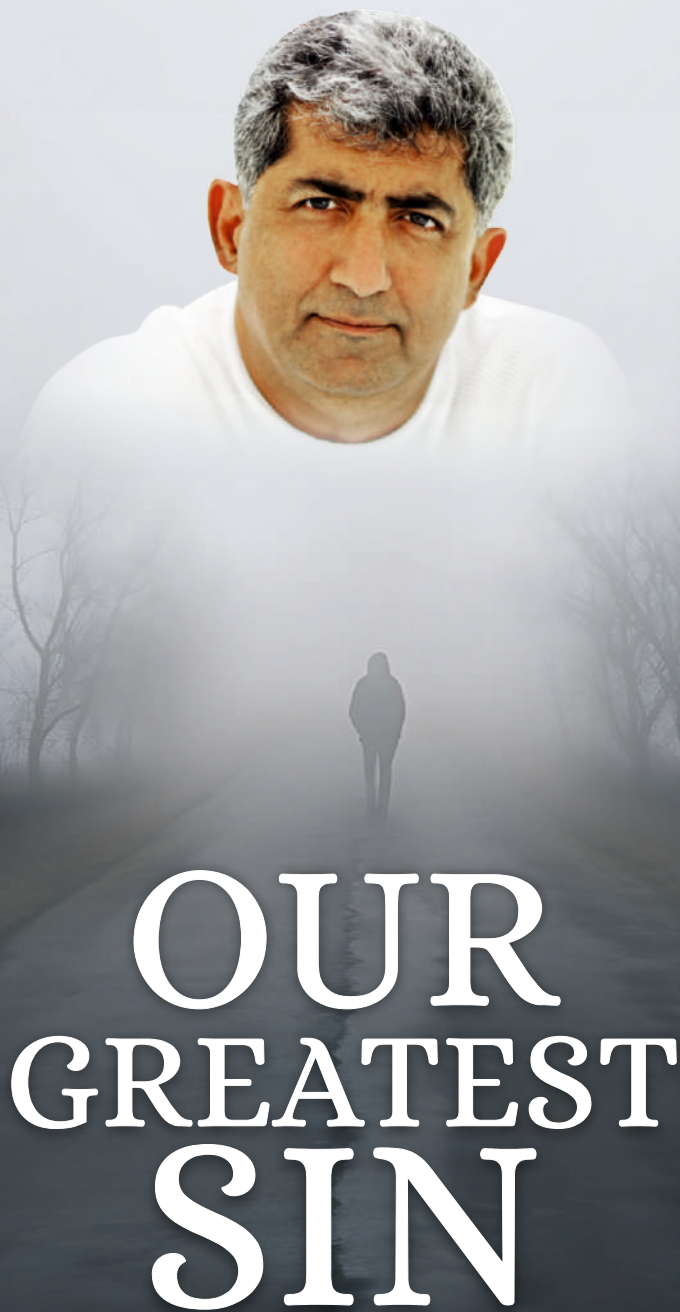


OUR GREATEST SIN

By
AIR
Atman in Ravi



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AiR
Atman in Ravi
Ravi V. Melwani

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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 a Spiritual Mentor, Transformational Author, Singer and a Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR lived a life of success, fame, fortune and achievement. But that was before he took the road less travelled. He was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened three destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 800 homeless and needy people - their food, clothing, medicines and hospitalization. They are all a part of the AiR family!

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he changed the name of the temple to Shivoham Shiva temple. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything.

His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme

Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of God, doing His Divine Will.

On his mission to spread Eternal Happiness through Enlightenment, AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. He has also established the AiR Centre of Enlightenment, which is envisaged as an Abode of Spirituality, especially for seekers who are new in their Spiritual journey, eager to learn and explore Spirituality and evolve on their path towards Enlightenment. Not restricted to the seekers of Enlightenment, it also welcomes and gives various pursuits to those who seek joy, peace, happiness and solace.

Based on his Realizations, AiR has authored over 70 books, composed and sung about 1400 *Bhajans* and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the ultimate purpose of life – Enlightenment. AiR believes that success cannot lead to happiness; only happiness can lead to success. To him, happiness has three peaks – Achievement, Fulfilment and the ultimate peak, Enlightenment, where one is liberated from all misery and sorrow and attains Eternal Bliss in the Consciousness of the Truth.

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

YOU CAN DIRECTLY

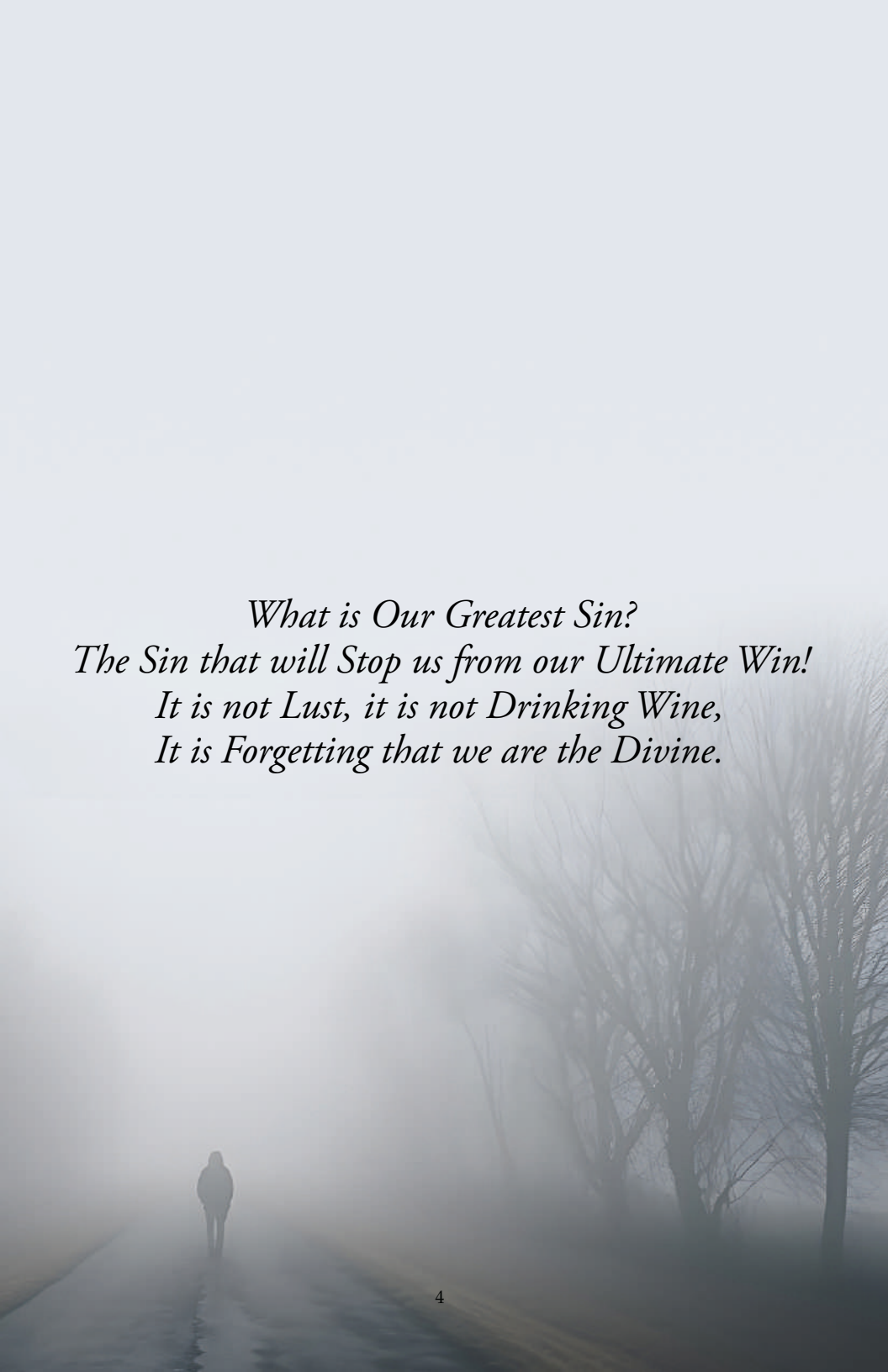
Ask AiR
at 8 pm every day



Meeting ID: 85021104431

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- 🌳 speakingtree.in/air-atmaninravi/
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A person is walking away from the viewer on a narrow, wet path that reflects the light. The path is surrounded by tall, bare trees on the right side. The entire scene is shrouded in a thick, white fog, creating a somber and mysterious atmosphere. The text is centered in the upper half of the image.

What is Our Greatest Sin?
The Sin that will Stop us from our Ultimate Win!
It is not Lust, it is not Drinking Wine,
It is Forgetting that we are the Divine.

