like most of us do, or we can be that rare minority who goes in quest of God. If we are

one amongst those blessed few, who love God so deeply, then we will not waste our time in life, drifting with the myth of this world. We will go on a quest to find God, till we ultimately realize God in the temple of our heart.

God is not God, not the God that the world thinks is God. God is a Power. God is Supreme. God is Immortal. Therefore, I have stopped using the word 'God'. Rather, I use the term *SIP* – for that Supreme Immortal Power that is beyond all religions, the Power that cannot be defined or comprehended. No doubt *SIP* exists, but nobody can define the attributes of *SIP*. The Supreme Immortal Power, *SIP* is in me and is in you, but we have to realize this. We have to start the inner journey and stop wandering in this world, searching for God in Temples, Churches and other places of worship. The kingdom of God is within. The Power of God is everywhere. The beauty of God is in everything. Alas! We don't realize God. When will we open our *real* eyes and see the Divine, the Supreme Immortal Power manifesting as all the beauty around us? When will we see the Power of *SIP* all around us, in everybody and in everything?

As long as we continue to believe in the God that we have prayed to, whom we have been taught is God, we, most unfortunately, will continue to go in the opposite and wrong direction. This will never let us realize our Lord. It is time to stop, to turn, and to start a new journey that will make us one with *SIP*, the Supreme Immortal Power.

***Stop! God is not God. Realize the Truth.
God is a Supreme Immortal Power – SIP, get to the root!***

POEM
GOD IS NOT GOD
GOD IS SIP
SUPREME IMMORTAL POWER

*Do you love God, do you seek God, do you pray every day?
Do you have any clue, what to your Lord you say?*

*Where is God, do you know? Where does He live?
Does He live far away, His address can you give?*

*Is your Lord, God or is my God the Lord?
Are there many Gods or is there one, Almighty Lord?*

*So many religions in this world, which is the best?
Which religion will give us God? Come, let us test!*

*Religion is just a kindergarten, like a basic little school.
But one who is there all his life, will always remain a fool!*

*Just like we go from a school to a university,
We must graduate and realize God through Spirituality.*

*God is not a man or woman, made of bone and skin,
God is the Supreme Immortal Power that throbs in the heart within.*

*We give God a name and a form, we believe in the myth,
We pray to a God who is not God and live and die with it.*

*God is birthless, God is deathless; God is an Immortal Power.
But we put God in a temple, a church and a monastic tower!*

*If God is not God, then who is God, how can we find?
We will realize God only when we tame the monkey mind.*

*We must realize who we are, then we will realize the Lord.
We are the Divine Spirit, the Soul, we are a temple of God.*

*But how can we be God, we say, how can this be true?
How can God ever be, in me and be in you?*

*When we realize God is a Power, God is here and there,
We will realize the Power in a flower, the Power is everywhere.*

*The Power of God can be seen in the mighty sun that glows,
God is in the wind that blows, and in the water that flows.*

*Because we believe God is human, God is he or she,
We don't realize this is a myth, how can this ever be?*

*Such is the mighty Power of God, our petty mind cannot see,
Imagine emptying into your bathtub, the waters of the sea.*

*But still, with innocence and ignorance, we continue to pray,
We believe in God, who is not God, and thus we just bray.*

*When will we yearn for our Lord, and start for Him a search,
When will we go away from a temple, a synagogue and a church?*

POEM

*When will we start the journey within, go inside and find.
The Lord, behind the senses of the body, the ego and mind!*

*When we realize 'I am not I', then God will come to light,
When we let go of the ego, then God will come to sight.*

*God is the Supreme Immortal Power, God is SIP,
What we see of God, in fact, is just the iceberg's tip!*

*Every atom, every molecule is energy, it is SIP.
Because we live in ignorance, in misery we dip.*

*When we realize we are that Power, we'll be free from pain,
We will be liberated from the rebirth cycle, again and again.*

*We live and die, and don't realize what is our goal.
The purpose of life is to realize we are the Divine Soul.*

*When we realize we are ourselves the Power of SIP,
We will find SIP in all, the Power is in every lip.*

*Everything that walks and crawls, every bird that can sing,
The Power of SIP is everywhere; it is in everything.*

*Everything in this world is an illusion, the one reality is SIP.
We don't realize this because we are on a worldly trip!*

*So, we live, and we die, and God we don't realize,
We roam like blind men and don't open our real eyes.*

