

**I WILL NEVER
DIE**

**DEATH IS NOT
“THE END”**

by
AiR

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*Please don't cry
when I Die.*

*My body will Die,
but I will Never Die!*

PREFACE

Anything that is alive has to die. We know that you and I will not live forever. Death is certain. But what is death? Has anyone understood the true meaning of death? What happens at death?

A person was with us yesterday, but today, the person is no more. The dead body of the person lies in front of us, but we believe that the person has passed away or departed and we are told to pray for the departed soul.

What actually happened? It is a mystery because we are absolutely sure that the one who died is no longer with us. We have no clue as to where the person went. Death has occurred, but how and why did it happen? We are unable to comprehend death!

“I will Never Die” is a simple analysis of life and death, which reassures us that death is not “The End”. Of course, the physical body will die, but I will never die. There is

something beyond death. What lies beyond death may not be clearly visible, but definitely, death is not the end.

We all fear death because we don't truly understand the phenomenon of "Death". Once we do, we will face death courageously and celebrate life because we will realize the simple truth of life and death.

When somebody dies, we know that the person who was alive is no more. That person has departed, and the mortal remains that lie in front of us are not the person who was alive. This simple truth will inspire us to realize that we are not the body that will die. We continue to live. We will discover what lies beyond death. We will realize that death is just a completion of a natural phenomenon called life. "Death is not 'The End'; it is just a bend to transcend" – to discover what lies beyond! Instead of living with fear about death, we will live and celebrate a life of immortality.

This book will help you discover the truth.

*Death is not
“The End”;
it is a Bend
to Transcend.*

1

WHAT IS
DEATH?

What is DEATH? From time immemorial, DEATH has been a mystery. Yet Death is so real! It happens every day. People who are alive suddenly die. But people have not been able to understand the meaning of death.

What is death? What causes death? What happens after death? There are questions – so many of them! And we remain in a state of helplessness, unable to comprehend what death is. We see it happening in front of our eyes. We understand that somebody who was alive is now dead – that death is the end. Everything is over. Still we are unable to give a meaning or a definition to death.

We all experience death around us. Sometimes we go to a hospital where somebody is seriously ill, and we pray for that person's life. And then, the doctor suddenly says, "He is dead". What happened? The doctors were monitoring the person's life, but suddenly, they realize that there is no heartbeat or no pulse, there is no blood circulation, and there is no breathing. This leads to the cessation of all the vital functions of the body. Even the brain is dead. It is then that the doctors declare a person "Dead".

But what is death in reality? Is it the end of life? Somebody was alive, and now the person is dead. It was our father, mother, husband, wife or child. But now that somebody is

no more. What lies in front of us is the dead body of the one we loved. What happened to the person who was alive – that life, that energy, or that soul? A moment before we called that person by name. The next moment, after we acknowledge death, we don't consider the person to be around us anymore. All we know is that the person is dead. What changed in a moment? We often say the person passed away or the person left the body. Can we see it happening? No, we can't. But because we know death has occurred, we accept the fact and we believe that the person is no more here with us. The person is "no more" means that the person "was" alive. But the person is not alive anymore. That person has passed away and moved on to an unknown destination.

Is death the end of life? What happens after death? Will the person be reborn? Does that person go to heaven or hell? There are various beliefs and theories regarding death, but for certain, we know that death is the end of "this" life.

Death is not like sleep. When a person is asleep, the person is not dead. We know that the person will wake up in the morning. Even when a person is in coma after an accident or illness, we believe that the person will recover and come back to life. Why? Because the person's heart is beating, lungs are functioning, and probably, the brain is alive as

well. Therefore, death is something beyond sleep. Death is “the End” of the body that was alive. It is irreversible. Nobody can do anything to put life back into a dead body.

It’s interesting to understand whether death is the end of life or rather the completion of it. Therefore, to understand death, one needs to understand life. What is life? What creates life? How are we born? Is it just the biological fusion of a sperm and an ovum that creates a zygote that further develops into an embryo till it is fully formed and delivered at birth? Or is life beyond this biological process in the body? Of course, there is more to life! Life itself has been a mystery, and death, a bigger mystery. We human beings haven’t been given the ability to comprehend life and death. But we know that there is a connection between the two. Only somebody who is alive can die. Something that is not alive, such as a table or a chair, cannot die. It wasn’t alive; so there is no question of its death. Therefore, we understand that death is, in reality, the end of life.

All the religions of this world accept death and acknowledge it. Do they have a choice? Of course not! Death is a reality. We all see it happening, and on this Earth, life and death are two parts of one phenomenon. Both life and death are a part of this journey on Earth – something like a river that flows; it keeps flowing, flowing,

and flowing until it merges with the ocean. But we are still flabbergasted when we face death. On the death of someone near and dear, we are unable to accept and digest it. We break down, we cry, and we become saddened at the departure of a near and dear one. Death is always related to something ugly, sad, and dark. And the question is “Is it truly so?”

A philosopher divided the “death experience” into three categories. The ordinary man who just lives an ordinary life needs food for the body and desires material possessions and pleasures. This primitive man, so to say, resists death and fears it. Death is an enemy that is dark, devilish, miserable and ugly. He imagines that the God of death comes on an ugly buffalo to carry him away from Earth. To him, death is “The End” – the loss of all that he had, including possessions and people.

There is a second category of people like the poets, philosophers, and creative artists. They go one step further. They don’t think that death is bad. They accept death and they know it is an exit from this world. It is complete rest and eternal sleep. They are not people who live just for food and material possessions. They pay a lot of attention to the mind, the memory, the intellect, and the creative faculty, and they look at death philosophically.

They believe that death is “Not the End” and there is life after death. They will be reborn as per their karma, their previous actions.

However, there is a third category of people: those who realize the truth that they are part of the universal power we call God. They believe that at death, God welcomes us. “We are going into the embrace of God”, they say. These people are the believers – the ones who have a gut feeling that death is not something bad or ugly. Death is not the end of life, but the completion of our journey on Earth until finally we merge with God. Beyond death is God – the One who gave us life and the One who loves us.

Thus, death remains a mystery. It haunts us. There are so many myths that go with it. What is death? We live and die with death around us, but we don’t understand the meaning of death.

Instead of living joyously, and accepting death gracefully whenever it comes, most of humanity lives in the constant fear of death.

***Death happens when the Life inside us departs....
Then there is Death because there is no Breath.***

2

WHY DO WE
FEAR DEATH?

People across the globe fear death mostly because they are ignorant about what death is. Death is associated with pain, misery and loss. People consider death to be something ugly and unfortunate, and they dread it. The fear of the unknown, or the loss of the known at death, terrorizes most of humanity.

When a person dies, we see a person who was alive is suddenly no more. Life has escaped that person, and that person's dead body lies in front of us. We start wondering – what happened to that person? Where did that person go? Now the dead body will either be cremated or buried. The aura created by death fills the atmosphere with negative emotions of worry, fear and sadness.

While there are various beliefs and theories about what death is and what life beyond death is, it is quite natural for the fear of “beyond-death experience” to haunt and trouble us. However, very few people stop to analyze death, to look deeper at what this phenomenon is. Rather, we continue to fear this inevitable and uncontrollable natural cessation of life.

Doctors describe death anxiety as “thanatophobia” – the fear of death. Although it may not be commonly

discussed, the fear of death greatly troubles people. What makes human beings so concerned about death? In fact, sometimes the phobia is so great that people literally stop living. Old people are close to their graves dreading possible death, and the young ones not far behind. Is it because of the fear of the unknown? We don't know what will happen to us after death, where we will go and whether we will be happy. Or rather, is it because of the loss of the known? Death will make us lose all our possessions and people that we love so much.

We human beings live with desires and cravings and our ego creates fear. Fear itself stands for **False Expectations Appearing Real (F-E-A-R)**! The expectation is that death will destroy one's life completely. In fact, the fear of death makes us live with so much worry about tomorrow that often we forget to live today.

Several rituals and customs around the globe only emphasize the fear of death and all that follows. Because of our gross ignorance about death, people all over the globe perform different kinds of rituals and believe in many superstitions that further complicates death. Different tribes with their own unique traditions – across different villages in different countries – and beliefs in different religions and customs, have mysterious ways of dealing with death.