A person is walking away from the viewer on a narrow, foggy path. The path is covered in fallen leaves and is flanked by bare trees. The fog is thick, obscuring the background and creating a somber, reflective atmosphere.

PREFACE

*We Think we are the Body and Mind,
Thus we Suffer and through Life, we Grind.*

We all sin and we are so conscious of it that we are afraid of the consequences of sinning. From the time we are kids, we are warned, even threatened of the dire consequences. 'You will displease God! You will go to hell if you sin!' we are told. So, we fear all wrongdoing. But does this stop us from sinning? Not at all. We all commit sins, big and small and we face the consequences of our actions.

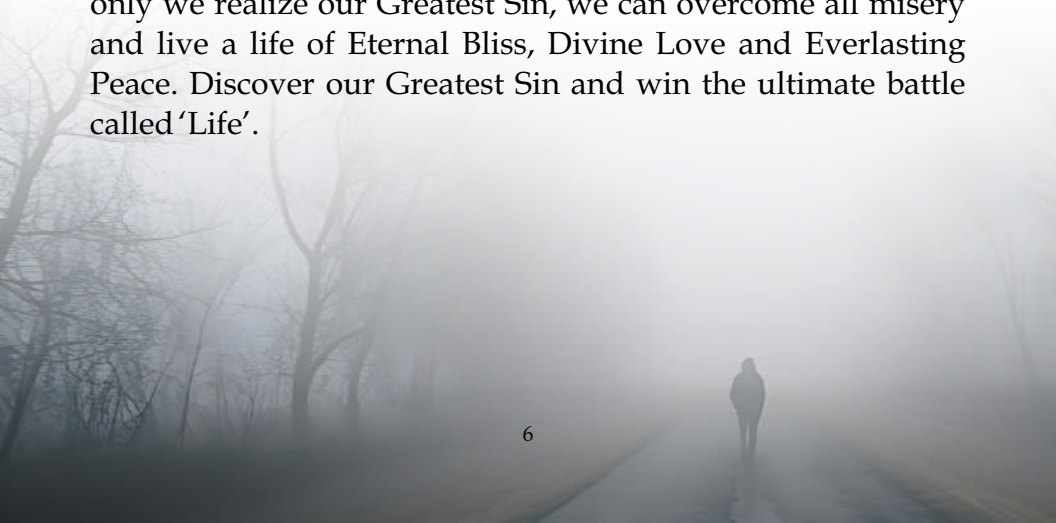
I realized early in life that all our deeds are rewarded or punished, right here on earth. We don't go to a hell to suffer for our sins. Our sinful account is settled by Karma, a Universal Law. Therefore, *as we sow, so shall we reap. What we give is what we get.* If we sin, we can never win. Because I learned that whatever we do will come back to us. I realized that bad things can never happen to good people. If a very good person is suffering in this world, it is not because of his bad luck. It is due to his sins. Just like we cannot find apples growing on mango trees. If we have planted mango seeds, we will get mangoes, not apples. The Law of Karma works like a boomerang - *What goes around, comes around.* Therefore, I became very conscious of sin early in life. I lived with ethics and values, avoiding deeds that would become seeds and bear the fruits of suffering.

What are the most common sins? They are pride, greed, lust, envy, gluttony, wrath and sloth. These are called, the 7 deadly sins. The simpler ones are to steal, to cheat, to lie or to deceive.

In fact, there are many more. The list is endless. As we live, we commit so many sins. What we don't realize is that every act of sin is recorded by Karma and will be settled. If it is not settled in this life, then it will be settled in the next life. Such is the Universal Law that governs this universe.

There are so many sins, but what is our Greatest Sin? Our Greatest Sin is that we think we are human when in reality we are Divine. We think we are this body, mind and ego when the truth is we are the Divine Soul. We think we are human beings having a spiritual experience when in reality, we are Divine Souls who appear as human beings to settle sins which belong to them. This is our Greatest Sin. It is because of this sin that we suffer all the misery on earth. It is because of this Greatest Sin that we come back to earth in a rebirth, only to suffer again and again.

When I realized that this was our Greatest Sin, I decided to write this book. Every human being is seeking happiness. We seek pleasure just as we shun pain but if we don't discover our Greatest Sin, our life will go in vain. We will live, we will cry, and we will die. We will not discover, 'Who am I?' We will live with sorrow, today and tomorrow and this will never stop. If only we realize our Greatest Sin, we can overcome all misery and live a life of Eternal Bliss, Divine Love and Everlasting Peace. Discover our Greatest Sin and win the ultimate battle called 'Life'.



A person is walking away from the viewer on a misty, tree-lined path. The scene is foggy, with the path leading into the distance. The person is a small figure in the background, wearing a dark coat.

INTRODUCTION

*When we Realize we are the Divine Soul,
Then we Achieve life's Ultimate Goal.*

What is our Greatest Sin? It is not greed. It is not pride. It is not even envy or lust. It is not cheating, stealing or lying. These are petty sins. Our Greatest Sin is ignorance. Ignorance about who we are and why we are here. Our Greatest Sin is not anger or hate. It is searching for heaven's gate when in reality, God lives in the temple of our heart. Our Greatest Sin is that we think we are man and woman. We think we are human beings while the truth is that we are Divine. Our Greatest Sin is that we think we are the body, mind and ego. The biggest of all sins is that we don't realize we are the Divine SOUL, a Spark Of Unique Life. We don't realize we are SIP, the Supreme Immortal Power. We just exist. We cry and we die.


How can we win over our biggest sin when we don't even know that it is a sin? We believe that success is happiness. We chase after pleasure, wealth, money and fame. Ultimately, we get all of it but we are still unhappy. Then we die and return to become unhappy again. And this repeats time and again. We don't realize what the purpose of our existence is. This is our biggest sin. Why do we sin? We sin because we think we are the body, mind and ego. The Soul never sins. But we don't realize we are the Soul. Therefore, we cheat, we steal and we become disloyal and immoral. All because we don't realize the truth about life. We don't realize that life is a drama. Everything is *Maya*, a Cosmic Illusion. Therefore, in ignorance, we sin. The cause of all sins is our Greatest Sin. It is ignorance. As long as we live as

the body and mind, we are going to suffer. There will be no end to the triple suffering - pain of the body, misery of the mind and agony of the ego. What is the solution?

When we realize the truth that we are the Divine Soul, then we win over our Greatest Sin. We overcome ignorance. We are liberated, not just from the triple suffering on earth, we are liberated from the cycle of death and rebirth. When we decode the mystery of life and we realize, 'Who am I?' then we no more sin. When we are free from the Greatest Sin, then we are free from all sins. This is our biggest challenge. Unfortunately, because we are enveloped in the darkness of ignorance and our mind makes us blind, we continue to be a fool because we believe all that we were taught in school. We believe the lie that God lives in the sky. We don't realize, 'Who am I?' I am nothing. I am just a spark of energy. I am a manifestation of the Divine.

This book will show you the way to attain liberation from all suffering. It will take you from Self-Realization to God-Realization. It will lead you from Purification to Illumination and after Realization, Liberation and Unification with the Divine. When we eliminate our Greatest Sin, then we win the battle called 'Life'. LIFE is Liberation from Ignorance and Finding Enlightenment. It is the Realization that I am the Soul. This helps us achieve our life goal.



A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the surroundings appear hazy and mysterious. The person is small in the distance, emphasizing the vastness of the path.

WHAT IS SIN?

1

The world considers wrongdoing as a sin. Sins are immoral acts, acts that affect our family, our community and our world. While we all understand the meaning of sin, we can sometimes struggle to define it. Most people think that sin is doing anything against the Will of God. But what is the Will of God? This is listed in the scriptures of religions but religion is written by man, not by God. So, what really is sin? Let us try to understand sin.

The easiest way to understand sin is to compare good deeds and bad deeds. When we do any act of kindness, can that be called a sin? Of course not! Any act of helping somebody, being good to others, being kind, compassionate, even forgiving, comes under the category of good deeds. In fact, it is considered that every good deed will become a seed that will bear fruit. As per the Law of Karma, just like the seed that we plant creates roots, shoots and fruits, our good deeds will also be rewarded. Some believe that it will be done in heaven and others, when we return to earth in a rebirth. But what about bad deeds? These are sins. Every time we hurt somebody or harm somebody, these deeds will become seeds that will lead to a miserable destiny. In fact, not just actions performed to hurt others, there are many sins that are considered to be sins even if they are feelings or personal qualities that one lives by. For instance, being greedy is considered a sin, but in reality, as long as greed is just a thought and we do not commit an act of greed, it doesn't

become a sin. Therefore, sins are actions, not thoughts and feelings as commonly understood.

Therefore, there is no doubt that every bad action, every act that is considered immoral, any act that harms anybody, man or beast, can lead to sin. In simple understanding, it is bad Karma or a bad deed. This will become a seed and we will have to suffer when it bears fruit.

