

I AM NOT I WHO AM I?



By
AiR
Atman in Ravi



Discover the Truth of Who You Truly Are

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2nd
EDITION

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Ravi V. Melwani

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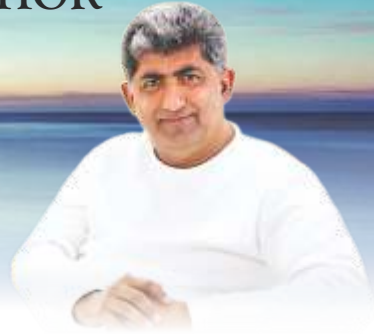
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ABOUT THE AUTHOR

AiR- *Atman* in Ravi

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



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

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 700 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a *Shiva Temple* in the year 1995 in Bangalore, which is now known as the *Shivoham Shiva Temple*. AiR now believes that

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

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

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

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 60 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 like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week and 'ASK AiR' sessions every day on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

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

YOU CAN DIRECTLY

Ask AiR
at 8 pm every day



Meeting ID: 85021104431

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A person in a blue jacket stands on a beach, looking out at the ocean under a sunset sky. The person's reflection is visible in the wet sand.

PREFACE TO SECOND EDITION

If I am not 'I', then who am I?

I realized the truth when I started my quest, 'Who am I?'

After being enlightened with the truth in 2014, I started writing several books on Happiness, *Talaash* or the Quest, Death, Mind, God and Karma, among many others. But one of the most important books that I wrote, was based on my Realization that I am not 'I'. I was shocked when I had this Realization and was inspired to share it with the world. So, I wrote the book.

This book has been read by millions of people and the first edition of the printed version sold out every time we printed it! It is also AiR's bestselling and most widely downloaded e-book. But since 2014, when I got the Realization and 2017 when I wrote the book, in the last 5 years, the Realization about who we are, has gone through a transformation. Therefore, I am writing the second edition of the book so that it can help people go on a quest and realize the truth. The look, the feel and the title are not changed, but the content has evolved. After my metamorphosis from realizing this truth, to living as a liberated Soul.

I am not 'I', is a book that can transform your life. The Realization can create a metamorphosis. We all think, I am 'I', but the truth

is that we are not who we think ourselves to be. Neither are we the body nor the Mind and Ego, ME. Then, who are we in reality? If we don't know who we are and why we are here, then what is the point of our existence? I am writing this second edition to help people be enlightened with the most important truth and evolve and achieve the purpose of their life.

We, human beings, think that we know everything but the truth is that we know nothing. Because of our ignorance, we live in a false bliss that ultimately makes us miserable. The way to Eternal Happiness is through the Realization of the Truth. '*Neti Neti, Tat Twam Asi*', which means, that we are not the body, not the mind and ego, but the Divine Soul. There is so much confusion that we don't reach the conclusion. Our first step is to overcome our ignorance. To do that, we must go on a Quest, a Search, a *Talaash*.

This book can be an inspiration for people to start their Spiritual journey. It can lead seekers to their Ultimate Goal of Liberation from all suffering on earth, and from rebirth. It can lead them to Unification with the Divine. When we realize, 'I am not 'I', we get to the Truth of who we truly are. When we realize that we are a manifestation of SIP, the Supreme Immortal Power that the world considers as God, not only will we reach the state of Eternal Happiness, but we will also be liberated from all suffering and sorrow. This Realization will make us one with the Lord.



A person in a blue jacket stands on a beach, looking out at the ocean under a sunset sky. The person's reflection is visible in the calm water.

INTRODUCTION

*Who am I? The Body, the Ego or the Mind?
I am none of these! Then, who am I? I must find.*

We all think, 'I am 'I'. I am this body. I have a mind and my ego keeps saying 'I', 'mine' and 'me'.' But as long as we do not Realize the Truth, we can never be free. We cannot be free from the misery on earth, just as we cannot be free from the cycle of death and rebirth. Then, how can we realize, 'Who am I?'

If we want to realize the truth of 'Who am I?' we must first realize, 'Who I am not'. 'Am I this body?' This body that is constantly changing, started with just one cell. One day, it will die and people will say that I passed away. So, who is the 'I' that departs at death? Throughout life, we live with a false identity of 'I'. Some of us are fortunate because we realize the truth of, 'I am not 'I'. When we try to find the mind, where is the mind, we cannot find! Then, we go deeper to realize that we are the Divine Soul.

In this book, we will go on a journey of self-discovery. First, by realizing who we are not, and then, by realizing who we truly are. We will go further, discovering our purpose of life on earth, why we have taken birth and how we can escape from coming back to earth in a rebirth. We will realize that we

are a manifestation of God. By realizing, 'Who I am', we will realize, 'Who God truly is' and start our journey to return home, to our source, SIP, the Supreme Immortal Power.

The Truth is that life is a drama and this earth is a stage. We are just actors, who come and go. Everything in this drama is controlled by Karma, the Divine Universal Law of Action and Reaction. But we don't realize this truth because we are enveloped in ignorance and thus, we suffer.

This is a book for the Realization of the Truth. We will realize that our birthday, on which we cut a cake, is fake! We will awaken to the truth that we are a Spark Of Unique Life, the SOUL. We will be enlightened and realize so many things that never crossed our mind. We will realize that our mind is our biggest enemy and that our intellect shines in a state of Consciousness, in which we experience Eternal Happiness, overcoming all misery and suffering.

Every 'body' has to die. But before we die, we must find the answers to the questions, 'Who am I? Why did I come to earth? What is the purpose of this human birth?' When we realize, 'I am not 'I', our life can be transformed. We can reach a state of Eternal Happiness, Divine Love and Everlasting Peace, by what is known as Self-Realization. We will discover, 'I am not 'I' and realize the truth of 'Who am I?'



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1

CHAPTER

A CASE OF MISTAKEN IDENTITY

*We all think,
I am 'I',
But the Truth is,
I am not 'I'!*



Understanding the phrase, 'I am not 'I' is not easy. Throughout life, we think, 'I am 'I'. This is 'mine' and I am 'me'.' If we look at any class-photograph of our school, we recognize, point ourselves out and excitedly say, 'Hey! That is me!' Even if the picture was taken 40 years ago and even if we don't resemble the one in the picture, we still say, 'That is 'me'.' We look at the mirror and we think that we are staring at ourselves but this is not how we looked 40 years back nor is it how we will look 20 years later. Of course, this is our body. But our body is constantly changing. When we were born, we were just a tiny little baby, wrapped in a blanket. Then, we grew up and went to school. The 'I' traverses through an ever-changing journey. Who is this 'I', in reality?

One day, this body will die, and we will lay dead on the bed. Is that 'me'? People will say that I passed away. How come I considered this to be 'me' all along? This was just my body. This was not 'me'. Throughout life, I thought that this was who 'I' was. I would say, 'I am coming, I am standing, I am sitting,' when in reality, it was my body. Is there any doubt that we are living a case of mistaken identity? We think we are this body, but in reality, we are not. We think, 'I am 'I' when in reality, 'I am not 'I' then, 'Who am I'?

Before we were born, what were we? Did our mother believe that we arrived by a magic show on our so-called birthday? Of course, not! Our mother knows that we were alive before we arrived on earth. So, when did I actually take birth? It was probably around 9 months before I arrived out of my mother's womb. Where did our body come from? The body that we

consider as 'me', was woven around us over a period of 9 months through what we can accept as Divine Magic. Nobody did anything to manufacture our brain, heart, kidneys and lungs. All these critical organs are a part of the body that we consider to be 'me'. But in reality, we were born much before we came into a physical existence. This body is just a habitat. It is just like a ship that we boarded in the womb of our mother. One day, the ship gets released from the dark, within the womb and enters the ocean of life to start a voyage. This journey goes on until our death. We were conceived as a zygote, the first cell of our existence, when there was a fertilization between a sperm and an ovum. We were conceived in that moment. Isn't that our real identity? If we were not born at conception, our body would not have been created in the womb. That is why, even though we say, 'This is 'my' hand, 'my' leg, 'my' head is painning,' we don't realize 'who' is actually saying these. 'These are 'my' limbs and parts of 'my' body but this is not 'me'! So, who am I, in reality?'

As long as we live in ignorance, we will never realize the truth of 'Who am I?' Unless we go on a quest for Self-Realization, we will never overcome the myth that we have grown up with. We will always think that our birthday is on the day when we arrived on this planet, when in reality, we were born when we were conceived 9 months before that. This makes us realize that we are not the body. We were the unique life that arrived at conception. We are the Soul, the Spark Of Unique Life.

More than 99% of the human population lives and dies without Self-Realization. We are ignorant of our true identity. We

know how many planets there are in the outer space and what lies deep beneath the oceans but we don't know, 'Who am I?' Throughout life, we learn so many subjects, mathematics, accounts, science, computer technology but we don't learn who we are, in reality. We just live. We just want to be happy. We learn, we grow, we earn and finally, we die! Our loved ones will then destroy our body and we will return to earth in a rebirth, only to experience one more cycle of ignorance. We are born and soon we are gone, and this cycle, goes on and on. But we don't realize that we don't know, who we are.

Because we live a case of mistaken identity, we think we are this body and we suffer physical pain. We think we are the mind and we experience misery caused by fear, worry, stress, anxiety and depression. Then, we think we are the ego that keeps saying, 'I, me and mine.' This causes a great anguish as we are agonized by anger, hate, revenge and jealousy. All this suffering is unnecessary. It is caused because of our ignorance, and we live a case of mistaken identity from birth to death. Until we realize, 'I am not 'I',' we will continue to suffer on earth and then return in a rebirth.

*As long as I thought, I was 'I'
I was trapped in this Cosmic Lie.*



2

CHAPTER

WHO ARE WE, IN REALITY?

*If I am not 'I'
And this is true,
Isn't it time to find out,
'Who are you?'*



If you and I are living in a body that is just a habitat and not our real identity, then, 'Who are we, in reality?' We are clear that our body was created over 9 months in our mother's womb. That is not a fairy tale. It is a scientific truth that can be supported with images and scans. Another proof that we are not the body, is death. Haven't we seen people die, depart? We may not have seen the exact moment of departure but we can infer that the person has left the body when the doctors certify them as dead. We are so sure that we are not the body that we cremate or bury it after death.

Would we dare destroy a body if somebody was still alive in it? No! Every night, we sleep and we wake up at dawn. Nobody cremates our body because we are 'alive' but at death, people say that we passed away. They even pray for the departed. Therefore, we should be absolutely sure that we are not the body, rather we *have* a body. *My* body is different from *your* body. There should be no hesitation when we say, 'This is my body, not me! I came alive 9 months before my so-called birthday. I started as a zygote when the two cells of my parents became one. Then, the zygote multiplied from 1 to 2, 2 to 4, 4 to 8, 8 to 16, and so on, till it became a bundle of over 26 billion cells. That is when I was delivered on earth. The 26 billion cells grew, became 30 trillion and then one day, when I die, these 30 trillion cells will return to ashes.'

If this is the story of my body from birth to death and if I arrived at my conception and will depart at death, then, 'Who am I, in reality?' We are now sure that we are not the body that

comes and goes. It was created and will be destroyed. We come before the body and leave it at death. Then, 'Who are we, in reality?'

Are we the mind? Don't we all think we are the mind? We even say, 'My mind is wandering!' How often have you felt that your mind is filled with rotten thoughts? Today, we recognize ourselves to be the mind that is responsible for our thoughts, feelings and even actions. We think that the mind is the King. It is everything! We appreciate people for the creativity of their mind and sometimes, even identify ourselves with the mind. But where is this mind? We can see and touch our nose and ears, we can see with our eyes. We can even see the images of our heart and brain through scans but have we ever seen our mind?

If we try to find the mind, where is the mind? We cannot find! Of course, we all seem to have a mind, but what is this mind, in reality? Does the mind have any physical existence? Some people also wonder if mind is same as the brain. But the brain is a hardware and mind is a software and because we do not realize the truth, we live our life believing that we are ME, the Mind and Ego.

Having intelligently realized that we are not the body that was created and will be destroyed, our Mind and Ego, ME, convinces us to believe that this is who we are meant to be. The mind and the ego have no physical existence and even though they are subtle in nature, they exist. There is no doubt in this.

The physical body is just a hardware and the ME, the Mind and Ego, the software seems to be its director. The body is like a horse and the 'ME' is its boss! Does the horse know where it is going? No! But the boss knows! The Mind and Ego, ME, creates thoughts and feelings that drive the body to act. In fact, we believe that when the physical body dies, the Mind and the Ego, ME, returns to earth in a rebirth, in a new body because the body is just an instrument. It is the ME that creates Karma, actions through the body. So, whatever is happening in our life is because of the Karma of ME, the Mind and Ego, that was born as the zygote. All this seems very convincing. But it is all a big lie!

Just like we have discovered that we are not the body that will ultimately die, we have to realize the truth of, 'Who am I?' The Mind and Ego that seem to exist as ME, are not our true identity. The ME is not our reality. It fools us into believing that we are the body-mind-ego complex, but that is not true. When we believe the lie, we suffer as ME on earth, till we die and then, we return in a rebirth and suffer again. This will continue till we realize the truth.

