

**First Realize, 'I am a SOUL,
a Spark Of Unique Life...'**

I AM A SOUL

SOUL IS SIP

I AM SIP

SIP IS IN ALL

**... and then Realize that SIP,
the Supreme Immortal Power is in All**

By
AiR
Atman in Ravi

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AiR
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Ravi V. Melwani

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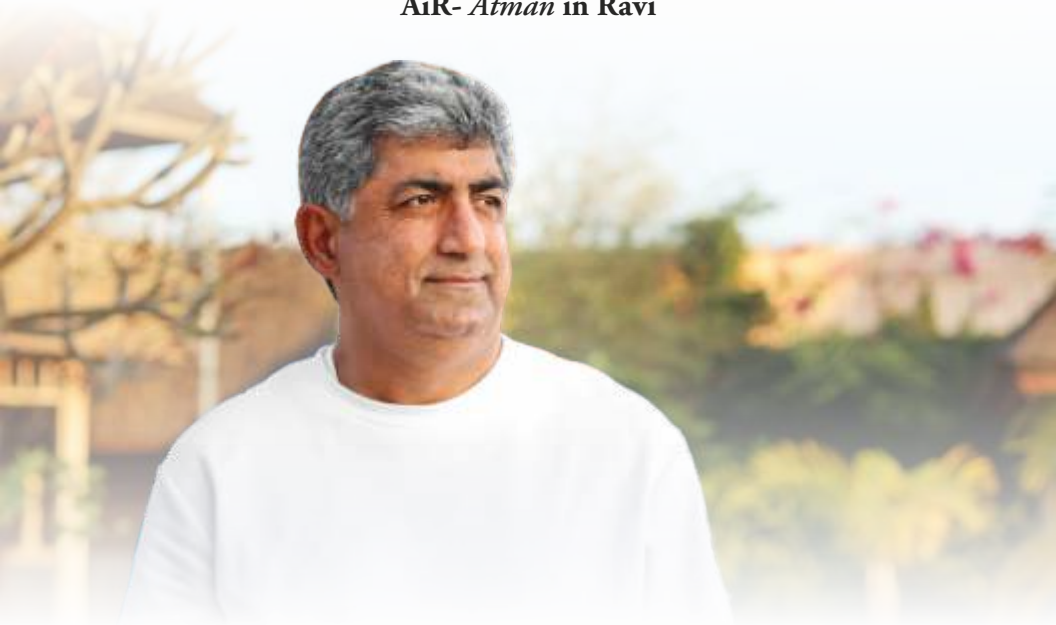
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ABOUT THE AUTHOR

AiR- Atman in Ravi



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

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

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

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his given name to AiR – *Atman* in Ravi. Post his metamorphosis, he started living as an instrument of God, doing His Divine Will. This led to several Realizations that formed his new mission of life – 'To help people discover the way to Eternal Happiness through Enlightenment.'

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live

in. Based on his realizations, AiR has published over 65 books, composed and sung about 1400 bhajans, written several blogs, quotes and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations, corporates and universities. He conducts webinars every week and 'ASK AiR' sessions every day on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

*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 DIRECTLY

Ask AiR
at 8 pm every day



Meeting ID: 85021104431

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PREFACE

One of the strangest things in the world is that we don't know who we are and why we are here. We live and die without finding out the truth of, 'Who am I?' Our ego dominates us and along with the mind, becomes the Mind and Ego, ME. We look at our body in the mirror and get carried away by this false identity. Little do we realize that we are neither the body nor are we the Mind and Ego, ME. We are the Divine Soul.

After living in ignorance for 5 decades, I suddenly got a spark that enlightened me with the truth. I realized that I was an *Atman*, a Spirit, a **SOUL**. I was a **Spark Of Unique Life** that came alive 9 months before my so-called birthday. I got awakened to this truth and went deeper to find out, 'Who am I and why am I here?'

After 25 years of achievement, I started my spiritual quest. In my journey of Spirituality and Enlightenment, I have written over 65 books on life, happiness, purpose and existence. I am grateful for the blessing that made me realize that we are all a part of **SIP**, the **Supreme Immortal Power**, that we call, God. In fact, we are all manifestations of God. God does not live in the skies, we are told lies! God is in every spark, in every living creature that walks, talks, flies and sings. I realized this truth and made it my mission to share it with the world.

Our purpose of life is to evolve from Self-Realization to God-Realization. We, human beings, are blessed. We are the

only ones who have been given an intellect to discriminate thoughts. We are the only ones who can attain a state of illumination that can lead to the Realization of who we are. It is only man who can be liberated and united with the Divine.

I decided to write this book to help people realize the simple truth – *I am a Soul*. I am not what I think I am. I am not 'I'. *The Soul is SIP*. The Spark Of Unique Life, who I am, is nothing but a speck of the Supreme Immortal Power. The Soul comes from SIP at conception and returns to SIP at death. I am that Power. *I am SIP*. SIP is not just in me. SIP is in you, just as it is in me. SIP is in a butterfly, a bee and even a tree. Unfortunately, because we believe in a personal God from the time we are kids, we do not realize this truth. We are all manifestations of the Divine, the one Supreme Power that is omnipresent, present everywhere, in everything. So, *SIP is in all*.

I have written this book in simple terms to simplify a complicated subject that has eluded us for centuries. We continue to live in ignorance and because of that, not only do we suffer the triple suffering of the body, mind and ego on earth but we will continue to suffer as we return in repeated rebirths. Until we realize the truth of, 'Who am I?' and until we discover that we are not the body, mind and ego but the Divine Soul, we will never realize that we all are like waves that come from one Divine ocean and return to that Divine ocean. The purpose of our life is to realize that we are the Divine Soul. This is our goal.

***As long as we don't Realize, we are Nothing but the Soul,
We will wander, suffer and will never achieve our Life-Goal.***

INTRODUCTION

This book can transform your life. It can change your philosophy, perspective and paradigm. It can liberate you from all suffering, pain of the body, misery of the mind and agony of the ego. It can create a fountain of Divine Love in you, something that you would have never experienced before. It can kindle a light within you to overcome the darkness of ignorance. It can help you rediscover peace. Peace is within you but you are trying to *find* peace of mind outside. Peace can lead to a state of eternal happiness, a peak that we all constantly, seek. This book can lead to a complete metamorphosis. Are you ready to be awakened with the truth?

Who are you? Till today, you would have been answering with your name. 'I am Peter' or 'John' but were you John when you were born? That is just a name! Even your birthday is fake. You may cut a cake but this book will make you awake! You were actually born 9 months before your so-called birthday. You were conceived when 2 cells from your parents fertilized and that fusion created a zygote. That zygote was created only because a Spark of Life caused the conception. If that Spark of Life wasn't there, you would have never been born. You are the Spark Of Unique Life, a Soul but you don't realize it. This book will lead you to open your real eyes and realize the truth of who you are and why you are here.

Not only will you realize that you are a Soul but you will also go one step further to realize that the Soul is SIP. SIP is the Supreme Immortal Power. Unfortunately, we go to school but we remain a fool because we believe lies, like God lives in the skies. Then, we go to college and we gain knowledge but we don't realize that God is not God. God is SIP. The Power of SIP appears as a Spark in you, in me, in every Soul, in every living creature. We are searching for God, when in reality, every animate being is a manifestation of God.

Therefore, who are we, in reality? If we are not the body, mind and ego, we are the Soul and the Soul is nothing but SIP, then, aren't we SIP? Yes! We are a tiny part of the Supreme Immortal Power. This is the ultimate truth which has been complicated and because in thought we are caught, this truth, we forgot!

Where is SIP? SIP is in all. SIP is everywhere, in everything. Our first Realization is that SIP is in every Soul that is alive on earth. Those who are blessed will further realize that the Power of SIP is in every molecule of matter. When I first heard this from my Guru, my Master, I was flabbergasted. Slowly, I overcame my ignorance and was enlightened with the truth – I am a Soul. The Soul is SIP. I am SIP. SIP is in all. This is the ultimate truth. The same truth is revealed in *Sanatana Dharma*, the original Hindu faith and also in the *Vedas* and *Upanishads* through the *Mahavakyas*.

***You are the Divine Soul, not the Ego, Body or Mind.
You are a Manifestation of God, this Truth you will Find!***

PART - A

I AM A SOUL

*I am Not what I seem to Be,
I am Not the Mind and Ego, ME.
I am a Spark Of Unique Life, a SOUL,
To Realize this, is my Ultimate Goal.*

WHO AM I?

When I first heard this question, I thought, 'What a silly question? Don't I know, who I am? I have a name, parents, family, nationality, religion. It is so clear as to who I am. Then, why this question, 'Who am I?' I know, I am not you. We are different, just as I know that I am not a table or a chair. I am not the shirt that I wear. I am 'I.'

When I started my quest, I was shocked to realize — I am not 'I'! This was probably, the biggest shock of my life! I always thought I was this complex body, mind, heart, intellect and Soul. I could look in the mirror and see who I was. I could identify myself in a photograph or video, just as I could differentiate myself from others because of my passport, my driving license and my ID card. But when I was contemplating, I realized that nothing on my ID card was permanent. My age was changing, my picture was changing and my address was changing. It made me reflect on 'Who am I?' Am I the baby that was born on the birth date that is on my birth certificate or am I the one I am, today? What will I be in the moment of my death? People will just say that I passed away. Who would have passed away? Where will I go? Where did I come from? What was I, before my birthday? When was I really born?

When I started asking questions, I was flabbergasted to realize that I am not 'I'. This took me further on my spiritual

WHO AM I?

journey, which I will share as we go forward. It all starts with the primary question, 'Who am I?'

Because we think we are the body, mind and ego, we suffer the triple suffering - pain of the body, misery of the mind and the agony of the ego. The moment we realize, 'I am not 'I', we will be free from this triple suffering. But if I am not 'I', then, 'Who am I?' I exist, don't I? So, I must be something, somebody. What is the 'something' that I am? Who is the 'somebody' that I may be? Throughout my life, I kept saying, 'I, me and mine' but once I realized that I am not 'I', I had the biggest laugh of my life. Throughout my life, I thought I was 'I'. We all think so but the truth is that we are not the 'me', that in the mirror, we see and because of this ignorance, we are not free. We are like the prisoners who suffer and die, only because we do not realize the truth of, 'Who am I?' Not only do we suffer on earth but return in a rebirth, only to suffer, again and again because we do not realize the truth of 'Who am I?'

There is only one way to discover 'Who am I?' That way is to find out, 'Who I am not.' When I start eliminating, 'Who I am not,' ultimately I will realize 'Who I truly, am.' Who is that 'I'? Am I the 'I', that I can see? Am I the mind and ego that says, 'Me'? Am I the body that I see, that is constantly changing? Who is the real me? If we find the answer to 'Who I am not' then we will get the answers to 'Who I am'. We will be free from all misery and live a life of bliss, peace, joy and eternal happiness.

*Who am I if I am not 'I'?
When I find out, 'Who I am not',
I will realize, 'Who am I?'*

AM I THE BODY?

In the quest for Self-Realization, to realize who we truly are, the first question is, 'Am I the body?' We all identify ourselves as the body. That is why we say, 'This is me. It is my hand, my head, my leg, my nose.' We also say, 'My back is aching,' or 'I am in pain.' Who is in pain? It is the body. When our foot is fractured and in a plaster, we say, 'I am suffering.' When we have a flu or fever, we say, 'I have fever.' So, we are always associating this body to be 'me', 'I am this body. In addition to it, I may also be the mind, ego, intellect and the Soul.' But first of all, are we this body?

Where did this body come from? Was it manufactured in a factory, like the Mercedes Benz car or an Apple computer? Of course, not! We know beyond a doubt that this body was formed in our mother's womb over nine months, after we were conceived as the first cell known as the zygote. Nobody did anything to make this body, neither I nor my mother nor my father, my society or my religion. We were automatically created without human intervention. It may seem like a miracle but it is true that our brain, heart, lungs, kidneys and all our unique sense organs like the eyes, ears, nose, tongue, skin, along with muscles, blood and bones were created by a Power that is beyond human comprehension and definition. How did this happen?

When two cells from our parents fertilized, the fusion created a single cell called zygote. Thereafter, the cells multiplied from one to two, two to four, four to eight and

AM I THE BODY?

this body was formed. This is a scientific truth. There is no doubt about it and there should be no hesitation in accepting it too but the question is — 'Did the body come first or did I come first?' I was conceived nine months before I arrived on my so-called birthday. I existed in the very first cell, the zygote, when I was conceived. Thereafter, I could not change my mother and father. That was 'me'. After about 9 months, I arrive on earth and I am declared, born.

One day, this body will grow old and die. People will say that I passed away, departed or left. We are so sure that the deceased departs in the moment of death that we cremate the body. Would anybody dare destroy the body if we were still alive in it? Would anybody cremate or bury a body if we were just sleeping? That would be murder. So, we are clear that we leave the body. Therefore, I am not the body.

Both, birth and death, reveal the startling fact. I was born before the body was formed, so, I am not the body. At death, I will leave the body and then, there will no breath. I will depart. Again, this endorses that I am not the body. Therefore, these facts put to rest the question, 'Am I the body?' I am, certainly, not the body. *I have* a body, I live in a body but I *am not* the body. This is the absolute truth.

*I was conceived, Nine months before the Body was Born,
At Death, the Body becomes Dust when I am Gone!*

AM I THE MIND?

I am stressed. I am worried. I am afraid to die of the Coronavirus. I have a phobia for spiders. I am paranoid about darkness.' Who is this 'I' that is living in fear, worry, stress and anxiety? It is the mind! Am I the mind?

Most of us think that our mind is king. Little do we realize that it is the cause of all our suffering. But the question that stares at our face is, 'Are we the mind?' If we are not the body but we *are*, we *exist*, then, is our existence because of the mind?

We know of the Thought Chain. We act because of a thought. A thought becomes a feeling and that feeling becomes an action. Thus, all actions are because of thoughts. We often believe that the mind is the true director of our life, essentially, it appears to be the the truth of our existence but is this true?

Many people think that human body is like a computer, where the physical body is the hardware and mind is the software. Can a computer work without software? No! It is not possible. A computer needs an operating system, a software and various applications to function. Can the software work without the hardware? No! How is it possible? The software can work only when it is loaded into the hardware of the computer. So, we understand that the mind can only exist when there is a body. Without the body,

AM I THE MIND?

the mind is like a software that is hanging nowhere.

Our mind seems to have a subtle existence. Unlike the body, which can be touched and felt, our mind seems to exist but it cannot be seen or touched. We feel, it exists because of thoughts. In fact, the mind is nothing but a bundle of thoughts. When there are no thoughts, there is no mind. The mind is active when we are awake. Even when we sleep, the mind creates dreams. So, are we the mind?

You can touch your nose, pull your ears and see your eyes in the mirror. You can see the scan of your brain or the X-ray of your organs and bones but have you ever seen your mind? No! Nobody has seen the mind. We confuse our mind with our brain but the brain is only a hardware. Nobody has a picture of the mind. Why? Because it doesn't exist!

The mind is nothing but a bundle of thoughts that has no existence of its own. In a state of deep sleep, after which we wake up and say, 'I slept like a log,' there was no mind. When we meditate, we still the mind and reach a state of Consciousness. In this state of thoughtlessness, there is no mind. Then, how can we be the mind, which we cannot find?

Therefore, not only are we sure that we are not the body, we are also sure that we are not the mind. Then, who are we, in reality? If we are not the body and mind, then, 'Who am I?' This truth, we must find.