We human beings, are the only blessed ones among all species. We have been gifted an intellect, a tool of discrimination. We are competent enough to differentiate black from white, wrong from right. This gift has not been given to a cat or rat, a dog or a frog. They too are alive, but they live by instinct, not by intellect. They do not sin. They live the way creation has designed them to live. An elephant will eat grass and a tiger will kill a deer for his meal. Human beings have the power to discriminate. We have to eat, but is it necessary to eat meat? Each one of us decides whether it is right or wrong. We have the choice to do the right thing or the wrong thing. There will be times when we sin without realizing it. We may accidentally walk over an insect and kill it. It is not a sin. But if we knowingly walk over an insect and take its life, then is it a sin? Food for thought! There are many acts that are considered good by some and sinful by others. These differ based on our country, our religion and our culture. We must be careful not to sin, for if we sin, we can never win.

*Any Deed that Harms others is a Sin.
Beware of Sin, you will Suffer and you will Never Win.*



WHY DO WE SIN?

2

When sin is going to make us suffer and cry, why do we sin? Why can't we win over sin? It is because we are slaves. We sin and take misery to our graves. We are imprisoned in this body-mind-ego complex and thus we sin.

Every 'body' has got sense perceptions. Our eyes, ears, nose, tongue and skin sense the outside world and then, it is natural to desire. Desires don't quench our thirst. They create passions that make us burst. Instead of fulfilling our need, desires create greed. It is this greed that makes us sin.

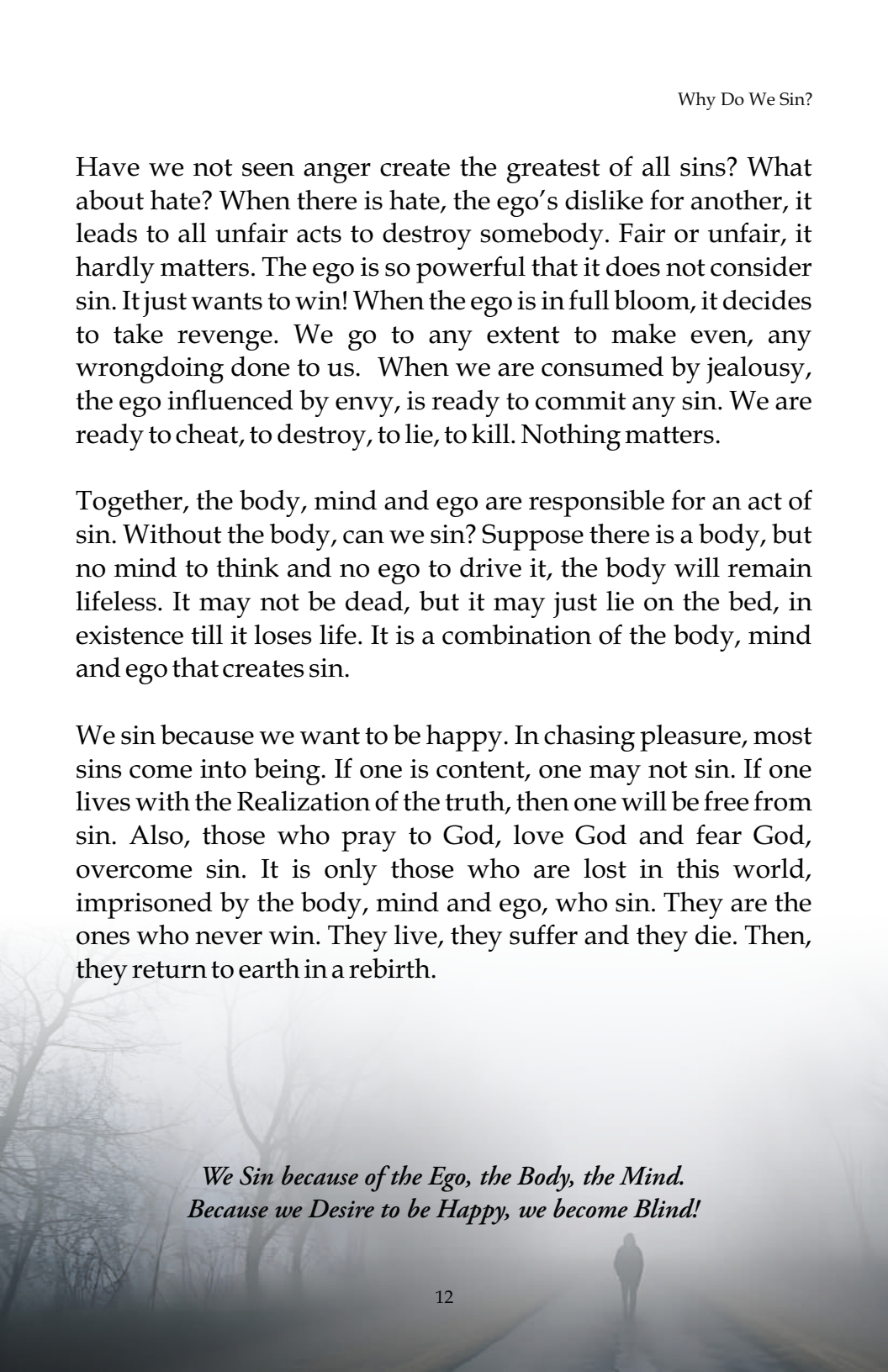
Then, there is the mind which makes us sin. It creates thoughts in which we are caught, thoughts of fear, worry, stress, anxiety, regret, shame and guilt. These negative thoughts are toxic. These toxic thoughts lead to negative feelings, even a bad mood, and ultimately, to actions that are sins.

The biggest sinner though is the ego. It says 'I', 'me' and 'mine'. It makes us think that we are this body and mind, and our identity is of primary importance. Therefore, the ego, creates emotions of anger, hate, revenge and jealousy. Due to these agonizing emotions, the ego leads us to the greatest of all sins. What not does a man do when he is angry? He loses his sense of calm and composure. He can have the most unreasonable reaction to the tiniest of actions. 'Why did you not do this?' questions the ego. 'How dare you do this to me?' it screams.

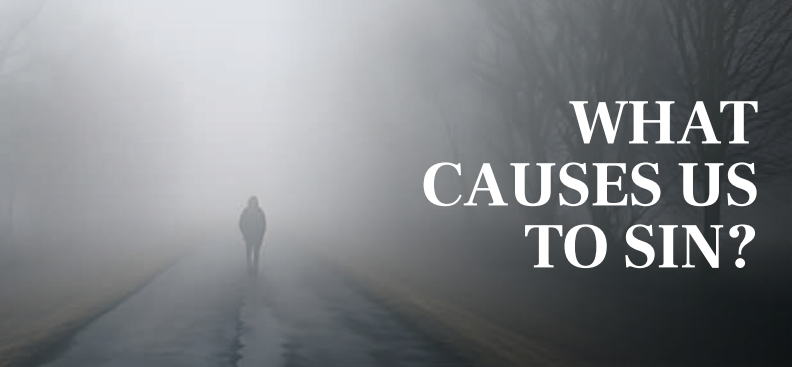
Have we not seen anger create the greatest of all sins? What about hate? When there is hate, the ego's dislike for another, it leads to all unfair acts to destroy somebody. Fair or unfair, it hardly matters. The ego is so powerful that it does not consider sin. It just wants to win! When the ego is in full bloom, it decides to take revenge. We go to any extent to make even, any wrongdoing done to us. When we are consumed by jealousy, the ego influenced by envy, is ready to commit any sin. We are ready to cheat, to destroy, to lie, to kill. Nothing matters.

Together, the body, mind and ego are responsible for an act of sin. Without the body, can we sin? Suppose there is a body, but no mind to think and no ego to drive it, the body will remain lifeless. It may not be dead, but it may just lie on the bed, in existence till it loses life. It is a combination of the body, mind and ego that creates sin.

We sin because we want to be happy. In chasing pleasure, most sins come into being. If one is content, one may not sin. If one lives with the Realization of the truth, then one will be free from sin. Also, those who pray to God, love God and fear God, overcome sin. It is only those who are lost in this world, imprisoned by the body, mind and ego, who sin. They are the ones who never win. They live, they suffer and they die. Then, they return to earth in a rebirth.



*We Sin because of the Ego, the Body, the Mind.
Because we Desire to be Happy, we become Blind!*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the background very hazy. The person is a small silhouette in the distance. The overall mood is mysterious and contemplative.

WHAT CAUSES US TO SIN?

3

To understand our Greatest Sin, we must understand how sin comes into existence. Do sins just happen? No! It is only when we commit some wrongdoing, a deed that hurts somebody that it becomes a sin.