*We think, we are the Body, the one we can see,
But we are fooled by the Mind and Ego, ME!*



3

CHAPTER

ARE WE THIS BODY?

*We say, 'He is short,
And I am tall'
But are we this body,
That will die and fall?*



We crawl through this journey called Life till we are toddlers and when we can finally walk, we don't even know who we are. Slowly, we learn to cry, scream and say, 'This is my ball. This is my doll.' But who are we, in reality? When we grow tall, what makes us grow? We were a tiny baby, once. If we were not fed milk, food and nutrition, the body would have died. The body grows as it is fed but it will not exist forever.

Every'body' has a lifespan, just as every'body' must ultimately die. There is some Power that gives life to the body. Even science has not been able to discover, what is the Power of life that starts our journey at conception and ends at death. Our ignorance makes us believe that we are the body.

We are unable to find the mind and because of this, we somehow believe that it is a software, which is programmed into our hardware, the body. Similar to a computer, a human being is made up of hardware and software and both are needed for the human computer to function. Just as a computer needs a screen, keyboard, motherboard and hard disk, our body needs all the critical organs for us to survive. Even if one of these organs die or stop functioning, it becomes practically impossible for the human being to live. Like a computer that is wired, the human body is also wired by millions of nerves and cells. All the organs are placed and supported in a framework of skeleton, which is filled with flesh, muscles and blood. All these together, form the human hardware. Then, there seems to be a software that we often call the mind. It becomes the operating system of the human computer. By itself, the mind cannot function. For any system to work, the software must be

programmed into the hardware. Similarly, the human computer would work when the body and mind are synchronised. Are we really a body that has mind as a software? Let's find out.

Can a computer work with only hardware and software? Impossible! It needs a power supply. So, what is the power supply for a human computer? We seem to have, what we call, a Soul, a Spirit or *Atman*, which is invisible but without which, there would be no birth. We are sure of this life force because its departure causes death. Therefore, while it cannot be proved but we cannot deny the existence of life that gives us breath, from birth to death.

We have grown up with the belief that we are this body that has a mind and a Soul. We believe that we have an intellect, memory and an ego too. While none of these are visible, they seem to exist because they function. Therefore, we cannot discount their existence. But when it comes to the question of, 'Who am I?' we still tend to believe and identify ourselves with the body that we have. Analyzing deeply, we realize that our body will die, one day and return into the five elements of nature from which it was formed. We can also prove that this body didn't come from anywhere, rather it was formed in the womb of our mother. The question that arises in our mind is, 'Who came first, I or my body?' One thing is absolutely clear that 'my body' came after 'I' came. It is also clear that this body will disintegrate the moment I depart. Therefore, while I seem to be embodied in this physical structure that appears to be the body, the truth is that, *I have a body, I am not the body.*

Suppose we conduct a virtual experiment to find out who we truly are, using the world's most sophisticated equipment and famous surgeons. Remember, it will be just a virtual experiment to discover what may be the 'I' within us. For this, we take a human being who is alive and peel his skin. We carefully preserve the skin, as we empty the blood, muscles, organs and the skeleton, out of the body. The experiment room will be sealed and airtight so that nothing can escape. Every cell of the body would be accounted for and preserved on the operating table. So now, after peeling the entire body, where is the one who was alive? The experiment was unable to find the 'I'. Now, we try to put the body back together with every drop of blood, every organ and every nerve reconnected to perfection. Can this body be brought back to life? No! It is impossible to do that. The 'I' that was alive, departed during the experiment, proving beyond doubt that the body is not 'me'.

*Our Body is the hardware made of bone and skin,
The organs, blood and muscles, within,
But this body wasn't there when we were born,
And when we depart, it will be gone!*

4

CHAPTER

WHERE IS THE MIND?

*We say that,
We are controlled by the Mind,
But where is the Mind?
We cannot find!*



The whole world is talking about the mind. We talk of a happy mind, an unhappy mind, we say, 'My mind is positive, today' or 'My mind is negative'. Most of us are trapped in the myth called the state of mind. We often say, 'I am not in a state of mind to come and meet you.' But have we ever paused to find the mind?

You can find your nose on your face, you can touch your ears and you can see how you look in the mirror with your eyes. You have seen the images of your brain, heart and several other organs. When you fall, you take an x-ray for the doctor to examine any fractures. But have you ever seen your mind? Have you seen even a picture of your mind? No, you have not. Nobody has because the mind does not exist. It is an imposter, an illusion. It pretends to exist and deceives us because if we realize that the mind does not exist, then in that moment, the mind is dead.

So, does the mind exist or not? Of course, the mind exists! So, what is this mind? The mind is nothing but a bundle of thoughts. When there are thoughts, the mind seems to appear. But when there are no thoughts, the mind disappears. Therefore, the mind is nothing but an illusion. How can we be an illusion?

When we are in a quest to find out, 'Who am I?' the most difficult challenge would be to transcend the mind and the biggest achievement would be to reach a state of 'no mind', a state of 'no thoughts'. In this state of thoughtlessness, we reach the state of Consciousness. It is only in Consciousness,

we can realize that we are not this body. We have already read that we are not the body, in detail, with enough proof, in the earlier chapters. The body forms over nine months in the womb of our mother and one day, it dies. We don't need to be convinced any further that we are not the body. Although we know this fact, we just don't realize it. This is because of our Monkey Mind.

The mind is our biggest enemy. Although it doesn't have a physical existence, it bombards us with thoughts. The mind is capable of thinking up to 50 thoughts in a minute and this can become up to a whopping 50,000 thoughts a day. It is because of these thoughts that the mind appears to exist. It fools us into believing that we are the body, the ego and the mind, when in reality, we are none of these. We are the Power of life that creates the first cell of our existence at conception. We are the Power that departs at death. Although we know this and we say, 'He passed away,' but even when we see someone dead, we don't realize the truth. The difference between knowing and realizing is that when we have knowledge, we just know and when we have the Realization, we do what we know. The mind that appears to be, stops us from the Realization of the Truth to discover who we truly are. Why? It is because the moment we realize that we are not this body and we are not the mind that we cannot find, the mind is dead. We kill the mind. Thus, the mind fights hard to exist and to fool us. It makes us believe that our mind is the King. It is everything. It makes us believe that we are the body and the mind. So, most of us are fooled by our mind.

How can we realize we are not the mind then? While we are sure that there is no mind as we try to find, our mind still continues to dominate our life through thoughts. So, if we don't kill the mind, the mind will kill us. What is the way to kill the mind? To kill the mind, we must still the mind. We must stop thinking just like we choose to stop talking, walking or eating. When there is 'no thought', there is 'no mind'. In this state of thoughtlessness, we reach a state of Consciousness. In this state of Consciousness, our intellect is activated and we realize that we are neither this body, nor the mind.

The biggest challenge in our life is to tame the Monkey Mind. Just like a monkey, our mind constantly jumps from thought to thought. The MONKEY Mind has a tail, the EY that is Ever-Yearning and Ever-Yelling. When we cut the tail, EY, of the MONKEY mind, it becomes a MONK. In this state, we transcend the mind and there are no thoughts. But this is not easy. It is said, 'The one who conquers the mind, has conquered the world, for it is the mind that makes us ignorant and stops us from the Realization of the Truth, 'Who am ?' The Mind along with Ego appears as ME, and makes us suffer in misery and agony.

*We are constantly bombarded by the Mind,
But it's funny! The Mind, we cannot Find!*



5

CHAPTER

THE EGO SAYS 'I', 'ME' AND 'MINE'

*Because the Ego says,
'This is mine' and 'I am me,'
Who I truly am,
I just cannot be!*



If we are not the body and if we cannot find the mind, then who is this 'I', 'me' and 'mine' that we talk about? Don't we say, 'I want a glass of water' or 'I am happy'? Who is the 'me' when we say, 'Call me tomorrow,' or 'Send me an email'? Everybody uses, 'mine' when they say, 'This car is mine. This house is mine and this mobile phone is mine.' So, what makes us say, 'I', 'me' and 'mine'? It is the ego.

What is ego? The ego, in reality, is the identity of a person. While the term 'ego' is used and misused in many ways, it appears in our Consciousness and helps us define who we are. As we live, it is the ego that differentiates who 'I' am and who 'you' are. The ego says, 'I am I, you are you,' and we all believe it to be true.

When the ego says 'I', what does it mean? It refers to the body, mind, Soul and everything that makes us appear to be who we are. It is the ego that makes us understand the difference between 'my' hand and 'your' hand. The ego, along with the mind, becomes ME, the Mind and Ego, that drives the body towards action. The body is a hardware whereas the mind and the ego are the software. But the ME, the Mind and Ego, comes into existence only when the ego exists. That is why, when we are awake, we say, 'This is 'me'.'

So, what happens in a state of deep sleep, when we lose our Consciousness? In that state, the ego dissolves and disappears but the moment we wake up, the mind and the memory enable the ego to remember, 'I am not somebody else.' We recognize that this is 'my' house, 'my' father, 'my'

mother, 'my' children and so on. It is the ego that causes us to believe all this.

Those who are in a quest of the truth ask deep-rooted questions like, 'If I am not the body that comes and goes and if I am not the mind that appears to exist, then who is this ego that keeps saying 'I'? When somebody who is seeking the truth, goes on a quest, he realizes, 'I am not 'I' and the ego that says 'I', is a big lie! When this Realization dawns, the mind instantly retorts that the thought is nonsensical by saying, 'How can I not be 'I'? I am 'I'.' Their ego latches on to this thought and they continue to live and die thinking, 'I am 'I'.' It is the Mind and Ego, ME, that locks them in ignorance, so that they are not free to reach that state of Consciousness, where there is thoughtlessness. In the state of Consciousness, one can transcend the Mind and Ego, ME, and realize, 'Who am I?' But because of the ego that constantly repeats, 'I', 'me', 'mine' and 'my', what is the truth, we cannot find!

Throughout life, we believe whatever we are taught in school and continue to be a fool. We believe that we are this body and mind. We also believe that we have a Soul but we don't realize the truth of 'Who am I?' As long as the ego continues to portray a false identity of who we are, we will never realize the truth, 'I am not 'I'.' The ego cheats us into believing in concepts like self-esteem and self-importance. Even if we realize that we are not this body and mind, we still continue to live in the false identity of the ego. It is the ego that gets us attached to people and possessions because we think, 'I am 'I' and this is 'mine'.' The ego says, 'This is my wife, these are my

children,' and traps us in ignorance. Sometimes, when the ego gets inflated, it can steal our humility and make us lose our peace of mind. And because we believe that we are the ego, we believe that 'I' am different from 'you' and this becomes the cause of anger, hate, revenge and jealousy. It is the ego that agonizes us because we do not realize who we truly are. We can overcome this anguish when we realize that I am not 'I'. As long as we believe, 'I am 'me',' and 'you are 'you'', we will continue to live in jealousy, hatred, vengeance and anger.

Those who are blessed to realize the truth of 'Who am I?' not only transcend the ego but they also overcome the agony and anguish of the negative poison caused between 'you' and 'I'. It is the ego that causes disputes in families, discord in societies and war among different countries.

Very few people are blessed to realize the truth that I am not 'I'. They realize that they are neither the body nor the mind, nor the ego. These rare few individuals who are liberated from all misery and sorrow, live a life of Eternal Bliss and Everlasting Happiness. But to attain that, we first, need the Realization that 'I am not 'I'.'

*The Ego is the one that says, 'I am 'me','
It fools us, from being who we are meant to be!*

6

CHAPTER

MY KARMIC CONNECTION

I exist!

I know that I do!

But where did I come from?

What is true?



While many of us are scrambling to find out, 'Who am I?' we must pause for a moment to understand what brought us here. Why did we come to earth? What is the cause of this human birth? The two questions that go hand-in-hand are, 'Who am I and Why am I here?' To realize their answers, understanding Karmic Connection is important.

What is Karma? The word Karma means action. But in reality, Karma is a law of Action and Reaction. It is a Universal Law that governs the earth. Anything and everything unfolding on the planet is Karmic, based on Karma. It is based on the simple principle, '*As you sow, so shall you reap!*' Just as the seed that we plant, decide the fruit on the tree, the deeds that we do decide our destiny.

If we want to discover, 'Who am I?' we have to analyze birth and death. We will never understand life without understanding the Law of Karma. Let's understand this Universal Law. Have you ever seen apples growing on a mango tree? No! You will say that it is impossible. The Universal Law will just not permit it. And still we question, 'Why do bad things happen to good people?' It is a simple logic. Bad things cannot happen to good people, just as jackfruits cannot grow on coconut trees. Everything happening in our life is happening because of our Karma. So now the question, 'Why is understanding Karmic connection important in discovering the truth of, 'Who am I?'

As long as I think that I am this body, mind and ego and I live on earth, I have to perform actions. Every action, whether

good or bad, becomes Karma and gets recorded in my Karmic account. In this way, everything that is unfolding in our life, is either because of our past Karma, which we have no control on, or our present Karma that we can control. We, human beings, are the only blessed organisms who have been given both an intellect and a freewill to choose our actions. But once we choose our actions, we will be rewarded for it with the same reaction.