*We often Think, 'I am the Mind.'
But where is the Mind? We cannot Find!*

AM I THE EGO?

Now, I have realized that I am not the body. I seem to have a body but this body is not me. This body was neither there when I was conceived nor will it remain, when I depart. Therefore, I am not the body, for sure. When I try to find my mind, where is the mind? I cannot find! But I exist, don't I? So, am I the ego? Without the ego, there can be no existence.

As the ego, I have a body and I have thoughts that appear as my mind. Therefore, I am the ego with a body and a mind. I also have an intellect to discriminate and a memory to store my life incidents. Who can deny this?

I have a name, an identity, a birth certificate, a passport and a driver's license. So, how can I not be 'I'? As long as I am under the influence of my mind, I will remain the ego, 'I'. I will say, 'I want to be rich. I want to be good looking. I want to be healthy. I want to be happy.' The 'I' desires. The 'I' aspires, has expectations and seeks possessions too. That is why, our ego says, 'This is *my* car, *my* house and *my* business.'

Our ego also builds relationships. Then, how can one deny its existence? 'This is *my* spouse, *my* kids, *my* brother, *my* sisters, *my* mother and *my* father. I have friends. I have pets.' Can you deny the existence of the 'I', the ego?

AM I THE EGO?

From the moment of birth, till the moment of death, there is no doubt that the ego exists. There can be no existence without an ego. It is the ego that differentiates me from you.

The ego, along with the mind, becomes ME – the Mind and Ego, ME. It is this ME that directs the body to act. The body will live and die but the ME doesn't die. When the body dies, the ME carries its Karma and is reborn. This goes on and on. So, am I not the ego?

As long as we live in ignorance, we will live as ME. We will even identify as the body, although we realize that we are not this body. Though we can't find the mind, we still say, 'I' and 'me' because of the mind and ego. And until we realize the truth that we are not the mind or the ego, we will continue to suffer on earth and return in a rebirth. But the moment we realize that there is no mind and the ego is a false identity, we realize that we are neither the body that will die nor the mind and ego, ME. We will be liberated from ignorance and enlightened with the truth.

The ego is a veil that hides the truth. It is because of this ego, which we cannot annihilate till we die, that we remain in ignorance. We do not realize the truth. When we transcend our ego, we realize the truth - 'I am nothing. I am neither this body nor the mind or the ego.'

*The Ego keeps saying 'I', 'Me' and 'Mine',
Till we Transcend the Ego, the Truth will not Shine!*

I AM THE SOUL

A very few amongst us are blessed to realize the truth, 'I am a Soul.' If we are not the body that is formed from the five elements of the nature and returns to dust after death, if we are not the mind that we cannot find and if we are not the false identity, the ego, then, who are we? Aha! We are the Power of life. We are the Divine Spirit, *Atman*, *Ruh*. We are the Soul. SOUL is a Spark Of Unique Life. Different religions and cultures have given it different names but nobody denies that a human being has life, a Power, that departs at death. That Power is the Soul. We are the Soul.

Without the Soul, we would not have been conceived nine months before we were delivered on earth. The first cell of human existence, the zygote, comes alive only with the Soul. The two cells of our parents would have been of no productive use, otherwise. It is only because of the Soul that a fusion takes place and this fertilization causes the birth of a zygote. The truth is that our life starts, only then. We are born at that moment and not on the birth date that is mentioned on our birth certificate. However, in reality, we are only conceived. We are never born because the Soul is birthless and deathless.

Soul, the Spark Of Unique Life, comes from an ocean of energy that we call, SIP, the Supreme Immortal Power. When we are conceived, it is SIP that appears as a Soul. In the moment of death, when there is no breath and the body

loses its life, the Soul departs and becomes one with the Supreme Soul, SIP. Our true existence is that of the Soul. Unfortunately, because we do not realize that we are the Soul, we live as the body. The Mind and Ego, ME, directs the body to act. These actions create Karma and then, when the body dies, ME, the Mind and Ego, carries its Karma and returns to earth in a rebirth. It is ignorance that causes us to believe that we are the body, mind and ego. It is our ignorance that stops us from the Realization that we are actually, a Divine Soul, a Spark Of Unique Life.

When we realize that we are the Soul and not the body, mind and ego, in that moment, we are liberated from all the Karma of all lifetimes and the Soul is united with the Divine. The body dies, the mind doesn't exist and the ego is a false identity — this truth is revealed and we are enlightened. 'I am a Soul, a Spark Of Unique Life. I am just a speck of SIP, the Supreme Immortal Power. I appear as a Soul, just as a wave appears from the ocean and merges back into the ocean. I am unique, as long as I am encapsulated in a body. At death, I am free, I return.' However, those who do not realize this, carry their Karma due to ignorance and return as the Mind and Ego, ME. They do not realize the ultimate truth that they are the Soul.

What is the truth? The truth is that we are not body that dies, neither are we the mind that we cannot find nor are we the ego. We are the Divine Soul. To realize this, is our life goal.

*When I Realize,
I am neither the Body, nor the Ego, nor the Mind,
Then, I Realize, I am the Divine Soul; This Truth, I Find!*

IGNORANCE STOPS REALIZATION

What stops us from realizing that we are not the body, mind and ego, that we are the Soul? It is ignorance! From the time we are born, we are indoctrinated with certain beliefs. Although our birthday is fake, we are made to cut a cake. In reality, we were born nine months before our birth date. Our mother will tell us that we were kicking in her stomach, even before we arrived on this planet. There is no doubt that we were alive. But because we do not realize this simple truth, we continue to live with ignorance.

So, how does one overcome ignorance? Unless we unlearn what we have learnt, we will never realize the truth. We will believe the lies like God lives in the skies until we overcome ignorance, until we contemplate on, 'Who dies and who will meet God in the skies.' It is a fact that our body will die. It is true that the Soul will depart but because of ignorance, we believe that we are ME, the Mind and Ego. This ignorance causes us to carry our Karma and return to earth in a rebirth. If there was no ignorance, there would be no mind and ego, no Karma and ultimately, no rebirth. But because of ignorance, we are unable to realize the truth.

To overcome ignorance, we should contemplate death, just as we contemplated birth. We are not this body. It was formed over nine months in our mother's womb. We know this but out of ignorance, we still accept our birth date as the day we arrived on earth. One day, this body will die and our

IGNORANCE STOPS REALIZATION

near and dear ones will destroy the body. They will cremate it or bury it. Why? It is because we are not in the body anymore. We know it but due to ignorance, we do not realize that we are not the body, mind and ego but the Divine Soul. People will say that we passed away. Then, they say, 'R.I.P.' 'Let us pray for the departed Soul.' Because of our ignorance, we believe it all. We don't ask questions, investigate and realize the truth. We continue to live in ignorance.

If we want to realize that we are the Divine Soul, we have to overcome our ignorance. As long as we are ignorant, we will suffer the triple suffering of the body, mind and ego. We will believe that we are this body and experience aches and pains. We will live as the mind, in fear, guilt, shame, regret and with stress, worry, anxiety and depression. Then, we will also live as the ego and be agonized by anger, hate, revenge and jealousy. It is most unfortunate but because of ignorance, we think we are the body, mind and ego and suffer the triple suffering on earth. Not only that but we will return to this earth in a rebirth and because of ignorance, this cycle will go on and on. Ignorance will stop us from realizing we are the Divine Soul, which is our ultimate goal. Alas! In ignorance, we live and die and do not realize, 'Who am I and why am I here?' Even though I am the Soul, I live as the body, mind, ego and do not activate my intellect in Consciousness to realize the truth.

***What is it that Stops us, from Realizing the Truth?
It is Ignorance that Blocks us, from Getting to the Root!***

MIND CAUSES IGNORANCE

While ignorance is the root cause of us believing that we are the body, mind, ego and not the Soul, what causes this ignorance? Ignorance is caused by the mind! However, we just reviewed the mind. There is no mind. Nobody has seen the mind. We concluded that we are not the mind. So, does the mind actually, exist? What is this mind?

The mind is nothing but a bundle of thoughts. When we are bombarded by thoughts, our mind appears. We are caught in thought and our mind makes us blind. It pours like rain, pushes us down the drain and we continue to be ignorant, again and again. The thoughts from the mind cause ignorance.

The mind is a rascal. It is our biggest enemy. If we don't kill the mind, the mind will kill us. It has a clear objective — to envelop us in the darkness of ignorance. To do this, it bombards us with thoughts, about 50 thoughts a minute, which can be a whopping 50,000 thoughts a day. These are thoughts of fear, guilt, shame, guilt, regret, worry, stress, anxiety and even depression. There are also thoughts that create anger, hate, revenge and jealousy within us. Why is the mind such a rascal, why is it, an enemy? Why is it bombarding us with thoughts, so that in ignorance, we are caught? The mind has an objective and a clear agenda.

MIND CAUSES IGNORANCE

If the mind does not create ignorance and envelop us in thoughts, we will reach that state of Consciousness, in which the intellect will be activated. The intellect will then, use its power of discrimination to realize, 'I am not the body, I am not the mind, I am not the ego. I am the Divine Soul.' The moment this happens, it will ring the death knell of the mind. The mind does not let this bell, ring. It does not want to die. It seeks its own survival. Therefore, it floods us with ignorance and stops us from going into that state of Consciousness, where we can use our intellect to realize the truth that we are the Soul.

Therefore, our mind behaves like a monkey, jumping from thought to thought. It jumps from a past that is gone to a future, not yet born because it wants to steal the present moment of Consciousness. It wraps us and zaps us in ignorance. It tries very hard to stop us from Enlightenment, from realizing that we are the Divine Soul. This Realization is only possible if we flip to Consciousness and activate the intellect to overcome ignorance and realize that we are the Divine Soul.

We must flip from mind to Consciousness, from a state of thought to thoughtlessness. Only then, will we move from ignorance to intelligence. It is in this state of Consciousness that we will see the fact that we are not the Mind and Ego, ME, and we will be who we are meant to be, the Divine Soul.

***What causes Ignorance? What makes us Blind?
It is our Biggest Enemy, the Monkey, the Rascal Mind!***

THE NEED TO GO ON A QUEST

If we want to realize that we are not this body that we appear to be, we are not the Mind and Ego, ME, rather, we are a Divine Soul, we need to go on a quest. We must take several questions with us in a retreat so that we can be free of the material world and contemplate the Spiritual truth. The quest may involve taking several books or materials that will inspire us to be enlightened.

I went on my first quest in 2012. Initially, I was distracted but it took me one year just to stop being distracted. It was in 2013 that I pushed away all distractions and gave my complete focus and dedication to my quest. I made my quest, my *Talaash*, the priority of my life. I went on several solo trips and retreats asking myself several questions. I spent several hours in flights and several days in trains, staring into the open sky, in complete stillness and silence. I had to cut the clutter, the noise, to hear the Divine voice.

What were the questions that I took with me on my quest?

1. Who am I, in reality?
2. What caused my birth?
3. What will happen at death?
4. Who will actually, die?
5. People will say that I passed away but where will I go after death?
6. What about my Soul? Will it reincarnate?

THE NEED TO GO ON A QUEST

7. Is rebirth, a reality?
8. Does Karma exist? Who controls Karma? Is it God?
9. Who is God? Where is God? What is God?
10. Do heaven and hell actually exist? Will there be a day of judgement? Will I come face to face with God?

I took several questions on my quest for which I wanted to find answers. This is what a quest is all about. If we want to decode the mystery of life, we need to ask questions. We must investigate. Only then, will we realize the truth. To find out, 'Who am I?' the first challenge is to find out, 'Who am I not'. The quest helps us overcome our ignorance. It helps us chip away the myth, so that the truth is revealed. It is like a good sculptor, who is chipping away all the unnecessary pieces of marble and lo and behold, the beautiful statue appears. The spark of Enlightenment will shine only when a true seeker goes on a sincere quest and chips off all ignorance. Then the truth will be revealed.

We must go on a quest. Unless we search, we will never realize the truth. *Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. Matthew 7:7.* Haven't we heard these before? *The kingdom of God is within you. Luke 17:21. God lives in the temple of your heart. Corinthians 3:16.* But unfortunately, since we don't start a quest, we do not realize this Divine truth. We live, die and are reborn and this goes on and on.

***To Realize the Truth, we must Go on a Quest,
Don't Accept anything Blindly, put all Beliefs to Test!***

IMPORTANCE OF A GURU

In this journey of Self-Realization, of realizing who I am not and who I am, the Guru plays a key role in our Enlightenment. Enlightenment is not knowledge that we can get in a college. In fact, whatever we are taught in a school makes us a fool when it comes to Spirituality. And we remain a fool, all our life. We are taught to succeed, earn, become rich and famous but we are not taught to discover who we are and why we are here. For that, we need the help of a Guru, a Spiritual Mentor, an Enlightened Master. Without the guidance of a Guru, it is practically, impossible for a seeker to realize that he is the Divine Soul.

What is the truth? The truth is that we are not this body, mind and ego. It is absolutely true that we are a Divine Soul but even after reading this truth a hundred times, we are unable to realize that we are not the body, mind and ego and we are the Soul. Why is that so? It is because knowledge is not Realization.

Knowledge is knowing but when knowledge becomes action, that is Realization. When we start living as the Soul and stop living as the body, mind and ego, that is Realization. It is a very difficult task and unless there is an initiation by a Guru, a seeker cannot evolve on the right path of Spirituality. He will not be awakened, unless the Guru handholds him, makes him start a quest, helps him overcome ignorance and makes him realize the truth.

IMPORTANCE OF A GURU

Who is a real Guru? 'Gu' means darkness and 'Ru' means light. A real Guru is the one who takes us from darkness to light. He helps us overcome the darkness with the light of the truth. Can you enter a dark room and sweep away the darkness? No! You cannot. You need a light. Similarly, the Guru helps us kindle the light within, so that we can see that we are not the Mind and Ego, ME, and we can be the Divine Soul, who we are meant to be. It is the Guru's light of wisdom that causes Enlightenment. Without a Guru, we may try hard but it is impossible to realize that we are the Divine Soul. It is a Guru, who helps us transcend the Mind and Ego, ME, just as he takes us forward, towards our ultimate goal of realizing that we are the Divine Soul.

Can you become a world champion in any sport or art, without an expert teacher or a Master Coach? No, it is very difficult. Just like we need training to develop any skill, to develop spiritually, we need an Enlightened Master, a Guru. Walking the path alone may take several decades or several lifetimes. Such is the mystery of Spirituality. If we look into our history, we will find that very few people were blessed to be enlightened and it is almost certain that all of them had a wise, enlightened, Spiritual Master, a Guru to lead them towards their Realization of the truth. Do you have a Guru? If you don't, then, you may never achieve the goal of realizing that you are the Divine Soul.

*A Guru takes us from 'Gu' to 'Ru', from Darkness to Light,
With a Guru, the Spark of Enlightenment will make Life, Bright!*

CHAPTER
10

SELF-REALIZATION

What is Self-Realization? It is the Realization of the truth of who we are. Are we this body? No! We may *have* a body but we *are not* the body. We have analysed this, already. Are we the mind? When we try to find the mind, where is the mind? We cannot find. When we pursue the reality of our ego, we realize that the ego is a false identity. This journey of investigating and creating an enquiry of, 'Who am I?' and realizing the truth, 'I am none other than the Divine Soul,' is called Self-Realization.