We can sin in many ways. We may beat an innocent person. That is a sin. We may use a gun to kill or a knife to stab. While the gun and the knife are instruments, it is our action that has caused us to sin and we will suffer. Be it through our hand or our foot, we may kick somebody or even crush a creature — all these are sins. We are quite aware of what is a good deed and what is a bad deed. Suppose we enter our neighbour's house and steal his mobile phone, is there any doubt that this crime is a sin? We have no right on others property, just as we have no right to break families or the relationships of other people. Can we steal somebody else's child? No. That would be a legal crime. But even if we break a relationship between two people, it is no lesser a sin.

Anything that is bodily done, any physical act that harms others is covered under the domain of sin. What about using harsh words? It is not just our hands and our legs, any part of our physical body can sin. Inadvertently, our tongue is considered to be like a snake. It can emit poison and cause great harm. This is a big sin. Suppose we use harsh words on somebody, or we speak lies, we have to pay the price. These are

absolutely unacceptable in the moral world. In fact, sins are not only those that can be proved wrong in the court of law in the world but sins are also judged by the Creator of this universe through several Universal Laws. All sins are not awarded punishments by courts of law. Only a few sins are. But every sin that we do is recorded by providence and we are punished sooner or later.

There was a lady who wanted to overcome sin and so, she sat in silence trying to master her body that sins. A youngster asked her, 'Why are you wasting your time doing nothing?' She replied, 'I am trying to train two hawks, control two eagles, catch two rabbits, discipline one snake, teach one donkey, cage one lion and tame one monkey!' The youngster laughed, 'I don't see any of them! What are you talking about?' The lady replied, 'The hawks are my two eyes that see and lead me to doing something bad. The eagles are my two hands, like claws, they want to snatch. The rabbits are my feet, running here and there to do wrong. The snake is my tongue that poisons. The donkey is the body that takes foolish actions. The lion is the ego that sins. And the monkey is my mind. I am sitting in silence, trying to tame all these wild creatures that are creating a jungle in me. They are making me wild. They are making me sin. I am trying to use silence to win over them so that I can win over sin.' Isn't it true that every aspect of our body is capable of leading us to sin?

*Every Deed that Harms, becomes a Seed that we Plant.
We must Control our Body, or Pain and Misery will Haunt.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the background very hazy. The person is a small figure in the distance, wearing a dark coat. The overall mood is somber and reflective.

OUR THOUGHTS LEAD US TO SUFFER OUR SINS

4

While it appears that it is the body that sins for it is the body that acts, the greater sinner is the mind. It is the mind that gets us caught in thought. Then we sin. Whether they are thoughts of fear that make us sin or worry that creates crime, most sins are caused by toxic thoughts. Sometimes, when we have thoughts of shame, they can lead to an irreparable sin. Such is the mind. It bombards us with a thought practically every second. It is drilling us and killing us with about 50 thoughts a minute. These thoughts, which can be about 50,000 a day, can become the source of our crime. Therefore, while we don't realize it, our mind is the greatest sinner. How does the mind sin?

The mind is a thought factory. It constantly produces thoughts and unless we consciously feed it with positive thoughts and emotions, by default, it will produce negative thoughts. These toxic thoughts, directly or indirectly, lead us to negative actions and become sin. Such is the thought chain.

Can we control thoughts? Most often not. While we can control our attitude or the way we respond or behave, we don't have direct control over our thoughts. Thoughts are produced based on the raw material we feed our mind, the thought factory. If we do not feed it with PEP, emotions that are Positive Energy Power, then by default, the mind will choose emotions that are NEP, Negative Energy Poison. NEP are emotions like hate, fear, worry, stress, anger, hate, revenge, jealousy and pessimism.

These toxic emotions create toxic thoughts that lead to sin. However, if we feed the mind with PEP, Positive Energy that has Power, with emotions like kindness and compassion, love and forgiveness, courage and confidence, faith, hope and trust, we can save ourselves from committing a sin.

How do emotions affect our sins? Emotions are the raw material that create thoughts. Thoughts become feelings and control our mood. Our feelings or mood control our actions. In fact, these actions become habits and build character. Therefore, if we have toxic thoughts, we are sure to develop a sinful character and destroy our destiny. Those who want to overcome sin, take charge of their thoughts and emotions. They choose to live a positive life, free of sin and crime. It is through their mind that they control their actions.

While we understand that the body commits sins and the mind leads us to it, it is the mind that conceals our Greatest Sin from us. No doubt that these are petty sins for which we will suffer, but the mind is our biggest enemy. The mind makes us blind and stops us from seeing that we are not the body, nor the Mind and Ego, ME. Therefore, we continue to sin and the culprit that stops us from winning the greatest war, is the mind. We must kill the mind.

*It is the Mind that Causes Crime, that even Makes us Kill!
If we want to Overcome Sin, first the Mind we must Still.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in mist or fog, making the background very hazy. The person is a small silhouette in the center of the frame. The overall mood is contemplative and mysterious.

OUR DESIRES AND OUR PASSIONS CREATE SIN

5

While our body acts and our mind thinks and together, our thoughts and actions create sin, when we ponder on what the real cause of sin is, we will realize that it is desire. In fact, the Buddha, the Awakened One attributed all sin and suffering to desire. When he was a prince, he observed that there was misery, sorrow and suffering everywhere. He was spiritually inclined and concluded that it was desire that caused the destructive fire of passion. Whether it was the passion for wealth or simply lust, the root was desire. He saw hundreds, if not thousands, dying in wars. He saw women being exploited to satisfy lust. Even in those days, wine flowed like water to satiate the addiction that the kings had subjected themselves to. Every king wanted to become more powerful and so, wanted to conquer neighbouring kingdoms. We are all familiar with the treachery that transpired throughout our history. Is there any mystery why all this happened? The answer is simple.

All these desires and passions that create sin are caused by our ego. It is the ego that thinks it is 'I', 'me' and 'mine' and creates these obsessions. Once we become prisoners of pleasures and possessions, then we become unstoppable. We continue to sin as we try to win over material possessions. The ego makes us accumulate power, just as it falsely believes that pleasure is happiness.

Over the centuries, across all continents and countries, we find kings of different religions and cultures, irrespective of their

beliefs, trying to become more powerful. Little do we realize that it is the ego that creates these desires and passions that lead us to sin.

Do desires quench our thirst? No, they only make us burst. *The moment we fulfil one need, the desires create a fire of greed.* We want more and more. The Mind and Ego, together become ME and envelop us in ignorance. Though the truth is that we bring nothing with us and when we go, nothing will go with us, still, we are slaves of our desires and passions and these lead us to sin.

There are people in this world who overcome sin. The simple way is that they overcome their desires and their passions. Instead of chasing success and achievement, they evolve to live a life of contentment and fulfilment. This is exactly what the Buddha prescribed. He advocated the 8-fold path of right living, doing everything right. This was a way to be free from sin. To him, the greatest win was *Nirvana*, the state of Eternal Peace and Bliss. He advocated how one should transcend the body, mind and ego that at first, fool us into chasing pleasures, but ultimately cause us pain. Not only do we suffer in vain due to our desires but we are caught in the cycle of Karma and we are reborn again and again, only to desire and only to suffer again and again. If we want to be free from sin, we must be free from desires and passions.

*Desire is like a Fire that will never Quench our Thirst.
Desire creates Passion, it creates Sin! Ultimately, we Burst.*



THE 7 DEADLY SINS

6

As we talk of our Greatest Sin, what comes to mind are the famous 7 deadly sins of the world. What are these? They are said to be Pride, Greed, Anger, Envy, Lust, Gluttony and Sloth. Why are these considered deadly? Because they stop us from the Realization of the Truth. They stop us from attaining God. These sins are so deeply rooted in us that we get caught in some thought and we are taken in the opposite direction. They stop us from achieving our ultimate goal of realizing we are the Divine Soul. While they are more Christian in nature, all sins are accepted by the different religions of the world. Let us understand these sins.

Pride is considered to be a sin because it distances us from God. We are proud because of our ego and we believe that we can do anything when in reality, we are nothing! We don't realize this. Therefore, pride makes us sin. It even creates a negative barrier between us and the world and becomes a roadblock on the path of achievement.

Greed replaces need and becomes a deadly sin. We all must live and we must fulfil our needs. But when we want more than we need, this becomes greed. The desire for more will never quench our thirst. It will make us burst. Greed will lead us to cheating, lying, hurting and several other acts of sin.

Anger, to me, is the deadliest of all sins because when we lose control of our reaction, we spit fire into the world. Anger will not just hurt others but it will also burn our inner being. We must remember that anger is like burning coal and while we may try to throw it at others, we will first burn our own hand.

Envy or jealousy steals our peace and robs our focus. Instead of spending our life in progress, our attention on others makes us regress and this becomes a sin.