Who is doing the action and who will be rewarded? It is this body, mind and ego that is alive, doing the Karma and experiencing the good and bad fruits because of Karma. We spend our life enjoying the fruits of our past Karma while creating fresh Karma. Ultimately, we die and this body returns to the five elements on the earth, from which it was formed. But the one that was directing the body to do Karma, the Mind and Ego, ME, carries its unsettled Karma and returns to earth in a rebirth.

This Karmic Connection causes our birth. Did you choose your birth? No! You came to earth because of your past Karma. Some people believe that we can be born as even a dog, a frog, a bee or a tree to redeem our past Karma. Every living creature comes alive because of Karma. There are others who do not agree that man will be reborn as a dog. But this discussion hardly matters. What matters is that death is certain and nobody can escape from the Law of Karma. We have to return to earth in a rebirth. Understanding this Karmic Connection is extremely important in realizing, 'Who am I?' One day, my body will die but I will never die. People

will say that I passed away. Who passed away? Nobody knows! But one thing that we know with certainty is that the body is dead. It is certified dead and therefore, is cremated, buried or destroyed. This is not the end! While death is happening every day, so is birth. So, what is the connection between the two? Let's find out.

Why is somewhere a child born blind and why to some new born babies, God so kind? The Creator is neither cruel nor kind. Everything is controlled by the Law of Karma. We are born based on our past actions. One day, our body will die, we will be reborn and this will go, on and on. As long as we are ignorant about, 'Who am I and why am I here?' we will continue to suffer the triple suffering on earth, which is the pain of the body, misery of the mind and agony of the ego. And after death, we will return to earth in a rebirth, only to suffer, again and again.

Those who understand the Law of Karma and transcend it, realize that they are not the body that will die. They also realize that they are not the mind that they cannot find, just as they realize that the ego is a false identity. The Realization that they are not the body, mind and ego, liberates them from Karma. They are free from all their Karma and therefore, from the cycle of death and rebirth. A very few are blessed with this Self-Realization of 'Who am I?'



7

CHAPTER

ANALYZING DEATH

*Death is certain,
But I will never die!
The body will die,
But the body is not 'I'!*



As we reflect upon life and death, we go on a quest of finding, 'Who am I?' We realize that we are not the body, we are not even the mind or the ego and we come to a Realization that we are that Power of life that is birthless and deathless. We are energy and energy can neither be created nor destroyed. This is a scientific law. Then, what is death all about? Let's find out. There is no doubt that death exists. There is also no doubt that every 'body' will die, one day. Every living creature has a pre-set life span, beyond which, it cannot live. Once an organism cross its life span, that living organism dies. The life span for a man may be 100 years, for a dog, it may be 15 years and for most butterflies, it may not be more than a month. But only the bodies die. In the case of every living creature, when death happens and that source of life departs, the body returns to dust. Death is certain and we have to accept this fact of life.

Can anybody escape death? No! Nobody can escape death. Anyone who is born, must die, one day. We can try to prolong life in a body, but no 'body' can live forever. However, in the moment when we realize the truth that we are not the body that dies, we are not the mind that we cannot find, we are not the ego that says 'I', and we are that Power, that energy, that will fly into the sky in the moment of death, we become immortal. When the Power arrives at the conception, it is the moment of birth and the moment it departs, it causes death.

Why are we analyzing death? We are analyzing death because the moment we realize the truth about death, we will realize that I am not 'I'. We will discover the true 'I', the immortal Power that departs at death. So, what happens in

the moment of death? People say that we passed away. But we would be right there when the body would lay dead, on the bed. Throughout life, we think that we were this body, but death reveals the truth. People say, 'He departed. He moved on.' We are so sure that the deceased is gone that we cremate the body. Whether we burn the body or bury it, it hardly matters. Ultimately, the body returns to dust. The physical body is made up of five basic elements – earth, water, air, fire and space. In the moment of death, when the Soul leaves, there is no Power left in our body and it will become cold and lifeless. As long as we were alive, there was heat in the body. What kept our body warm at 37 degree Celsius or 98.6 degree Fahrenheit? It was the Power of life. Finally, dead body will reach the ambient temperature of the room where it would have been laid, and it will start to decay and disintegrate. The air inside the body will escape and the water will evaporate. Slowly and steadily, the space will shrink the body what would be left, would be just ashes and remains. These are scientific facts and nobody can deny them. Still, we don't realize that we are not this body that dies.

The biggest question at death is, 'Who departs at death?' Are we not sure that the Power that gave us life and that kept our body warm and working has departed at death? It is in that moment of departure that death occurs. So, when the Power within departs, everything stops working. The brain, the heart and all our organs die, as we return to nothing. This is a scientific truth that we all learn in school. Still, we remain a fool by thinking that we are this body. This body appeared over nine months after we were conceived and this body will

disintegrate after the moment of death. This is the truth and we must realize it. Then, why are we reborn after death? We are reborn because we do not realize that we are that Power, which has gone in the moment of death. We live life thinking that we are the body, the mind and the ego. We create Karma. At death, the body has to disintegrate. But our Karma doesn't disappear. To settle this Karma, the ignorant mind and ego, the ME, is returned to earth in a rebirth. The Power that left at death merges with the Supreme Immortal Power, SIP, that is omnipresent. Isn't this the truth? Yes, it is.

At death, we are sure that the person has passed away. That is why, we burn the body. Would we dare burn the body of somebody who was alive and was fast asleep? We will dare not! We are absolutely sure that the one who was alive, has departed. But we are not sure of one thing. Are we the Mind and Ego, ME, that is reborn or are we that Immortal Power that has just gone? We don't realize that we are the immortal Power that departs at death. That is why, we return to earth in a rebirth and continue to take rebirth and die because we do not realize, 'Who am I?'

*What is Death? Only the Body will die,
And people will say that we moved on, into the sky!*



8

CHAPTER

A PEEK INTO BIRTH

*What is the reason,
That we all come to earth?
What is the cause,
Of us taking birth?*



Many people ask, 'Why are we born? Why do we die? Why does this cycle of birth and death, go on and on?' Some people question, 'Is our birth the first birth or is it a rebirth? How will we know it? What is the difference?'

If our birth was just a birth, then it would be our first journey on earth. Then, how can we know if our birth is a rebirth or not? What gives us the thought that we were on this earth before this birth? Couldn't it be possible that this journey of life is our first journey? We were born because the Creator decided to give us life and one day, we will be gone. Like this, our story will be over. Many people believe this. They live and die without believing in the concept of rebirth and they think that rebirth is a fairy tale, a myth. What they accept is birth, death and life that they live. After death, everything is over. Let us analyze this.

If our life was not a rebirth and just a birth, then who decided how we came to earth? Some child is born blind and some other child is born in a family where there are very kind circumstances. Why does one new born child have to be sad and another glad? Why is some child poor and some other child, rich? Why the discrimination? Some people even question, 'Why is somebody born a frog or a dog? Why is a life born as a butterfly, a bee or a tree? Why were you born as you and me, born as me?' There are about 8 billion people on this planet and trillions of other creatures. Is there any doubt that every living creature that is born, will die one day? No, there is no doubt. Then, what is the cause of the birth, death and the suffering, till we lose our breath?

When one analyzes these facts, they discover Karma, the Law of Action and Reaction. Every action has a reaction. So, birth is a reaction. Then, what was the action that caused this reaction? One cannot be born blind or in a slum to suffer for no reason at all! This universe is governed by Universal Laws that are fair and just and those who realize the truth understand that bad things cannot happen to good people because the Law of Karma governs this world.

Every day, lakhs of new births occur, just as every day, there are lakhs of deaths. What is causing this show to go on and on? It is Karma. When we die, the body returns to dust. We still would have pending Karma, good or bad, to be redeemed. And because we believe we are the body, mind and ego, we have to settle this Karma and therefore, we return to earth in a rebirth. Based on our Karma, our birth is decided. Did we choose our parents, nationality, gender or religion? No! Neither we chose it nor our parents did. It was Karma. Many people in the world today, believe in Karma. They realize that life is like a boomerang and what goes around, comes around. Karma ensures that apples don't grow on mango trees. Everything occurring in our life is controlled by Karma. What we give is what we get. But what happens at death? Because we do not realize that we are that Immortal Power that departs, we carry our Karma and return to earth in a rebirth.

So, how does birth happen? We are conceived as a single cell zygote when that Immortal Power gives life to the Mind and Ego, ME, that carries its Karma. If there was no Karma, then there would have been no mind and ego that would have to

come to earth in a rebirth. Birth is caused only because of our unsettled Karma. The circumstances of our birth do not depend on God, luck, chance or serendipity. It is all governed by a Universal Law. Once conceived, our body is formed over nine months and then, we arrive on earth. We even celebrate that day as our birthday. When will we awaken to realize that we were born nine months before that date? When will we realize that we are not this body? When will we realize the truth about our birth and what caused us to come to earth? Until we realize the truth of 'Who am I?' we will continue to return to this earth in a rebirth, again and again.

Can anybody deny death? No! Can we refuse to accept the Law of Karma? No! Can we disagree about the truth of birth? No! So, when we accept birth, death and Karma, we realize the truth that every birth on earth is controlled by the Law of Karma. Nobody is sure if we will return to this earth as a man or a beast but as long as we don't realize that we are that Immortal Power, we have no option but to return to earth in a rebirth and whether we accept it or not, it hardly matters.

Did you control how you came to earth?

Did you choose this human birth?



9

CHAPTER

SO, WHO AM I?

*If I am not the body,
That will die,
Nor the Mind and Ego,
Then, Who Am I?*

Don't we exist? Is there any doubt about our existence? We can touch and feel our body. It is real. It is not like a mirage in a desert, which is an illusion. It is not like a rainbow, which appears to exist but we can't catch it. We are born and ultimately, we die. But who is this 'I'? Throughout life, we keep saying, 'I', 'me', 'my' and 'mine' so much that when somebody hears the phrase, 'I am not 'I'', they are unable to digest it. They say, 'How can I not be 'I'? Of course, I am 'I'! I am not you. You are different from I. I am this body. I am the mind. I am the ego.' How can anybody deny this? While it is true that we seem to be the body, mind and the ego but when we do an in-depth analysis, we get to realize that we are none of these.

We have already analyzed the body. We have realized that we have a body but we *are not* the body. We arrive before the body and the body disintegrates when we depart. We also tried to find the mind but we cannot find where the mind is. We realize that if we are not the body and mind, then this ego that says 'I' cannot exist without the body and mind. Still, we exist, do Karma, die and are reborn. Therefore, this 'I' exists. So, who is this 'I'?

The 'I' exists. We cannot say that 'I' does not exist. Maybe, I am not the body, I am not the mind and I am not the ego but I am somebody or something. So, we should we find out, who is this 'I'.

The purpose of finding out, 'Who am I?' is very simple. As long as I think that I am this body, mind and ego, I will suffer

the triple suffering on earth. As the body, I will suffer physical pain. As the mind, I will experience the misery of fear, worry, stress, anxiety and depression. As the ego, I will be agonized with anger, hate, revenge and jealousy. As long as I do not realize, 'Who am I?' I will live as body, mind and ego, suffer and die. Therefore, it is important to understand, 'Who am I?'

'Who are you?' an Indian Saint asked an American who was seeking to find out the Spiritual Truth of life. 'I am Peter,' the man replied. 'That is not you,' said the Saint 'That is just your name.' 'But I am Peter Johnson from New York, Sir.' The Saint replied, 'I did not ask from where you came! I asked who you are.' 'Ok, I understand. I am an American.' 'That's your nationality,' said the Saint, 'Tell me who you are.' Now thinking, Peter replied, 'I am a Christian.' 'Did I ask you your religion?' questioned the Saint. 'Oh, yes, I am 40 years old,' Peter said next. 'Well, I did not ask you your age. I asked who you are,' replied the Saint. Peter paused and then answered, 'I am Robert and Mary Johnson's son, Tara's husband and Elisa and Rachel's father.' 'Who asked about your relationships?' 'Sorry,' said Peter, 'Now, I understand! I am a doctor at the New York Medical Centre. I am an MBBS and MD graduate from the New York Institute of Medicine.' 'My dear doctor,' said the Saint calmly, 'Did I ask about your profession, occupation or for that matter, even your education? Can you not tell me who you are?' Peter got a little irritated, 'Can't you see, O Saint! I am me. I stand before you, wearing this black suit, white shirt and blue tie and I have told you everything about me. Still, you are asking who I am.' The Saint smiled and said, 'Of course! I see what stands in front of me and I heard what I heard. But I still did not get an answer to my question, 'Who are you?' Now, exasperated, Peter exclaimed, 'I am Peter

Johnson, an American millionaire who stands before you with this body, mind and intelligence but you are still asking who am I? What more should I tell you?' The Saint said softly, 'You may have millions, just as you have this body but who is the one who has these millions and who has this body?' Peter replied in a frustrated tone, 'I don't know! I don't know who I am.' The Saint gave a broad smile and said, 'Well, that is the purpose of you coming here to meet me. You are a rich and educated American doctor but like many others, you don't know who you truly are!'