There are some people in Indonesia who do not consider a dead person as dead but as a sick person. They keep that person in their home and symbolically feed them, take care of them and do all kinds of things that may seem ridiculous to others. But to them, that is their custom. They believe that those who are dead are still a part of them. They don't accept the reality that life has come to an end. They even clothe them, take pictures with them and sometimes do things that other people can't understand. Is this new? Of course not! If we go back to the ancient Egyptians, they used to mummify the dead in pyramids. Often kings who died would have food served to them and servants to take care of them for a long, long time. They didn't accept the reality of death; they didn't believe that the person was not alive anymore and had completed this life journey on Earth.

Deep ignorance about death mystifies and complicates it. We need to study and understand what death is, and go beyond to realize the truth. By realizing what death is, we would be able to accept death gracefully.

No doubt that death is the loss of everything: We can see that whatever belongs to people who die is left behind. Death is a loss of wealth, relationships, family, and near and dear ones. Everything that somebody possesses is lost

because death is the end of life. When we are alive, we learn, we earn, and we create so many things in our lives. But at death, as if in one stroke, everything goes down like a pack of Dominoes. A person may be a multimillionaire, but on death, he is nothing. A person might have got married and have had kids and a large family, but at death, he leaves everyone behind. We live in the fear of losing all our wealth and possessions. We do understand that death is a loss of everything. However, we still don't understand what death truly is. Because of this ignorance about death and beyond, we continue to live in the grip of fear.

As long as we believe in the myth that death is dark, ugly and painful and as long as we don't understand death and realize the true meaning of death, we shall continue to live in fear. Although we may not express it, there will always be an apprehension about death and what will happen to us, to others and to everything that is connected to our life. People spend so much time creating a legacy as to who will be their legal heir, who will take care of their business, and who will continue their family after their life time. We worry about so many things, including what will happen beyond our death. But we don't spend time understanding death. We only view death with pain and sorrow.

We mourn the death of anybody near and dear and the

rituals that follow death last days and weeks, extending to several months and years. When a leader of a country passes away, the state declares days of mourning because people are supposed to be sad and mourn the loss of the leader. Public events are cancelled, the television stops broadcasting entertainment, and several other actions fill the air with disappointment and regret. Should we mourn death so intensely? When death is a reality, should we not accept it? No doubt we will feel sad when somebody near and dear passes away, but days of mourning and months of remembrance of the dead seem to be meaningless as death is inevitable and beyond human control.

We don't even know whether we are mourning for the body that lies in front of us or the mind and soul that departed. We just cry when we see somebody die. The ignorance about death envelopes us and because we do not understand the meaning of death, we continue to associate it with something sad, unfortunate and unacceptable.

In ancient India, there were women who used to burn themselves along with the dead bodies of their husbands because they felt that their life now had no meaning. This custom was called SATI, wherein a woman offered her life by burning herself on the funeral pyre so that she could go

along with her husband who had died. While this continued for centuries, it was banned as a result of the realization of ignorance, which had led to this foolish practice. While such rituals have mostly come to an end, what hasn't come to an end is that fear of death.

Even today, people across the world continue to live with fear of death because death has not been understood properly. People have not stopped to analyze death, thereby continuing to fear it.

***We fear Death
because of the loss of all we know
and what lies beyond Death,
which we do not know.***

3

ANALYZE DEATH –
WHO DIES?

Suppose there was a person called Robert. He was the son of Mr. & Mrs. Smith and he was sick. Suddenly he was declared dead. Who died?

Robert was here till a moment ago. Suddenly, the doctors checked his heartbeat and pulse and after confirming that all his bodily functions had stopped, they declared him dead.

What actually happened to the person who was alive? The living body, the mind and soul became a corpse – a lump of decaying flesh – in a flash of a moment. It seems that life escaped the person and he died. It happens even faster than when a pot full of water breaks and all the water drains out and what is left is the empty pot. At death, life zooms out of the body much faster in a flash to an unknown destination.

We don't really know what happened. But we understand that death has occurred. It means that life has ended and escaped. There was life in Robert, but because that life left his body, Robert died. The body lies in front of us. This is Robert's body, but it is not Robert. Robert has passed away.

But where did Robert go? He was just here. Obviously,

who is here is not Robert, but the dead body of Robert. We all accept that Robert passed away but where did he go? We don't know. But we are sure that Robert has gone. That is because he is not here. The mortal remains of Robert lie in front of us, and we are very sure that this is not Robert, but the dead body of Robert.

On careful analysis, it seems that Robert is made up of Robert's body, Robert's mind and a life force that gave this body and mind a life power. Some people cannot see it in three dimensions – the body, the mind and a power that gives life. They can visualize it in just two dimensions: the physical body that is visible and that dies; and the subtle body that is invisible and that escapes at death.

The physical body, no doubt, has died and lies in front of us, but the subtle body has left the physical body causing death. Some people think that the subtle body is just the mind, but a few realize it is both the mind and power that gives life, which together depart at death.

One thing is clear: Robert didn't die. Only Robert's body died because Robert left the body. The life that was here is no more here; it has gone somewhere. We shall find out later where it went. But what remains here is the dead body of Robert.

Somehow our visual eye is not able to capture this simple truth, and we tend to believe that the person has died. What do we mean when we say the person has died? Of course, the body has died. But where is the person called Robert? Robert has left the body, and thus, the body has died. Therefore, Robert has not died. He has just departed to an unknown destination when the life inside Robert escaped at the moment called “Death”. Robert just left his body and has moved on.

Putting it all together in a capsule – death happens when life escapes. A body lies dead in front of us while the person who was in this body no more resides within and has departed to another destination.

We don’t seem to understand what death is because we don’t analyze what we see. We have just heard of a concept called death. As we fear death, we see it as something horrible and we don’t see the truth that lies beyond. But if we focus on what actually happens, it is very easy to understand death.

We know that Robert, the person doesn’t die. The body of Robert dies. Robert lives on. This is strange but true because Robert has left his body. Robert is not here. The body has died. Robert has not died. One who analyses

death will be convinced that we don't die. We continue to live. Only our body dies – a body, which is constantly regenerating and recreating itself, reaches its final death. At death, there is no re-creation and regeneration. It is the completion of life. The body finishes its journey on Earth and then dies. But remember, I don't die and you don't die, just like Robert has not died. Robert has just left his body and moved on. When the life source departs, only the body dies. We don't die!

***“At death,
as the soul departs,
the body dies and
the mind flies!”***

4

UNDERSTAND DEATH –
WHAT ACTUALLY HAPPENS
AT DEATH?

It is important to understand what actually happens at death. We all know that death happens. It is beyond human comprehension. It is beyond our control, but death happens. Robert was alive and suddenly he died. What happened? What we see is that his dead body is here, but definitely he is not here. He and the life that was inside his body – both have disappeared in a moment.

Robert was born many years ago to Mr. & Mrs. Smith. When the couple wanted to start a family, they planned to have a child and after the due biological process, Robert was conceived in the womb of Mrs. Smith, and about 9 months later, Robert was born. Robert was not manufactured by Mr. & Mrs. Smith, but the fertilization of a sperm and an ovum led to the formation of a zygote that eventually became Robert when he was born. If Robert was born dead, then the entire process prior to that moment had no meaning because no life was created.

Somewhere between the fertilization of the two cells that created a zygote and the delivery of Robert on Earth, life entered. There are different theories as to when life enters – some people believe that it happens at the time of fertilization and others believe that it happens weeks after conception. While people disagree on when life enters, they all agree that life enters.

At death, the same life leaves the body. It seems that Robert had a life journey between birth and death. Both the points, i.e., birth and death, are beyond human control.

While there are things, as mentioned above, that we can't control, we can understand the arrival of life and the occurrence of death. What we seem to miss is that life is a continuous process that goes on and on from birth to death and beyond. Somehow, we tend to believe the death is the end, and we just don't understand that it is not the end. It is just a bend to transcend, continuing life in another form.

To decode the mystery of death, one has to analyze and understand what death is. One has to differentiate between the death of the body and Robert's death. Robert never died. Robert's body died as the life inside Robert escaped.

If we are able to observe and understand this truth about life and death, then we would be able to go a step further to understand what lies beyond death. However, if we are of the blind belief that death is the end and there is nothing beyond, then we will continue to be terrified by the mystery of death.

A person is sleeping. Do we mourn the absence of that

person? Of course not! That person has not died. He is asleep, but his mind is awake. That is why the person dreams. There are times when the body is asleep and the mind is also asleep, and we experience a deep and sound sleep. We wake up saying “I slept like a log”. This happens because the life power in us was still alive, while the body and mind were asleep.

Even if a person is sick and not conscious, we believe that person will recover, and we patiently anticipate the person's revival. But death is different. It happens when the life in a person escapes, never to return. It is not a temporary pause in the life of that person, but rather a complete end of all bodily functions.