Lust is considered a sin because we become passionate about immoral thoughts. Lust is an obsession either for sex or for things, which becomes uncontrollable and leads us to sin as we lose our power of discrimination.

Gluttony is a sin caused because we lose control of our tongue. The excessive desire and craving for food is not only sinful for our body but it is also considered immoral for it steals our compassion and sensitivity towards the needs of others. All religions advocate sharing and gluttony becomes a sin.

Sloth is laziness and the sin is caused because of a lack of motivation and inspiration. Thus, a slothful person sins not because of action but because of inaction.

While these Deadly Sins are sins, alas, they fail to capture the deadliest and greatest of all sins. What is the Greatest Sin, deadlier than these Deadly Sins?

*The World knows of Deadly Sins, One to Seven,
We have Grown up Believing they will Stop us from Reaching Heaven!*



THE SEVEN SINS ACCORDING TO MAHATMA GANDHI

7

While the 7 Deadly Sins are very famous around the world, Mahatma Gandhi has stated 7 Social Sins which are intriguing.

1. Wealth without work
2. Pleasure without conscience
3. Science without humanity
4. Knowledge without character
5. Politics without principle
6. Commerce without morality
7. Worship without sacrifice

No doubt, these 7 sins stated by Mahatma Gandhi give us food for thought. They lead us to contemplate sin itself and help us to live a life of better morals and ethics.

We all need wealth to survive. But can we get wealth without work? When wealth is attained without work, it is sinful. We should deserve to earn and not grab wealth by unfair means. We all enjoy pleasure. Is pleasure bad? Definitely not! The Creator of the universe has created pleasures and sense perceptions for us to enjoy these pleasures. But when we seek pleasure without using our conscience, it leads to sin. We must discriminate right from wrong and enjoy pleasure. When our pleasure causes pain to others, it can be a sin.

Science is marching forward and the world is progressing and by all means, this should continue. But when science trespasses humanity, when science steps on the toes of Spirituality, it

becomes a sin. It is good for science to ask for proof but science must not forget who we are, where we came from, what life is.

Knowledge from college makes us achieve name, fame and power. But when knowledge loses character, it leads to sin. Knowledge is a tool to achieve our goal. It should not burn our Soul.

Today, politics controls the world, but the more we move forward politically, we are moving backwards spiritually. Politics without principles is a big sin. All governance must be founded on principles of service and when politics has no principles to serve, it is a big sin.

This world needs commerce and without business transactions, we cannot exist. But why has commerce become a sin? Because we transact without morality. We have forgotten honesty and integrity and immorality has taken over making us sin.

Finally, it is good to worship, but what is worship if it is just words? There must be deeds of sacrifice. Praying to God is sinful if we are unable to serve God who manifests in suffering humanity.

Aren't the 7 Deadly Sins listed by Mahatma Gandhi, eye-opening? Let us go further and understand the 8th sin, our Greatest Sin which is the deadliest of all sins.

*Mahatma Gandhi teaches us that to Live is not a Sin,
We can do Everything but with Discrimination.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the surroundings appear hazy and mysterious. The person is a small figure in the distance, centered on the path. The overall mood is contemplative and somber.

SINS AND KARMA

8

Why are sins bad? What is the problem with sin? When we enjoy doing something, why is it considered a sin? The best way of understanding the principle of sin is to understand *Dharma* and *Karma*.

Dharma is nothing but living with values and ethics. It is right living. When we cross the line of *Dharma*, we create bad Karma, just as when we follow *Dharma*, we create good Karma.

What is Karma? The word Karma means Action. But the world today considers Karma to be a Law of Action. It is not just action, but action and reaction. It is based on the principle, '*As you sow, so shall you reap.*' Therefore, every act and every deed becomes a seed that we plant. It will bear fruit. Good actions or Karma become good deeds. They will root and shoot and fruit, and give us rewards, as we have followed *Dharma* or righteousness. When we live unethically and we harm, hurt, cheat, these go against *Dharma*. These are considered as immoral. These deeds become seeds that will shoot into poisonous fruit. Nobody can escape the Law of Karma and therefore, the concept of sin has gained momentum.

If there was no Karma, then there would be no need to label bad deeds as sin. The reason our history is full of warnings for us not to sin is because these sins become seeds of suffering. Sinning will stop us from winning in this battle called life. Therefore, the

7 Deadly sins as per Christian teachings and the 7 Social sins enlisted by Mahatma Gandhi are a good background to why we must not sin. The purpose seems to be simple. We all seek pleasure, just as we shun pain. Nobody wants to be sad, just as everybody wants to be glad. But alas, we live a life of misery and sorrow! Have we ever realized why?

Sorrow, misery and pain visit us again and again, not because of luck, fate or serendipity. Everything that unfolds in life is unfolding as per Karma. The Law of Action records every deed and every sin is punished, if not in this lifetime, then in the next. We carry our sins beyond into another life. If a child is born deaf or blind, it is not because God is unkind. It is because of sin. Sin has fructified as per Karma. Karma is not punitive. Karma is reformatory and it rewards every good deed, just as it punishes every sin because Karma's purpose is to ultimately make us win.

Karma is a Divine Universal Law that governs the world. It is God's judiciary that stops us from sin. But unfortunately, because we are prisoners of our desires and lust, we sin and so, suffer, we must. If only we realize the truth about our Greatest Sin, we will be able to win over all sins, all Karma and arrive at our ultimate destination. For this, we must understand Karma and how every sin is taking us in the opposite direction, away from achieving life's ultimate goal.

*When we Sin, we are creating Bad Karma.
Then, in Life's Drama, we experience Trauma!*



HEAVEN AND HELL - BOTH ARE ON EARTH

9

As kids, we are taught that one day, we will go to heaven or hell. Therefore, we must do good deeds. We must live an ethical and moral life. Sin, therefore, becomes a hurdle that stops us from winning our ultimate battle – to go to God. But does God actually live in a distant heaven? Will we actually go to hell as our advisors tell?

Death is certain. One day, every ‘body’ will die. But to believe that we will meet God somewhere in the sky, is nothing more than a big lie. God is not God. God is SIP, a Supreme Immortal Power. And God doesn’t live in heaven. God lives in the temple of our heart. Unfortunately, because we follow the herd and we believe the word, we just live and we die, we suffer and we cry. No doubt, there is heaven and hell. But it is not what the scriptures tell. We will not burn in hell. Our body will burn on earth, or it will be buried and return to dust. Then, who will go to heaven or hell? These are terms used by religions to deter us from wrongdoings and inspire us to live a good life.

Therefore, while it is good to believe in heaven and hell, let us not be charmed by their spell. Let us dwell in the truth. When the death knell rings and the moment of death stings us, we will leave the body. The body will die. If I was the body that lay dead on the bed, then my loved ones would not destroy it. It is because I am not this body that died that the body is burnt or lowered into the ground. Then, the question, ‘Where did I go?’

As long as I don't realize the truth that I am the Soul, the Spark of Unique Life, I will return to earth in a rebirth and experience heaven or hell. This is the truth and we cannot deny it. Unfortunately, it is very difficult to digest this as our own mind makes us blind. It keeps on telling us that we are the Mind and Ego, ME. So, we, in that moment of death, carry our Karma and return to earth in a rebirth.

If we have done good Karma, we will be rewarded with heaven and if we have done bad Karma, we will be punished with hell. But both heaven and hell are right here on earth. We experience them when we take rebirth. In fact, we have already experienced them in this lifetime. Now, if we live and die and we don't discover, 'Who am I?' then we have no other choice but to return either to a heaven or a hell or a combination of both, depending on our Karma.

This is the cycle of life. Death is certain. Nobody can deny it. Birth continues to unfold every day that we live. But still, we believe that we go to heaven and hell. This is what our parents tell and we will continue to spell this out to our kids. And so, the fairy tale of heaven and hell continues to exist because of our ignorance. When will we realize the truth? Let's get to the root.

*Heaven and Hell are not Cities in the Sky!
We will Return to one of them on Earth, after we Die.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a layer of fog or mist, making the background very hazy. The person is a small silhouette in the center of the frame. The overall mood is mysterious and contemplative.

SIN AND REBIRTH

10

It is not that everything is a lie. But the truth is that God does not live in the sky. Because we don't realize the truth, 'Who am I?' we look at the sky and question, 'Why?' 'Oh God, why do I suffer?' Don't we ask this question? Don't we wonder why bad things happen to good people? It is sad that while we do not question why apples are growing on a tree, we question our destiny. Just like the seeds we plant decide what fruit will grow on the tree, the deeds that we plant unfold as our destiny. These deeds are either actions of this life or it is possible that they are actions that have accumulated in previous lives and have not been settled. We have understood the Law of Karma but not everybody understands that Karma doesn't stop at death, when we lose our breath. Karma continues, life after life. That is why an innocent young child can be born with so much strife. What did that child do? Nothing! But it has a carried forward Karma of a previous life. Therefore, it has to suffer.