*Just because a man is blind, is it true there is nothing?
No! The truth is he is blind, he can't see anything!*

*And so, God exists everywhere, in every grain of sand.
But we are searching for God, in a faraway land.*

*As long as we live with ignorance, the truth will ever hide,
But when we realize God is a Power, within SIP will abide.*

*Then, we will feel the Power of the Lord every moment we live,
We'll experience SIP, live with love and joy, and we'll forgive.*

*We'll realize this earth is nothing more than His Divine show,
We are all just actors, we come, and one day we will go.*

*Everything is just a projection of His mighty Power.
It is all like a dream that gets over before we shower.*

*We must wake up, realize the truth, and live our life with SIP,
Not continue to follow the foolish herd, we must make a flip!*

*You are God, I am God; this truth when we get to know,
Then we will overcome misery and enjoy the Life show.*

*Just because the world is caught in a big illusion,
We should not follow others and live with disillusion.*

*Only when we realize the truth of 'who am I?'
Then we will realize, SIP is the Power that lasts till we Die.*

POEM

*First we think that my Soul is different from your Soul,
Then we realize all Souls are one and we achieve our goal.*

*What is the Power that is present in everything that is alive?
It is the Supreme Immortal Power - SIP, don't count from one to five!*

*As long as we try to define SIP, we will continue to wonder,
The way to realize SIP is to accept and surrender.*

*Before this journey of life comes to an end,
Let us realize SIP before we take the final bend.*

*The world may call it Moksha, Nirvana or Enlightenment,
Names are different, it is freedom, free from imprisonment.*

*When we are free from Ego and Mind and live as the Soul,
We become one with SIP, the Power that is from pole to pole.*

*When we realize we ourselves are nothing but SIP,
We will live without fear and worry, enjoying this Life trip.*

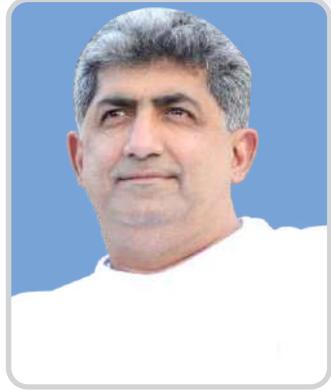
*Then we will live with SIP, in ever Consciousness and Bliss,
We will live with Joy and Love, and eternal Happiness.*

*God is not God, God is SIP, when will this we know?
Hurry up, don't waste time! Soon it will be the end of the show.*

ABOUT THE AUTHOR

AiR- Atman in Ravi

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



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

ABOUT THE AUTHOR

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

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

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 48 books, composed and sung about 1250 bhajans, written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents'

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

“

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

If you have any questions on happiness, suffering, life, death, rebirth, karma, liberation, enlightenment or anything related to spirituality, **you can ask your questions directly every day on Zoom at 8 p.m.!**

Ask AiR

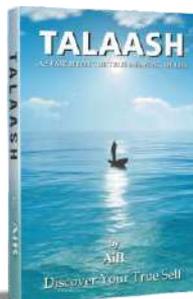
at **8 pm** every day
on  **zoom**

Zoom Meeting ID: 85021104431

BOOKS BY THE AUTHOR

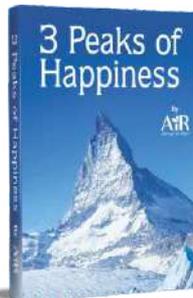
1. Talaash

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



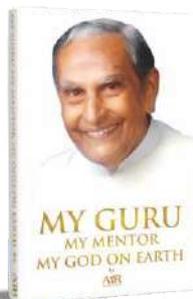
2. 3 Peaks of Happiness

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



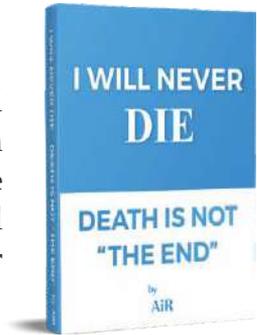
3. My Guru, My Mentor, My God on Earth

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



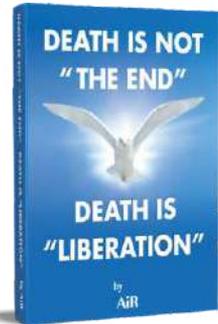
4. I will Never Die, Death is Not “The End”