Self-Realization is realizing the true self. There is no ME, Mind and Ego. There is no 'I'. I am nothing but a manifestation of the Divine energy. I may appear as the body, mind and ego, with an intellect but the truth is that I am nothing but a SOUL, a Spark Of Unique Life. When we come to terms with this truth, when the spark of truth shines, it is Self-Realization.

Just knowing that I am not the body, mind and ego and I am the Soul, is not Self-Realization. Millions around the world may *know* it but only a rare few, a small minority are enlightened to *realize* this truth. The journey of Self-Realization is not easy. It is like climbing a summit like the Mount Everest. It is a difficult terrain. First, we are blocked by the senses of our body that desire, crave and try to take us to our grave without Self-Realization, so that we can return

to earth in a rebirth. Then, our mind tries to bombard us with thoughts and tries to make us blind to the reality. And then, our ego says 'I', 'me' and 'mine' and stops us from realizing the truth, from being enlightened that we are the Soul. Transcending the body, mind and ego is not an easy task. It takes a lot and only a very tiny fraction of humanity reaches the destination of Enlightenment. It is said that only 1% of humanity goes on a sincere quest. Of that 1%, 1% realizes the truth and out of that 1%, only 1% attains Self-Realization and goes beyond to attain God-Realization. Therefore, 0.0001% of the humanity may be successful in the journey of the Soul.

Unfortunately, the 99.99% plus of the people in this world, who are gifted with the rare and unique gift of a human birth and are capable of attaining Self-Realization, do not attain it. They return to earth in a rebirth, only to suffer the triple suffering of the body, mind and ego, again and again. They do not make Self-Realization, their priority or the goal of their life. They do not take the help of a Guru or do not go on a quest. It is sad but although we know this to be true, we still remain prisoners of pleasures, people and possessions and do not attain the ultimate state of Salvation, *Nirvana*, *Mukti* and *Moksha*. Every man has a purpose. The purpose is to discover the purpose of who we are and why we are here, to discover that we are the Divine Soul, born to be liberated from this world and be united with the Divine. It will all start with the journey of Self-Realization, realizing that I am the Divine Soul.

***Unless we Evolve through Purification and Illumination,
We will never be Blessed with the Gift of Self-Realization.***

PART-A

I AM A SOUL IN A SNAPSHOT

- To realize that I am the Soul, I must first realize, 'Who I am not'.
- I am not the body. It was formed after I was conceived and one day, it will die and people will say that I passed away.
- I am not the mind. Where is the mind? I cannot find!
- I am not the ego that says 'I', 'me' and 'mine'. It is a false identity.
- If I am not the body, mind and ego but I am, then, 'Who am I?'
- I am a SOUL, a Spark Of Unique Life that was conceived 9 months before my so-called birthday and which departs at death.
- To realize this truth, I must overcome ignorance.
- The mind tries hard to make me blind, so that I cannot see that I am not the Mind and Ego, ME.
- I need the help of a Guru, an Enlightened Master to realize the truth.
- Self-Realization is not knowledge that you can get in a college. Not everybody can realize, 'I am the Soul.'
- The truth is, 'I am an Immortal Soul. I am neither the mortal body nor the illusory mind. This truth, I must find.'
- For this, I must start a quest and put all my beliefs to test.

PART - B

SOUL IS SIP

*SOUL is a Spark Of Unique Life,
SOUL is the Supreme Immortal Power, SIP.
God is not the God who we always Thought,
Let us get SIP to our Lip.*

WHAT IS THE SOUL?

There is so much mystery that fills our history, when it comes to the topic of the Soul. What is the Soul? Where does it come from? Where does it go? Does it reincarnate? If it does, how many times does it reincarnate? How is the Soul different from the Spirit, the *Atman*, the *Ruh*? Does the Soul become a ghost after death? What is the connection between Souls, Spirits and Angels? The list is endless. So, what is the truth?

The Soul is S-O-U-L, a Spark Of Unique Life. It is a Power, an energy that gives life. It arrives in the moment a living creature is conceived. Thereafter, the body forms with the Power of the Soul. Without the Soul, there can be no life. The Soul gives us breath, till our death. The moment the Soul departs, life ends. Thus the Soul is the Power of life in us.

The Soul is not what we think it to be. It is not a mysterious entity. Just like electricity gives Power to the bulb to glow and Power to the television, the air-conditioner and the washing machine, the Soul is the Power for the human computer. Without the Soul, the hardware or the human body and the software — mind, intellect, memory and ego, are of no use. The mind and the body cannot function until the Power of the Soul activates the human body, the human computer. In a computer, when the battery is dead, we can charge the battery or give it a UPS backup but when it comes to the Soul, it goes, when the death whistle blows. In that

WHAT IS THE SOUL?

moment of death, when the Soul leaves, there is no possibility to recharge the human body. For the body that dies, death is final. But the Soul never dies. It is immortal. Thus, we say that the person has passed away. But when the person lies dead on the bed, then, who passed away? It is the Soul. Because we have not realized the truth about the Soul, we continue to live in ignorance. Realization about the truth of the Soul is called Enlightenment. In many religions and scriptures, it is called *Atmagyan*, which means Spirituality or the science of the Soul.

Many will still deny the existence of the Soul, which is like denying the existence of gravity. Science accepts gravity through inference. Because things don't fly in the sky, our feet are on the street and everything is bound to the ground, we conclude that gravity exists. So also, the Soul, through inference, is revealed with the phenomena of birth and death. The Soul is the Power of life that creates birth and in the absence of the Soul, a living creature is dead. There is no difference in a body that is alive and a dead body other than the disappearance of the Power of life, the Soul, the Spark Of Unique Life.

We think we *have* a Soul, just like a laptop has a battery. Little do we realize that we *are* the Soul. Every cell of existence is nothing but Soul energy. Today, even science endorses this through its branches of Quantum Physics and Quantum Mechanics.

*Let us let go of the Mystery that fills our History,
The Soul is SIP, the Power that is in Every Lip!*

WHERE DOES THE SOUL COME FROM?

Do we ever ask the question - where does energy come from? No! Because we know that energy comes from various sources. It may be fossil fuel, solar power, geothermal sources, nuclear energy, wind power and renewable resources like biomass. Thus energy is all around us, even though it is hard to define it, comprehensively. While we may be aware of what energy is and its sources are, not many of us are aware of the term 'transmutation'. Transmutation occurs when energy is transformed from one form to another. The sun power becoming solar energy, water power becoming hydroelectricity and similarly, wind and coal power finally becoming electricity that is being supplied to our homes and offices, are all examples of transmutation. This is the truth. But where does this Power come from? Isn't this Power everywhere? In the fossils in earth, in the wind that blows, the water that flows and the sun that glows? Why then, is it so difficult to comprehend the Power of the Soul, which is nothing but SIP, the Supreme Immortal Power? All the Power in this universe is a part of one Supreme Power, which is beyond man's definition and comprehension. In fact, because scientists have not been able to define precisely what this Power is, they call it the dark matter or the dark energy and they accept with the humility that more than 90-95% or maybe even more, of what fills the universe is energy or Power that is unknown to man.

WHERE DOES THE SOUL COME FROM?

The Power of the Soul is another mysterious Power of the Supreme. It comes from the Supreme and it goes back to the Supreme, just like any electrical power in this universe appears and disappears. In fact, science has recorded this as the Law of Thermodynamics. Energy can neither be created nor destroyed. It can only be transformed from one form to another.

Just as a wave appears from the ocean and has a momentary existence before it splashes and returns to being part of the ocean, the Soul appears from the Supreme Immortal Power, SIP and gives us life from birth to death. Then, it returns to SIP. In fact, it doesn't have its own permanent existence. It is like air in a balloon. When we blow air into a balloon, where does that air come from? From the atmosphere. Now, we burst the balloon. Where does the air go? The air merges with the air that is everywhere. So does the Soul. It comes from SIP, the Supreme Power that is omnipresent and returns to SIP. Creation has provided that for birth to take place, a Soul is needed, a Spark Of Unique Life. But no living creature is immortal. Every living being dies when the Soul departs.

Therefore, the Soul comes from SIP and goes back to SIP. The Spark Of Unique Life is unique as long as it is in you or me but when the Soul departs, it merges to become one with SIP.

*The Soul comes from SIP, a Power that is Everywhere.
Just like Air! There is no place, where it is Not There.*

SOUL IS ENERGY

What is the Soul? The SOUL is a Spark Of Unique Life. It is unique in you, just as it is unique in me. It is different. Your Soul is your Soul, just as my Soul is mine but the Soul is a spark, a spark of life, a spark of energy. It provides Power to the living beings, from the moment of conception to the moment of birth on earth and thereafter, while growing up. It provides vital energy that is needed for all our living processes to function.

We breathe. Then, the heart beats. Then, there is digestion and excretion. All this happens because there is a Power or energy that makes the human machine function. We eat and drink, walk and talk, sing and dance or do anything. It is because there is a Power within us. If there was no Power, then, the body would be dead. Not only do the physical functions of the body depend on the Power of the Soul, even our subtle functions like the functions of the mind, memory, intellect and ego are because we have the Soul Power. The moment the Soul leaves, there is no breath, there is death. And our entire existence comes to an end. Without the Power of the Soul, the body becomes completely useless, so useless, that we have to dispose it. It starts to decay and stink without the Power of the Soul.

All these are facts. The fact that the human beings need energy to exist is scientific. To make the human machine work, we need food, which becomes calories, which is

needed for us to live. But even consuming food comes to an end when the Soul departs. So, everything depends upon the Power of the Soul.

So, what is the Soul? The Soul is energy. Whether the world believes in the existence of the Soul or not, it hardly matters. The truth is that there is an energy that arrives in the moment of conception and departs at the moment of death. Nobody can deny this. This energy is called Soul. It is like any other energy that exists in the universe. Do we deny solar energy, wind energy, water energy or the energy that comes from fossil fuel? We all use batteries and UPS and electricity for our day-to-day life but we have not paused to contemplate the energy that is within us. When we see somebody die, we call them lifeless because they have no energy. We just say, 'Let us pray for the departed Soul.' But we don't understand what we say. There is no doubt that the person is dead. That is why, we cremate the body or bury it. The one who was alive, the energy, the Soul, has left.

Science defines energy as the ability to do work. Without energy, nothing can happen in this world. A car moves, a plane flies, a boat sails. All need energy. It may be electrical energy, chemical energy, mechanical energy or thermal or nuclear energy. We know this. When will we realize that the Soul is the energy that gives us life? The Soul is a Power of the Supreme!

*We accept we need Energy for things in the World to Move,
The Soul is Power or Energy, why do we Struggle to Prove?*

GOD IS NOT GOD

In this journey of 'I am a Soul, Soul is SIP, I am SIP, SIP is in all,' the turning point is realizing God. What is the truth about God? Surely, just reading a book like this may not give us the gift of God. But at least, we can realize what God is not.

When we say, 'God', what do we mean? Immediately, we think of a picture of that Super Power who created this universe, gave us life and governs everything that happens on earth. People are being born. People are dying and life is unfolding. The sun rises and sets. Seasons change. It rains, and it snows. Flowers bloom and fruits grow on the trees. So many beautiful things happen in this world. Whether it is a beautiful butterfly that flies or a bird that sings, it has not been created by man. There is a Power greater than man, whom we call God.

God has become a subject of religion. There are so many religions and so many Gods. In fact, some religions have multiple Gods. We sometimes pray to a different God for wealth, just as we go to a different God for knowledge and wisdom. Many of us pray to God when we are suffering either because of a disease or a loss in business or even a broken heart! If we want something beyond the capability of ourself or others, we pray to a God for a miracle to happen. We believe that with God, all things are possible. It may be impossible for man, but nothing is impossible for God.

GOD IS NOT GOD

No doubt, God exists. A Power exists. There could be no creation without a Creator. Somebody created this universe and if it came from a Big Bang, then somebody caused it to happen. If we have evolved from apes, somebody created the apes. There is something that caused the beginning of everything. This Creator is whom we call, God. But is God the God of the myth that we have grown up with? No doubt, God exists. But who is God? Where is God? What is God? God is not the God that each of us believes in. God is a Power. God is Supreme. God is birthless and deathless. God is beginningless and endless. But for now, we must accept the fact that God is not the God that the world believes.

If God was that God that we believe in, then, how many Gods are there and who exactly is God? If every religion proclaims their God to be the real God, then, who is the real God? Can there be so many Gods? Could one God have created Africa and another one, America? Could one have created the Chinese and one created the Indians? We all know that this is ridiculous. There is one God, one Supreme Power. That God is immortal. If that God was like you and me, then to create that God, there would be a Super God and if that Super God was again human, then there would be a Super, Super God. This would go on and on. This is endless. God is beyond definition and comprehension. God is a Power, nameless and formless. Therefore, God is not God.

*Who, where, what God is, we know not! But God Is.
God is not God but a Supreme Power, Definitely Is!*

GOD IS SIP

If God is not God, then, who is God? Where is God? What is God? Many scriptures talk of God being Omnipresent or present everywhere; omnipotent or all powerful; omniscient or all knowing. There is no doubt that we believe God to be Supreme. When we say 'God', we understand and mean a Supreme Power. We don't even think that there is a God beyond God. We pray to a God as the ultimate Power. Still, we are unable to realize God.

To each one of us, God has a name, a form. If God did not have name and form, then, how would we pray to God as kids? Just like we go to kindergarten and learn ABC, we grow up with a personal God, whom we can see. Somehow, we grow out of kindergarten and go to university, but when it comes to God, we remain in the kindergarten of religion all our life.

God is not God. We know that! God is a Power. God is Supreme. There is no God beyond. God is Immortal. God has no bone and skin. If God had a birthday, then God needs a mother and father and a Creator. But God is birthless and deathless. God is beginningless and endless. God does not belong to any religion. God has no attributes. God doesn't look like the African God or the Indian God or even the Japanese God because God is not God. God is a Supreme Immortal Power, SIP.

We are not trying to deny the existence of God here but trying to put God in the right perspective. The universe has one God. Then, why so many religions? Why so many Gods? Who created all these religions and Gods? Man did! Should man create God, when God created man? Somehow, we human beings, have remained ignorant in the matter of realizing God. A very few people, who have contemplated God, have realized the truth about God.

Of course, we all need a religion to grow up with. Without religion, we cannot realize God but if we don't let go of religion, we cannot realize God, either. It is like a game of Pole Vault. We need a pole to jump high but to jump over the bar, we need to let go of the pole. We must let go of God, to realize God. As long as we cling on to God, we will never realize that God is SIP, a Supreme Immortal Power. God is a Power in you and me. God is in the butterfly. God is in the tree. Everything that walks, talks and sings, has the Power of God, has the Power of SIP because God is SIP.

It is the Power of SIP that gives us life. SIP appears as a Soul, a Spark Of Unique Life, in every living creature. Not just man but every animal, bird, fish, anything alive is alive because of SIP, the Supreme Immortal Power that appears as the Soul, that Spark Of Unique Life that gives us life to live.

God is not God, God is SIP!

SIP is the Power we call God, that brings Life to Every Lip!

SOUL IS SIP

It is not easy to get to the conclusion that our Soul is SIP, the Supreme Immortal Power. The only way this is possible is through realizing, 'I am a Soul, Soul is SIP, I am SIP, SIP is in all,' step by step. What am I? I am not the body, mind and ego but the Divine Soul. What is the Soul? Soul is a Power. It is energy. It is SIP. This is not the knowledge that you can get in a college. You may read about this in the pages that follow but unless one is in Consciousness, that state of thoughtlessness, one cannot realize the profound truth that Soul is SIP.