Do we choose our birth and how we come to earth? We did not choose our parents, nor did we choose our nationality or for that matter, our religion and economic condition. Neither was this luck, fate or serendipity. Then, was it God's Will? Ridiculous! God is not sitting on a supercomputer trying to control the destiny of 8 billion people. The Creator has instituted Universal Laws that govern what happens in the world. Therefore, the Law of Karma automatically unfolds. The Power of God is in each one of us and it is this Power that has an account of every

action that we do. Unfortunately, we are not aware of this Power that is within. We live and we die, and we wonder why things happen as they do.

Not only do things unfold as per Karma, but also every sin that we commit cannot be manipulated or deleted. It has to be redeemed. Therefore, all sins, all wrong deeds become seeds that we plant. No doubt we can do good Karma and try to settle some of the sins. But most unfortunately, because we are encapsulated in a body, mind and ego, we tend to do more sin than good. This is because we are slaves of the mind that desires to rule us. Our sense perceptions seek pleasure and our ego wants to be supreme. Trapped in the body, mind and ego, we sin. Then, we suffer these sins and the story doesn't end there. Not only do we suffer on earth, but we return to suffer in another rebirth. Wish it was not true, but it is believed that man can return as an animal and suffer for his sins. The body dies, but the ME, the Mind and Ego, carries its Karma and it is reborn, and this goes on and on. Therefore, all religions warn us not to sin. We are advised and taught to live with morals and ethics and do good deeds. We should help others, serve others, pray to God and collect rewards that will take us to heaven. Most unfortunately, we don't realize that there is no heaven. To be rewarded, we will return to earth in a rebirth. Then, we will suffer.

*We must Beware of Sin, for it is what makes us Suffer on Earth.
Even after we Die, Sin makes us Return to Suffer in a Rebirth.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the background very hazy. The person is a small silhouette in the distance. The overall mood is mysterious and contemplative.

OUR BIGGEST SIN IS IGNORANCE

11

While sin is bad and we will suffer our sins, have we stopped to ponder what our biggest sin is? Our biggest sin is ignorance. Because we are ignorant of the facts, we sin. If we look at all our sins, what is the root cause of our sins? It is ignorance. Because we are unaware of the truth, we continue to sin.

If we analyze the Deadly Sins that we commit, lust, greed, pride, envy, anger, gluttony and sloth, we commit these sins because we do not realize the truth. What is the truth?

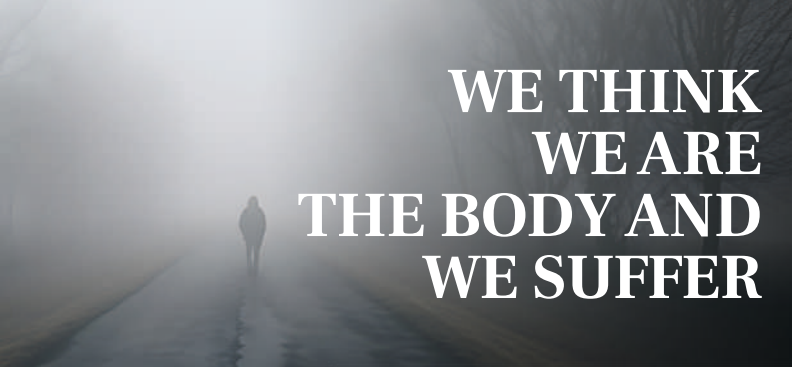
The truth is that we come with nothing and we go with nothing. Nothing belongs to us in reality. Then, why are we greedy? It is because we do not realize the simple truth that we suffer our sin of greed. Because we want more, we commit wrong deeds. The source of our actions seems to be greed. But the source of greed is ignorance. So it is with anger. Anger is not the real source of us acting harshly. Our acts of cruelty and being inhumane only seem to be caused by anger. But anger is caused because of ignorance — we are ignorant about the truth that we are all Divine Souls. We are a part of one Supreme Immortal Power, SIP. We don't realize this truth and therefore, 'I' become angry at 'you'. Have we stopped to question why the right leg never kicks the left leg? Why is the left eye not envious of the right eye? It is because we realize that both legs are mine. Both my eyes belong to me. Unfortunately, because our mind envelops us in the darkness of ignorance, we are unable to realize the

truth. We live and die in ignorance and though the truth stares at us in our face, we are unable to see it because we are caught in a maze. The maze of thoughts confuses us and we are unable to use our intellect, the tool of discrimination to differentiate the myth from the truth.

Unfortunately, because we do not use our power of discrimination, we are caught in thought. We continue to be slaves of the mind because the mind knows that if we realize the truth and we overcome our ignorance, then the mind will cease to exist. It is only in the darkness of ignorance that the mind survives. Along with the ego, it becomes the Mind and Ego, ME, and makes us suffer, not just the 7 Deadly Sins but several other sins that create trauma in this drama called life.

Therefore, our biggest sin is ignorance. As long as we remain ignorant, we will continue to suffer as we continue to sin. First, we will suffer on earth the triple suffering, pain of the body, misery of the mind and agony of the ego. That is not the end. If we do not realize the truth, our ignorance will make us suffer another birth on earth. The body will return to dust but return we must because of the unsettled Karma. The Karma is caused because of ignorance that I am this body, mind and ego. Ignorance causes all the sins. If we overcome ignorance and realize the truth, we will be free from all sin.

*What Causes Sin? We are Helpless. We Live in a Trance.
Little do we Realize the Source of Sin is Ignorance.*

A person is walking away from the viewer on a narrow, misty path that leads into the distance. The path is covered in what appears to be snow or a light-colored material, and the surrounding area is shrouded in a thick, low-lying fog or mist. The person is a small figure in the distance, wearing a dark coat and a hat. The overall mood is somber and contemplative.

WE THINK WE ARE THE BODY AND WE SUFFER

12

The world considers a wrongdoing as sin. Sins are immoral acts, acts that affect our family, our community and our world. While we all understand the meaning of sin, we can sometimes struggle to define it. Most people think that sin is doing anything against the Will of God. But what is the Will of God? This is listed in the scriptures of religion, but religion is written by man, not by God. So, what really is sin? Let us try to understand sin. When we have a car accident, the car is smashed. Although nothing happens to us, we are badly impacted. We got saved without a scratch. Then, what made us suffer the car accident? Psychologically, we associate ourselves as being a part of that accident. But still, we are quite sure that it was the car that had the accident, not us. We are separate from the car. While we are able to separate ourselves from *my car*, *my house*, we are not able to separate ourselves from our body. We consider ourselves to be the body. But are we truly the body?

This body came later. It was formed over 9 months in our mother's womb. We came before. Although our birth certificate has a date, that date is fake! Every mother knows that the child is alive and kicking in her tummy long before it is delivered. Therefore, though there is a date on our birth certificate, we should awake – the day we cut our cake is fake. If this is not our birthday, then when were we born? We were conceived about 9 months before this date when two cells of our parents fertilized and the zygote was created. In that very moment, our life journey started. Those who doubt this, must question – 'If there

was no life in the first cell called the zygote, then how did it multiply to become 2, 4, 8, 16 and finally, 25 billion cells, when the baby was ready to be delivered on earth? We have a body, but we are not the body. We came first. The body was formed later. This body grows. From 25 billion cells, it becomes over 30 trillion cells. From a little baby, we become a toddler and a teenager and finally an adult. Then one day, this body will die, and people will say that we passed away. They are so sure that we have left the body that they will burn it or bury it. Would they dare do it if we were alive in that body? If we left that body, then is there any doubt that we are not the body? Although birth and death clearly prove that we are not the body, we think we are the body and we suffer. There is absolutely no doubt about it. Then, why do we suffer? As long as we do not realize, 'Who am I?' we will cry, and we will suffer till we die. The moment we realize this body is like a garment we are wearing, it is like a vehicle we are driving, we will overcome all suffering. Does that mean the body will stop experiencing pain? Of course not! The body will experience aches and pain. But we, who are not the body, will no longer suffer this pain. All suffering will come to an end. This will happen when we realize who we truly are.

Today, there are so many pain killers and even the most painful diseases like cancer are treated with opioids to shut off the pain. Dentists use anaesthesia to numb the sensation of pain in the brain. But as long as the mind thinks that we are this body, none of the pain killers can eliminate the pain that we suffer.

*Because we Think we are the Body, we Experience Pain.
The Body will Decay with Disease, and we will Suffer Again.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in fog or mist, making the background very hazy. The person is a small silhouette in the center of the frame. The overall mood is somber and mysterious.