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



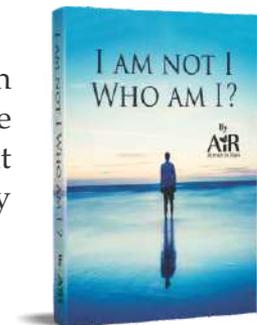
5. Death is Not “The End.” Death is “Liberation”

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



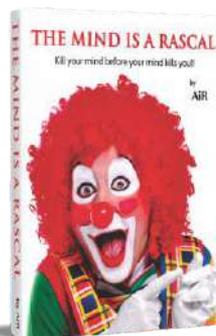
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



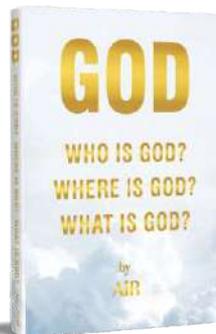
8. A Cosmic Drama

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



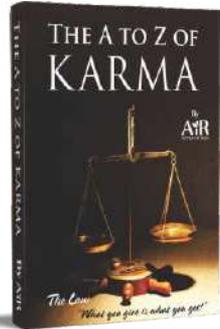
9. Who is God? Where is God? What is God?

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



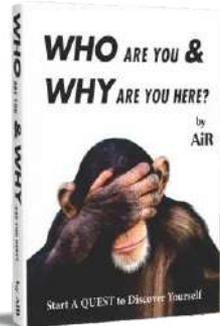
10. The A to Z Karma

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



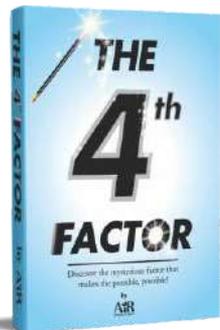
11. Who Are You and Why Are You Here?

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



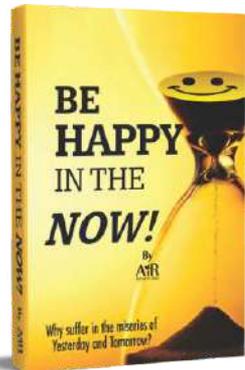
12. The 4th Factor

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



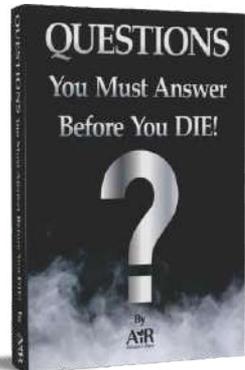
13. Be Happy in the NOW!

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



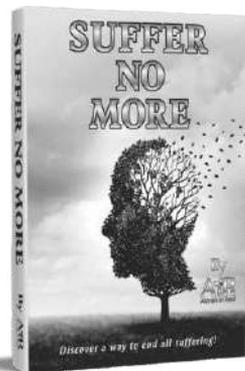
14. Questions You Must Answer before you Die!

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



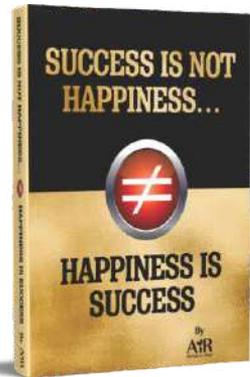
15. Suffer No More

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



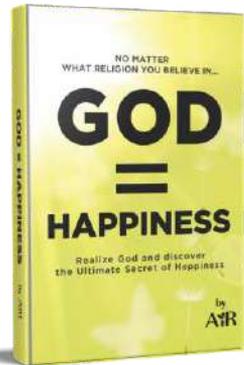
16. Success is not Happiness, Happiness is Success

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



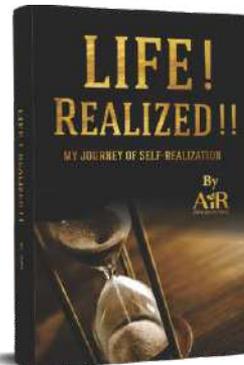
17. God = Happiness

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



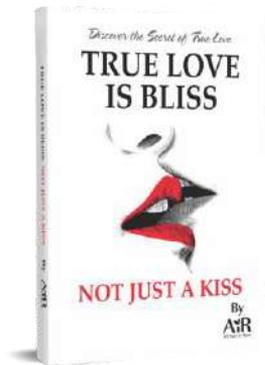
18. Life! Realized!!