Like Peter, 99% of this world doesn't know who they are. Unless we go in a systematic search or a quest, we will continue to believe ourselves to be body, mind and ego and identify with a name, a profession, a nationality, a gender and a religion. But we are none of these. As long as we do not realize who we truly are, we will continue to suffer and then we will die, one day and then, be born again and this cycle will go, on and on.

*So, 'Who Am I?' is the question we must ask,
This is life's most important task,
When we get to know 'Who We Are Not',
'Who We Are', in front, is brought.*

10

CHAPTER

NOT THIS, NOT THIS, I AM THAT

*I am not this Body, Mind and Ego,
That is a fact!
To realize that I am the Soul,
Is Life's most important Act.*



'*Neti Neti Tat Twam Asi*' - These words from the *Vedas* and the *Upanishads*, *Sanatana Dharma's* most ancient scriptures, revealed the truth, thousands of years ago. *Neti* means, 'not this' and *Neti Neti* means, 'not this body, not this mind.' *Tat Twam Asi* means, 'Thou art That.' These words from the ancient scriptures reveal the truth but we still continue to live as the body, mind and ego and suffer because we do not realize what this means.

What is the way out of all suffering? What is the way to Self-Realization and God-Realization? It is to realize, 'Who am I?' To realize 'Who am I?' we have realize, 'Who *am I* not'. This method of elimination is a Spiritual way to reveal our true identity. Throughout life, we are made to believe that we are this body, mind and ego. Unfortunately, we blindly believe whatever we are taught and end up being a fool. We live as this body and die. We live as this Mind and Ego, ME, and suffer on earth and after death, return in a rebirth to suffer, again and again. If we realize the truth of '*Neti Neti Tat Twam Asi*,' we will attain Liberation from all suffering on earth and the continuous cycle of death and rebirth.

Somehow, we do not start a quest to realize the truth, search the way to Eternal Happiness. We do not seek God. Most of us love God but we do not get to the essence of who we are because we do not have the deep yearning for the Divine. When we want to find out the true purpose of our existence, our true identity, find God and realize the truth of life, that want will lead us forward on this journey. The questions are many and the answer is one. When we realize, '*Neti Neti Tat*

Twam Asi, ' - 'I am not this body, I am not this mind, I am That, the Divine Soul,' we not only attain Self-Realization but also attain God-Realization. This is the way to Liberation from misery as it shows us how to live a life of true meaning and purpose. Therefore, we must pause for a moment and become sure of who we are, in reality, before we move forward in this journey.

Is there any doubt that we are not the body? No! Are we absolutely clear that this body is constantly changing? Yes! One day, this body will die and people would say that we passed away. If we were this body, will people bury or burn us, then? Death reveals that we are not this body. We should be absolutely clear that we *have a body*, but we *are not the body*. We can reconfirm that we are not the body when we reflect on our birth. We are born nine months before the body comes to this earth. We come first and the body comes later. The body is divinely woven in our mother's womb by a Spiritual magic. Are we sure that we are not the mind? How much ever we try to find the mind, we can't because the mind is nothing but a bundle of thoughts. When thoughts appear, the mind appears and when thoughts disappear, the mind disappears too. We cannot be the mind that appears and disappears. So, if we are sure of *Neti Neti* – we are not this body and we are not this mind, then who are we, in reality?

'*Tat Twam Asi*, ' - 'Thou art That.' What is the fact? Isn't it true that we exist? Yes! There is a Power that exists from the moment of conception until the moment of death. We are that Power. We realize, '*Tat Twam Asi*, ' – we are That, only when

we realize '*Neti Neti*' – we are not the body or the mind. Unfortunately, we human beings are caught in *Maya*, the Cosmic Illusion that makes everything appear to be real, when in reality, everything is a projection. It is energy, manifesting as you, me and everything on earth. But we are unable to realize this because we constantly think, 'I am 'I'.' The key to the Realization of the Truth is to realize that I am not 'I'. I am not the physical body that appears to be. I am not the mind that I cannot find. I am the Power of life that gives me breath, from birth to death. This Realization, not only reveals our true identity, not only liberates us from all suffering on earth, it also unites us with the Divine as it liberates us from rebirth. As long as we do not realize that we are not this body and we are not this mind, we will continue to live as the ego and never find the real truth of life. The truth is that we are the Divine Soul, we are that Power of life that throbs within. Realizing this is the ultimate goal of our life.

*'Not This! Not This!' I am not the Body or the Mind,
 'I Am That!' the Divine Soul,' This Truth, we will find,
 When we start our Spiritual Quest,
 All our doubts will lay to rest.*

11

CHAPTER

A SCIENTIFIC PERSPECTIVE

*Does science know the Truth?
Of who are you and who is me?
It just believes,
That Everything is Energy!*



At the outset, it is considered that Science and Spirituality are opposite in their beliefs. But Science wants proof for everything and so does Spirituality. Then, where is the confusion?

The world has confused Spirituality with religion, when in reality, Spirituality is not a religion. There are numerous religions in this world and each religion believes in their own God, have their own scripture and their own rituals. Unfortunately, we get caught in rituals propagated by our religion and don't go on a quest to find out the truth. We believe in the lies that God lives in the skies. We believe that one day, after we die, we will go to a distant heaven or hell and come face-to-face with God. Is it true? No! In the moment of death, the body returns to dust. Then who will go to heaven or hell? Where is this heaven or hell? How can one get there? Science is opposed to religion because of all these fairy tales. It is important to get this background in understanding, 'Who am I?' in a scientific way.

All religions are good because they teach us to believe in God, make us pray and have faith. But science does not accept any of these because according to science, religion has no logic. Some religions have Gods that appear like a dragon or a rabbit and science refuses to believe it, says that it is all a myth. Spirituality is not a religion. It is the 'Science of the Spirit' and it has a very scientific approach. It analyzes birth and death and concludes that we are a Power of life and not the body or mind that we appear to be. If we study science, we would be surprised to find similarities with Spirituality. The Law of Thermodynamics that

states that energy cannot be created or destroyed, it can only be transformed from one form to another, means that energy is birthless and deathless. Energy is, therefore, immortal.

In the experiments of recent past, when the scientists were trying to find out what lies within matter, they conducted an experiment where they found the smallest particle of matter. It was neither molecules, atoms, neutrons, electrons nor protons. They called it a Quark. When they were examining this tiniest particle, the Quark under sophisticated microscopes, they were shocked to see that this tiny particle suddenly disappeared. While they were wondering as to where the particle had disappeared, the particle suddenly reappeared. So, what exactly happened in the experiment? The scientists discovered that the particle had become a wave of energy when it disappeared and seconds later, the wave of energy returned to become the particle and it reappeared. The scientists discussed and attributed this phenomenon to the law of thermodynamics, where the energy is said to be transforming from matter to energy and vice versa. They coined this theory as the Wave - Particle Duality Theory. Today, scientists are busy studying this theory under a branch of science known as Quantum Physics. This branch of science has contributed to a lot of modern technology. As per the Wave-Particle Duality, there is no difference between a particle of matter and a wave of energy. To put it simply, all matter is energy. Therefore, you and I who appear to be a mass of over 30 trillion cells are in reality, nothing but energy.

If we compare science to our discovery of 'Who am I?' we realize that science too endorses the fact that we are not this

physical body that we appear to be. We are, in fact, nothing but energy. When this energy appears, we are born and when this energy disappears, we are gone. As per science, energy keeps on appearing and disappearing.

While the scientific perspective can lead a seeker to realize the truth of 'Who am I?' science still doesn't agree that the energy inside us is not just energy but is the speck of Power that comes from SIP, the Supreme Immortal Power, the Divine Creator of this universe.

Science believes only in energy, not in any Power. It believes that this entire universe is full of energy. The scientists call it the dark energy or the dark matter and science also accepts that it does not know 99% of what this universe is made of. Therefore, science will continue to go round in circles till it accepts through inference that there is a SIP, a Supreme Immortal Power manifesting as all this energy. This brilliant universe could not have been caused by nobody or nothing. One day, science will endorse that the energy in this world is part of SIP, the Supreme Immortal Power.

Today, as we are sending this book for print, the 2022 Nobel Prize for Physics has been awarded to three scientists for their work and contribution in the field of Quantum Physics and Quantum Mechanics. Quantum Physics endorses that matter is nothing but energy. This is a major breakthrough to discover that I am not 'I'.

Science says, 'Energy cannot be created,'

'It is Right!' Spirituality has always appreciated.

12

CHAPTER

I AM THE DIVINE SOUL

*If I am not Body, Mind and Ego,
Then who is playing my role?
It is the Power of Life within,
I am that Divine Soul!*



While there is no doubt that I am not the body, it is also clear that I am not the mind that I cannot find. And if I am not the body and the mind, how can I be the ego that says, 'I'? Is there any doubt that I exist? There is no doubt that I exist. Then, who lives from birth to death? I was conceived nine months before I arrived on this planet and in a flash of a moment, in the moment called death, I will be gone. I am a spark of energy that is the Power of life. I am the Divine Soul.

What is the Soul? The SOUL is a Spark Of Unique Life. The Soul is energy. It is a part of SIP, the Supreme Immortal Power, a manifestation of the Divine. The Soul appears from SIP and returns to SIP. It appears to most that we have a Soul, but in reality, *we don't have a Soul, we are the Soul.*

Every time the body dies, the Soul departs. But we are reborn because the Mind and Ego, ME, that is created out of our ignorance that we are the body, carries our past Karma and is reborn. The truth is that we are not the body, mind and ego, but because of ignorance, we continue to return to earth in a rebirth, powered to live by the Soul. The truth is that we are none of these, the body, the mind, the ego. We are the Divine Soul. The reason we return to earth in a rebirth is because we do not realize this truth. Therefore, we are reborn and we suffer, again and again. When we realize that we are not the body that was created over those nine months in our mother's womb, we are not the body that dies in the moment of death and returns to dust and we are not the Mind and Ego, ME, then we realize that we are the Divine Soul. We are that Power of life that arrives as one spark of energy in a single cell called the zygote and the Soul then, causes the cells to multiply, till

we become trillions of cells. We think of ourselves as the Mind and Ego, ME, because of our ignorance and hence, we have to be reborn. We are the Divine Soul and not the Mind and Ego, ME, in reality. But we don't realize this truth.

The goal of our life is to realize that we are the Soul, not the body, not the mind and the ego. Even though we have this knowledge, we don't realize this truth. The mind does not allow us to realize this because the moment we realize it, the mind will be dead. So the mind fools us into believing that we are the Mind and Ego, ME. But when we realize we are not the body, mind and the ego, we realize that we are the Divine Soul. We transcend our Karma and are liberated from the cycle of death and rebirth.

The truth is very simple to understand, but equally difficult to realize. 'I am not 'I' is the Absolute Truth. 'I am a Divine Soul, a manifestation of SIP, the Supreme Immortal Power.' This is the real truth. Alas! Because we don't realize that we are the Soul, we return to earth in a rebirth. Why don't we realize that we are the Soul? Because we carry Karma. Why do we carry Karma? Because we think we are the body, mind and ego. Why do we think we are the body, mind and ego? Because of our ignorance. Why are we ignorant? Because we don't realize that we are the Soul.

In this world, there are billions of people but less than 1% go in quest to find out the truth of, 'Who am I?' The rest of the world just lives and dies and is reborn. And this cycle goes on and on. They think they are the body-mind-ego complex and they have a Soul. Just like a computer is a combination of

hardware and software parts and it needs power supply to function, we human beings think that the Power of the Soul is just one aspect of our existence. What we don't realize is that we don't have a Soul, rather, we are the Soul. We think we are a wave. We don't realize that we are the ocean. We just appear to be a wave but we are the water of the ocean that comes from the ocean and returns back into the ocean. We are projected as this body, mind and ego because of the Cosmic Illusion, when in reality, we are Divine energy. Today, science also endorses the truth that the Spiritual Saints revealed thousands of years ago, '*Neti Neti Tat Twam Asi*' – we are not this body, we are not this mind, but we are the Divine Soul.

The moment we realize that we are the Divine Soul, we do not return to earth in a rebirth. The moment we realize we are part of SIP, the Supreme Immortal Power, we become a Divine instrument and then, even though we do Karma, we do not create our own Karma because we have realized that we are not this body, mind and ego. This Realization leads us to Liberation from rebirth and the Soul attains Unification with SIP, the Supreme Immortal Power.

*The SOUL is a Spark Of Unique Life, in You and Me,
Without the Soul, we just cannot be.*



13

CHAPTER

AM I CONSCIOUSNESS?

*Am I the Power of Life,
Am I Consciousness?
Am I the Body, Mind, Ego, Soul?
My thoughts are in a mess!*



What is Consciousness? Consciousness is the Power of life that makes us awake, aware and conscious. There exists moments when our body seems to lose Consciousness but are we dead in those moments? No, not at all! We may be sleeping on the bed but we are not dead. We are very much alive. Our Consciousness gives power to our body. It makes the heart, beat and makes us breathe. Scientifically, we say this as being in a subconscious state. There is also another state of being unconscious, where it seems that we have become limp and lifeless but we are not dead because we would still have a pulse and heartbeat. In an unconscious state, we would be very much alive but just lose our Consciousness. Thus, Consciousness is the Power of life.