OUR MIND MAKES US MISERABLE

13

Although our mind is our biggest enemy, it makes us believe that it is king, it is everything — the mind is a rascal! It bombards us with thoughts in which we get caught. In fact, the mind makes us blind, and we suffer.

The mind is a thought factory. It is constantly producing thoughts. It can produce up to 50,000 thoughts a day. This is practically one thought every second. Therefore, the mind is drilling us and killing us. It is such a scoundrel that it makes us feel that it is our best friend. But the truth is that it is the cause of all our misery and sorrow. It steals our present moment as it jumps to yesterday and tomorrow. We must beware of the mind.

The mind causes FEAR – a False Expectation Appearing Real. It makes us feel ashamed of what we have done. It creates guilt and regret about our past. Can we go back to yesterday? We can't! But the mind can, and it does. It takes us into those miserable memories and makes us suffer. The moment we are done with our sordid past, it takes us on another journey of sorrow. It takes us to tomorrow.

The mind creates thoughts of stress, of anxiety, of worry. Have we ever stopped to wonder why we worry? What is worry? It is

W – Waste of Life

O – Over Thinking

R – Repeating Fears

R – Rehearsing Problems

Y – Yearning

The mind steals our peace, the very foundation of our happiness. With aggression, by bombarding us with thoughts, it leads us into depression. Unfortunately, we think of our mind to be the master when in reality, it makes us the slave. If we do not still the mind, it will kill us. Therefore, people try to spend time in meditation, in silence, to be free from misery of thought. But alas, in thought, we are caught, and we suffer!

The mind is a bundle of thoughts. The mind makes us suffer again and again, with thoughts that pour like rain and push us down the drain. By default, the mind will think negative thoughts. If we want our life to be positive, we have to make that effort. Either way, we will just cry till we die. The MIND is the acronym for:

M — Misery
I — Ignorance
N — Negativity
D — Desires

We have to acknowledge that it is the mind that is the root cause of all our misery and suffering.

Today, the world is filled with mind medicine. Mental illnesses have created the huge industry of psychiatry. All this is because of the mystical mind which we can never find!

*The Mind Fools us and Behaves like a King!
The Truth is, it is the Cause of all our Suffering!*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in fog or mist, making the background very hazy. The person is a small silhouette in the center of the frame. The overall mood is somber and reflective.

THE EGO CAUSES ANGUISH

14

No doubt, we suffer physical pain of the body and our mind makes us miserable. But the greatest agony is caused by the ego. What is the ego? It is the sense of our personal identity, of self-importance and esteem. It is the ego that makes us live as the body-mind complex. The ego knows that 'I' am different from 'you'. It repeats, this is *my* house, *my* car, *my* family, *my* money. It creates its own exclusive identity, different from others.

How does the ego cause anguish? Because the ego differentiates between you and me, your house and my house, your country and my country, your religion and my religion, it is constantly creating agony. The four main roots of the ego's anguish are anger, hate, revenge and jealousy. These four sins are greater than the sins of the mind and the body.

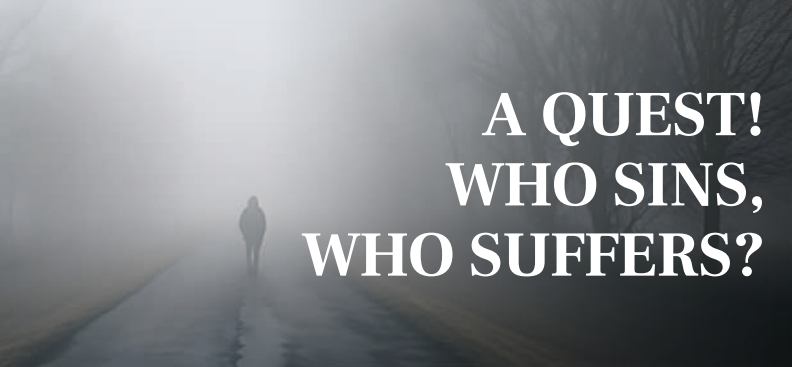
Why does the ego become angry? It is because we react. When we are disappointed or when our expectations are not met, we become upset. When things do not go the way we want them to go, we start carrying a grudge, and we start keeping the anger in our heart. Not only then do we spit anger from our tongue, but it can also manifest in action and lead to blows. Anger is uncontrollable. The moment the ego has anger, it envelops the body and mind and together, we react like a monster. We suffer as we sin.

The ego also creates hate. We look at others and develop dislike for any reason whatsoever. It is very common for the ego to hate somebody, just as it makes us miserable. In fact, we carry hate for decades, even throughout our life, either because somebody has wronged us or just because they are better than us or even for no reason at all.

It is understandable when the ego is jealous. It is common to envy those who are more competent, more educated, more rich, more fortunate, more good looking. The ego naturally wants to be the best and therefore, although, I may buy a new car, I become very jealous, when my neighbour gets a better and newer model. The ego steals our sense of fulfilment and contentment and replaces it with envy.

The ego ultimately takes revenge. Then we lose our life of peace and bliss because instead of working on our success, we become more focussed on others failures. We waste our energy and our life trying to get even with others. Isn't it sad that our ego is the cause of all our agony and anguish? It constantly bombards us with egoistic thoughts and then, our actions fall under the control of the Mind and Ego, ME. Together, we, a composite human being, suffer like a puppet in the hands of the ego. As long as we do not control this 'I', we will continue to cry till we die. We must let go of the ego, if we want to let go of all agony and misery.

*We become Jealous. We also Hate because of the Ego's 'I',
We take Revenge, we become Angry and we continue to Cry!*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, indistinct shapes, possibly trees or bushes, and the overall atmosphere is hazy and mysterious. The person is a small figure in the distance, their form slightly blurred by the fog.

A QUEST! WHO SINS, WHO SUFFERS?

15

There is no doubt that we sin, and we suffer. But who is the one who sins and suffers? Is it the body, the mind and the ego? Is that me? Unless we go on a quest, we will continue to suffer and we will continue to do wrong deeds because of our ignorance.


There is no doubt that we experience the triple suffering of the body, mind and ego. Nobody in this world can be free from the pain of the body. The moment we are born, we will fall as we grow tall, and we will suffer pain again and again. There is nobody who is excused from the misery of the mind and therefore, we all experience mental torture. Is there anybody who doesn't get angry, who doesn't get jealous? Therefore, as long as we live as the body, mind and ego, we will continue to suffer.

The body, mind and ego, has to live. We have to walk and talk. We have to perform actions. It is natural to create desires. Desires will make us disappointed, just as our passions will lead us to sinful actions. All this is part of the drama called life. We experience trauma because of our Karma. But we don't stop to question this show. Everything is like a theatre. We are just actors who come and go. When we come, we don't have a body and when we depart, we leave the body. Who is this who comes and goes? Who sins and who suffers?

Is it the mind that is the root cause of sin and suffering? When we try to find the mind, where is the mind, we cannot find. It is just a bundle of thoughts. It is invisible, but it very much exists. Can anybody say that they don't have a mind? And just like the mind is invisible, the ego appears to be visible because it points to the body. Along with the mind, the ego and body commit sin and then suffer.

It is very important to go on a quest. We have to ask questions and investigate till we realize the truth. Why do we suffer? Who suffers? What is the way out of all suffering? These questions are difficult. We must take the help of a Spiritual Master or Mentor who is himself Enlightened, a Guru, who will take us from *Gu* to *Ru*, from darkness to light. The moment we realize the truth of who we are, that very moment, we will be free from all suffering and sin, and we will win the greatest battle in life. We will win over ignorance, and we will not sin. But for this, we must go in search of the truth. We have to question everything, even though it may be called blasphemous. We must have the guts to leave the ruts and not get caught with butts because life is short. And if we continue to believe the myth that we have grown up with, we will just follow the herd. We must fly like a bird and explore. Then, we will be free and be who we are truly meant to be. Start your quest today. Ask questions that will help you realize the truth.

*We Sin and we Suffer, but who does this Task?
We must Stop! We must start a Quest. We must Ask.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the background very hazy. The person is a small figure in the distance, wearing dark clothing. The overall mood is mysterious and contemplative.

ARE WE THE BODY THAT SINS?

16

While we all live and we all sin, the biggest question that needs to be answered is, 'Are we this body that sins?' No doubt it appears that the body sins. But in reality, the body is just an instrument of action. It is the hardware of the machine that is committing sin. The driver of this machine is the software, the Mind and Ego, ME. The truth is that the body is just a slave, driven by the thoughts of the mind. But the mind by itself is not creating the action. Therefore, it is not the mind that is sinning but the body. It is for this reason that the body is punished for sin.