This book logically explains what are known as the *Mahavakyas* or the four principal statements from the *Upanishads*, the ancient scriptures of *Sanatana Dharma*, the original Hindu faith. *Tat Twam Asi*, Thou Art That; *Ayam Atma Brahma*, the Soul is Divine energy; *Aham Brahmasmi*, I am the Divine and *Prajnanam Brahma*, the intuitive wisdom that everything is the Divine. For thousands of years, people have tried to learn and understand these statements. One cannot learn and understand them because the truth has to be realized! Although we have reached this far to understand or realize that I am the Soul and the Soul is SIP, if we are controlled by our mind, we will never be able to put the pieces together. Our mind does not want us to realize this, for if we do, it would be game over for the mind. Therefore, the mind stops us from realizing that the Soul is SIP.

There is no doubt that we are not the body and the mind. So also, there should be no doubt, that we are that Spark Of Unique Life that arrives at conception and departs at death. That Spark of Life is energy. It is eternal and immortal. Even science endorses it. It will only require pure common sense to infer that the Soul is not any of the other energies that are prevalent in the universe. The Soul energy is different from the power of the sun, wind and water. It is the very Power of life. There is no other source of this Power but the Supreme Immortal Power, SIP. In fact, all the Power in the universe is one Power, the Power of SIP. The only difference is that the Soul is a highly evolved Power.

The Soul is the highest evolved Power of the Supreme that gives life to everything living. It is also true that the Soul of a human being has far more Power than the Soul of a single-celled amoeba or a little plant. These living creatures are alive too and the Spark Of Unique Life or Soul, exists in them too, till they die but a human Soul is far more powerful. It is just like the Power that is there in a tiny gadget as compared to the Power needed in a large aeroplane to make it fly.

It is a great blessing for one to realize this truth that the Soul is SIP, that the Spark Of Unique Life within us is none other than the Power of the Supreme. This, in fact, takes us through the biggest leap of life from Self-Realization to God-Realization. Once we realize that 'I am a Soul' and 'Soul is SIP', we have achieved our life purpose.

*The Soul is a Power that is none other than SIP,
Those who Realize this, start a very Divine Trip!*

REALIZE THIS, IN CONSCIOUSNESS

If you are one of the many who are confused about the truth that you are not who you think you are and you are none other than the God you pray to, then, you are amongst the 99% of people in this world. Only less than 1% of the world population, embarks on a journey to realize God. Most of us are trying to find God. We cannot find God. God is not a person with a name and form. God is not a statue that lives in a temple or church. God is a Power, the Supreme Immortal Power. The only way to realize God is through Self-Realization. Self-Realization is nothing but the Realization that I am a Spark Of Unique Life, a Soul. This has to be realized, not understood. You may know it but still, will not realize it until you reach a state known as Consciousness. Once you are in Consciousness, you will be absolutely sure that you are a Soul and the Soul is none other than SIP, the Supreme Immortal Power.

How do you reach a state of Consciousness? Consciousness is thoughtlessness. As long as we are in a state of thinking, we cannot attain Consciousness. The mind is the biggest enemy of Consciousness. It does not permit us to flip over from a state of mind to a state of Consciousness. The moment we still the mind and kill the mind, we will become a master of our thoughts. It is through thoughts that our mind stops us from the Realization that I am not 'I'. Therefore, our challenge is not to be caught in thought. By now, you know that you cannot find the mind. It does not

exist. It is just a bundle of thoughts. When there are thoughts, the mind appears to exist but when we still the mind, we become a witness, an observer of our thoughts. This state of becoming an observer is Consciousness. People call it mindfulness or thoughtlessness.

How do we know that we are in a state of Consciousness? When we are not, thoughts pour like rain and push us down the drain. Then, we are controlled by our mind as it becomes the Master. But when we reverse it, we become the Master and there is no mind. In this state of Consciousness, the intellect is activated. Thoughts no more pour like rain. They drop like gentle snowflakes, one by one, for the intellect to discriminate. Not only do we become a master of thought and of the mind but we also become the master of our destiny.

It is in this state of Consciousness that one can realize that I am a Soul and that Soul is SIP. Without Consciousness, this Realization is impossible. Until you still the mind and kill the mind, you cannot activate your intellect to realize this truth. Haven't we all experienced some stress, worry and fear created by the mind? It destroys our ability to use our intellect to decide or make a choice. Once we go beyond the toxic mind, we can see that we are not the Mind and Ego, ME and then, we can be SIP, that Supreme Power, who we are truly meant to be. You can see this only in Consciousness.

*You are a Soul, you are SIP, this is Absolutely True!
Until you are in Consciousness, you will Never get a Clue!*

SOUL IS IMMORTAL

Science has recorded that energy can neither be created nor destroyed. It can only be transformed from one form to another. When we realize that Soul is nothing but energy or Power, we also realize that the Soul is immortal, birthless and deathless. Just like energy flows in the universe, the Power of life flows into a being making it come to life and then, flows out of the living creature and it dies. But the Soul is immortal. The Soul gives life. It gives breath till our death. And then, it departs. The Soul never dies. It is immortal.

As long as we do not realize that we are not the body, mind and ego, we will never realize that we are Immortal Souls. The mind stops us from this Realization because of its own survival but the fact is that we are not the body that dies. That is why, when someone dies, we say that he passed away. We are so sure that the deceased has departed that we even destroy the body by burning or burying it. Still, we are unable to realize that we are immortal.

If you ask somebody, 'Will you die?' their spontaneous answer will be, 'Yes, everybody has to die!' But when they realize that it is only their body that dies, they will begin to realize that they are the Immortal Soul that departs at death and not the body that dies.

This journey of 'I am a Soul, Soul is SIP, I am SIP, SIP is in all,' starts with the Realization that I am a Soul. It builds the foundation for us to realize that the Soul is immortal, it is a part of SIP, the Supreme Immortal Power. This leads to a startling revelation – 'If I am a Soul and the Soul is SIP, then, who am I?'

As long as we don't realize who we are not, we will never realize the truth of who we are, in reality. We will never accept the truth that we are not mortal bodies but Immortal Souls. We will struggle to comprehend that we are the Soul, that is none other than SIP, the Supreme Immortal Power. This is because this truth is beyond comprehension. It needs Realization. Self-Realization will take us to God-Realization but only a very few people, probably less than one in a million, have a complete realization that they are the Immortal Soul who is none other than the Supreme Immortal Power.

Before you move forward, stop and be absolutely clear that you are a Soul and Soul is SIP. There is no point moving forward without having clarity on the first two points of 'I am Soul, Soul is SIP, I am SIP, SIP is in all.' It is, 'Who am I and what am I?' I am a Soul and Soul is SIP. This simple truth must be contemplated and realized without our mind creating any doubt. It is the ultimate truth but our own mind has hidden this from us. Contemplate this first and then, move forward to that state of ultimate bliss that will come from Truth Consciousness.

*I am not the Body or Mind that is Mortal,
I am the Divine Soul, a Supreme Power that is Immortal!*

PART-B

SOUL IS SIP

IN A SNAPSHOT

- While we all know of the Soul, we do not realize that Soul is a Spark Of Unique Life.
- This Spark of Life is a Power.
- This Power is immortal. It is birthless and deathless.
- This Power of the Soul is Omnipresent, present everywhere.
- The Power of the Soul is SIP, the Supreme Immortal Power.
- SIP is none other than God. God is SIP. God is a Supreme Immortal Power.
- Unless we flip from Mind to Consciousness, we will never realize that the Soul is SIP.

PART - C

I AM SIP

*I am not 'I', I am a Soul,
When I Realize this, I Achieve my Goal!
What is the Soul? The Soul is SIP.
When I Realize this, I Start a Divine Trip!*

WHO AM I, EVENTUALLY?

When we realize that we are not this body, this body will die and this body came later, first, came 'I' and this happened nine months earlier to the birth date when the zygote was created, we become sure that we are not this body. When this body dies, people will say that we passed away. So, are we the mind? No! There is no mind. Our thoughts make us blind. Therefore, if we are not the body, mind or ego, we realize that we are the Soul.

In trying to discover the truth of the Soul, we realize that the Soul is a Spark Of Unique Life. It is energy, life energy. It gives us breath, till our death. Still, we cannot see or touch it but we experience it, all the time. It is a Power that makes us walk, talk, sing and do everything. We are that Power. We are the Power of the Soul. The mind will stop us from realizing this. It will still tell us that we *have* a Soul and it stops us from realizing that we *are* the Soul. We are that Power that comes alive at conception. We are that Power that makes the cells multiply, till we become a 30-trillion-celled body. When the body dies, we are that Power that departs. We know it. That is why, at death, we say that they passed away but somehow, we don't realize the truth.

If we realize that I am a Soul and Soul is SIP, then I can conclude that I am SIP. This is logical. Once I realize that I am a Spark Of Unique Life and this Spark is none other than

WHO AM I, EVENTUALLY?

the Supreme Immortal Power, then, I am that Supreme Immortal Power. How can we deny this? We cannot but the mind makes it impossible for us to realize this truth.

The mind doesn't want to end its existence. It stops us from Self-Realization of, 'I am SIP' because then, it will cease to exist. The moment we realize that I am not 'I', there will be no ME, the Mind and Ego. We realize that we are a manifestation of the Divine. This is the truth. Because of Karma, we take birth. We come to earth in a new body as the Mind and Ego, ME. Then, we get caught in the cycle of life, death and rebirth and this goes on and on as we will continue to be reborn.

Unless we escape from this cycle, unless we overcome ignorance, unless we still the mind and kill the mind, we will not reach that ultimate truth of 'I am SIP'. This is a fact. Nobody can deny it. I am SIP. You are SIP and SIP is in every lip. Every Soul, every Spark Of Unique Life is none other than SIP, the Supreme Immortal Power.

Every wave is a manifestation of the ocean. We know it for sure. We can see it coming from the ocean and going back into the ocean but our mind stops us from realizing that we all are SIP. It stops us from realizing that we come from the Supreme Power and we return to the Supreme Power and because we do not realize this simple truth that I am SIP, we suffer on earth, living as the body, mind and ego.

*When we realize that I am not 'I', that I am Nothing,
Then we Realize that I am SIP and we become Everything!*

I AM NOTHING

The key to realizing, 'I am SIP', is to first realize that I am not even a chip. I am not even a cell. Every cell is nothing but energy. This is not a spiritual talk. It is a scientific truth.

In the year 2022, the Noble prize for Physics was given to three physicists for their contribution in the field of Quantum Physics and Quantum Mechanics. This endorses that science accepts the theory of Wave-Particle Duality. This theory tells us that every particle of matter is nothing but a wave of energy. When the scientists were performing an experiment, they took a cell and broke it down to its tiniest particle. Not electrons, neutrons and protons but the tiniest particle, called a 'Quark'. When they were studying this Quark under a sophisticated microscope, this tiny particle disappeared. They were flabbergasted and as they were trying to record this phenomenon of disappearance, the particle reappeared. Thus they coined the name of this theory as 'Wave-Particle Duality'. This theory reveals that every particle of matter is nothing but energy.

When we contemplate the scientific principles of Quantum Physics and Quantum Mechanics, we are redirected to the primordial truth mentioned in the ancient scriptures of *Sanatana Dharma*, that are thousands of years old. The ancient spiritual texts tell us, '*Neti Neti*,' Not this, not this - you are not this body, you are not this mind and

I AM NOTHING

'Tat Twam Asi,' Thou art That - you are that energy, that Power. Today, science is saying the same thing. Until now, it seemed that science and spirituality had no synergy but today we realize that both science and spirituality agree that we are nothing but energy.

We may appear as this body, with over 30 trillion cells but the truth is that every cell of our existence is nothing but energy. It is a myth to believe that I am 'I' because the truth is that I am not 'I'. I appear to be me and the Mind and Ego compel us to believe that we are ME. But once we overcome our ignorance and realize the truth, we are free. We realize that we are that Divine Energy that is none other than SIP, the Supreme Immortal Power.

Therefore, the key to realizing the truth that I am SIP, a manifestation of the Divine, is to realize that I am nothing. Our mind has created the ego that keeps saying 'I', 'me' and 'mine'. This ego portrays a false identity and stops us from the Realization of the truth that I am SIP. Our mind also joins our ego and questions, 'How can I be SIP?' Even the thought is ridiculous! Unfortunately, we have been taught lies, like God lives in the skies and therefore, to suddenly turn around and believe that we are all SIP, is not easy but when we realize that I am nothing, this will lead us to the Realization that I am SIP. Of course, the way to do this is to first, realize that I am the Soul. Once we realize that I am nothing but Divine Energy, we will realize that I am SIP, the Supreme Immortal Power.

*'How can I be nothing?' questions the Mind,
It envelops us in Ignorance and makes us Blind!*

I AM, BUT WHO?

Can we deny that we exist? No, we cannot deny that! Are we not different from the table, chair, the rock and the stone? Of course, we are! We are alive. We are not like some furniture. We are not like the pebbles or the sand on the beach. These things are dead and inanimate but we are animate. We are alive.

Somehow, we think that we are what our ID or our passport declares. We have a name, a nationality, an address and a gender. We grow up saying, 'I am Mary' or 'I am John' but we did not have this name when we were born. A name is just an identity to differentiate me from you. Then we say, I am a male or female. In reality, the body is male or female. I am a Soul that has no gender. But I exist. From the time I am born, till the time I am gone, I have that address. My age keeps changing even though my date of birth remains the same but the fact is that I was not born on my date of birth. I was conceived nine months before that date. From that time of conception, I was alive. Then, the body was formed over nine months and I was delivered on my date of birth. Is there any doubt that all of this is true? No! There is no doubt.

Therefore, we exist from birth to death. At death, it's game over! The ID card and the passport will have no value because the body is dead. Till the body dies, 'I am.' I have a bank account and my signature works. I have a house and

I AM, BUT WHO?

my fingerprint gives access. Nobody denies that I exist from birth to death but who is this 'I' that exists?

Unless we go on a quest to realize, 'Who is this 'I' that exists,' we will never be able to solve the biggest mystery of life, 'Who am I?' We will never discover the greatest secret, 'I am SIP.' To realize that I am SIP, the Supreme Immortal Power, we must first realize, 'I am a Soul.' The Soul arrives at conception and departs at death. Somehow, we believe that we *have* a Soul. Our mind stops us from realizing that we *are* that Soul. The Soul is birthless and deathless. The Soul is energy. The Soul is the Spark Of Unique Life. The energy in me is unique, it's different from the energy in you. We are all unique but where does this energy come from? This energy comes from SIP, the Supreme Immortal Power.

Where does energy come from your television, air conditioner or a lightbulb? All these are different entities. For the energy to come in these three equipment, there are three separate switches. But the Power and the source of the Power is the same. If we turn off the main switch, the power in all the three entities will go off even if each of them have individual switches. Similarly, the energy in each one of us is separate but the source of the energy is the same.

We all exist. As long as we are alive, we realize this. But we don't realize, 'I am SIP. I am the Supreme Immortal Power that appears as a Spark Of Unique Life, the Soul. This Power keeps me alive from birth to death. I am none other than SIP, the Supreme Immortal Power.'