To understand death, one must understand life because death is very much connected to life, and without understanding life, one can never understand death.

What is life? When a sperm fertilizes an ovum and conception takes place, just one cell is born. Is that life? Yes or no? Some people believe that life has been created, while others believe that life only happens when the child is born. Still others believe that life comes into the embryo when it was four months in the womb. Nobody can actually say when, but there is no doubt that when the

child is born, a new life enters Earth. Where did this life come from? While it is biologically understood that it starts with fertilization, the real time of creation of life remains a mystery unlike death. We know the exact moment when life departs and death happens.

Life and death are thus connected, with death being the end or completion of life. Where life comes from and where it goes may still be a mystery. But we can see the arrival and departure of life.

What do we see when somebody dies? We see a dead body. Somebody was alive, and that person is dead. They passed away. We consider that they have left this world. What else do we see? With our eyes, we can see nothing else. Somebody was walking, talking, eating, drinking and living, and in one moment, that person who was alive is dead. It seems to us that life has escaped that person, and we even say that the person has gone. Where has that person gone? We don't know. But we know that the dead person has gone. Robert was here till yesterday, but today, he passed away. Robert is dead. Robert is no more.... Sometimes, we try to reassure ourselves, "Are you sure doctor? Please check whether Robert is alive." The doctor checks and says, "Robert is declared dead because there is no heartbeat and breathing, which has led to the cessation

of all vital functions of Roberts's body.” Now as per his custom, Robert should be buried or cremated.

It is over. Death means the end, but what is death in reality? Is death the end of life or rather is it a completion of life? What is life? Life itself is a mystery. That's why we cannot create a life – not even the life of a butterfly or an ant. The creation of life is in the hands of the Creator, an unknown power who we call God. If death is the cessation of life and the end or the completion of it, then even death is in the hands of the same power that creates life. Nobody can be sure when they will die, how they will die and where will they die. Only the power called God – the Creator – knows.

There is a debate about whether death is the end of life or a completion of life. Is there any difference? Yes, because if death is “The End” of life, then it is understood that there is nothing beyond. It is abrupt, sudden and unexpected. But if death is a completion of life, it is like a completion of one chapter of a book that connects to the next chapter and the next. In the former, death is a complete end with nothing unfinished. But in the latter, some part is finished and some part continues. If death is the end, everything dies – the body and mind. But as implied, death is the completion of a life; the body dies and the mind continues

in another body as another chapter of life.

The moment death is looked at as a completion of a life, there is contentment and fulfillment, but if it is an abrupt end, there is sadness, fear and unhappiness. Therefore, many people who want to accept death gracefully look at it as a completion of a chapter of life. It's a phenomenon beyond human understanding. It's a journey on Earth, and it is not eternal. Life on Earth for mortals must end, but rather than looking at it abruptly as "The End", we should look at it gracefully as something that will continue after this episode of life.

Why is it that we don't regret death of an elderly person as much as we mourn the death of a young child? Somehow we feel that the former has completed their life journey, but the latter has abruptly ended life. We are shocked at the death of the child, but we gracefully accept the death of an aged person as the Divine will.

***The Union of the Soul
with the Body is called Birth.
The Separation of the Soul
from the Body is called Death.***

5

DEATH IS NOT
THE “END OF LIFE”

Is death the end? Or is there something beyond? If one analyzes death, one realizes that death is not the end. It is just a bend to transcend. There is something beyond. While death happens, life also happens, and there seems to be a definite connection between the two. Just like there is something before life, death doesn't happen out of nothing and out of nowhere, but it is a continuum of something; there is something after death also. It seems to be a cycle.

In the ancient days, it was believed that the sun rises from somewhere and sets somewhere. At that time, we did not realize that the Earth was, in fact, rotating around its own axis, but later we discovered the truth. Similarly, life and death seem to be a continuous cycle. Life is not a journey that just starts and ends. Just like the sun continues to shine and the Earth continues to rotate, life continues to arrive in a body and depart, causing birth and death. There is something beyond death because death is only the death of the body. But we are not only the physical body! We are also a mind that escapes when death happens. Therefore, death is not the simple end of something, but it is just a completion of a chapter. Since we understand that only the body dies, and the mind leaves the body at death, the mind continues its journey. Death is just like a sunset somewhere and a corresponding sunrise somewhere else,

where the mind leaves the body and takes birth in another body. If one compares death to a book, death doesn't seem to be the end of the book, but rather, it is the end of a chapter of the book only for a new chapter to begin.

In many religions, it is said that beyond death lies the final Day of Judgment, on which we would face all our actions of this world – the good and bad we did. A judgement would then be made on whether we would go to heaven or go to hell. Different religions explain it in their own way. Some religions believe in Karma – the Law of Cause and Effect, where we do not go to heaven or hell, but we are reborn to face the consequences of our actions. So there are different beliefs about what lies beyond death. These days, there is a strong belief about rebirth because some people have memories of their past life, and this is becoming more and more real as science is accepting the fact that some young children have a memory that could be from nothing else but their previous life. Therefore, rebirth seems to be an acceptable phenomenon of what lies beyond death.

Whether one believes in rebirth or not, many people of the world believe that death is not the end. There is something beyond. We have to face the consequences of our actions, be it going to heaven or hell – *Jannat* or *Jahanum* – or being reborn as a man or as an animal. One thing seems to be

coming out very clearly is that death is not the end. It is not the end of a story, but rather it is a completion of a journey. While our body dies, something in us continues to live. If that something in us didn't live, then who would face that final Day of Judgment? If that something in us was not alive, then who would go to heaven or hell? Thus, definitely, death is not “The End”.

We do understand that the body dies and it remains on Earth to be buried or cremated. But that is not the end. The life in us – the mind or the life power, whatever we believe in, lives on. It lives on to face the consequences of its actions that it performed in the body it possessed, which is no more. The body has died, but we – the ones who owned the body – did not die. We are not the bodies that we wear. We are the ones who wear the body. We have dropped the body at death only to take another body that will experience the fruits of the actions of our previous life.

Logically, we all know that the body doesn't go beyond death. So there is no point in believing that this physical body will survive death. I am sure of this! I can see it with my eyes. All those who die move on, leaving their body to disintegrate – either below the soil or as it becomes ashes. I am absolutely sure that my body will disintegrate at death, but I will not. The “me” that lives inside the body will live

beyond the death of the body. We all realize that death is not the end. We have to face the consequences and the judgment of the Creator or God.

Obviously, our subtle body or the mind, which has no form after the death of the physical body, cannot face any consequences. Therefore, it leads us to believe in the concept of rebirth, where we take a new form to experience the consequences of our past. Directly or indirectly, most religions believe in what is called rebirth, resurrection or some form of afterlife, which also requires a physical form so that we can experience the consequences of our past life actions. If there was no rebirth and our subtle or invisible body that moved on at death did not take a new form and a new body, then how would we experience the good or bad consequences of our past life actions?

The only way to go beyond death is that our mind or our subtle invisible self is reborn. Our subtle body – which is the combination of our mind, intellect, memory and ego, also called the inner instrument – lives beyond death of the physical body to face the consequences of life that it has just completed. Most people accept the fact that we will face the consequences of our life, and the only possibility is through our subtle body – a body that is not the gross physical body that dies, but the subtle, invisible body that

escapes death and continues to live beyond death. It then faces the consequences of its actions in a new body after rebirth.

Robert died. Robert left his mortal body and departed. He passed away. What does it indicate? It indicates that Robert actually didn't die. He just shed his body to continue another chapter of life. Otherwise, why would we say that Robert departed or passed away. Robert lies in front of us, but we say Robert is no more. We mean that the body of Robert is no more, and that Robert has moved on after completing this chapter of life. This journey has ended, but Robert continues his life journey in another form.

By now, we have clearly understood what death is. It is just death of the body, not the death of one who lived in the body. Robert was alive, and Robert died. Robert came alive into this body many years ago at birth. There was already something happening before Robert's birth. The life in Robert came from somewhere. Then, at death, the life in Robert moved on to another destination. That life of Robert has not ended, but death is the completion of Robert's life in this body.

To understand this, we have to imagine that Robert

entered into a baby that was born at some point of time. Then, Robert lived in that baby as it grew into a toddler, a child, a teenager and an adult. At death, Robert left that body. That body was only a garment, an outer covering or an external form that gave identity to Robert as long as he was alive in that body.