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



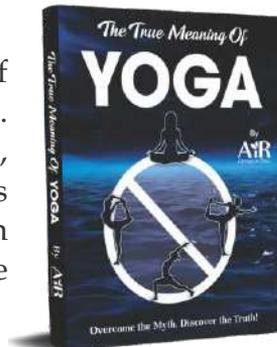
19. True Love is Bliss...Not Just a Kiss

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



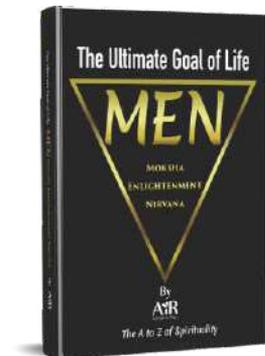
20. True Meaning of Yoga

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



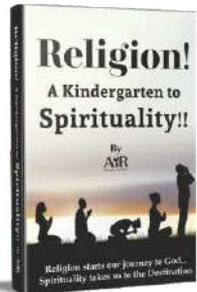
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



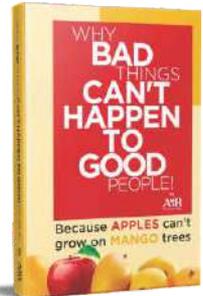
22. Religion! A Kindergarten to Spirituality!!

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



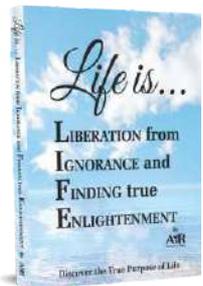
23. Why Bad Things Can't Happen to Good People!

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



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

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



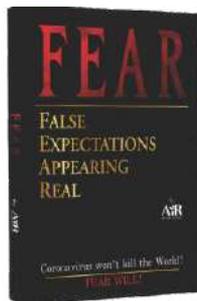
25. The Ladder to Heaven

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



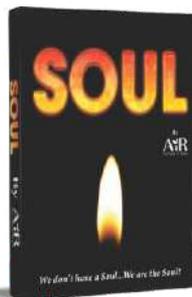
26. FEAR- False Expectations Appearing Real

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



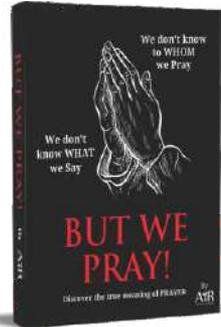
27. Soul – We don't have a Soul... we are the Soul!

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



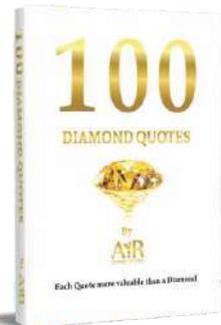
28. But We Pray!

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



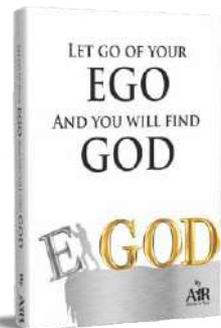
29. 100 Diamond Quotes

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



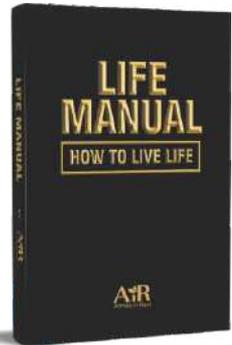
30. Let go of your Ego and you will find God

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



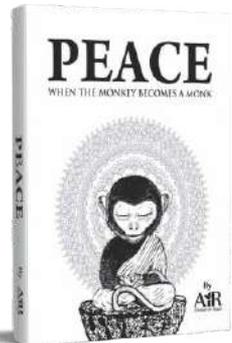
31. Life Manual - How to live life?

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



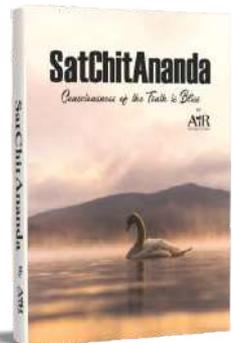
32. PEACE... When the Monkey becomes a Monk!