*No doubt, we Exist, this Body and Mind have a Name,
The Truth is, we are SIP, when will we Understand the Game?*

I AM SIP

If somebody tells us, 'I am God', we would laugh and ask, 'How can you be God?' We have been taught that God lives in the sky but this is a lie. We pray to different Gods. Every religion has their God. So, which is the real God? Do we deny the existence of a God? Do we deny the existence of a Creator of this universe? Do we deny that there is a supernatural Power that the world refers to as, 'God'? Mostly, no! Over 80% of the world believes that there is a God or a Power that has created this universe. It is this Power that governs everything that happens on earth, including our birth.

Is there any doubt that God exists? If there was no God, who made the sun, moon, stars, birds, animals and flowers? Who made you and me? There is no doubt that there is a Creator. Those who deny the presence of a Creator must ponder that if there is an iPhone, there must be a manufacturer called Apple and if we are drinking Coke, it must have come from Coca-Cola. All creation in this universe is a proof that there is a Creator.

While there is no denying that there is a Creator, when we call this Creator, God, it leads to so much confusion. Who is the real God? There are so many religions and each religion claims that its God is the real God. In fact, religion has become one of the primary factors in causing conflicts and war in the world.

There is only one God. We may give this God different names and each religion may claim their God to be the real God but the truth is that God, neither has a name nor a form. God does not belong to one religion. God is a Power, a Supreme Power, a Power that is immortal. God is SIP. God is birthless and deathless. The moment we realize, 'God is SIP,' we will be able to join the dots and realize, 'I am SIP.'

It all starts with Self-Realization. 'I am nothing. I am a Soul, a Spark Of Unique Life. The Soul is SIP. The Soul is part of the Supreme Immortal Power. Therefore, I am SIP.' How can we explain all this?

When we realize that we are nothing but energy and we realize that SIP, the Supreme Immortal Power, is present everywhere in this universe, we realize that we all are manifestations of SIP. Each cell of our body is energy, the energy of SIP. We all appear to be but in reality, we are just effects. SIP is the cause. It is just like a bangle, a chain and a ring. These jewels appear to be but there is gold in everything. If you remove the gold, there will be no bangle, chain or ring. So also, if there is no SIP, we will be nothing. We exist because of SIP. SIP is the Soul. The Soul is the life in us. Without the Soul, we would not exist. Without SIP, the Soul cannot exist. Therefore, it is SIP that is the Soul that is you and me. This is the absolute and ultimate truth - 'I am SIP and you are SIP.'

*When we Realize that we are the Soul and Soul is SIP,
We are Enlightened that the Divine Speaks through Every Lip.*

I AM A MANIFESTATION

Most of us think that we have been created by our parents. Is this true? Partly, yes! Our parents were involved in an act of copulation that caused our fertilization but did they decide our birth? No! They did not. Our birth is a result of our own past actions, our Karma. Because we think, I am 'I', we live and we die but it's not over! The body dies but ME, the Mind and Ego, carries its Karma and is reborn. Birth happens but not on the date that is on our birth certificate. The truth is that we are conceived nine months before that date of birth. The Spark Of Unique Life, the Soul gives life to a zygote and our journey starts. The single-celled zygote multiplies and over nine months, the body, as if by Divine magic, is created in our mother's womb. Does any of us do anything in this process of the creation of this amazing body? No! Everything happens, automatically. Who creates the brain, heart, kidneys and lungs? It is all, Divine! But we never stop to contemplate.

What we always thought as a creation, is in reality, not a creation but a manifestation. We may appear to be this body. No doubt, we appear to be the body but each cell of our existence is nothing but energy. It is the Power of the Soul. It is ultimately, a Power of SIP. Therefore, what are we? We are, in reality, a manifestation of SIP. What does this mean? It means that we manifest as human beings. We appear as human beings, when in reality, we are the energy of SIP. A

ring appears to be a ring but it is actually, a manifestation of gold. A wave appears to be a wave but it is in reality, a manifestation of the ocean. Every cell of our existence is SIP. SIP is the Supreme Immortal Power. It appears as the Soul, the Spark Of Unique Life and gives ME, the Mind and Ego, a body to settle its Karma. This is the simple truth, 'I am nothing but a manifestation of the Divine.'

If we realize I am a Soul and the Soul is nothing but SIP, then, it is a simple fact that I am SIP. I may appear to be me and you may appear to be you but we all are manifestations. In fact, every Soul is SIP. Therefore, if we want to realize God, we first need Self-Realization. We need to realize the truth that we are nothing but Divine energy appearing as us and because we are caught in ignorance, we create Karma. We live as the body, directed by the Mind and Ego, ME and this ME gets caught in the cycle of rebirth. As long as we live in ignorance, we will always think that we are the ones that we see in the mirror. We will never realize the truth of who we are. 'I am SIP' is a Realization that comes from the Realization, 'I am a Soul.' I am a Spark Of Unique Life that is none other than the Supreme Immortal Power, SIP. Therefore, I am SIP. I am a manifestation of SIP. We understand clearly when we say that a gold ring is nothing but gold and without the gold there would be no ring. But we find it very difficult to realize that we are manifestations of the Divine, of SIP. Until we are enlightened with the truth, we will never attain the state of Liberation and be free to realize that we all are SIP appearing as who we seem to be.

***We are a Manifestation of SIP, not a Creation,
We are SIP, not created by SIP, we need Realization!***

I NEED LIBERATION FROM IGNORANCE

Why is it that we don't realize that we are a manifestation of SIP? Why does the world consider that we are all a creation? We often talk about how this world has a Creator. Who created the sun, moon, stars, birds, animals, flowers, mountains, the seas, you and me? We often ponder — 'Who is the Creator?' There must be a Super Power whom we call God, who is the Creator and the one who governs everything that happens in the universe.

Those who are enlightened with the truth, realize that everything is a manifestation, not a creation. This Realization leads to Liberation. Unfortunately, less than 1% of humanity goes in quest of the truth and of this, less than 1% is enlightened. Ultimately, less than one in a million achieve this state of Liberation.

What is Liberation? Liberation is overcoming ignorance and realizing the truth. It is the ability to see that I am not me, I am not the body, mind and ego. I am a Soul. I must realize this. To realize this, I must overcome ignorance and when I do, I attain the state of Liberation. I become free from the body, mind and ego. I realize, 'I am a Divine Soul.'

Realization of the self doesn't end there. When we realize that we are a Soul, we then realize that the Soul is SIP and ultimately, we are all SIP. We are not created by SIP but are

manifestations of SIP. Every cell of our existence is SIP. It is energy, the Power of the Divine, the Supreme Immortal Power. Why don't we attain this Realization? Because there is no Liberation. Liberation is freedom from ignorance. As long as we are caught in thought, we will be a slave of the mind and reach our grave without the realization that we are a manifestation. The body will die and the ME, the Mind and Ego, will be reborn and this will go on and on. This is because we did not get the Realization that we are a manifestation of SIP. We did not realize that we are the Soul and the Soul is SIP.

The fact that I am a Soul and Soul is SIP, logically leads us to, 'I am SIP' but we are unable to use our intellect to realize this logic because of the mind. The mind envelops us in ignorance through thoughts and we just live and die, without realizing the truth of 'Who am I?'

We need Realization. We need to be enlightened with the truth. We have to overcome the myth that we have grown up with. For this Liberation, we must ask questions - Am I this body? Where did this body come from? How was it created? What happens when the body dies? When we ask, we investigate and ultimately, we will realize the truth. It starts with a quest, an investigation that will lead to illumination. Then, there will be the Realization that we are all manifestations of SIP. This will give us Liberation. We will become SIP. We will become one with the Divine.

*We need the Realization that we are but a Manifestation,
When we Realize, 'I am SIP', there is Liberation!*

I MUST TRANSCEND KARMA

To realize the truth that I am SIP, I must transcend Karma. What does this mean? As long as I believe that I am 'I', I will continue to create Karma as this body, mind and ego. Once I create Karma, I am trapped in the cycle of death and rebirth. I am enveloped in ignorance and I believe – 'I am everything, I do everything.' This is the biggest hurdle that stops us from realizing the truth.

If we have to be enlightened that I am SIP, the secret is that we must transcend Karma. Unless we are free from Karma, the Mind and Ego, ME, will be reborn and this will go on and on. We will never realize, 'I am SIP.' This is because we don't realize that we are not the ones doing the Karma. We are the Soul, that is giving Power to the body to live and act. Ignorance makes us believe that we *have* a Soul. Realization reveals we *are* the Soul. This Realization will enlighten us to the truth that I am SIP.

Every day that we live on this planet, we have to act, we have to do Karma. There is no freedom *from* action. What we need is freedom *in* action. We will be performing actions, as long as we are alive. We must realize that these actions are empowered by the Power of the Soul. If there was no Soul, there would be death. There would be no breath. It is the Soul that is our true existence. The body is just a manifestation. Every cell is energy. The mind, which we cannot find, is just a bundle of thoughts caused by ignorance. If the mind and

the body have no real existence and they are illusory in nature, then, how can they do Karma and carry Karma, life after life?

The Realization that we need is, 'My Karma is not my Karma because I am not 'I'. I am nothing but a manifestation of the Divine. SIP is everything.' When there is this Realization, we attain Liberation from Karma. We live as a Divine instrument, doing nothing with our will but totally surrendered to the Divine Will. When we become mere instruments to fulfil the Divine Will with no expectation of any fruit or reward for the actions that we perform, then, we are free from our Karma. We become a *Karma Yogi* and we offer all our actions to SIP, realizing that we are nothing but a manifestation of SIP. When there is this Realization that we are SIP, it means, we have transcended Karma. Karma doesn't belong to us anymore because we are mere manifestations. We are SIP, appearing as you and me. We are not human beings having a spiritual experience, rather, we are enlightened beings who have transcended ME, the Mind and Ego and are completing a Karmic experience in a human form.

When we transcend Karma by transcending the body, mind and ego, we reach that state of Realization, 'I am SIP.' 'Since I am a Soul and Soul is SIP, I am nothing but SIP.' But if there is any trace of ego creating Karma, we will fail to realize that we are the Soul, that we are SIP. We must transcend the ego and ultimately, Karma.

*We must Transcend Karma, Realize Everything is a Drama,
Then, we will experience Bliss, as SIP, there will be No Trauma!*

PART-C

I AM SIP

IN A SNAPSHOT

- Who am I in reality, if I am not the body that will die and the mind that I cannot find?
- I am a Soul, a Spark Of Unique Life.
- But what is the Soul? It is nothing but SIP, the Supreme Immortal Power.
- If I am the Soul and the Soul is SIP, then I am SIP.
- Because of ignorance, we do not realize that we are not the body, mind and ego. We are the Soul, that is SIP.
- We continue to be enveloped in ignorance and think that we are a creation. When we realize, 'I am SIP,' we realize that we are all manifestations of the Divine.
- We need to overcome ignorance. Then, the Realization will take us to Liberation and we will realize that we are a manifestation of the Divine.
- To realize 'I am SIP,' we must first realize, 'I am nothing, not the body, mind and ego. I am SIP.' Then, we become everything.
- The one who transcends Karma is free from action. He lives as a Divine instrument, realizing that he is SIP.

PART - D

SIP IS IN ALL

*SIP is the Supreme Immortal Power,
SIP is a Spark Of Unique Life, the Soul,
SIP is in every Molecule of Matter,
To Realize this, is our Life Goal.*

EVERY SOUL IS SIP

We all acknowledge that we have a Soul. Soul is the Power of Life within us that makes us walk, talk, sing and do everything. But do we know beyond that? Do we realize where this Power comes from, at the moment of conception, nine months before we arrive on earth? Do we know where this Power goes in the moment of death, when there is no breath? This Power of life, the Spirit, the *Atman*, the Soul – the Spark Of Unique Life, comes from SIP, the Supreme Immortal Power and goes back into SIP. It is like a wave in the ocean. The wave has no real existence but it appears to be a wave. It comes from the ocean, splashes and then returns, becoming one with the ocean. So does the Soul.

Every living creature has a Soul and each Soul, each Spark of life, is none other than SIP. It is just like every bulb in our house, every gadget- the television, microwave and washing machine, each appears to be powered separately but the electric power to all gadgets and appliances has one source of Power. Not just the gadgets in our house but all the appliances in the entire city are powered from one power grid. We understand this but we don't understand that the Souls of all living creatures are powered by one Supreme Immortal Power, SIP. SIP is the Power of Life in every animate being. SIP is the Soul. Every Soul is SIP. This is life's greatest Realization.

EVERY SOUL IS SIP

First, we must realize that we *are* the Soul. This is the beginning. As long as we think that we *have* a Soul, it will confuse us and we will think of the Soul to be an entity like the body. No doubt, the Soul is unique as long as it is giving us life. But eventually, all Souls merge into SIP. Just like switches in our house control each and every bulb, gadget or appliance and we can supply power as we choose, the Soul in you and me appears to be unique as long as we are alive in this body. But ultimately, all Souls are SIP. This is the greatest truth of life, which we must realize.

Once we realize that we are a Soul and Soul is SIP, therefore, we are SIP, then, we must realize that SIP is in all. Every Soul is SIP. There is nothing other than SIP but this Realization will not come until we go through the first three Realizations. Until we realize that we are not the body, mind and ego and we are the Soul, until we realize that this Soul is SIP, we will never realize that every living creature that lives, crawls, swims and sings, is SIP. Each of these living creatures has a Soul, which is the essence of its existence. Therefore, in essence, every Soul is SIP. There is SIP in every living creature on earth. Not even one in a million, realizes this truth. When one hears this for the first time, they think it to be strange, unbelievable and unacceptable but this is the truth. We have to move from *knowing it* to *realizing it*.

***The Soul in Every Living Creature is none other than SIP,
The Mind Bombards us, so that this Truth, we Skip!***

SIP IS POSIEMOM

Not only is every Soul SIP, not only is every animate living creature a manifestation of the Divine, every molecule in this universe is nothing but SIP, the Supreme Immortal Power. To a common person, this will surely, sound weird. At least, the living Soul appears to be a Power but how can dead matter also be the Supreme Immortal Power?

In the past, Spirituality has been saying that this world is nothing but a manifestation of the Divine. Spirituality has been advocating that all the beauty around us is because of SIP. If there was no SIP, there would be no beauty but somehow, we have not been able to realize this. That is why, we even call matter, 'dead matter'. But even science has discovered that a particle of matter is nothing but a wave of energy. The two are not different from each other. In an experiment known as the Wave-Particle Duality, scientists saw the smallest particle of matter that is smaller than neutron, proton and electron, called Quark, disappear into nothingness. They realized that this was the Law of Thermodynamics at work that states that energy can neither be created nor destroyed. It can only be transformed from one form to another. Even as they were recording their observations, they saw the particle of matter reappear and they were baffled. They termed this phenomenon as Wave-Particle Duality. This theory is accepted in the Quantum Physics and Quantum Mechanics branch of science. In 2022,

SIP IS POSIEMOM

three physicists were jointly awarded the Noble Prize for Physics because of their contribution in the field of Quantum Physics and Quantum Mechanics. They put to rest the doubt that every particle of matter in this world is nothing but energy. What is this energy? This energy is the Power of SIP, the Supreme Immortal Power.

The Wave-Particle Duality only reveals that SIP is **POSIEMOM**, that the Supreme Immortal Power is a **Particle Of SIP In Every Molecule Of Matter**. Every molecule of matter appears to be a molecule but in reality, it is energy. There was a time when science and spirituality were at loggerheads but today, there is one thing on which they have synergy, that all matter is energy.