Robert will be born again just as he was born when he was Robert – only this time in another form with another name. Robert was just a name given to the child after it was born. The Robert who departs from the body may be reborn as John with a new body and with a new life. After living and dying as John, he may be born again as David. Each life with a different name enjoys the physical existence of the body from the time of birth to the moment of death of the physical body. Robert was not Robert before he was born.

Death is actually something very simple. It is a completion of our life journey. It is not the end of our life. Then why do people cry when we die? Of course, there is something beyond death. But we will only understand life that lies beyond the death of this body when we accept that the death of the body is not our death, but just the completion of our life in that body. With this realization, a new perspective to life and death is formed. One does not have to fear death. We need not mourn the demise of the person

just like we do not cry when somebody goes to sleep. Even at death, people will wake up to a new life, and we must joyously accept death as it is beyond our will and control.

Death can be viewed as something beautiful if we look forward to an afterlife and if we realize that death is not the end, but just a bend to a better life ahead!

***When the Soul departs,
there is no Breath.
That is Death!
The Body dies....
The Mind flies!***

6

IT'S INEVITABLE –
ACCEPT DEATH
GRACEFULLY!

We all know that we have no control over death. We can't postpone death even by a second. We can't call upon death today, and we can do nothing to defer death when death arrives! Still we do not accept this fact. We do not realize that it is inevitable. It is going to happen. You and I – we both are going to die one day. Anything that is alive must die. A butterfly has a life span of about 2 weeks. After its metamorphosis from a caterpillar, this beautiful little butterfly flies, but it may not last for more than a few weeks. It's inevitable.

There are some species on Earth that are blessed to live for 200 years. We human beings are currently said to have a life span of approximately 70 to 75 years. Of course, some children die at birth and some people live over the age of 100 – even up to 120 years. In some countries like Japan, people live up to 90 years because of good health conditions, and in some countries in Africa, the life span is just 40 years.

Wherever we live, we have to die one day. Death is inevitable for anything that is born. We can't escape out of life alive. Since we have to die, why can't we accept this fact and live? Because we don't accept the fact that death will happen and we don't understand the meaning of death, we live with the fear of death and we forget to live.

Life is an amazing journey from birth to death. Just like birth happens, death happens.

Sometimes, we become very possessive about our near and dear ones and we start worrying about losing them. Of what use is this concern? When somebody has to die, they will die. At the appointed time, only the producer-cum-director of life and death causes this to happen. We are the audience watching the movie called life. We cannot predict what is going to happen in the next scene of life. There may be a next scene in our life movie or it may be the end. Only the one who has produced the movie has control on this. It is beyond human comprehension and intervention. We are mere spectators. As an audience, our job is not so much to analyze what and why the Creator did. As the audience, our job is to enjoy the movie, and so we should enjoy life, moment by moment as it unfolds.

Life is an amazing experience on Earth. Unfortunately, some of us do not enjoy the journey. We live with the fear of death. We live life without accepting the reality of death, and think that we will never die. We hope that life will be forever, but we should realize that death of this body is certain. Just like the death of this body is certain, it is absolutely certain that the life that lived inside the body will not perish. We – the energy that is within the body –

the mind, the ego, and the breath will not die; these escape when the physical body dies. We – the driver of our car or the pilot of our plane – continue to live even after the destruction of our physical vehicle that contained life. Life continues life after life, just like a book unfolds chapter by chapter.

Robert was alive as Robert. But when the body of Robert died, the subtle body that gave life to Robert and that escaped at death probably reappeared in another form with another name – maybe John. He would live as John till the time of the death of John, but the same subtle person who was first Robert and then John now may go on to be reborn as Mathew.

It doesn't mean that the mind, which changes forms and names, dies. The mind continues its journey. The bodies die. The world has been made in such a manner that the body dies and the mind flies when the life energy departs. It is inevitable. We have to accept death. Since it is something that we have to accept, why do it grudgingly? Why do it out of fear? Why do it painfully? Why can't we accept death gracefully? Why can't we anticipate death in a manner that we are not worried about it? Why can't we live each moment, enjoying the moment and not thinking about death?

It doesn't mean that we should not prepare for death. We should be prepared for death, but we should not worry about it because it will happen. It is inevitable and inescapable. Both the billionaire and poor peasant have to die, and both don't know when they will die. Death happens at its own time, but it is not the end of life. It is a completion of one chapter of life before we will continue our journey based on our own actions, our own Karmas. We must accept death gracefully!

Life and death are two parts of a phenomenon that are beyond human control. Still, every human being who is alive has to experience both of them as well as live through the drama called life. On analyzing death, we understand that we actually never die. Only the body dies. We continue to live life after life with different names and forms. Since death is inevitable and beyond our control, what is within our control is how we live before our body dies.

***Those who truly understand Death
live every moment Gracefully!***

7

LIVE WELL
BEFORE YOU DIE!

Since death is inevitable, what should one do? Should one live with the constant fear of death? Of what use would this be? I am going to die. I don't know when. I may die today; I may die after a week, a month, a year, or 10 years, and if God wills, it may be after 50 years. It doesn't matter. When I have to die, I will die. But what matters is something else – something profoundly more important. What matters is how I live.

Most people forget to live. They forget to realize the true meaning of life, and therefore, they don't live life well. They don't have a purpose – a reason for being. They don't have a philosophy or an ideology. They just exist like the table and chair.

It is a blessing to be born as a human being! We are far better than the tree that is bound to the ground and the animal that lives instinctively. We human beings are the only ones who are blessed with an intellect – the ability to choose and to discriminate between “this and that” or between what is right and what is wrong. It is our choice. Each one of us has been given a free will. We can choose. We can change. We can be happy or unhappy, glad or sad. Nothing is forced upon us.

If we analyze life, we can see that it is made up of two parts:

one part is just like a road that is already paved, and the other part is like a car that drives on the road. We can't change the road; it already exists. It is the result of our past karmas. But we are driving the car. We can accelerate, go slow, turn left or turn right. That is our present free will. Our past karmas – our past actions – have already created a life that is unfolding. While the present life that is unfolding is a result of our past karmas, we are creating new karmas every day, every moment as we live. The new karmas or actions that we perform are going to be responsible for our future and our destiny. That is in our hands! Just like our past actions are responsible for our present condition, our present actions will be responsible for our future condition. And we need to realize that while we cannot change our past karmas, we can change our present actions.

Life is given to us to live. We can either waste our life or live our life. We can live in the past, or we can create a beautiful new future. The choice is ours. Many people just live helplessly with regret and apprehension of seeing death from a distance. They think that they may die tomorrow. But there are others who try to live well today, knowing that a good today will guarantee a better tomorrow because today's actions control tomorrow's destiny. Therefore, it is so important to live

well before we die.

Death is certain. It is going to come, but it may not come in the next 25 years. So what should we do for the next 25 years? Say “Good morning” and “Good night” to death every day? No. Rather forget about it because death is not the end. It is just a bend to transcend. Why should we worry about death? Why can’t we rather be concerned about life? Why can’t we live life purposefully and meaningfully, with a reason for being? Why can’t we make a difference? Why can’t we dance and take a chance? Why can’t we live before we die? It is sad that many people who do not understand the meaning of life and death remember death but forget to live.

We need to change! We must forget death and remember to live, and we should live well before we die. Every day comes with a gift of 24 hours made up of 1440 minutes. As the sun rises in the morning and sets in the evening, a day passes as the Earth rotates on its own axis. Yes, all these are a part of the magic created by the Creator who is beyond human comprehension! Instead of us questioning or worrying about what is death, why not enjoy the journey of life and live before we die? Death will arrive – we know this, but we also know that life is in our hands. This very day is in front of us, and this moment has arrived for us to

live, to make a choice, to be happy and to make others happy. We need to realize that if we don't live well before we die, we are not only spoiling our present, but also our future. If we don't live well every moment that comes to us, not only do we exist in a life that is controlled by our past actions, but we are also creating a future life, which is going to be miserable because of our present actions. We need to change our present actions because at least in that way we will control our future life. We must live well before we die. Death will come. Let it come at its own appointed time. Let us live!

***Those who Live well
do not have to
worry and cry
that they will Die!***

8

KARMA –
THE LAW OF
ACTION

What is karma? Karma by itself means action. However, the Law of Karma states that “As you sow, so shall you reap.” We cannot escape from the consequences of our actions. The way our current life is unfolding is probably because of our actions in our past life. So also, our actions in this life will bear fruits either in this life or the consequences will manifest in the future. Such is the law of Karma.