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



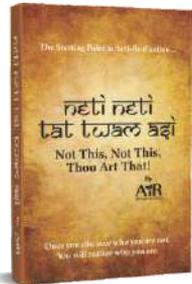
33. SatChitAnanda - Consciousness of the Truth is Bliss

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



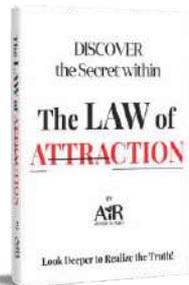
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



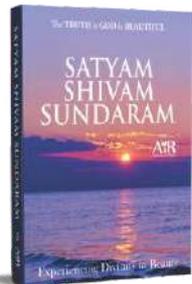
35. Discover the SECRET within The LAW of Attraction

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



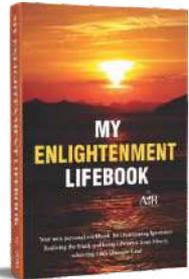
36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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



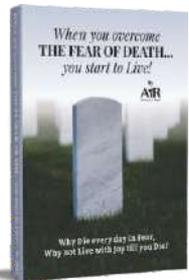
37. My Enlightenment Lifebook

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



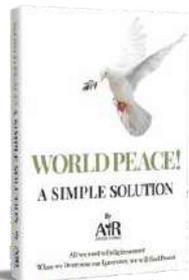
38. When you overcome the FEAR of DEATH, You start to LIVE

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



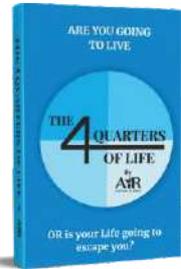
39. World Peace! A Simple Solution

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



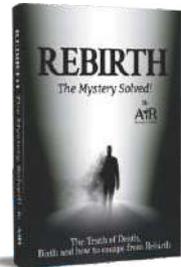
43. The 4 Quarters of Life

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.



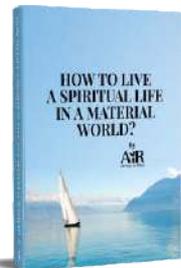
44. REBIRTH ... The Mystery Solved!

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?

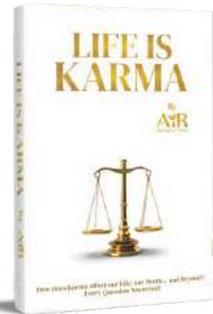
Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life



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

Every time something happens in life, we say, 'Karma!' Most of us know that nothing in this world happens by chance, but as per the Law of Karma. Yet, we still don't understand many things that happen in life and how Karma really works. This book has all the questions along with the answers that will make you Realize the Truth about Karma and Life – how Karma is actually Life. Further, it will help you Realize how you can transcend Karma and be free from the Karmic cycle of death and rebirth.

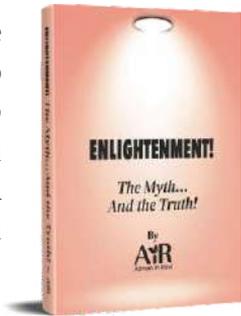


47. Enlightenment - The Myth and The Truth

Are you seeking Enlightenment? Can you be Enlightened? Is Enlightenment a gift for a select few - for intellectual saints and sages? No, we have been gifted with a human birth so that we can attain Enlightenment. Unfortunately, we are not able to be enlightened because we are living with the myth,

BOOKS BY THE AUTHOR

and we do not Realize the Truth. To Realize the Truth, to be Enlightened, we have to unlearn many lies that we have grown up with. This book will help you be enlightened as it discriminates the Truth from the Myth associated with Life, Religion, God and Spirituality.



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

Never have you read a book of Poems like this,

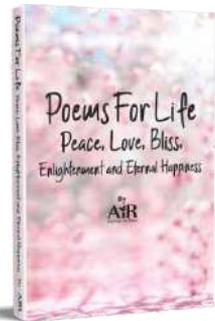
Poems that will give you Peace, Love and Happiness.

Poems that will tell you the Truth about Life,

How to Overcome Misery and how to Overcome Strife!

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

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



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

50. Happiness is Success

51. The 10 Commandments of Detached Attachment

GOD IS NOT GOD
GOD IS SIP
SUPREME IMMORTAL POWER

Do you love God? Do you yearn for God? Are you seeking God? If you do, then you have a treasure in your hand that will make you realize God.

If you live with faith and trust, and you believe, then you will realize the truth that God is the Supreme Immortal Power. God does not belong to any religion. God is birthless and deathless.

Because we have grown up with the myth, we believe in the fairy tale of heaven and hell. We continue to pray to a God who is not God. God is not made of bone and skin. God is a Power that beats in the heart within. God is within you and me. Why are we searching for God outside? We can never find God. We have to realize God.

The way to realize God starts with Self-Realization and this will lead to realizing God, the Divine Creator as SIP – the Supreme Immortal Power. Let us start our journey now!

By
AiR
Atman in Ravi

A.i.R.

AiR Institute of Realization
Ask Investigate Realize

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