What does this tell us? This tells us that this beautiful universe that appears so real, the mountains, the sea and the rivers that we see, everything that appears is nothing but energy. It is SIP, the Supreme Immortal Power that is in every molecule of matter. Matter appears to be the five elements of nature - earth, water, air, fire and space. Each of these elements, made up of tiny molecules, is eventually, nothing but energy. Spirituality has been saying it for ages that this world is a manifestation of the Divine but science has only recently started to accept it. The difference is in the explanation offered by science. Scientists say over 90 to 95% of the universe is made up of dark energy which is unknown. What is this? It is SIP. Every particle of matter is SIP.

*Every Molecule of Matter is Nothing but SIP,
Even Science agrees that there is Energy in Every Little Chip!*

ONLY SIP IS

If SIP is the Spark Of Unique Life, the SOUL in every living creature and SIP is also POSIEMOM, a Particle Of SIP In Every Molecule Of Matter, then it is a startling revelation that everything in this world is SIP. Only SIP is. There is nothing else but SIP.

Let us understand what this means. In essence, it means that this whole universe is nothing but a manifestation of the Divine. It appears that God has created this world but what is the truth? The first revelation is that the Creator is a Power, a Supreme Immortal Power, that is nameless, formless, birthless and deathless. This Power that we call God, is SIP. The Power of SIP manifests or appears as everything that we see, the mountains, the rivers and the sea. The five elements of matter are nothing but SIP. Every molecule is energy. This energy is the Power of SIP. It seems that this entire universe is energy particles that appear as the sun, moon, stars, birds, animals and flowers. In the living creatures, not only is there the presence of SIP in the form of the five elements but there is also the Soul, the Spark Of Unique Life, that is none other than SIP.

Therefore, if every particle of matter is SIP and every Soul is SIP, there is nothing else in this world but SIP. If SIP were to remove the life Power in all living creatures, if all Souls were to disappear, then, this world would become inanimate because there would be no living creatures but

ONLY SIP IS

the Power of SIP would still exist. The sun glows, the wind blows and the water flows. All this is the Power of SIP. It is the Power of SIP that makes the earth rotate. Even science agrees that the whole universe is filled with an unknown energy that appears as matter. If the Power of SIP that is in every molecule of matter that fills the universe is removed, then, there would be no universe. Therefore, everything that is animate or inanimate is SIP. Only SIP is. Other than SIP, there is nothing.

The understanding that SIP fills this universe needs Enlightenment. It is a truth that must be realized. Our mind will refuse to believe this truth because if we realize it, the mind will cease to exist. So, the mind will always make us believe in the lies like God lives in the skies, that God has created this universe. It will stop us from realizing the truth that SIP is everything. Without SIP, there would be nothing. SIP is the Soul in you and me, the Power of Life and if there were no Power of Life, there would be only dead matter. Even in every molecule of dead matter, there is nothing but SIP. Therefore, everything in this world is SIP. We appear to be you and me, the butterfly, the bees, the flowers and the trees but in reality, everything is energy. Everything is a manifestation. It is like a piece of jewellery in a gold shop. It appears to be a bangle, chain or a ring. But in reality, they have no real existence. There is gold in everything. Remove the gold and there would be nothing. Remove SIP, there will be nothing!

*Just as there is Gold in a Bangle, Chain and in the Ring,
There is SIP in the Animate and Inanimate, in Everything!*

EVERYTHING IS *MAYA*

If everything in this world is SIP, then, how do we explain you and me, the butterfly and the bee and the mountain and the sea? How can everything be SIP, the Supreme Immortal Power? Haven't we grown up with the understanding that there is a difference between me and God? God is an all-powerful being and we are nothing. Now, if we are told or realize that everything is SIP, how can our beliefs be reconciled?

Unfortunately, we have grown up with the myth. We are enveloped in ignorance. We don't realize the truth that everything is *Maya*, a Cosmic Illusion. What is *Maya*? *Maya* has two aspects. It projects the myth and conceals the truth, just like a projector conceals the screen and projects actors and sounds to make it appear that there is no screen and only the movie, *Maya* also projects this world and all the living beings and conceals SIP, the Supreme Immortal Power that is in essence, the background of everything.

It is impossible to accept *Maya* unless we go through the process of the Realization, 'Who am I?' I am not this body, mind and ego. I am a Soul. Soul is SIP. I am SIP. SIP is in all. Everything is *Maya*. Everything that appears to be, in reality, is nothing but Divine energy. Can we understand this? We can't understand, rather have to realize it. We need Enlightenment of the truth. It is the truth. There is no doubt about it but our mind withholds it from us, as it envelops us

EVERYTHING IS MAYA

in the darkness of ignorance. It bombards us with thoughts and because in thought we are caught, we do not reach that state of Consciousness in which we activate our intellect, discriminate and realize that everything is *Maya*.

We have several examples of illusions. A mirage in the desert or a rainbow in the sky. They appear to be but in reality, they are not. So is everything in this world. A ring appears to be a ring, just as a bangle and a chain appear to be a bangle and a chain but the truth is that they have no real existence. They are just gold. Remove the gold and there will be no bangle, chain or ring. These are just effects. Gold is the cause. So also, everything in this world is just an effect. The cause is SIP. Everything is a manifestation, an appearance and unfortunately, because we have no Realization, we see what seems to be and we think that we are the body and the mind and ego. This is *Maya*.

Throughout life, we think that this is my house, my car and my family but the fact is that nothing is ours. We brought nothing to earth and we will take nothing when we depart. Even this body that seems to be me, will be left behind. But throughout life, we are in a trance, under the spell of *Maya*, the Cosmic Illusion. When we overcome *Maya*, we will realize the truth. We will see SIP in all. We will experience everything beautiful as Divine. All this will happen when we start a quest to realize, 'Who am I?' and it all begins with the first Realization, 'I am a Soul.' This Realization will lead us to realizing that SIP is in all.

*You, Me, the Butterfly, the Bee, the Mountain and the Sea,
Everything is Maya, a Cosmic Illusion, it is SIP Energy!*

THIS WORLD IS A *LEELA*

What is a *Leela*? A *Leela* is a drama. It is a show. Actors come to the stage, perform their part and go. The earth is a stage and we are actors. We come and we go but we don't realize that it is all a Divine *Leela*. It is all a show.

What does this mean? It means that we don't understand the purpose of our existence and why things are happening in this world. In reality, it is all a well synchronised drama. When we go to a theatre, we don't realize that it is just a show. It is so beautifully orchestrated that we get immersed in the drama. Then, in the end, the show is over and it is time to go. So is life! We are not going to be here, forever. We come and we go but we don't realize that it is all a *Leela*, a show!

What is the cause of this *Leela*? It is our Karma. Everything unfolding on the earth stage is orchestrated by a Universal Law, the Law of Action and Reaction, the Law of Cause and Effect, the Law of Karma. Nothing on the earth stage happens by chance or luck. Whatever is unfolding, is our Karma. Every action, every deed is like a seed that we plant. '*As we sow, so shall we reap!*' We are well aware of this Universal Law and that is why, we don't question when we don't find apples growing on a mango tree. Karma is the cause of our destiny. Most of us realize the truth of Karma and hence, we try to do good Karma. We try to become

compassionate, kind and eliminate all that is evil from our life. We don't want to be in a Karmic debt to suffer on earth and return again, in a rebirth. We don't realize that we can be free from Karma, free from all suffering and free from rebirth, if only we realize that everything is just a *Leela*. 'I am a Soul. I am SIP. I have no Karma. Everything is *Maya*. I am not the body nor the mind.' But the mind makes us blind. We don't realize *Maya* and we don't understand that it is all *Leela*.

Those who realize SIP is in all, realize the play of *Maya* on this earth stage. They realize that they are manifestations of SIP. They live as a Divine instrument. Post the Realization that I am not the body or mind, a realized being lives as a Soul. The *Maya* continues, just as the *Leela* does but the one who is enlightened with the truth is unaffected. Such a person lives as a Yogi, ever-united with the Divine and overcoming all ignorance. Such a person lives as a Soul, as SIP. At the end of the show, such a person does not return to earth in a rebirth because there is no Karma. All the Karma is dissolved along with the ignorance that is overcome. 'I am a Soul. The Soul has no Karma. The body will die and the Mind and Ego, ME, that carries Karma, is not me.' The Realization that I am a Soul liberates us from *Samsara*, the cycle of death and rebirth. Unfortunately, while we all know that everything is a show and we come and we go, we don't realize that it is *Leela*. It is because we don't realize that I am a Soul and everything is SIP. We live and die without discovering the truth of 'Who am I?' We suffer on earth and return in a rebirth because we don't realize that it is just a *Leela*.

*The World is a Leela, it is a Drama, a Show,
We are just Actors, we Come and we Go!*

OUR GOAL IS *MOKSHA*

Why are we alive? What is the reason for our existence? How many of us understand this? We just live and die without knowing why we are born. Did we choose our birth on earth? Did we choose our parents? No! Then, what brought us to this planet? Little do we realize that it is our Karma, which has given us one more opportunity to realize that I am a Soul, I am SIP. It is only a human being who is blessed with an intellect to discriminate and realize that SIP is in all. The other living creatures are also here because of their Karma but they do not have the opportunity to be enlightened with the truth. Only man has that opportunity. The others must return to earth as a human being to experience Enlightenment.

Majority of us do not realize the truth that we are a Soul and we are SIP. We don't understand our purpose on earth. We are so lost in this world that we suffer and we die, only to return. Only a very few of us are blessed. We realize that we are SIP, we are liberated from this *Leela* and this *Maya*. We overcome ignorance and live as the Soul, not the body, mind and ego. We experience SIP as the Soul in one and all. This is *Mukti*, freedom when alive. We become a *Jivanmukta*. We are free from all suffering on earth and free from the cycle of death and rebirth. In the moment of death, we attain *Moksha*.

What is *Moksha*? Every 'body' dies but most of us are enveloped in ignorance. We live as the Mind and Ego, ME

and carry our Karma into another birth on earth. We think that we are ME but don't realize that we are a Spark Of Unique Life, the Soul. If only we could realize this, then, we would drop all Karma. We will free from Karma, just as we will be free from rebirth. Although we will live in a physical body, we will live as a Soul, realizing that we are SIP. We will realize that we are a manifestation of the Divine – everything is SIP. Everything is *Maya*. This *Leela* is to realize that we are the Soul and the one who realizes this truth, lives a life of complete acceptance, without any protest. He surrenders completely, after realizing the truth about the self, about life and God.

It is not easy to attain *Moksha*. Very few, a rare minority is blessed to reach this Divine state of Realization, of Liberation and ultimately, Unification with the Divine. The fact is that we are the Soul but we don't realize it. We live as the body and suffer physical pain. We live as the mind and are miserable. We live as the ego and are agonized by anger, hate, revenge and jealousy. If we attain *Mukti*, then, we are free from this triple suffering. But this is not the end. The ultimate goal is to attain *Moksha*, to go beyond *Mukti* when alive and to achieve *Moksha*, *Salvation* or *Nirvana* at the time of death, when we lose our breath. The purpose of human existence is to become one with the Supreme. If we don't, then, we will return to the planet in a new body, only to wander and to suffer but if we realize that we are the Divine Soul, we are SIP, we will attain *Moksha*.

*Our Ultimate Purpose is Moksha, to be Free from Karma,
To achieve this Goal, we must first Realize, We are the Soul!*

WHAT HAPPENS AT DEATH?

What is death? Isn't death a reality? It is the moment when we lose our breath. The body dies and the one who was alive, flies, leaves the body. Is there any doubt that every 'body' will die? Is not death certain? Yes, it is! Do we not cremate or bury and destroy the body that dies? Yes, we do! Why do we do it? Because we are absolutely sure, beyond doubt, that the one who was alive is no more in the body. Would we dare burn or bury somebody who was alive or who was in deep sleep? No! That would be a murder. We certify that death has happened and then, bury or burn the body.

What exactly happens in the moment of death? Most of us believe that when the body dies, ME, the Mind and Ego, carries the Karma and returns to earth in a rebirth with a new body. There are many of us who refuse to contemplate this reality. Although we believe in the Law of Karma, we do not contemplate death and we do not want to accept the reality that every birth on earth is nothing but Karma causing us to return. If there was no Karma, there would be no birth. The cause of birth is Karma. Most of us return in a rebirth, whether we accept it or not. Just because we don't believe in rebirth, does not mean that we are free from it. Karma will bring us back, whether we accept it or not. We may do good or bad Karma, whatever are our deeds, they become the seeds that we plant and they are responsible for our destiny, just like seeds are responsible for the fruits on

WHAT HAPPENS AT DEATH?

the tree. There is nothing like luck, fate or serendipity. Every living being is reborn after they are gone because of their deeds, Karma. Let us not have any doubt about this. The universe is governed by several Universal Laws, laws that make the earth rotate, cause revolution and seasons. One such law is the Law of Karma that causes our birth on earth.

In the moment of death, one of the two things, happens. One, we remain ignorant, live as the body, mind and ego, and we are reborn. This happens in the majority of the cases. On the other hand, in a few rare cases, where one realizes that they are the Soul, not the body, mind and ego, then there is no rebirth. The Soul is immortal. It is birthless and deathless. When the body dies, the Soul becomes one with SIP. This is because of the Realization that I am not the Mind and Ego, ME. I have no Karma, so, I am free. I do not have to return to earth in a rebirth.

Therefore, we have a choice. Either we can be reborn and this cycle goes on and on or we can be enlightened, liberated and united with the Divine, the Supreme Immortal Power, SIP. This is the purpose of human existence. This is our ultimate goal - to realize that we are the Soul, to be free from Karma and to attain *Moksha*. Because we don't realize that everything is *Maya* and it is all a *Leela*, we live with ignorance as ME, in this body, suffer the triple suffering on earth and return in repeated rebirths.

*Either we are Reborn or Liberated in that Moment of Death,
One of Two things Happens, when we Lose our Breath!*

FROM SELF-REALIZATION TO GOD-REALIZATION

What is life all about? It is a journey from birth to death. For a human being, this journey is the greatest opportunity. We can use our intellect, discriminate and realize the truth or we can just remain ignorant. If we choose to go on a quest, ask, investigate and realize, then, our life journey will lead us to Self-Realization through Life-Realization and ultimately, lead to God-Realization.

LIFE is Liberation from Ignorance and Finding Enlightenment. Unfortunately, most of us don't realize what LIFE is all about. The biggest problem is that we don't ask the two most important questions, 'Who am I and why am I here?' If we ask these two questions, we will reach the state of Self-Realization. We will realize, '*Neti Neti*,' we are not the body, we are not the mind and '*Tat Twam Asi*,' Thou art That, we are the Soul. This, the first major Realization, is called Self-Realization.

Self-Realization takes us forward in the journey of life. We go through several Realizations. We realize the truth about Karma, about birth, this earth, about death and how we lose our breath. We come to terms and overcome the myth that we have grown up with. As we question, our enquiry liberates us from ignorance. Not only are we Self-Realized but we also become Life-Realized. We realize that we are not the body, mind and ego, we are the Divine Soul. However,

we have yet to attain one bigger goal, which is known as God-Realization.

Who is God? Where is God? What is God? When we realize that we are the Soul and the Soul, the Spark Of Unique Life is nothing but SIP, the Supreme Immortal Power, we realize that we are SIP, just as we realize that SIP is in all. This is God-Realization. This is realizing that God doesn't live in a temple or church. This is the reward of our search. God is nameless, formless, birthless and deathless, God is SIP, a Supreme Immortal Power. God is in you. God is in me. God is in every living creature that we see. God is the energy that is in every molecule of matter. This is the ultimate truth of God-Realization.