When we say that we are the Soul, what do we mean by it? When we say that we are the Soul, we mean that we are a Spark Of Unique Life. Where is that Spark? How do we experience that Spark? We experience it through our Consciousness. While the Soul seems to be the cause of our existence, Consciousness is the effect. When there is no Soul, there would be no Consciousness. Therefore, the question, 'Am I Consciousness?'

We are not Consciousness. We are a Divine Soul, a Spark Of Unique Life. But the moment the Soul departs, there will be no Consciousness. When the Soul departs, we would neither be conscious, subconscious or unconscious. We would be dead. What does it mean? It means that the Soul has left the body and the body cannot come back to Consciousness ever again. It is different from sleep where we are in a

subconscious state and we wake up and come back into a conscious state, after a few hours. It is different from being unconscious, where we seem dead, but the Soul hasn't left. The Consciousness is still within and we can be revived to a conscious state.

How can we understand Consciousness? Consciousness can be understood from two different perspectives. One, as a Power, Consciousness is that state of life where the Soul is present. Second, to be in Consciousness is to be in a state of 'thoughtlessness'. It is to be the witness and the observer. Consciousness is a state of awakening, a Realization that I am not the body, I am not even the mind and ego, I am the Divine Soul. One experiences this Realization in a state of Consciousness. When we are bombarded by the thoughts from the mind, we lose our Consciousness and come to a state of mind.

In the light of Consciousness, the intellect shines. The intellect is that aspect of our existence, which is triggered when the mind is quiet. When we are in a thoughtless state, the intellect is empowered with the Power of Discrimination, with which it can differentiate between black and white and wrong and right. The intellect enhances our willpower and sharpens our power to choose. When we are in Consciousness, we still the mind, kill the mind and we experience the Power of the Soul. Reaching this state of Consciousness or awareness is often referred to as Spiritual Awakening or Enlightenment.

Therefore, we are not Consciousness but we are the Divine Soul, that Spark Of Unique Life in which Consciousness shines and we are enlightened. In a state of ignorance, Consciousness exists in a dormant state, where we don't feel that we are the Consciousness of the Soul and instead, live as the body, mind and ego and suffer. The whole purpose of life is to be in Consciousness and to realize that we are the Divine Soul. It is in Consciousness that we realize that the cells of our body are constantly dying. Science endorses that every seven to ten years, the human body is completely renewed with new cells and renewed energy but as long as we are in a mind state, we cannot realize this. We cannot realize that we are not the body, mind and the ego. We cannot realize that I am not 'I' and I am that Spark Of Unique Life that creates the Power of Consciousness. We cannot simply read and attain the knowledge that will make us experience Consciousness. For that, we need Enlightenment. We need to get to a state of Spiritual Awakening and it is in Consciousness and thoughtlessness that we can awaken to the reality that we are the Divine Soul and we are a part of SIP, the Supreme Immortal Power. Realizing this is not an easy task. The senses of our body and our mind make us feel and think that we are the body and our ego keeps on saying, 'I, me, my and mine.' Thus, we create Karma. We suffer. We die and are reborn. And this cycle goes on and on. But when there is a Realization that we are the Divine Soul, then we overcome ignorance as we remain in a state of Consciousness.



14

CHAPTER

GOING ON A QUEST

*If we want to find out,
The Truth of, 'Who am I?'
We must go on a Quest,
And find out, before we die!*



The human body is going to die and, in that moment, the 'I', the Divine Soul will depart. There will be no Consciousness. There will be no possibility of discrimination by the intellect and no thoughts of the mind. Haven't we seen a dead body? In the moment of death, the Consciousness departs and then, we cannot realize the truth. Therefore, we cannot attain Enlightenment after we are dead. So, we have to start a quest when we are alive, we have to start a quest, now.

What is this quest all about? My *Spiritual Master* asked me to go on a *Talaash*, a search, a quest. I was seeking Eternal Happiness and I had completed 25 years of Achievement and Success. Taking the path of my *Master's* guidance, I shut down my business and started living a life of Fulfilment. I started visiting various countries and seeing various creations by God. When I returned from Antarctica and was showing its pictures to my *Master*, he asked me a very pertinent question, 'Are you just going to live like this till your die? You are going from Finland to Iceland, New Zealand to Greenland, discovering and exploring all the countries on this earth but when will you discover the true purpose of you human birth? You seek the next level of happiness but how are you going to achieve that?' My *Guru*, in that moment, helped me embark on a journey, a quest to realize the truth.

Going on a *Talaash*, a quest had a profound impact in my life. I thought I was the happiest man because I had everything, money, free time and nothing to hold me back. I consider myself to be blessed because I loved God and wanted to realize God. So, when my *Master* questioned about the purpose

of my life and told me that there was a way to achieve Eternal Happiness, I set out on a quest to find out the answers of several questions. In fact, there were nine specific questions that made me start my quest. They were

1. What is the Purpose of Life?
2. What is the Truth of Birth and where do we come from?
3. Death is a reality. Where does the deceased go when he departs?
4. Are Heaven and Hell, a reality?
5. Is there a Life after Death?
6. Does the Law of Karma really work?
7. Is there something like a Soul?
8. Who is God? Where is God? What is God?
9. What are Enlightenment and Liberation?

For a year after that, my quest was interspaced with my normal life and I did not progress much. But after a year, my *Spiritual Master*, my *Guru*, Dada asked me the same question again, 'Have you realized the purpose of your life? When are you going to start your quest, your *Talaash*? Are you just going to live and die?' This inspired me to take a sabbatical, an exit from the fun-filled life I had, to discover True Happiness. Dada told me that my questions were right and they will surely lead me to a state of Bliss and Joy, unknown to common man.

After several years of being on a quest, I realized the truth that I was not the body, I was not the mind and I was not the ego. I

was the Divine Soul. In fact, there were dozens of Realizations that became pieces of my Spiritual Jigsaw Puzzle. My quest started in May of 2012 and on 31 August 2014, I was blessed with the Realization of the Truth. Thereafter, my Realizations evolved till ultimately, I reached a state where I was able to overcome most of my ignorance. This is a state that is referred to as Enlightenment.

Each one of us must go on a quest. Without going on a quest and without starting a retreat away from the material life, we can never start our Spiritual Journey. We must ask questions and investigate until we realize the truth. We surely need the help and guidance of a *Spiritual Master* who is an Enlightened Soul. We need to spend time in silence probing on what is the reality. It is important to have faith in God and to love God. Each one of us can fine tune our questions based on what we want to realize. But the purpose of the quest should be to discover the purpose of life. We are alive, aren't we? But one day, our body will be dead. Can we deny this? No! So, we need answers for questions like, 'Who dies? Where will we go? Where is God? What is the way to Eternal Happiness?' All answers will appear in that moment of Self-Realization that will make us evolve further in realizing God. As we overcome our ignorance, one-by-one and we realize the truth that not only will we be liberated from the triple suffering of the body, mind and ego that we are not, we will also experience a Euphoria of Bliss, a Fountain of Joy and an ecstasy unknown to man. Have you started your quest?



15

CHAPTER

OVERCOMING IGNORANCE

*Because of Ignorance,
We think, I am 'I',
We are taught many lies,
Like God lives in the skies!*



From the time we are young, we are taught many lies. Not only about heaven and hell in the skies but also about, 'Who am I and why am I here?' We are taught that Success is Happiness, when in reality, Happiness is Success. We just live and die in ignorance and believe in the myth that we grow up with. Our goal in life is to realize the truth. How do you overcome this ignorance?

Tell me! Can you take a broom and sweep away the darkness from a room? No, you can't! You need a light to overcome darkness. In the same way, to overcome the darkness of ignorance, we need the light of truth. This is called Enlightenment. Enlightenment is Self-Realization. To reach this state of realizing, 'Who am I and why am I here?' we must first overcome all the ignorance and the myth that we believe in and grew up with. When we take the help of a *Spiritual Master* or a *Guru* and set out on a quest, we can realize the truth. So, it is extremely important to have a *Spiritual Mentor*, an Enlightened Soul in life, who have themselves realized the truth about life. Without a *Master*, we could be going around in circles, believing the myth to be the truth. Ultimately, we have to use our Power of Discrimination but without the grace of the Divine and the guidance of a *Guru*, this would become impossible.

Although, we know that we are not this body and even though science endorses that the human body is regenerated after about 10 years with completely new cells, we are so programmed and indoctrinated to this body as 'I', that we live and die thinking that the one in the mirror is 'I'. No doubt we

have this body, but as long as we believe that we are this body, we will suffer the pain of the body. We have to overcome this ignorance and for that, the knowledge that we can get in a college is not enough. We need Realization.


When we realize that we are not this body, we are the Divine Soul, we overcome the fear of death because then, we realize that 'I' will never die. Of course, this body will die. But 'I' am the immortal Soul. I am Divine energy and energy can neither be created nor destroyed. I am a manifestation of SIP, the Supreme Immortal Power. This is the truth but a majority of us we live with the fear of death because we do not overcome our ignorance.

Who is causing this fear? It is the mind. In our ignorance, we think that the mind is the King, it is everything! In reality, the mind doesn't even exist. It is just a bundle of thoughts and it is these thoughts that appear to keep us bound in ignorance. And because of that, we are bound to the ground, believing that we are the Mind and Ego, ME, when in reality, this is a false identity. We create Karma as the body, mind and ego because of our ignorance and after death, we are reborn and this goes, on and on. All our suffering on earth, the triple suffering of body, mind and ego is due to ignorance and the biggest challenge of life is to overcome this ignorance.

Our ignorance is deep-rooted and it does not let us discover our true self. It makes us live, cry and die because we do not realize, 'Who am I?' 99% of the humanity is enveloped in ignorance. This seems to be a tall claim but it is true. That is

why, when somebody dies, we believe that they are up in the skies, even though we destroy their body ourselves. Then, who is the one, gone, and who is the one, reborn? Instead of realizing the truth, we frame a picture of the deceased and pray for the departed Soul and hope they 'rest in peace'. These are nothing but acts of ignorance. To believe that the dead ones will meet our ancestors in heaven is an ignorant fantasy and as long as we continue to live in ignorance, we will never discover the truth of 'Who am I?'

The biggest goal in life is to overcome ignorance about 'Who am I?' To overcome this ignorance, we need to simply contemplate on death, birth and the Law of Karma. We don't need to study too many scriptures but we must use our intelligence and Power of Discrimination. We have to light the lamp within to realize we are not the ones made of bone and skin. We are the Power of the Divine within. We are a Spark Of Unique Life, the Soul. But unless we wish to overcome our ignorance, going on a quest would also be of no use. Our purpose is to overcome the ignorance, one-by-one, realize the truth and then be liberated. The purpose of human birth is to discover, 'Why we came to earth?' and to get to this truth, we have to get to the root of 'Who am I?' and more so, 'Who I am not, in reality'.



*To overcome ignorance,
we need light, not a broom,
Switch the light on!
And there will be no darkness in the room.*

16

CHAPTER

SELF-REALIZATION

*It is from Purification,
that there is Illumination,
Then, we achieve,
The goal of Self-Realization.*



The journey of life is a journey of Self-Realization. As long as we do not realize 'Who am I?' we will continue to live and die and return to earth in a rebirth. This story will go on and on and whether we be reborn as Krishna, Rama, Mary or John, we will suffer the pain of the body, misery of the mind and agony of the ego. Nobody alive on earth can be free from this triple suffering and the only way to overcome all suffering is Self-Realization.

When I was blessed to realize the truth on the 31 August 2014, I was so amazed to discover that I was not 'I'. For many months, I was in a retreat and I had several pieces of knowledge but there was no Realization. Every day, I was living as Ravi, trying to find my purpose, trying to discover a way to Eternal Happiness and trying to realize God but I was bound in ignorance. One by one, I was putting the pieces of the Spiritual Jigsaw Puzzle in place and still I could not realize the truth. It was on the Divine day of 31 August 2014, when I was on the flight AF 192, from Paris to Bangalore, that the pieces of the puzzle fell into place and the truth was revealed, *'I was the Atman in Ravi, not Ravi. Ravi was just my name given to me after I was born. I was nameless at birth. My birthday was not my real birthday. I was conceived nine months before that day. I was very much alive in my mother's womb. I am not this body that appears to be me.'*

On that flight itself, I realized that my mind was my biggest enemy. It was the cause of all my suffering. Not only was it a rascal that hid the truth away from me but it was also a monkey that was constantly jumping from one thought to

another thought, jumping to a yesterday that was gone and then to a tomorrow that was not yet born. This monkey stopped me from being in the present moment. It stopped me from living in Consciousness, activating my intellect and discriminating the truth of 'Who am I?' I realized on this date, 31 August 2014, that the Mind and Ego, ME, was an illusion and because of this ME, I was creating Karma. But on that day, I was free from ignorance. I realized that I was neither the body, nor the mind, nor the ego. I was the Divine Soul, that Spark Of Unique Life the life Power that appeared as the zygote and that will depart at death. I realized I was *that*, not this. This was my moment of Self-Realization.