Therefore, karma believes in rebirth. It believes in us facing the consequences of our actions. The law advocates living a life with good deeds because according to the law, every cause will have an effect and our good deeds will be rewarded just as our bad deeds will attract negative consequences.

Those who study the Law of Karma realize that karma is not a punitive law, but rather a reformatory law. It seems to be just like the Law of Gravity – another universal law created by the Creator to manage the world. It puts the whole world in an auto mode, where every good is recorded and rewarded just as every bad is punished in a reformatory manner. Therefore, the word karma is a very popular word around the globe and accepted not just in the Hindu tradition, but also in other religions such as Buddhism. Other faiths also accept karma as a universal

principle of cause and effect. After all, we see it on the Earth: if we plant tomatoes, will we get mangoes? Of course not! We know that as we sow, so shall we reap. Therefore, just as we will get mangoes if we plant mangoes, we will be rewarded for our good actions, and we will face the consequences of our bad deeds.

If one goes into the depth of this law, one realizes why it is that some kids are born in rich families and some in poor families. Some are perfectly fit, while others are physically challenged. Those who do not understand or believe in the Law of Karma ask questions such as “Why does this young child suffer?” They don’t understand that it is not the young child that is suffering, but the mind reborn in the young body. The inner instrument or mind that finished one journey called life is now reborn to suffer the consequences of the actions that it has done in the previous life. Someone is born in a royal family as a prince or princess with all comfort and luxuries, while someone is born in the home of a poor beggar. Why? Obviously, it is the Law of Karma in action.

The Law of Karma operates with the principle that even after our physical existence, our deeds are not wiped away. The physical body may die, but the subtle body – the mind, intellect, memory, and ego – continues to live to

face the consequences of what it did through the physical body it had inhabited in the previous life journey.

People now understand why there is suffering in some cases, and joy and bliss in others. This doesn't seem to be random luck, chance or fate, but an organized system of this world. We need to accept that this world is well organized. The sun rises and sets, seasons come and go, and we never face an accident such as the planets colliding with each other. This only goes on to show that this world is managed by a very intelligent power. That is why day after day, year after year over the centuries, the world is running in a systematic manner, and so is the Law of Karma. It is just another universal law that makes this world continue to be what it is supposed to be as per the Creator and it is for us to understand life, karma, death, and rebirth.

Does the law make sense? Of course it does! What else can one believe in? Most religions of this world believe that we will face the consequences of our actions – whether through karma and rebirth, or through the final Day of Judgment where we will face our Lord, and then go to heaven or hell. Across religions, we all believe that our actions will bear results. Those who study theology, religion, or philosophy, and understand life and death

generally believe in the Law of Karma, the Law of Cause and Effect, or the Law of Action and Reaction.

The moment we believe that there are consequences to our actions, it becomes logical to believe that there is rebirth. We understand that at death, the body is dead. It is finished, burnt, or cremated, and it is no more. If Robert is dead and Robert's body is now reduced to ashes, then how is Robert going to face the consequences of his actions?

When we understand that Robert is not that physical body, but Robert is a mind power that had occupied that body, only then we will understand death and afterlife. Robert has moved on beyond death, and the mind of Robert continues to live after death to face his judgement as per his actions or his karmas. For this to happen, Robert's mind, which is formless, has to take a new form without which it is impossible to face any consequence. If we connect both – death and birth – and the need to face the consequences of our actions, it becomes logical to believe that there is rebirth.

It is just like seeing somebody entering a room. Where did that person come from? That person has come from somewhere. On the other side, we see a person leaving the room. Where did that person go? That person went

somewhere. So obviously, if we see people coming and going, there seems to be a connection. It may not be the same person coming. But somebody is coming from somewhere, and it may not be the same person going, but somebody is going somewhere. Therefore, there is this connection of coming and going. There is definitely some connection between birth and death, and it seems logical to accept rebirth.

Most religions, in some form or the other, believe in the concept of an “after death” experience, rebirth and the rising of the dead or resurrection. There may be a difference of opinion in these matters, but there is no doubt that death is certain. It happens and life too happens. Because there seems to be a strong belief that we face the consequence of our actions, there is a logical connection between death and rebirth. If we have to face the consequences of our actions, we have to be embodied. We need to take a physical form of life. Since there are physical forms that are taking birth, the Law of Karma relates this to be the rebirth of the subtle body that escaped at death.

For those who are not familiar with the Law of Karma, it states that there are three types of karma. The first reservoir of our karmas is our corpus – the collection of our

Karmas life after life. It is the sum total of our karmas that we carry forward at the end of each life, put together. It does not belong to a physical entity, but belongs to the subtle mind that occupies a physical body through which it accumulates karmas. The body dies, but the accumulated karmas belong to the one who is inside the body and who does not die. This subtle mind accumulates these Karmas life after life.

From this corpus or reservoir of karmas, a portion is designated to a new life that we start. It is like the opening balance of that life. This opening balance, which is moved out of the corpus, decides our new birth, and our new life – whether good or bad. Once we start a new life, these karmas that we carry from our previous life cannot be changed. In fact, they become the basic foundation of our existence in the new physical body. While many things in the new life can't be changed, we are still given a free will or a choice that can change what is happening in our life today.

This is the third type of karma – the karmas that we create in our new life, arising out of our actions that flow from own free will. As we sow, so shall we reap. Our actions will create corresponding karmic reactions that may or may not fructify in this life. But this third account of karmas

exists, and gets added to our opening balance of karmas and finally to our corpus of karmas after death. The closing balance of our “Karma Corpus” is what decides our next life.

Some people believe that positive karmas are accounted for separately and are not adjusted with negative karmas. This implies that every action has to be repaid, good or bad. Good deeds cannot negate a past bad karma. There are others who believe that good deeds can eliminate bad karmas that we carry forward in our corpus or our opening balance in this life.

To understand karma, we should also be absolutely clear as to who faces the karma. If Robert died, then Robert is no more. The body of Robert doesn't exist. Then who will pay for Robert's actions or who will be rewarded for his good deeds?

Who actually created the action when Robert was alive? The body was the vehicle, but it was Robert's mind, intellect, and ego that together were actually creating the action. The mind of Robert is actually responsible for the actions that Robert did because it is the mind that directs the body to act. It is said that as we think, so shall we act, and as we act, so shall be our destiny. Therefore, Robert's

destiny is based on Robert's thoughts and Robert's mind, and the one who accumulates karma is the mind that occupied Robert's body. This mind might have been embodied in a person named John in an earlier life. The karmas the mind had accumulated when it had occupied John's body caused it to be born as the mind in Robert's body, and it was experiencing the fruits of its actions through the body of Robert that it inhabited. The actions that the mind now creates through Robert will be carried forward as the mind may be reborn as the mind of David, and the actions performed by Robert will be enjoyed by the mind embodied as David.

Karma is a law that goes on and on. It is a cycle of death and rebirth, with each life enjoying the cumulative effect of its past actions. The sense organs of the body only perceive and experience the fruit of the karmas that belong to the mind. They transmit all the feelings, pleasure or pain to the mind. It is the mind that truly experiences the consequences of what it did in the past through the body.

When we die, the physical body remains on Earth. But who moves on? Who passes away? Who goes beyond death? It is the subtle body or the mind that will now take a new form, and in that new body, it will face the consequences of its past actions as per its accumulated

karmas along with the consequences of its present actions created by its own free will. Such is the Law of Karma!

Some people refer to this as the science of cause and effect. Every cause has an effect, just as every effect has a cause. Birth is the effect – what is the cause? Something caused it. Our life is the effect – what is the cause? It should be our karmas. Otherwise, everybody would be born exactly the same. We are different because of our different karmas. Today, some of us are happy and some sad. This is the effect. What is the cause? As we live, we think and we act. These are the causes. Will there be an effect to this cause, or will we just die and it is over? The law says that every cause must have an effect. In the case of human beings, the effect is rebirth, where we will reap the fruits of our actions.

Today exists because of yesterday. If there was no yesterday, how would today be born? Because of today, there will be tomorrow. Today's existence proves that there was yesterday, just as tomorrow's existence is because of today. Actions produce results just as results are produced from actions. Such is the Law of Cause and Effect!

All the above facts only validate the fact that death is not

the end. Viewed together with birth, we can infer that the body dies, but the mind powered by the life force continues its journey to face the consequence of its past actions in another body, and this cycle continues again and again.

***Your Life today is a Reflection of
your Actions of Yesterday
and will determine the
Consequences of Tomorrow.***

9

THE MIND IS
REBORN!