Although we may know the truth but we will not realize it. To realize the truth, we must open our *real* eyes. We have to sweep away the darkness of ignorance with the light of Enlightenment. We need the help of a Guru, a Spiritual Master. We need the grace of God, SIP and this comes from the deep yearning for the Divine. If we yearn for God, we will realize that God is SIP but if we desire the world, we will never realize God. We will pray to our personal God and never realize that God is within, that God is not one made of bone and skin. Alas! Only a very few of us are blessed with God-Realization, which is only possible, first, through Self-Realization and then, through Life-Realization. If we attain them, subsequently, we will realize that God is SIP.

Purification leads to Illumination and finally, Realization. Self-Realization, Life-Realization and then, God-Realization.

EVERYTHING BEAUTIFUL IS DIVINE

Look around you. There is so much beauty in this world. Where does all this beauty come from? Little do we pause to realize that beauty is divinity. All the beauty that surrounds us is a manifestation of the Divine, whether it is nature or beautiful creatures, the beauty that fills the world – a beautiful sunrise or sunset, the twinkling stars in the skies, the white fluffy clouds, mountains, oceans, rivers, lakes – this world is stunning! It is spectacular! Every molecule of this beautiful world is nothing but Divine energy. But we don't realize this truth.

In this ever-so-fascinating world, which is none other than SIP, there are living creatures that fill the earth with beauty. Not just you, me and the billions of people, gorgeous women, handsome men, each so beautiful but also every living creature. Each one is so amazing! The birds that fly in the sky, they sing and fill the skies with joy. The giraffes, the zebras, the dogs, the cats, the flora and fauna, the leaves, the flowers and fruits make this world ever-so-beautiful. Have you ever got a chance to peek into the underwater world? The colourful fish and the corals are a treat for a man's imagination. This whole world is full of beauty, be it the dolphins, the penguins or the flamingos. Where does all this beauty come from?

Each living creature that walks or swims or flies, has a Soul. It is the Soul that is creating beauty, just as it is the

power of SIP that creates beauty in nature. If there was no SIP, there would be no Soul, no nature and no beauty. This beautiful world is filled with divinity, filled with SIP, the Supreme Immortal Power but because we do not realize that I am a Soul and Soul is SIP, we do not realize that everything is SIP, everything beautiful is SIP. Those who are blessed to realize all beauty as divinity, do not need to go to a temple or a church to pray. They experience SIP in everything, everywhere. They feel the presence of the Divine, all day because they realize that it is SIP that is filling this beautiful universe.

SIP is the cause. We are just effects. It is SIP that manifests as this beautiful world and all the beauty that fills this world. It is SIP that is beautiful. We see the beauty but we forget the divinity. We are lost in this gorgeous, enamouring, scintillating world and we forget SIP. We forget that we are SIP. We forget that without SIP, there would be no beauty. Have you ever stopped and wondered why a beautiful flower loses its beauty when it withers away? It is because the flower, no more, has the energy of SIP, the Supreme Immortal Power, the Soul. When the Soul departs, a living creature loses all its beauty. Such is the nature but the beauty of the nature that remains forever, reminds us of the Divine beauty that is SIP. The majestic mountains, the roaring seas and the expansive skies, remain in existence to proclaim the beauty of SIP in every corner of the universe. When will we realize that it is SIP that is filling the world with such wondrous beauty? The beauty is none other than the Supreme Immortal Power.

*We are enamoured in this World that is full of Beauty,
We don't realize that all Beauty is SIP, it is Divinity!*

PART-D

SIP IS IN ALL IN A SNAPSHOT

- When will we realize that this world is a manifestation of the Divine?
- Everything in this world is SIP, the Supreme Immortal Power.
- Even science agrees that every molecule of matter is energy.
- This world is filled with SIP. We must realize this.
- Every Soul is SIP. Everything beautiful is SIP.
- Everything is *Maya*, a Cosmic Illusion.
- Everything is *Leela*, a Mega Cosmic Show.
- Our goal is to be enlightened and attain *Moksha*.
- We need Self-Realization to reach God-Realization
- If we don't realize, 'SIP is in all,' we will live in ignorance, die and return to earth in a rebirth.
- 'I am a Soul. Soul is SIP. I am SIP. SIP is in all.' This reveals the ultimate truth.
- Not only is every living creature a spark of SIP but every molecule of this world, is also SIP.
- SIP is the only reality. Everything else is an appearance, an illusion. We must realize this truth!

AFTERWORD

Where does the original inspiration of this book come from? As I reflect, I realize that this book, **I am a Soul, Soul is SIP, I am SIP, SIP is in All,** is an effect of the four principal statements or *Mahavakyas* of the *Upanishads* and the *Vedas*. These are the texts of the *Sanatana Dharma*, the original Hindu faith. They are so ancient that they predate even written history. The four *Mahavakyas* are '*Tat Twam Asi*', '*Ayam Atman Brahma*', '*Aham Brahmasmi*' and '*Prajnanam Brahma*'. These four statements are known to the world. But what do they mean?

'*Tat Twam Asi*' means '*Thou That Art*'. It begins with '*Neti Neti*,' meaning, 'Not this, not this.' 'I am not the body. I am not the mind. I am a Soul, a Spark Of Unique Life.' '*Tat Twam Asi*,' the first *Mahavakya*, is the first part of this book.

The second part of this book, 'The Soul is SIP' is the second *Mahavakya* that states, '*Ayam Atman Brahma*.' It means that Soul is SIP. The Soul is none other than the Supreme Immortal Power, SIP.

The third *Mahavakya* states, '*Aham Brahmasmi*.' This principal statement means, 'I am SIP.' If I am not the body or mind but the Soul and the Soul is SIP, then, who am I? I am SIP or '*Aham Brahmasmi*.'

The fourth or the final principal statement states,

'*Prajnanam Brahma*' and it is the last part of this book. 'The wisdom and intuition that SIP is everywhere, in everything' - this is what '*Prajnanam Brahma*' means. Therefore, the four *Mahavakyas* of the *Upanishads* form the four parts of this book. Hence, this book is in essence, the truth of the *Vedas* and the *Upanishads*. If one realizes this truth, which is explained in such simple words, then, he can be liberated from this *Samsara*, which is the ultimate goal of life.

Our goal is to simplify things. Sometimes, we are caught in several interpretations of the scriptures and we don't understand the basic truth of who we are. We are, in essence, nothing but manifestations of the Divine. Every cell of our existence is a spark of SIP, the Supreme Immortal Power.

Where is God? God is everywhere. God is in everything. God is not the God that we always thought God was but God is SIP. We are SIP. Everybody is SIP. Everything is SIP. And because we are enveloped in ignorance, we commit our greatest sin — thinking that we are humans, when in reality, we are the Divine. *Man's greatest sin is that he thinks he is man, when in reality, he is God. He is SIP, the Supreme Immortal Power.*

This book will open our eyes as we realize the truth of who we are. It will liberate us from this world and unite us with the Divine.

*The Essence of the Upanishads and the Vedas,
Are summarized in Mahavakyas, Four.
This simple book will lead you to God,
It will Open the Door.*

POEM

I AM A SOUL, SOUL IS SIP I AM SIP, SIP IS IN ALL

*Who am I? Why am I here?
What is the truth about life, my dear?
I am not the body, I am not the mind
Who am I? The truth, I must find!*

*Most of us, just live and die
We believe the lie that God lives in the sky
We don't ask questions, 'How and why?'
All we do, is live and die!*

*What is the truth? We must put it to test
To realize this, go on a quest
Most believe, we are the Mind and Ego, ME
From this ignorance, when will we be free?*

*We are not this body, this is a fact
This body came later, after the fertilization act
First, came the Soul, the Spark Of Unique Life
When Divine blessings fell upon a husband and wife*

*The first cell of life is called a zygote
It may be in a man, a sheep or a goat
Every life starts with the arrival of the Soul
To realize this, is our ultimate goal*

*Neither are we the body, nor are we the mind
Where is the mind, we cannot find
The mind is nothing but a bundle of thought
And in this thought, we are caught*

*We believe the illusion, we are the Mind and Ego, ME
In this Ignorance we grow, the Truth we cannot see
Until we go on a Quest, we will never be free
We will never discover, who we are meant to be*

*We are not the body, the ego or the mind
We are the Soul, this truth we must find
If we want to achieve life's ultimate goal
First, we must realize that we are the Soul!*

*The soul is a Spark Of Unique Life
It is immortal, it experiences no strife
The Soul has no birth, it has no death
It is a Power that gives us breath*

*We think we HAVE a Soul, what is the truth?
We ARE the Soul, it is our root
Without the Soul, we would never be
We are nothing but Soul energy*

*Without the Soul, we would be gone
Without the Soul, we wouldn't be born
Without the Soul, we would never grow
It is the Soul that makes us come and go*

POEM

*Of course, for sure, this body will die
But who leaves the body and flies into the sky?
Because we think that it is the Mind and Ego, ME,
From our Karma, we are never free*

*The Body dies but ME takes Rebirth
The Mind and Ego, ME, returns to earth
But how does the ME in a new Body arrive?
It is the Soul that makes it alive*

*So first, we must realize, I am a Soul
Then only, will our life, start becoming whole
Then, the purpose of life, we will achieve
The ultimate truth we will get to perceive*

*This truth can't be known, it must be realized
For this, we must delete what is memorized
Whatever we were taught, we must let go
Then only, to the Divine, we will flow*

*I am a Soul, the Soul is SIP
This Truth must come to our lip
God is not God, God is SIP
We must start this voyage, start this trip*

*Who, where, what is God? We must ask
It is not blasphemy, we must do this task
If we truly love God, if God, we yearn
Then, this Ultimate Truth, we must learn*

*God is not made of bone and skin
God is the Power that lives within
God has no birth, God has no death
God is present, in our every breath*

*Let us stop saying from today, 'God'
Let us realize the truth of our Lord
God is not God, God is SIP
May this Divine truth, from us, never slip*

*SIP is present in every Soul
SIP is in every creature that can run or roll
SIP fills this universe whole
Be it a mighty animal or just a mole*

*SIP does not have a name or form
SIP never dies, SIP is not born
SIP has no beginning, SIP has no end
At death, the Power of SIP does transcend*

*Therefore, SIP is everywhere on earth
SIP is the cause of every birth
SIP gives life, to come and go
Without SIP, there would be no show*

*I am a Soul, the Soul is SIP
This is the truth that must be on our lip
This will start a voyage on a special ship
And to SIP, we will start our trip*

POEM

Therefore, in essence, 'Who am I?'
I am that God who is thought to be in the sky
When I realize, I am nothing
I become SIP, I become everything

I am not the body, ego and mind
I am the Soul, when this truth I find
Then, I realize, I am none other than SIP
I don't speak, SIP speaks through my lip

I do nothing, SIP does it all
It is SIP that makes me grow tall
Although in ignorance, I may again fall
But I have realized that there is SIP in all

I am SIP, you are SIP, we all are SIP
The Truth is that SIP is in every lip
We realize the truth, when we go in search
We realize that God is not in a temple or church

SIP is the essence of every being on earth
SIP is in that little rabbit that takes birth
SIP is in that bird that flies in the sky
But we in ignorance, ask, 'How and why?'

When we realize, 'I am the Soul'
And then Realize, 'Soul is SIP'
We then, Realize the Truth, 'We are all SIP'
Every creature alive, is on a Divine Trip

*SIP is the Soul in you and me
 SIP is the supreme immortal energy
 The Soul that is SIP is in every living being
 Animals, birds, plants and every living thing*

*When we realize that the Soul is SIP
 We realize God is a Power, then we flip
 From the myth, we flip over to the truth
 We realize, 'SIP is in every root'*

*Every tree, every flower and every fruit
 All that is alive comes from the root
 But what is the Truth about the root?
 It is SIP, SIP is in the flower, fruit and the root*

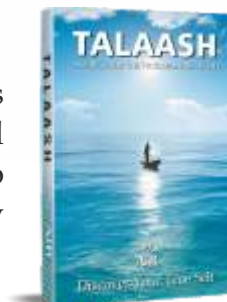
*This world is nothing but full of SIP
 Every molecule of matter is the Power of SIP
 The five elements of nature on earth
 Are nothing but SIP, this we must unearth*

*This book will make us unlearn the lie
 Let's realize the truth, before we die
 'I am not 'I', I am SIP'
 The Supreme Immortal Power is in every chip*

OTHER BOOKS BY AiR

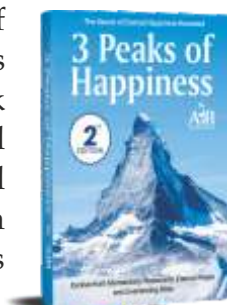
1. Talaash

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



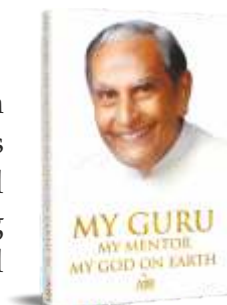
2. 3 Peaks of Happiness

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



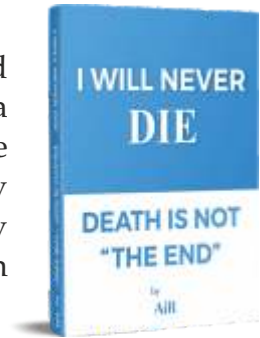
3. My Guru, My Mentor, My God on Earth

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



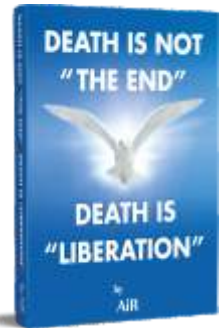
4. I will Never Die, Death is Not "The End"

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



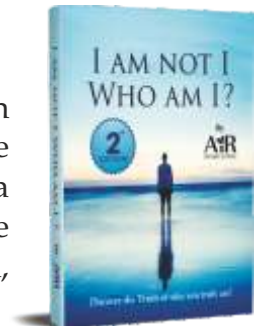
5. Death is Not "The End." Death is "Liberation"

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



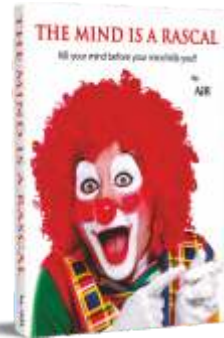
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



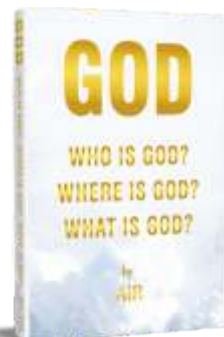
8. A Cosmic Drama

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



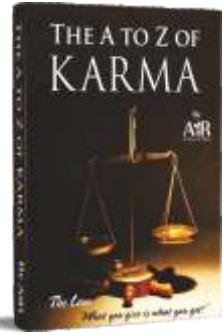
9. Who is God? Where is God? What is God?

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



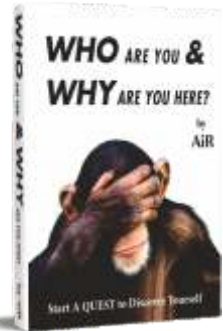
10. The A to Z Karma

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



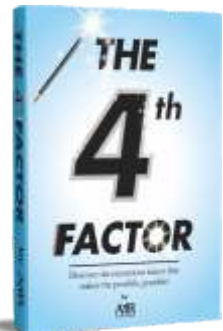
11. Who Are You and Why Are You Here?