When there is a moment of Realization, we don't have to analyze or memorize because we realize. Realization opens our *real eyes*. We don't need proof and once we are enlightened with the truth, there is no doubt anymore. When I realized that I am not 'I', I realized who I was. I was not Ravi but the Soul that was alive in Ravi. I was the *Atman* in Ravi and I kept writing the words, '*Atman* in Ravi'. Finally, it dawned upon me that I was AiR – *Atman* in Ravi.

Self-Realization leads to transformation of life. When you realize that you are not what you thought you were, then you cannot continue to be who you are. What you thought you were, was a mistaken identity. Realization reveals that you are not the body, mind and ego and thus, you, not just experience a transformation, but a metamorphosis. When there is knowledge, you just know. But when there is Realization, you are no more the 'I' that you thought, you

were. A caterpillar is no more a caterpillar. Realization is a metamorphosis that transforms it to a beautiful butterfly. It does not crawl like a worm anymore. It has wings to fly in the sky. This is the Power of true Self-Realization. A complete metamorphosis leads a person to attain Liberation.

So, Self-Realization has no certification. It is a personal experience. A realized person can be recognized by other realized persons. The rest of the population would just continue to accumulate knowledge. Knowledge is not Realization. It must crystallize before we realize who we truly are. When you put water in a refrigerator, it is water, not ice. But when the temperature gets below freezing point in the refrigerator, the water will crystallize into ice. Similarly, when a person is enlightened with the truth, he will realize that I am not 'I', I am nothing!

As long as we think we are everything, we are nothing. But when we realize that we are nothing, we become everything. We realize that we are Soul, the Spark Of Unique Life, a part of SIP, the Supreme Immortal Power and we are liberated from all suffering.

*Knowledge is not Realization,
where we just know!
Realization is putting Action
into the Life Show!*





17

CHAPTER

LIBERATION FROM SUFFERING

*Liberation happens when,
From all suffering, we are free,
It happens in the moment,
When we realize, we are not the Mind and Ego, ME.*

Every'body' on earth experiences the triple suffering of the body, mind and the ego. Who doesn't experience physical pain? Everyone does. From the time we are born to the moment that we are gone, our death, our body will experience all kinds of aches, pains and diseases. Who doesn't suffer the misery of the mind in the form of fear, worry, stress, anxiety and depression? Who doesn't get agonized by anger, hate, revenge and jealousy of the ego? Everybody does. Every'body' experiences this triple suffering but the moment we realize that we are not this body, nor the mind or the ego, we are liberated from not only all the suffering on earth but also from rebirth, from returning to this earth to suffer, again and again.

As long as we think that I am 'I', there is no way to be free from suffering. We constantly suffer only because of our ignorance. But the moment we realize that I am not 'I', we are liberated from the pain. We need Realization for Liberation. Anybody can read this book but just reading will give you only knowledge. Just knowing that I am not the body, mind and ego does not liberate us from suffering. There must be Realization. Living as the Soul gives us freedom from all misery and pain, just as it liberates us from being born, again and again.

What is the goal of human life? We all want happiness but everybody suffers. Our suffering is because of ignorance. We believe that I am 'I' and so, we are miserable till we die. But when we realize that I am not 'I', we never die. Only the body dies. We are liberated and united with the Divine. Unfortunately, less than 1% of humanity goes on a quest for

Enlightenment to realize the truth. From this 1 in 100, just about 1% attain Self-Realization, which is a small group that realizes, 'I am not 'I'.' From that small group too, only around 1% attain Liberation and that is a tiny fraction of this earth's population. As long as we are slaves of the Mind and Ego, ME, free from suffering, we will never be. To attain Liberation from all misery and sorrow, we must attain Self-Realization and that is not an easy task.

It seems easy to say, 'I am not 'I'.' But to realize, 'Who am I?' is a mammoth task. The senses of the body continue to crave till we reach our grave. The mind bombards us with up to 50,000 thoughts every day and the ego refuses to accept that I am not 'I'. Together, the body, mind and the ego, imprison us in a virtual prison where there is no Liberation, Freedom or *Mukti*. The challenge is to be free from the body, mind and ego. Unless we realize that I am not 'I', we cannot fly in the sky as the Soul, the Spark Of Unique Life to be united with the Divine.

Liberation not only frees us from all suffering on earth, it also unites us with SIP, the Supreme Immortal Power and thereafter, there is no rebirth. We don't have to return to earth to suffer, again and again. All of this can happen with a simple Realization that I am not 'I'.

We have a choice. We always have a choice. We can either live as 'I' and suffer till we die or we can be free from the Mind and Ego, ME, and escape from all misery. We can either continue to live in ignorance or we can go on a quest and realize the truth. We can either live as the body, mind and ego and create Karma,

good or bad actions and have a destiny on earth based on our Karma and then return in a rebirth to settle our Karma or we can have Realization and Liberation that will lead to Unification with the Divine. Life offers us a choice always and it is up to us to choose. If we don't choose, then we lose the opportunity of Realization and Liberation. But if we choose to find out, 'Who am I?' and realize, 'I am not 'I'. I am not the body, mind and ego, I am the Divine Soul,' we achieve our ultimate goal.

We have a choice to read this book and take it as a fiction or we can realize that this knowledge is our biggest treasure, greater than any pleasure. We can start asking questions on, 'Who am I', or we can continue to have fun till we die. It is our choice. Nobody can choose for us. We must remember that only the human being has a Power of Discrimination and a privilege to choose. If we were a dog, a frog, a butterfly, a bee or a tree, we could never be free from suffering on earth or returning to earth in a rebirth. Therefore, the most important question in life is, 'Who am I?' and the most important answer is, 'I am not 'I'.'

*As long as we think, we are the Body, Ego and Mind,
Fear, Worry, Stress and Anxiety, are all that we will Find!*



18

CHAPTER

ONE OF THE TWO THINGS HAPPENS AT DEATH



*If I think that I am 'I',
I will return in a Rebirth.
But if I realize that I am not 'I',
I will not return to earth.*

Death is certain. Nobody can escape it. But the reality of death is that only the body dies. No 'body' can live forever and if we realize that we are Immortal Divine Souls, then there is no death. We are liberated and united with the Divine.

Therefore, we must realize the truth about what happens at death. Most of us would not have realized that I am not 'I', at our death. We don't realize that we are neither the body, nor the mind and not the ego. We would just live our life, performing our actions, good or bad. And whatever deeds we do, they are recorded by Karma, the Universal Law. Our deeds are like the seeds that would bear fruits, sooner or later. Therefore, before we die, everything that unfolds in our life is not due to luck or God's Will. Everything is Karma. Even after we die, the Karma remains to be settled. At death, only the body dies but people say that we passed away. So, where did the deceased pass away? We don't know. It is popularly believed that the deceased goes to a heaven or hell, to be rewarded or punished for his deeds on earth. But this is a fairy tale, a myth that we have all grown up with. There is no heaven or hell as a physical location anywhere. Both heaven and hell are experienced here on earth, as one takes rebirth. The body dies but ME, the Mind and Ego returns to earth in a rebirth based on Karma. If we have good Karma in our account, then we may be reborn with fortunate circumstances but if our Karma is not good and we have sinned, then we may take a rebirth as blind, deaf, dumb or in lesser fortunate circumstances. Everything depends on Karma. Some people believe that we may be born even as animals to redeem

Karma. It does not matter if we are reborn as animals or humans because as long as we return to earth in a rebirth, we will suffer.

Ninety-nine percent of humanity think, 'I am 'I'. I am this body that will die and whatever Karma I do, I will receive the same in my next birth.' This is the reality. And that is why, most people try to do good Karma so that when they return to earth, they are happy in their rebirth and this cycle goes, on and on. We die and then, we are reborn. We suffer the triple suffering of the body, mind and the ego, just as we enjoy the pleasures of this world. As long as we don't realize the truth, we will be caught in this cycle of transmigration, of death and rebirth. But if we realize, 'I am not 'I'. I am not the body that will die. I am not the Mind and Ego, ME,' then we are free from rebirth. We don't have to return and suffer on earth.

How is it possible to be free from the cycle of death and rebirth? We will be free from the cycle of death and rebirth when we realize that I am not 'I', I am the Divine Soul, the Spark Of Unique Life. In that moment of Realization or Enlightenment, we free ourselves from all Karma because Karma belongs to the body, mind and ego, which we realize we are not, and because we are free from Karma, there is no rebirth. Rebirth occurs only when there is pending Karma to be redeemed in our account but when we realize, 'I am not 'I'. I am nothing but a manifestation of the Divine, a Spark of the Divine Energy, Soul, the Spark Of Unique Life,' in that moment, we transcend our Karma and when there is nothing pending in the Karmic Account, there will be liberation from the cycle of death and rebirth.

The Soul is birthless and deathless. It is a part of the Supreme. The Soul comes from the Supreme and returns back into it just like a wave in an ocean. We take birth as a body, mind and ego only because of Karma. But Enlightenment frees us from our Karma, not only of this life but those of the previous lives as well. All our Karma in the Karmic Account gets wiped out, just by realizing, 'I am not 'I'.' In the moment of death, the body dies and the Soul, the Spark Of Unique Life, unites with the Divine. The Mind and Ego, ME, is caused out of ignorance. So, when there is no ignorance, there is no mind and ego, ME. There is no Karma and thus, there is no rebirth. We will not return to earth. And as the Soul, we will unite with SIP, the Supreme Immortal Power.

Therefore, at death, one of the two things, happens. Either we carry our Karma and return to earth in a new body or we are free from Karma, liberated from rebirth and united with the Divine. A tiny fraction of humanity is blessed to attain this Liberation, also known as Salvation, *Nirvana* or *Moksha*. If there was no Liberation, we would suffer, again and again. But if there is the Realization, 'I am not 'I'', then the 'I', becomes a part of SIP. We all are a part of SIP but because of ignorance, the ego says 'I am 'I'', the Mind and Ego, ME, drives us to actions, the body creates Karma and we are caught in this cycle of death and rebirth. Death is certain and so is birth, just as the Law of Karma operates everywhere on earth.' When we realize the truth of birth, death and Karma, these three, we can become free and one with the Divine.

19

CHAPTER

OUR GOAL IS LIBERATION

*The Goal of Human Life,
Is to attain Liberation,
Realization of the Truth,
Will create this celebration!*



What is the purpose of human life? Why did we all come to planet earth? What is so different about human birth? Are we like the mountains, oceans, rivers and the earth that seem to be lifeless? Of course, not! We have the precious Power of life within us. Then, how different are we from a dog, a frog, a butterfly, a bee or for that matter a tree that is bound to the ground? The difference is that we human beings are free. You and I are blessed to use our intellect and willpower to discriminate, choose and realize the truth.

Human being is the only species that is blessed to attain Liberation. We are the only living organism that can go on a quest, overcome ignorance and attain the state of Self-Realization and God-Realization. With this Realization, we can attain Liberation. This is the purpose of a human birth. All other living creatures just live and die. They are not blessed with the ability to find out, 'Who am I?' They come to earth to probably, settle their Karma. Once that is done, they die, maybe to take another birth again on this earth. This cycle will go on and on and they will be reborn, till the time they return in a human birth on this earth. Then, they too will have the opportunity to attain Realization and Liberation.

Unfortunately, human beings think that the purpose of life is to be happy. At most, we believe that our purpose is to do good deeds, good Karma and then return to earth in a rebirth. Therefore, many people make it a mission of their life to not just be happy but make others happy too. What will happen in this scenario? They will do good Karma and for that, they will be rewarded by a good rebirth on earth and this cycle will

continue. They will never attain the goal of Liberation, whereas, the ultimate goal of a human being is Liberation from the cycle of death and rebirth and ultimately, Unification with the Divine.

As long as man lives in ignorance and he does not realize that I am not 'I', he will not only suffer the triple suffering on earth of the body, mind and ego, but will also return in a rebirth, again and again, to suffer. The purpose of a human life is to realize that he is the Divine Soul, a Spark Of Unique Life, he is not the body, mind and ego. This Realization will lead him to Liberation and Unification with the Divine.

What is the Truth? The truth is that we are not this body and we are not the mind or the ego. This is the ultimate truth but we don't realize it. We must realize, 'Who am I?' before we die because we cannot attain Realization and Liberation after we are dead. The time is now!

Our ultimate goal is to realize that we are the Soul and then, become one with SIP, the Supreme Immortal Power. Therefore, our goal is Liberation from the cycle of death and rebirth. To attain this goal, we should have the Realization of the truth. For that, we must overcome our ignorance and to overcome ignorance, we need to start a Spiritual Quest. To start a Talaash, a quest, we need the help of a Spiritual Master or a Guru. And for all of this, we have to realize, 'Who am I?' If we want to realize, 'Who am I?' we must first realize, 'I am not 'I'. I am not the one who I thought I always was, this body, mind and ego. I am that Spark Of Unique Life, the Soul, that

started its journey from a single cell called zygote. At my death, people will say that I passed away. But I am the Divine life energy, the Soul that would have departed. So, I am immortal. I will not be the body that will lay dead on the bed. People will destroy only the body, which I am not.'