Those who don't understand the meaning of life and death – the fact that we don't die and only the body dies – do not realize the truth that the mind is reborn. The body cannot be reborn after death. It is reborn every day. We sleep and we wake up – but we know this is not death. The body is reborn in a sense that we wake up after we sleep. We know it, we see it and we accept it, but we are not able to use our intellect to realize a simple fact that the mind is reborn after death, not the body.

Can a body that was 100 years old, which was cremated to ashes or that was buried and eaten by ants, be reborn as the same body? It is not possible! How can my lungs, kidney and heart come back to life after being reduced to nothingness? Why can't we accept the fact that the body will perish? It will never be reborn. The apple that we have already eaten cannot reappear. A new apple can appear as a new fruit. But the same apple cannot reappear because it has perished. What has perished cannot be recreated.

Does the sun recreate itself every morning? No, because it doesn't die. It is eternal. The moon is not made afresh every day. The same moon appears. It is also eternal because these are things that do not perish. But we are mortals – we will live and we will die. We should understand what dies in us and what doesn't die in us.

When Robert died, what happened? Robert's body died. Robert's body turned to ashes. But the one who was Robert and who wore the body of Robert – the mind, the life inside Robert – didn't die. At death, they escaped. That's why we say, "Robert died". He passed away. He expired. He departed. We say, "Let us pray for the departed soul". We know this, and we also seem to accept it, but we don't want to realize it in totality. Robert's body can never recreate itself, but Robert's mind cannot be destroyed. Robert's mind is reborn because Robert's mind has dues. It has to receive rewards for its actions as well as face the consequences of the sins that it had committed. While bodies cannot be reborn, the mind that occupies a body never dies. It continues to live. It is reborn in a new body as per its karmas.

A new life, as we know, starts with a zygote created in the womb, but the body is only a vehicle that carries the life. The life, the mind, arrives from somewhere into this cell structure that is developing in a fetus – just as at death, the mind departs; the mind doesn't die. So also prior to birth, a mind arrives. These together seem to be a connected cycle put together by the Law of Karma.

The constant departure of the mind at death and arrival of the mind at birth tell us that the mind is reborn again and

again. The fact that the mind faces consequences of its previous actions and the understanding that people are born in fortunate or unfortunate circumstances once again reiterate that the mind is reborn as per its karmas.

There is no direct proof for this, but the truth can be inferred using our logic and intellect, analyzing birth and death. Life and death cannot be something random based on nothing. We are convinced that the physical body dies and we are not the physical body. We are the mind that doesn't die. We continue our journey till we are reborn on the basis of our past actions.

Is there proof of rebirth of the mind? There is no proof, but we believe it through inference. Is there proof that the Law of Gravity exists? There is no proof, but because we see that everything thrown up falls back on Earth and doesn't fly away in the sky, we infer that such a law exists. Similarly, we don't see the life and mind escape from a dead body, but seeing the dead body, we infer that they departed. Nobody sees the mind and a life entering a zygote or an embryo or a child that is just born. But we can infer that every child born has a mind and a life.

We don't have to see everything to believe it. Do we see the Earth rotating? Can we feel the Earth moving round

and round? We don't, but we believe it does and it is true. So also, the life inside us doesn't die. It continues moving from one body to the next. In fact, the whole world seems to work on the principle of continuity. The sun, the moon, and the stars continue their existence. The tree and the seed continue existing and so does life. It does not perish.

In fact, even science states that energy cannot be destroyed. It can only be transformed from one form to another. Therefore, the life energy in us doesn't perish, but it carries the mind into a new life that arrives.

We need to understand that everything in this world cannot be seen with our own eyes to know it is true. Knowledge comes from what we see with our eyes, what we hear from others and what we infer after we see and hear. It is for us to use our intellect to understand the truth.

Imagine that we have entered a room filled with people. We cannot infer that these people were always in the room only. Obviously, they came from somewhere, and they will go somewhere.

One question is still unanswered. The body dies, but what is it that doesn't die? Is it the mind, the memory, the intellect, the ego or the soul? When we analyze death and

understand what happens, we realize that death happens when the life energy leaves us. At death, when this life energy leaves us, the body dies, but the mind leaves the body along with the life energy.

This life energy is called by different names – the soul, the *prana*, or the *Atman*. It is pure energy that is invisible, but gives life to the body and mind. It is like electricity that gives light to a bulb. When the electricity is switched off, the bulb doesn't function. This is the third aspect of a human being, the first being the body and the second being the mind.

Apart from the physical body that dies – the skin, muscles, blood, tissues and bones that form the gross physical matter – everything else is the subtle body or the mind. This is also known as the mental body or the astral body. This invisible body that combines the mind, memory, intellect and ego is the inner instrument that doesn't die. For the sake of understanding, we refer to this invisible entity as “ME – Mind + Ego”.

At death, “I” the body dies. ME – Mind + Ego – escapes and is reborn. This happens when the energy or the soul departs.

The soul or the life energy is not ME – Mind + Ego. The soul

only provides us the life energy to live. Without the soul energy, there can be no birth, and death happens when the soul energy departs. The body dies, and the ME (Mind + Ego) leaves the body to take birth again and again, accumulating karmas.

The mind never dies; it lives on life after life with a new body. The body grows old and dies, but the mind never ages. ME – the Mind + Ego – continues its journey from death to birth again and again, experiencing both pleasure and pain in the various bodies that it adorns based on its accumulated past actions.

The concept of rebirth is a controversial subject. Many people reject the concept of rebirth as there is no proof. The body is dead. The mind that is reborn along with the life energy is subtle – it has no physical form. It consists of the mind, the intellect, the memory and the ego. The only aspect of the mind that can prove rebirth is the memory. In recent years, several cases around the globe indicate that rebirth actually happens.

A young swan swims gracefully just as a little dog doesn't drown when thrown into a lake. We refer to this as instinct, but what is instinct? It is nothing but memories that are carried by a mind that is reborn.

What do you think of these real-life stories given below?

A child in Jhansi could recite the entire Bhagavad Gita and Ramayan when he was just one-and-a-half years old. How could this be possible?

A five-year-old child in Kanpur knew his name from previous birth – Sivadaya Muktas. He claimed that he was murdered during the riots there. One day, the little child insisted on being taken to his former house. There, he recognized his former wife, his children and several things from his house.

James Leininger, an eight-year-old boy from Louisiana started talking about aviation when he was just 2 years old. His parents knew nothing much about planes and were surprised at his in-depth knowledge. James started having nightmares about being shot down by a plane with a red sun on it – a Japanese plane. He had dreams and memories of being Lieutenant James McCready Huston Jr., a World War II fighter pilot who had been killed more than 50 years ago. James would scream at the top of his voice, “Airplane crash on fire. Little man can’t get out!” as he kicked and pointed to the ceiling. Later, James told his parents that he had flown a plane called the Corsair from a boat called the Natoma. His father researched and discovered that there had been a small escort carrier called the Natoma Bay, and that there was a pilot called James Huston in real life, whose plane was hit in the engine by Japanese fire.

One of the most well-known cases of rebirth is that of Shanti Devi. Ever since she could talk, she could recollect events and experiences with her past-life husband. She kept insisting that she is Ludgi Devi from Mathura and also kept requesting her disbelieving parents to take her to Mathura, the city of her previous birth. When her past-life husband Kedar Nath came with his 10-year-old son and current wife, Shanti Devi instantly recognized him. He confirmed that her narration of the details were, in fact, true. She not only knew the color of her house in Mathura, she also knew the names of the streets leading to the house. When she entered the courtyard of the house, she was dismayed to find the absence of a well – her past-life husband then picked up the stone covering a wall-less well. She was able to identify her brother from her “previous life”, her parents, and even the elder brother of her former husband.

Don't these cases make us realize that these may be new bodies, but reborn minds? How would otherwise a young child of 4 be an expert in playing the piano?

As long as we live, we think and act, and we create karmas. As long as we create karmas, the mind will be reborn in a new body, life after life.

*The ME (Mind + Ego)
never dies.
It leaves one body,
only to be reborn in another.*

10

LIFE AFTER LIFE –
HOW MANY LIVES?

Somebody asked, “How many times would we live after the body dies? How many times will we be reborn?” The answer is – we don’t know! It is just like asking how many times the sun will rise and the sun will set in this world. The sun has been rising since the beginning of time, and the sun has been setting since time immemorial. We don’t know when the sun started its journey and when it will end its journey of existence. We don’t even know whether there is a start and end to sunshine. This whole universe and the Earth we live on are the work of a Creator – a power that is beyond human comprehension. We are unable to answer such questions.