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



12. The 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.



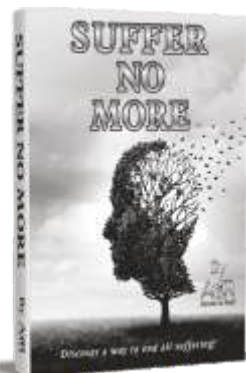
14. Questions You Must Answer before you Die!

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.



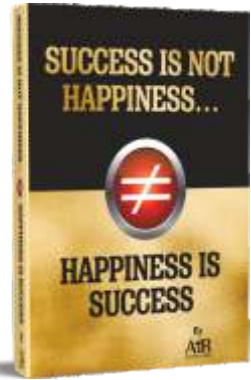
15. Suffer No More

'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.



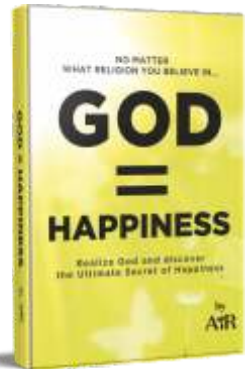
16. Success is not Happiness, Happiness is Success

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.



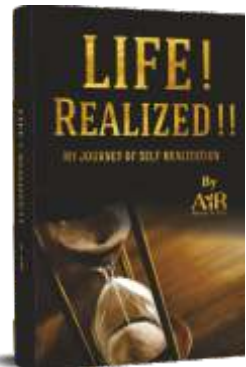
17. God = Happiness

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.



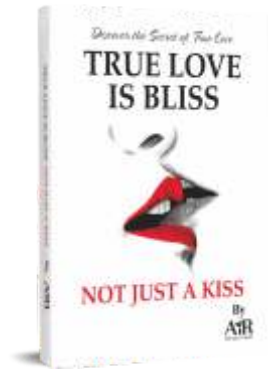
18. Life! Realized!!

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.



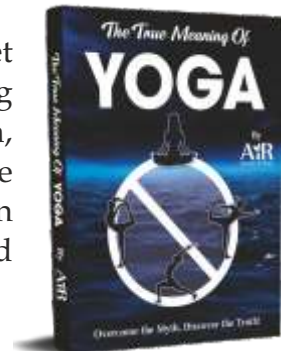
19. True Love is Bliss...Not Just a Kiss

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.



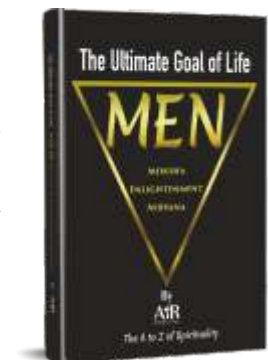
20. True Meaning of Yoga

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.



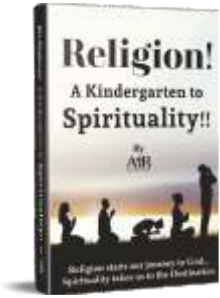
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



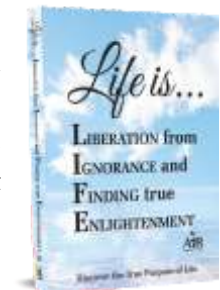
23. Why Bad Things Can't Happen to Good People!

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.



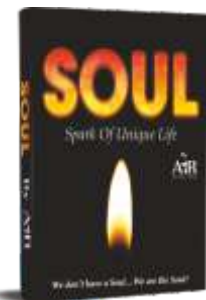
26. FEAR- False Expectations Appearing Real

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 - Spark of Unique Life

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



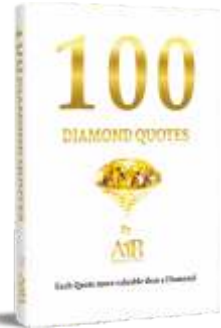
28. But We Pray!

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



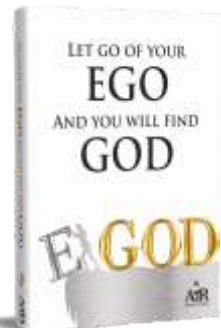
29. 100 Diamond Quotes

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



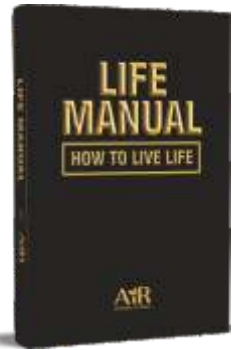
30. Let go of your Ego and you will find God

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



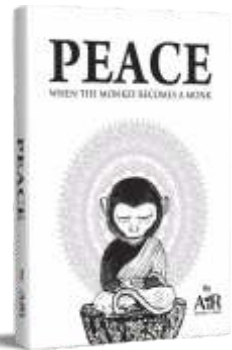
31. Life Manual - How to live life?

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



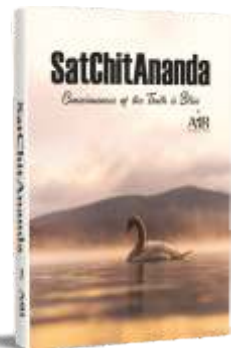
32. PEACE... When the Monkey becomes a Monk!

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



33. SatChitAnanda - Consciousness of the Truth is Bliss

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



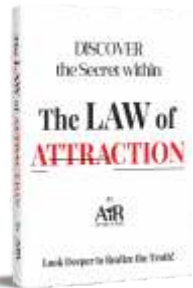
34. **Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That**

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



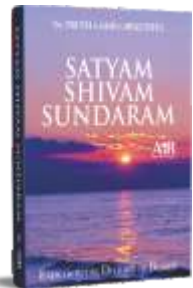
35. **Discover the SECRET within The LAW of Attraction**

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



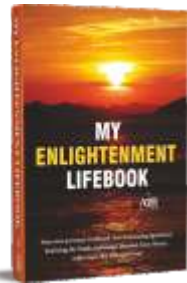
36. **Satyam Shivam Sundaram - Experiencing Divinity in Beauty**

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



37. My Enlightenment Lifebook

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



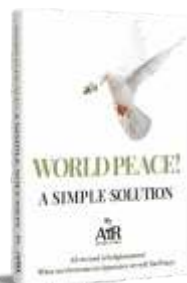
38. When you overcome the FEAR of DEATH, You start to LIVE

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



39. World Peace! A Simple Solution

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



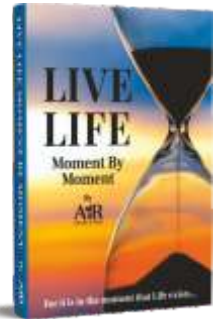
40. Many Problems, One Solution

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



41. LIVE LIFE... Moment by Moment

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



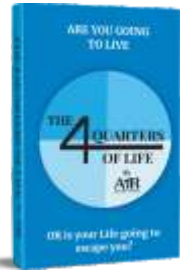
42. The Spiritual Jigsaw Puzzle

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



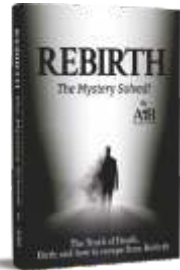
43. The 4 Quarters of Life

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



44. REBIRTH... The Mystery Solved!

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



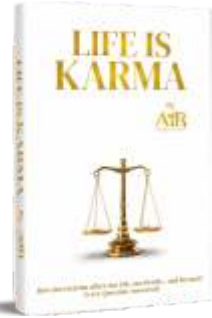
45. How to Live a Spiritual Life in a Material World?

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



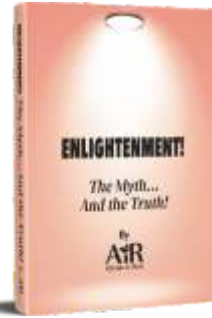
46. Life is Karma

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



47. Enlightenment - The Myth and The Truth

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



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

Never have you read a book of Poems like this,

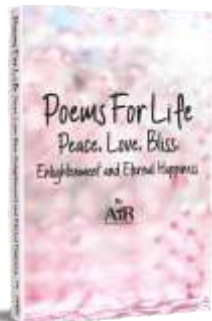
Poems that will give you Peace, Love and Happiness.

Poems that will tell you the Truth about Life,

How to Overcome Misery and how to Overcome Strife!

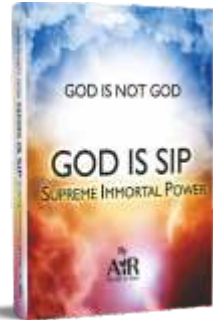
So, if you ever want to read a book, choose this,

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



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

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



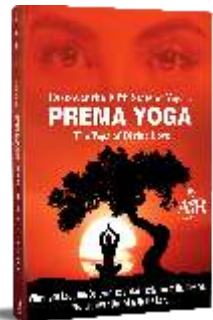
50. The 10 Commandments of Detached Attachment

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



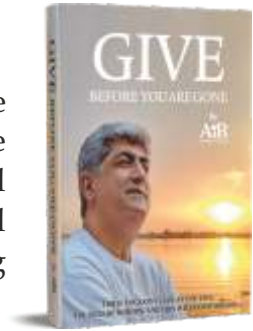
51. The Yoga of Divine Love - Prema Yoga

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



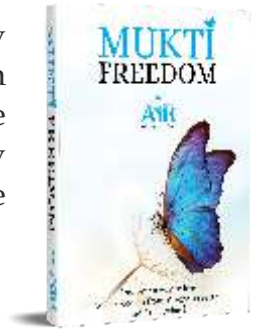
52. Give before you are Gone!

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



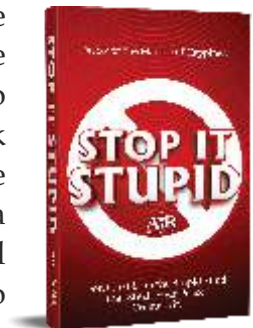
53. Mukti - Freedom

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



54. Stop it, Stupid!

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



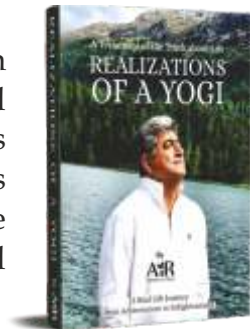
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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



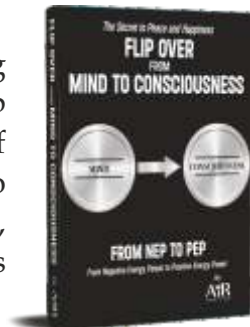
56. Realizations of a Yogi

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



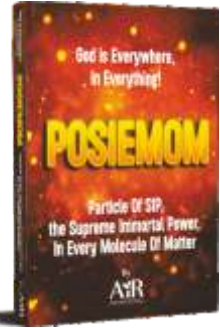
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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



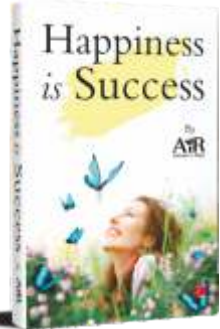
58. POSIEMOM - Particle of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

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



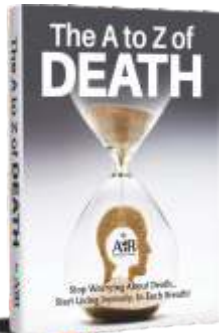
59. Happiness is Success

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



60. The A to Z of Death

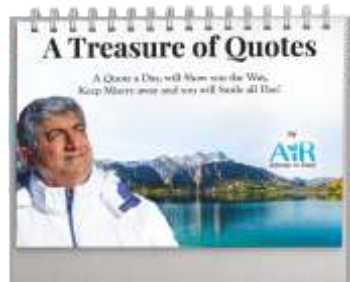
Death is certain. Every 'body' must die. Still, we do not accept the reality of death. We fear death because of the loss of all that we own, all that is known and we fear death because of the unknown beyond death. However, we are ignorant about the truth of death. Death is not the end, it



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

61. A Treasure of Quotes – Perpetual Calendar

A Treasure of Quotes is a Perpetual Calendar. It consists of 366 quotes – quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page.

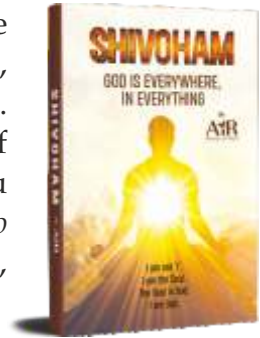


Each page will provoke you to contemplate and reflect on your life. It will inspire you to begin a spiritual quest and eventually lead you to Enlightenment, our ultimate goal. This collection of quotes can transform your life from a life of mundane existence to a life of Liberation from all suffering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

62. Shivoham

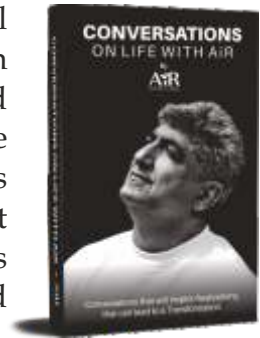
Shivoham literally means *Shiva + Aham*. I am *Shiva*! But in reality, it is the Realization of the truth, it is Enlightenment that I am nothing, not this body, mind and ego, I am the Divine Soul. I am a part of the Supreme Immortal Power, SIP. *Shiva* is not only in a temple, *Shiva* also lives in the

temple of our heart. It is for us to realize what Adi Shankara said in the 8th century, *Chidananda Rupah Shivoham Shivoham*. The reality of our existence is the Power of the Divine. This book will take you through from *Om Namah Shivaya* to *Shivoham*, from religion to Spirituality, from faith in God to realizing God.



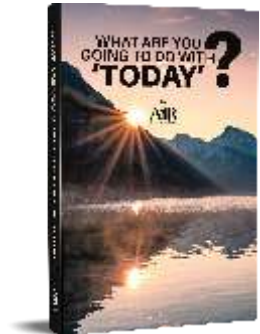
63. Conversations on Life with AiR

Not just Conversations... these will inspire Realizations. Conversations on life is a collection of conversations and discussions that AiR has had with people he has met on his travels or at conferences and talks. These conversations are not fairy tales. They are real conversations with people on the real problems and issues of life — from Karma to suffering, luck to happiness, from finding God to being in Hell or Heaven. Through these conversations, AiR debunks several myths and shares what the truth is. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all suffering, transporting you to that state of ultimate Bliss and Peace.



64. What are you going to do with Today?

The biggest gift that we all have is the gift of today. That is why it is called 'The Present'. What we do Today will determine our life, our destiny. 'Today' will not wait for us, so, we can either use



it or lose it. Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us. Before we know it, our 'Today' has become 'Yesterday' and our life is over! This book will inspire you to take charge of TODAY and use it to achieve the ultimate goal of life by realizing you are the Divine Soul.

AND NOW...

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

COMING SOON...

66. Spirituality for Children

**I am a SOUL
I am a Spark Of Unique Life
Soul is SIP
Soul is the Supreme Immortal Power
I am SIP
I am the Supreme Immortal Power
SIP is in all
SIP, the Supreme Immortal Power is in all**

This book has the secret of life, revealed. Who we are and why we are here. We are not this body that we appear to be. We are not even the mind and ego that says, 'Me.' But we exist. So, who are we? We are the SOUL, a Spark Of Unique Life.

So, what is the Soul? The Soul is nothing but SIP, a part of the Supreme Immortal Power, the Power that is everywhere, in everything. Therefore, in essence, I am SIP, you are SIP, we all are SIP. SIP is the Supreme Immortal Power that manifests in every molecule of this universe.

This book will reveal that God is not 'God'. God is SIP and SIP is not far away. SIP is the Power that makes our heart, beat, the Power of life. SIP is everywhere. SIP is in everything. This book reveals the truth.

By
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