It is simple to understand. While we may read and understand everything, we are unable to reach the state of Realization and without Realization, there can be no Liberation, which is our ultimate goal. It is our own Mind and Ego that becomes ME and stops us from being who we truly are, the Divine Soul. We create a prison of our body, mind and ego and we remain a slave, as we crave, till we reach our grave. The way to attain our goal of Liberation is to have a deep yearning for the Divine and have Divine Love for the Supreme. It is the love for the Divine that will lead us to Self-Realization and God Realization, which will take us towards Liberation and Unification. We have to go inwards, where the Divine dwells but if we keep on going outwards, then how will we realize our true self? How will we realize that God is SIP, the Supreme Immortal Power? The goal of mankind is to overcome ignorance, realize the truth and be liberated and ultimately, united with the Divine.

*Our Ultimate Goal is to be Liberated from all Suffering on earth,
And then, be free from Death and Rebirth.*

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CHAPTER

UNIFICATION WITH SIP

*As long as we believe we are everything,
We will be nothing!
When we realize we are nothing,
We will become everything!*



As long as man continues to live as the ego, thinking that I am 'I', he will live and die. He will experience pleasure and pain, both through loss and gain and this will happen, again and again. But he will never reach the state of Everlasting Bliss, Divine Love and Eternal Peace. If man wants to reach the Ultimate Peak of Happiness, he needs Enlightenment. If he continues to chase Achievement as the body, mind and ego, he will achieve success, but not Happiness. The way to Ultimate happiness is Enlightenment through the Realization of the Truth. Enlightenment leads to Liberation from ignorance and triple suffering on earth and freedom from the cycle of rebirth. If man wants to be free from all suffering and live a life of *Ananda*, Everlasting Bliss, then he must attain a state of Unification with the Divine.

People get confused as to how can they attain Unification with SIP, the Supreme Immortal Power. The ultimate truth is, 'I am not 'I'. I am not the body, mind and ego. I am the Divine Soul. I am a part of SIP, the Supreme Immortal Power.' So, if we are a part of SIP and if we are a manifestation of SIP, what is the need of Liberation and Unification? If we are not the body, mind and ego, then who will attain Realization and Liberation? The mind is a rascal. It will continue to confuse us with such thoughts and as long as we are in that state of mind, we cannot attain Realization. We have to kill the mind and for this, we must still the mind and reach a state of Thoughtlessness. This is called Consciousness. It is in this state of Consciousness that there will be Realization, Liberation and Unification with the Divine.

Can anybody deny that we exist? No! Is it not a fact that we are alive in this body? Yes! Isn't it true that the ME, the Mind and Ego drives our thoughts to do Karma, to perform action, and then we get caught in the cycle? Although we are a Spark Of Unique Life, the Soul, we are imprisoned in this body-mind-ego complex. Why? It is because we do not realize, 'Who am I?' It is because of our ignorance that there is no Realization and Liberation. Unification with SIP will remain a distant dream. So, what is the way out of this mess?

The ultimate purpose of human life is to become one with SIP, the Supreme Immortal Power. This Unification is not possible unless there is Liberation. We must be free from the cycle of death and rebirth. And we cannot be free as long as we do not realize, 'I am not 'I'.' Just knowledge is not enough. You may have read, 'I am not 'I'' this many times in this book but still there may be no Realization. If there is no Realization, there will be no Liberation and Unification. We will die and 'I' will return in a rebirth with a new body. It is only when we realize that I am not 'I', that I will not die, only the body will die. When I realize that I am not 'ME', the mind and ego, then I will be free. And then, there will be Liberation and Unification with SIP, the Supreme Immortal Power.

Doesn't it sound simple? If it was so simple, then why does less than 0.0001% of this world attain Liberation and Unification? The answer is simple. Ignorance! The reason is simple, no Realization. The result is, no Liberation. We return to earth and there is no Unification with SIP. Man can discover new planets in outer space, latest technology,

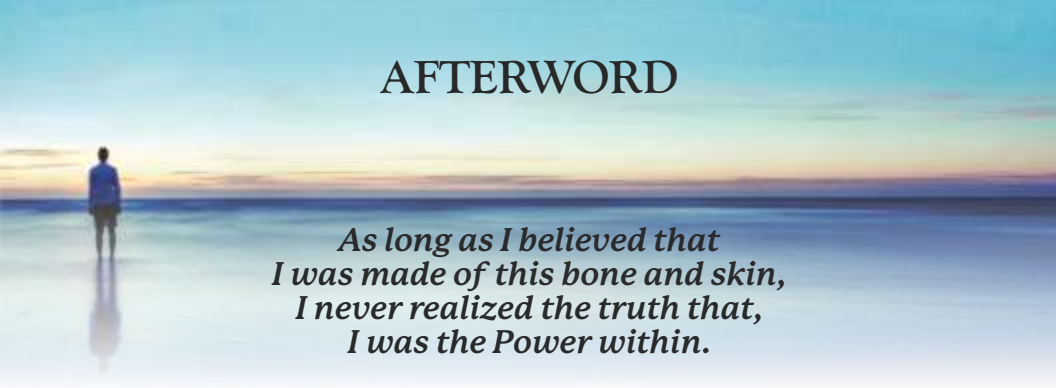
medical treatments on how to heal diseased cells in the body, big innovations and discoveries but as long as he does not realize that I am not 'I', he will continue to suffer. Not only will he suffer on earth but he will also die and take rebirth. So, it is time for man to stop the outward journey and start an inward journey. It is time for him to realize, 'Who am I?' and it all starts with the simple Realization of 'I am not 'I'.'

If we live and die without finding out, 'Who am 'I'?' then this precious human life is wasted. This life, which is a gift from SIP, the Supreme Immortal Power, is a golden opportunity for us to attain Liberation from all suffering and Unification with the Divine. But sadly we are so lost in this illusory world of material pleasures, people and possessions that we forget to embark upon the most important journey of life. We forget to start a quest of 'Who am I?' and why am I here, in reality?'

Man is busy pursuing and attaining Success, Achievement, wealth and possessions but in the end, realizes that all this was of no use. Nothing belongs to him. What he did earn, others will burn. Even his physical body that he considered as 'me', will return to ashes. Sigh! An intelligent being like man, does not move from Achievement to Fulfilment and reach the Ultimate Peak of Enlightenment. His own mind fools him and robs him of his intellect, which he is meant to use to discriminate and realize the truth. A human being must realize, 'Who am I?'



AFTERWORD



*As long as I believed that
I was made of this bone and skin,
I never realized the truth that,
I was the Power within.*

When I first heard the words, 'Who am I?' I wondered what a silly question it was. We all know who we are, don't we? Then, what was this question all about?

I am not 'I'. When I realized this truth, I was shocked. I was not Ravi. Every day, for over 40 years, I had repeated the words, 'I am Ravi.' But it was a big lie! I was not Ravi when I was born. I was only a baby. It was my parents who decided to call me Ravi and thus, I became Ravi. This body was a tiny baby, then. It has now become this body, 5 feet 10 inch in height and comprises of over 30 trillion cells. But what was I, when I was born?

I also realized that I was not born on my birthday. My mother says often, that I was kicking her in her stomach much before I arrived on this planet. I was conceived nine months before my birthday when two cells fertilized to become a zygote. What was I, then? I was just a Spark of Life. One day, that Spark of Life will depart and people will say that I am dead. They will burn my body because they will say that I passed away.

Do I have any doubt that I am not this body that is, one day, born, it grows and then, one day, it is sure to be gone? No! I don't have a doubt. I realized that I was not this, I was not the

one made of bone and skin. I am absolutely sure and have no doubt about it. My *Spiritual Mentor*, my *Guru*, Dada J.P. Vaswani inspired me to start a quest to discover the purpose of my life and find ultimate happiness. After the first Realization that I was not this body, I tried to find my mind. Where was the mind? I could not find! I was flabbergasted. If I was not the body that was sure to die and I was not the mind that I could not find, then I asked myself, 'Who am I?'

I stumbled upon some words of a scripture written thousands of years ago. It said, '*Neti Neti*, you are not the body, you are not the mind. *Tat Twam Asi*, you are that immortal Soul.' When I went deep into retreat, I discovered my true self. I discovered that I am neither the body, nor the mind and not the ego. I am not 'I'. Then I wondered, 'Who am I?' I found an answer to it. 'I am the Soul, the *Atman*, the Spirit.' When I was enlightened with this truth, I realized that I was not Ravi. I was the Soul in Ravi or the *Atman* in Ravi. I realized who I am and thus, changed my name to AiR, *Atman* in Ravi.

I was sure beyond doubt that this body would die, one day, but that is not who I am. I am the immortal Soul, that Spark Of Unique Life, that powered me with life from the moment of my conception. One day, this Power will leave me and there will be no breath. That will be the moment of my death. Ravi will die in that moment but AiR, the *Atman* in Ravi is immortal. This was the greatest Realization of my life.

I continued my quest even after I discovered that I am not 'I'. When I realized that we are all Divine Souls, I also realized that one day, all these Souls will merge with SIP, the Supreme

Immortal Power, whom we call God. My journey from Self-Realization to God Realization not only made me discover the truth of who I was, it also liberated me from the triple suffering of the body, mind and ego.

This Realization of the Truth transformed my life. Not only did I shut down my business, I also created a new mission of my life – to help people be enlightened with the truth. As I discovered my purpose on earth, I dedicated my life to help people escape from the cycle of death and rebirth, to attain the state of *Nirvana*, *Moksha* or Salvation.

Isn't it sad that we are nothing but we think that we are everything? The ego fools us into believing that we are everything. The Mind and the Ego, together become ME, that ignorantly creates Karma and is reborn in a new body every time and this cycle goes, on and on. The truth is that we are neither the body, nor the mind or the ego. We are the Divine Soul, the Spark Of Unique Life. We are a Spark of the Supreme Immortal Power, SIP and because we do not realize this, not only do we suffer the pain of the body and misery of fear, worry and anxiety of the mind, we also suffer the agony of anger, hate, revenge and jealousy of the ego. We suffer on earth as the ignorant ME, the Mind and Ego and after the body dies, we return in a rebirth, again on earth. The moment we realize the truth, 'I am not 'I'', we are liberated from our ignorance and suffering and we are united with the Divine. I am ever grateful to SIP, the Supreme Immortal Power for blessing me with this Realization and to live as a Divine instrument, doing the Divine will.

POEM



I AM NOT I WHO AM I?

By
AiR
Atman in Ravi

I am not who I am!

I have a Body but am I the Body?

I have a Mind but am I the Mind?

I have an Ego but am I the Ego?

Who is the Me that I Am?

I have eyes that can see

But the eyes are not me

I have limbs that can walk

But it's not me, who does the talk

These are mine but not me

Who is the Me that I Am?

POEM

*I am not this Body
One day, this Body will die.
I am not this Mind
Where is the Mind, I cannot find!
I am not the Ego
Then, Who Am I?*

*Am I a butterfly? No, that's not Me
Am I a bee? No, that's not Me
Am I a tree? No, that's not Me
I am Me!
Who is the Me that I Am?*

*I am not Who I think I am
Am I an Indian? No, that's my nationality
Am I a Hindu? No, that's my religion
Am I a male? No, that's my gender
I Am Not Who I think I Am!*

*I am not my car
I know What I am not!
I am not my house
I know what I am not!
What I Am Not, I know!
But I know not, Who I Am!*

*If I am not the Body, Who am I?
If I am Not the Mind, Who am I?
If I am Not the Ego, Who am I?
I am None of these but I am
Who is the 'I' that I Am?*

*I am the Power that gives Life
I am that Power that brought me to Earth
That Power is the SOUL, A Spark Of Unique Life
The Soul is what gave me Birth
Now I Know, Who I Am!*

*I am not the Body that will die
I am Not the Mind and Ego, ME, that says, 'I'
Because I don't Know, 'Who I am', I cry
When I Realize, 'Who Am I?'
I Become one with the Power in the Sky*

*What is the Purpose of our Life on Earth?
What is the Purpose of Human Birth?
To go on a Quest, to find, 'Who I am not'
Then, I will Realize, 'Who I am'
This is the Purpose of 'I'*

POEM

*As long as I think, I am Everything!
I will live and die as Nothing!
But the moment I Realize, I Am Nothing
In that moment, I become Everything!
It happens when I Realize, 'Who Am I?'*

*I am the SOUL, the Spark Of Unique Life
The Soul is the Supreme Immortal Power, SIP
When I Realize, 'Who I am not, ' I board a ship
I become SIP, then I start a Very Special Trip
A Voyage that Unites my SOUL with SIP*

*I am not the Ego, that's my identity!
I am not the Body and Mind, that's not me!
I am the Holistic Energy, I am 'HE'
I am not 'I' that I thought I was
'Who am I?' I Know, 'Who I Am!'*

*'I Am Not 'I', ' This is the Truth
'Who am I?' Get to the root
First, I must find out, 'Who I am not'
For this, I must be free from all Thought
Then, I will Realize, 'Who am I?'*

By
AiR
Atman in Ravi

OTHER BOOKS BY AiR

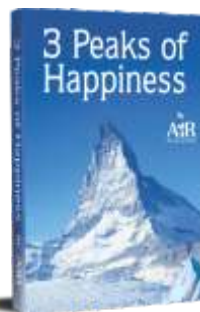
1. Talaash

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.