While we do not know what happened before life began on the Earth and we do not know what will happen after life ends on the Earth, we can see life as it unfolds in front of our eyes, generation after generation. What do we see?

We see birth happening on Earth. Somebody is born, and we also see death happening as the living die. Birth and death are physical realities as we see. What do we understand about birth and death? It seems to be a process that has been continuing and will continue. There is no reason for us to believe that birth will cease to happen, just as there is no reason for us to believe that death will no longer happen.

Some religions believe in the existence of life since billions and trillions of years. They even call them “*Yugas*” or large consolidation of life periods on Earth – bundles of millenniums put together – and there are so many mythological tales that reinforce the same belief. We don’t know how old the Earth is, but certain study of fossils, plants and Nature indicate that the Earth is several million years old. If one wants to use a logical mind, there is written proof of human existence only since a few thousand years. The story of Christ is over 2,000 years old. Buddha and Krishna are said to have traversed the Earth a few thousand years ago.

Life, therefore, to some practical thinkers who decode written history of a few thousand years, since there is nothing beyond, is not to be complicated with prehistoric mythology. They do not bother to reflect too far into the past to learn what used to happen, but what they see is that life continues. When a person dies, the body is consumed, but the person who lived inside the body moves on as we see life escape from the dead. The one who was considered dead will take another life, and will die again as commonly understood. We now clearly understand that the person doesn’t die; only the body, in which he was living in, dies as the person continues living life after life.

Whether we will take the form of a human being as some religions believe or we will take the form of other species, plant, or animal, only the Creator knows! But logically, we believe there is life after death.

To conclude, we don't know how many times we will experience death and birth, but we do know that life doesn't end at death. Life goes on. Death is not the end of life! It is the completion of one chapter of life. It is the completion of life in this body – a body that has a name and form. But logically, our life journey is not over. The story has not ended. The story continues.

I will be born on the basis my past actions. Then, I will live and I will die, and as per my actions, I will create new karmas. Then I will experience death in the physical body only to experience birth again. How many times? I don't know.... But I know that I will be born again and again and again!

Some saints and god-men of the world have spoken about their past life experiences and how the Law of Cause and Effect, the Law of Karma actually operates on Earth. Added to this, several cases of young children being born with minds that recollect their past life or a memory system, which recalls the scriptures that they learnt in

their previous life experience, together go on to endorse the phenomenon of life continuing after death. We cannot conclude how long this life phenomenon has existed and for how much more time it will continue. Only the one who has created the world and life on it truly knows.

Life and death are controlled by Karma. While we cannot alter our past karma, we can create new karmas of our choice using our free will and we can choose the way we live. These together make us experience both pleasure and pain in this journey. Everyone who lives, unfortunately, grows old and dies and experiences the pain that goes with it. While life may look like a combination of fun and pain, the wise men of the past had come to a conclusion using their wisdom and experience: life is full of suffering. Is that the reason why when a child is born, it arrives on the Earth crying?

***There are some questions
about Life and Death
that are beyond human
comprehension.***

11

WE CAN'T ESCAPE
SUFFERING

Many centuries ago, there was a Hindu prince Siddhartha Gautama. He was a rich prince and lived in his kingdom in opulence and happiness. He was married to a beautiful young woman and had a child. He, as a child, noticed certain things that he called the noble truths. He noticed that the world is full of suffering. He saw blood and death, old age and disease, and he realized that no one could escape from this. Can anyone escape death? No. Can we escape suffering? Of course not. We all may or may not have disease, but we all will suffer and die.

The prince transformed his life and earned the title – “The Buddha”, the awakened one. He awakened to the reality that this world is *dukha* or suffering. Nobody can escape suffering. This truth is inescapable. Pleasure and pain are both a part of the life journey from birth to death.

If we are going to be born again and again, are we going to suffer the death experience again and again? Of course! One who experiences birth cannot escape death. There is going to be life after life. Does that mean that there is going to be suffering after suffering?

Can there be a life without suffering? This quest became the objective, the passion, and the obsession of Prince Siddhartha Gautama as he renounced the world to

become "The Buddha".

Doesn't the realization of the awakened Hindu prince, the Buddha and the suffering of Jesus on the cross and so many other historical incidents tell us that we can't escape suffering? As long as we live, there will be pleasure and there will be pain. We will be glad and we will be sad, and just as there is joy, there will be suffering.

While positive thinkers criticize this as negative thinking, it is very real and inescapable. Sure, we should live positively and be happy, but we cannot escape the suffering that comes at death. We can and we should live with faith, hope, enthusiasm and love, but we can't escape death and separation from loved ones and our possessions. Happiness seems to be the goal of humanity, but we can candidly see death causing unhappiness again and again.

Being human, we believe that happiness comes from the pleasures of achievement. Some people are lucky to discover the true joy and peace that comes from contentment and fulfillment. There are a very few who, like the awakened prince, seek ultimate happiness. They go beyond the death experience and realize that there is a way to escape this suffering that comes to us death after

death. They make this realization the goal of their life.

Buddha called this *Nirvana* – the escape from the cycle of birth and death that leads to *Ananda*, which is a state of eternal joy, bliss and peace. This state is referred to differently as Liberation, Salvation, Enlightenment and *Moksh* by different people around the globe.

When a child is born, why does it cry? The child who is born after living 9 months in the mother's womb seems to know that this world is full of suffering. Otherwise, probably the child would have started laughing immediately after its birth. We notice that the child grows up as an innocent, happy child. However, as the child becomes an adult and experiences this world of illusions, besides being happy, the child also suffers. Eventually, every human being grows, suffers and dies. If we don't suffer during life, we suffer at death because at death, those who live thinking that this is "my" world, "my" family, "my" possessions, and "my" relationships have to leave everything behind. When I depart, everything that I own dissolves, and this is the biggest suffering! Those who realize the truth about life are the ones who escape this suffering. There are very few people who realize this third peak of happiness, which lies beyond the first peak of Happiness, Achievement and the second peak,

Fulfillment. They go on and achieve the final goal of life – Liberation, which is to escape from all the prisons of misery and sorrow.

*Life is painful,
but Death is not....
In fact,
Death liberates us from pain!*

12

OUR GOAL IS
LIBERATION –
FREEDOM!

As we review death and life, what do we realize? What is the goal of our life? To a common man, there is no goal, except to be happy. Human beings live, enjoy, dance, eat, drink and are merry. It is simple! The common man doesn't want to think about life and death or anything else. He wants to wake up and think about what he is going to have for breakfast, what clothes he is going to wear, where he is going to go, who he is going to meet, and that's it. The common man doesn't want to think of anything beyond. The man is happy because of what he achieves, and if he can deal with the little problems of life, he is satisfied.

There is another category of people who think a little beyond. They think that their goal of life is to be happy, content and fulfilled. They ask questions. They understand the meaning of life and death. They realize that they are not this body. The body will die. They are something else – the mind, memory, intellect and ego. They realize that they will be reborn. They also understand the Law of Karma – the Law of Cause and Effect or the Law of Action and Reaction. They see that the universe works like a mirror – what we give is what we get. Life is like a boomerang that comes back to us. The people in the second category try to live a meaningful life. They live well, creating good karma so that they are reborn with all the pleasures, joy and the peace they can dream of.

It is the third category of people who are different. They have experienced pleasure that comes from achievement, and peace that comes from fulfillment. But they go on a quest or a search to find a deeper meaning of life. These are the rare few who realize that the goal of life is liberation. The goal of life is freedom from death and rebirth. The common man or even the man who is at Level 2 does not strive for liberation – escape from the suffering that comes at death.

How can one be free from the cycle of death and rebirth? We are a body that is controlled by a mind. Even if we realize that based on karma, we will be born again and again, how can we be liberated? How do we get freedom from suffering? One may think that with extremely good actions, one will have good karmas and a good next life. But there is a bigger problem. However good our life may be, the best people in the world still suffer, just as Buddha discovered that nobody can escape suffering as they will die and will be reborn again and again. Thus, they cannot escape suffering.

What is the ultimate goal of life? It is escape from suffering. It is liberation that comes from self-realization. The goal is the realization of the truth. A very few people – probably less than 0.00001% of humanity – are fortunate to realize

the truth. It is not a game to be played by everybody. But this is the final goal of life!