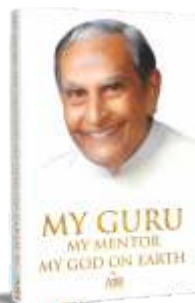
2. 3 Peaks of Happiness

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.



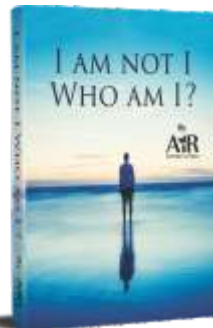
5. Death is Not “The End.” Death is “Liberation”

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.



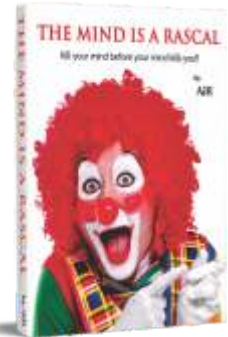
6. I Am Not I. Who Am I?

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.



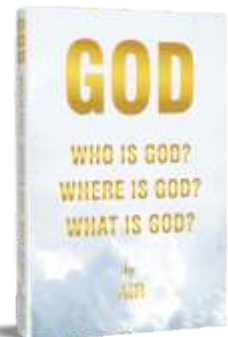
8. A Cosmic Drama

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.



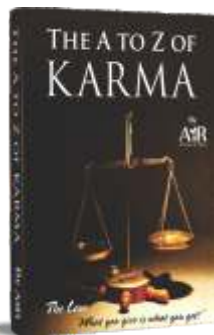
9. Who is God? Where is God? What is God?

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.



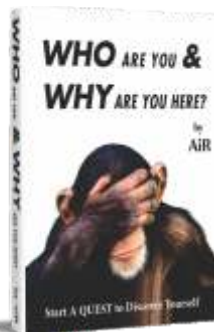
10. The A to Z Karma

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.



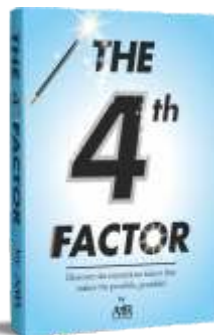
11. Who Are You and Why Are You Here?

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.



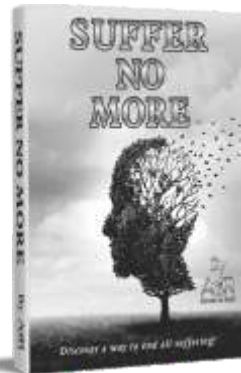
14. Questions You Must Answer before you Die!

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.



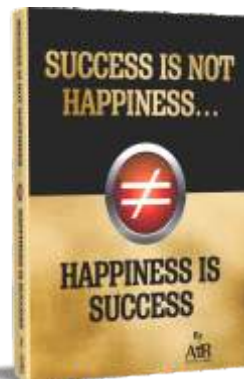
15. Suffer No More

'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.



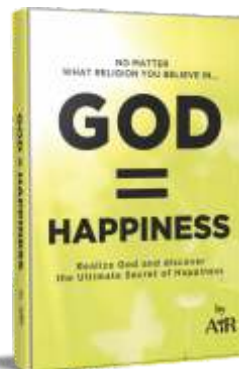
16. Success is not Happiness, Happiness is Success

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.



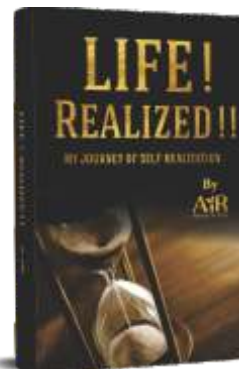
17. God = Happiness

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.



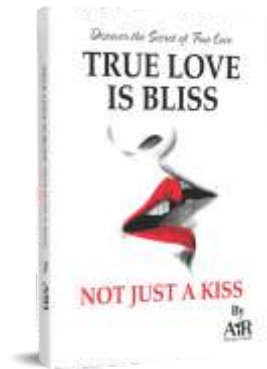
18. Life! Realized!!

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.



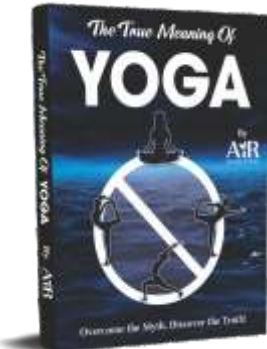
19. True Love is Bliss...Not Just a Kiss

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.



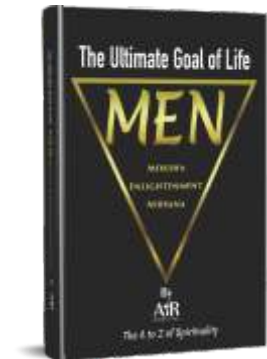
20. True Meaning of Yoga

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.



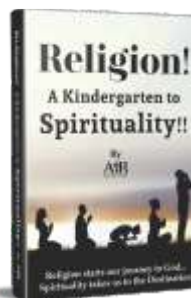
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



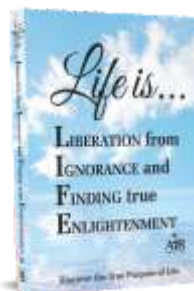
23. Why Bad Things Can't Happen to Good People!

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.



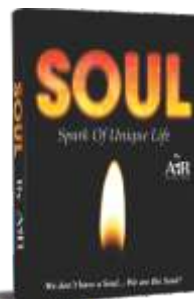
26. FEAR- False Expectations Appearing Real

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!



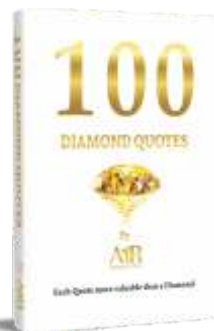
28. But We Pray!

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.



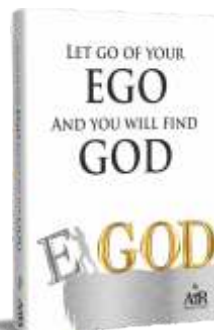
29. 100 Diamond Quotes

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.



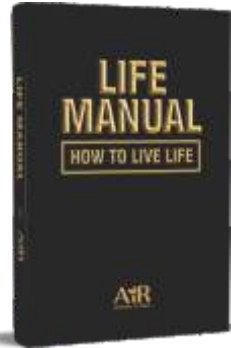
30. Let go of your Ego and you will find God

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.



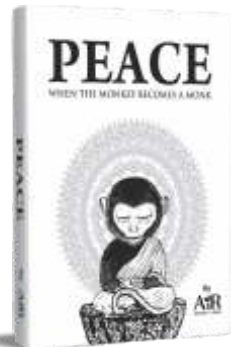
31. Life Manual - How to live life?

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.



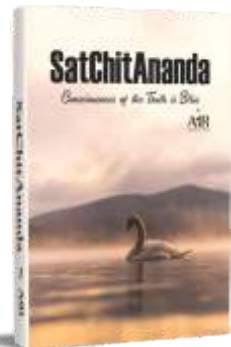
32. PEACE... When the Monkey becomes a Monk!

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.



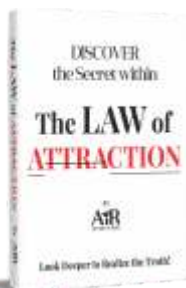
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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'.



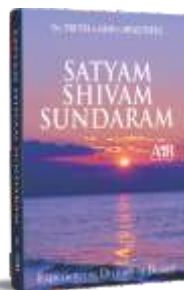
35. *Discover the SECRET within The LAW of AttraCTION*

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.



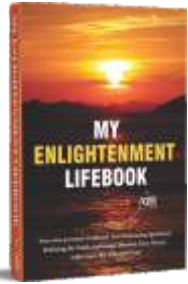
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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.



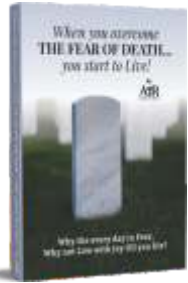
37. My Enlightenment Lifebook

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.



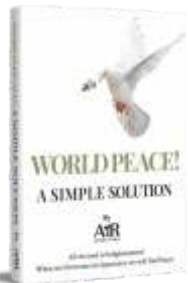
38. When you overcome the FEAR of DEATH, You start to LIVE

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.



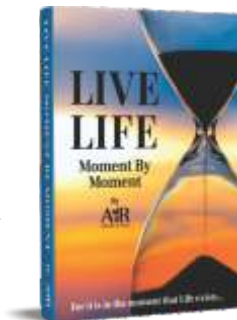
40. Many Problems, One Solution

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.



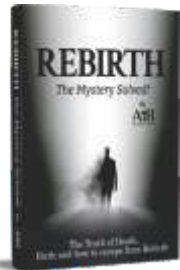
43. The 4 Quarters of Life

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.



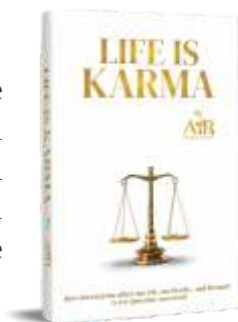
45. How to Live a Spiritual Life in a Material World?

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.



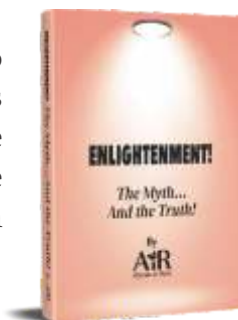
46. Life is Karma

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

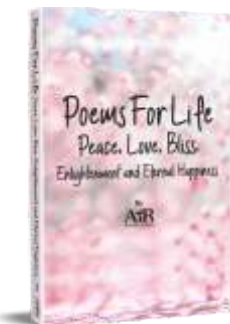


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness.

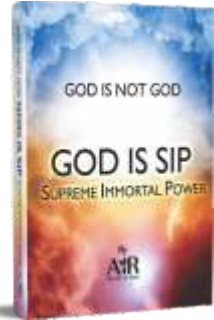
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



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

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



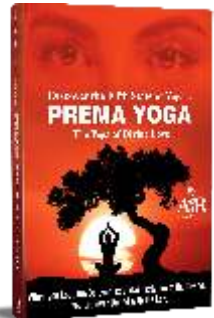
50. The 10 Commandments of Detached Attachment

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



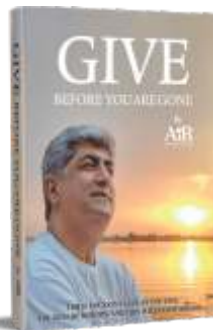
51. The Yoga of Divine Love - Prema Yoga

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



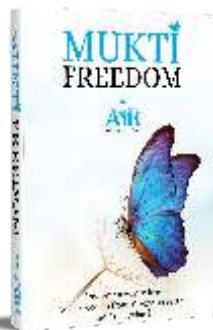
52. Give before you are Gone!

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



53. Mukti - Freedom

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



54. Stop it, Stupid!

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



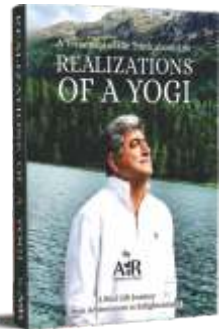
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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



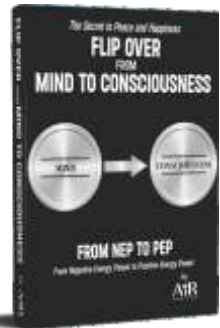
56. Realizations of a Yogi

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



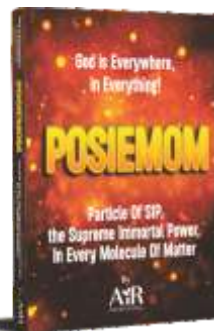
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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



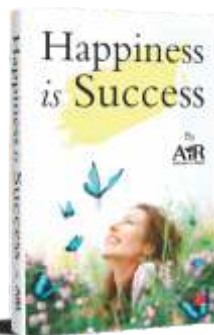
58. POSIEMOM - Particle of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

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



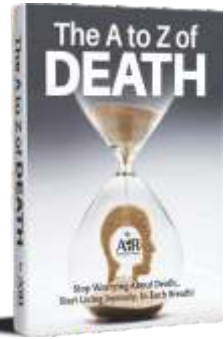
59. Happiness is Success

Why is the whole world chasing success and achievement? It is because we think success is happiness. But is this true? Are all successful people happy? On the contrary, all happy people are successful. Therefore, 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.



COMING SOON...

62. Shivoham

63. A Conversation on Life



I AM NOT I, WHO AM I?

Who are we in reality?

Throughout life, we think that we are this body and we are this mind. The ego says, 'I am Robert or Diana.' But that is just our name. We were not that when we were born. One day, we will be gone and people will say that we passed away. They will even destroy our body, which we are not. This body was formed over nine months. It came later. We were conceived first. So, who is that 'I', who was born nine months before our so-called birthday? Who will, one day, depart from earth?

Throughout life, we live and one day, we will die. We look up at the sky, cry and ask, 'Why?' This is because we do not realize, 'Who am I?' This book will awaken the truth in you as it will make you discover yourself. You can be liberated from all suffering of the body, mind and ego, which you are not. You can be free from the thoughts of the mind, in which you are caught and you can be liberated as you discover who you truly are.

This book will surely transform you and lead you towards metamorphosis.



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