Our first challenge is to realize that we never die. We are not the body that we wear. As the one who wears the body, we leave this body only to be reborn again. The body dies. But we don't die because we are not the physical body. Therefore, there is nothing to fear about death. Our only focus is to live well with good karmas so that we are reborn with happiness ahead in our next life.

If we are able to understand this about death and life beyond, we can live a very happy life. But if we want to go further and achieve that state of liberation from death and suffering, then we have to start a new journey.

This journey is like climbing Mount Everest. Not everybody can achieve it, but the few who achieve it are the champions. They are the ones who sacrifice, commit and are dedicated to achieve this goal. Only a few aspire to climb. From these few, some start the trek, and from amongst those who start, a very few reach the summit.

Such is the journey of seeking Liberation, Realization and Enlightenment. First, we realize that we are not the body that dies, but the mind that is reborn on the basis of its

karmas. In the final journey, we realize something that is difficult to believe – we are not even the mind that we thought we were! The mind is invisible, and it doesn't exist. It is caused by our ego that is born out of the ignorance that "I" exist. The one who realizes this escapes rebirth as he realizes that he is not even the mind and so he doesn't accumulate karmas. Therefore, he doesn't need to be born again. This realization is Liberation, *Nirvana*, *Moksh*, Salvation or Enlightenment.

The realization that we are not the mind is very difficult to understand. Less than 1% of the world even attempt to do so. A very small fraction gain the knowledge. From the ones who do, a tiny percent realize the truth and are liberated from suffering.

This realization and liberation is explained in **the second book – I Will Never Die. Death is "Union with God"**. Those who realize that we are not the body, but the mind that is reborn will find it challenging to evolve to the next realization, as explained in the second book.

If the divine grace is upon them, they will realize the ultimate truth and be liberated from the cycle of birth and death and shall escape suffering. They shall experience eternal, immortal joy, peace, love and bliss.

*Death is
the doorway
to God.*

REFLECTIONS OF
A READER

***What follows below are the reflections
of one who read this book:
I WILL NEVER DIE,
Death is not "The End"***

All along, I believed that I will live and I will die. Whatever belongs to me will be lost. My beautiful relationships will end because death is the end.

Something made me believe in Karma. What goes around comes around. If I do good, then I will receive good, just as evil deeds shall attract evil consequences.

My goal of life is to be happy. I tried to be happy through the pleasures that material things gave me. But I learned that far more than money, success and achievement, happiness comes from contentment and fulfillment. I stopped chasing pleasures and tried to live with joy and peace. Then I realized that however happy and peaceful I was, my life had no meaning and purpose. I went on a search for true happiness.

I was saddened to learn that we all will suffer. We can't escape suffering. Anybody who lives will grow old and may face disease and decay, but will suffer and die. This is the reality of life. I read this book and found solace. I realized that at death, we don't die and only the body

dies. The mortal remains of a dead body are enough proof that the one who was in the body has left the body. The person has departed – moved on or passed away. That person was never the body. The body was only the habitat or home of that person.

Therefore, the body dies, but the one inside the body never dies, but escapes from the body along with the life force. This truth becomes obvious at death.

What happens at death? When the life force inside us departs, the body dies. While the body dies, ME (Mind + Ego) doesn't die. It leaves along with the life force. It is not difficult to realize the truth that the mind is different from the body. The mind dreams as the body sleeps. The mind is the invisible subtle part that controls the body as it lives.

It is the mind that is responsible for our actions. The body only acts, it follows what the mind says. Therefore, the mind creates karmas – both good and bad. These accumulated karmas decide the future of the mind.

ME (Mind + Ego) will be reborn on the basis of my karmas. I was born on the basis of my previous karmas, and after I die, I will be reborn on the basis of the cumulative effect of my previous and present karmas.

If I live well, I will be reborn in a life that will be full of happiness. But if I live a life without ethics and values, with negativity, inflicting pain and suffering on others, I know that it will all return back to me. So I must live a good life.

But one thing is clear – I cannot escape from my own karmas, my past actions, although the body dies. The karmas that belong to ME (Mind + Ego) will return to me in my new body. The body will die; I will never die. I understand that death is not the end of my life, but only the end of my journey in this body.

Therefore, why fear death? It is inevitable! It has to come. Instead of worrying about death, I must focus on life, knowing that my good actions are guaranteed to give me a good future destiny.

But there is just one regret: Eventually, I have to leave this body, and I have to suffer in each new life journey although it may be filled with happiness. My focus is on nourishing the mind, and not so much the body, which I am not.

The body will die. It is not me. It developed from a zygote to an embryo, and then I was born, I grew up, I will grow

old and I will die. No.... I will not die! The body will die. I will fly away with the life force!

I might have had several past life experiences, and I will continue to have new human experiences each time I am reborn. While I am grateful that I have realized this truth that death is not the end and I will never die, I regret that I will have to suffer each time I am reborn.

Spiritual masters around the world teach us that there is something beyond the death of the body and rebirth of the mind. The saints call this Liberation, Salvation, Enlightenment, *Moksh* or *Nirvana*. Liberation comes from self-realization – realization that I am not even the mind and ego. If I realize this truth, then I will not create any karmas and I shall be liberated from the cycle of birth and death.

My goal is liberation. I shall not stop at the realization that I am not the body. I look forward to reading the second part of this book – **I Will Never Die. Death is “Union with God”** to find the truth so that I can be liberated and also escape from the suffering experienced by ME – the Mind and Ego.

Thank you, AiR!

*If you seek to realize the truth,
read the second book:
I WILL NEVER DIE
DEATH IS “UNION WITH GOD”*

ABOUT AiR

(The Author)

AiR - *Atman* in RVM or the Soul in Ravi V. Melwani is an embodied soul whose only mission in life is to realize God.

He was born on October 15, 1966 in Bangalore, as Ravi V. Melwani. 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 Kids Kemp, Big Kids Kemp, 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, transformed his life to RVM living by the RVM philosophy – Rejoice, Value Life, and Make a Difference. He set up the RVM Foundation and started doing H.I.S. work – Humanitarian, Inspirational, and Spiritual work. His mission was to “Make a Difference” in this world before his journey was over.

As a part of RVM's humanitarian initiative, RVM Foundation Hospital was set up in 1998 with an aim to provide free medical treatment and care to the poor, destitute, and needy. The hospital has no cash counter. From the current 250-bed hospital, it will soon grow into a multi-specialty, 1000-bed hospital for the poor and destitute. RVM Foundation also has its own destitute homes and orphanage that serve over 700 homeless and

suffering residents, providing free shelter, food, medical care, and clothing.

RVM, through RVM School of Inspiration, has transformed the lives of many through his motivating talks, inspirational books and videos, and thought-provoking quotes.


RVM built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. Being an ardent believer in Lord Shiva for long, he has written and sung about a thousand *bhajans* – songs of devotion. He now believes that religion is just a kindergarten of spirituality, and we all have to go beyond religion to truly realize God.

One day, his Guru provoked him to introspect: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a *Talaash* or a search for the truth. He gave up his life of Achievement and Fulfillment in search of the final peak of life: “Enlightenment”.

After a few years of intense search in silence, deep in the

mountains, he realized that we are not this body. We are the *Atman*, the Soul. He changed his name for the second time from RVM to AiR – the *Atman* in RVM (the Soul in RVM). He metamorphosed to AiR and gave up his entire life as RVM. He started the study of *Atman*, God, and Life. This led to several realizations that formed his new mission of life – to realize God and to help Seekers realize God.

| | Om Namah Shivaya | | | Shivoham | |

Visit  Google play or Scan the QR Code
to download the AiR - Atman in RVM App.
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*When the Sun sets somewhere,
it rises somewhere else.
When Death happens somewhere,
Birth happens somewhere else!*

I Will Never Die

Death is not “The End”

The fear of death paralyzes humanity. Most of us fear death. We think it is something dark and painful because we don't know what will happen after death. We all have to die. It is inevitable! Still we can't accept it. We live with the continuous fear – what will happen to me? Where will I go?

Death is not “The End”! We see with our own eyes that when somebody dies, the body dies. But the person who was alive doesn't die. The life, which once existed, departs or passes away at the moment of death. But somehow, we don't prepare for that journey – the afterlife that follows death.

This book by AiR will inspire you to live a good, meaningful life. You will celebrate life rather than worry about death, knowing that there is life beyond. Death is not the end; it is just a bend to transcend!

While death of the physical body is inevitable, AiR will help you change your paradigm about death. You will realize that you will never die and you will start living joyously. You are NOT the physical body that will die. The thought of death will not make you cry because the body will die, but you will fly in the sky!

AiR

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