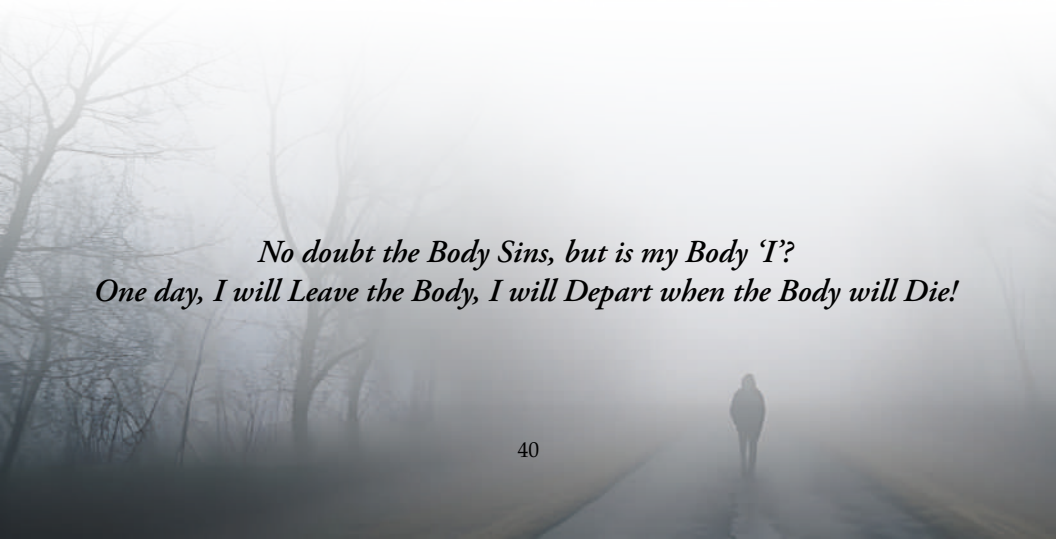
All punishment that is awarded is experienced by the body. For the mind to suffer sin, it is necessary for the mind, which is the software, to be loaded in the body, which is the hardware of the human-computer. Therefore, it is a matter of question as to who really sins, body or mind and who we are, in reality.

Are we the body that sins? It is certain beyond doubt that all sins, whether it is cheating, stealing or even saying harsh words, are all committed by the body. The body is made up of not just hands and feet which make us do and move, but several of our organs of action. Among these, the organ of speech can be one that causes the Greatest Sin. We say so many things to so many people and once these words are spoken, they cannot be taken back. Therefore, the tongue is considered to be like a snake because of the insensitive words that it speaks, has 32 bars or doors, which are our teeth, to stop us from unnecessary loose talk.

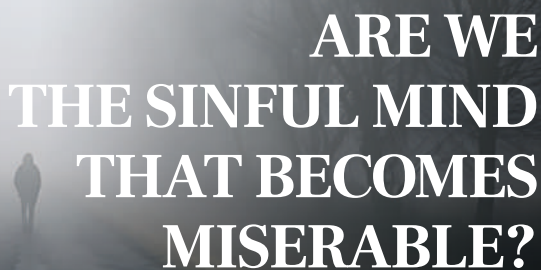
But once we talk, then we have to walk the talk. Once we have committed sin, then Karma will pin us down for those words. Those words become deeds that become seeds that will bear fruit. Are we the mouth that spoke? Are we the hands that committed sin? Are we the feet that walked to that act of dishonour? Who are we in reality?

As long as we consider ourselves to be this body, driven by the mind and ego, we will sin. These sins will be recorded and we will be punished. But the truth is, we are not this body. We must realize this truth.

This body will die and will return to dust. We can be sure that we are not this body, because our dear ones will cremate it or bury it, certifying we are no more in the body. Doesn't this mean we have departed for sure? Doesn't it also mean that we are not the body that sinned? No doubt we were in this body as long as we were alive. But the body was no more than a vehicle that led us to sin and participated in sinning. When this body dies with unsettled sins, then what happens to the sins? When we come to realize this, we move forward in the journey of overcoming sin and discovering our Greatest Sin, a sin greater than all the sins that the body commits.

A misty, foggy forest path with a person walking away in the distance.

No doubt the Body Sins, but is my Body 'I'?
One day, I will Leave the Body, I will Depart when the Body will Die!

A person is walking away from the viewer on a narrow, misty path that leads into a foggy landscape. The path is dark and reflective, and the person is a small silhouette in the distance. The overall mood is somber and contemplative.

ARE WE THE SINFUL MIND THAT BECOMES MISERABLE?

17

If we are not the body that commits sin and the body is just an instrument, then are we the mind that is responsible for all sin? We learn that the body does the sins and also suffers the sins but one day, the body dies. Then who is the sinner? If the body is just acting on behalf of the mind and the mind drives the sin, then isn't the mind the real sinner?

When we try to identify the real sinner, we can be caught in confusion. Very few people are blessed to reach the conclusion. No doubt, the mind is a thought factory. It is an absolute fact that as we think, so we act. Therefore, it is the mind that creates thoughts and these thoughts become feelings that drive our actions. Therefore, if the body is acting, the sin caused by the body is the responsibility of the mind. If there was no thought of the mind, then the body would not act. The body is just like a gun that shoots the bullet. The mind is what causes the bullet to be shot. Therefore, the gun is not the sinner. So, the body, driven by the mind is not the sinner. The sinner seems to be the mind.

But how can the mind be the sinner, when it has no physical existence? Have you ever seen the mind? You can touch your nose and you can pull your ears and you can see your eyes in the mirror, but the mind? We can see an X-ray or MRI of the heart and of the brain, but have we ever seen the mind? How does a mind look like? Nobody has ever seen the mind. Although it

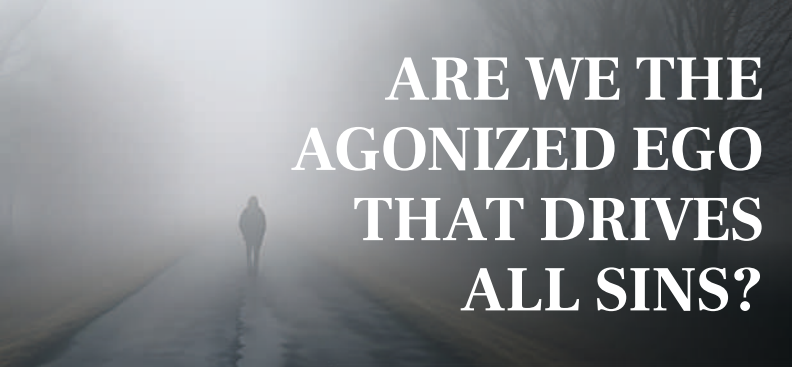
appears to be and it thinks so many thoughts, a thought practically every second, this rascal called the mind, we just cannot find. If we can't find the mind, then how can the mind be the sinner?

The body is the hardware of the human-computer. The mind is the software. But the software will only appear in the hardware. Without the hardware, the software cannot operate. So, if the mind is the operating system of our human computer and the body is the hardware which we are not, then how can we be the mind which is invisible and intangible? We are sure we are not the body. It dies and returns to dust. Then, what happens to the mind?

As long as the mind is operating in the body, it becomes miserable. It suffers fear, worry, stress and anxiety. It also suffers regret, shame and guilt. None of these are suffered by the body, although the mental misery flows through our physical existence. None of us can deny that our mind becomes miserable, just as it makes us miserable. But the question is, 'Are we the sinful mind that becomes miserable?'

A very few people who go in quest to find the way to be free from sin, free from all suffering on earth and from rebirth, realize the truth that we are neither the body that dies nor the mind that we cannot find. Then, who are we in reality?

*If we are Not the Mind, where it is, we cannot Find,
Then why do we become so Miserable? And through Life we Grind?*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, indistinct shapes, possibly trees or bushes, and the overall atmosphere is one of solitude and mystery. The person is a small figure in the distance, their form slightly blurred by the fog.

ARE WE THE AGONIZED EGO THAT DRIVES ALL SINS?

18

If we are not the body that dies and we are not the mind that we cannot find, but we exist for sure, then who are we? Are we the ego that says 'I', 'me' and 'mine'? Even a little child has an ego. We all have. We are so possessive about our people and our possessions. Who is? It is the ego. The ego is an identity. It has a name. When you are born, you may be given the name John. But when I am born, I may be called Smith. And all through our life, we think we are our names. We think we are different from each other. You are John and I am Smith. The ego differentiates *me* from *you*, *my* body from *your* body, *my* family, *my* car, *my* house, which is not *yours*. Isn't this ego that has its own personal identity, the one who sins?

Who wants a car, a house, money? Who has all the desires? Who wants to be rich and famous? It is the ego. The ego drives the mind to think and thereafter, the body to act. Therefore, isn't the ego the driver of all sins?

From the time we are born till the time we are gone, the ego exists. That is why we say, 'I want a glass of water. I am unwell. I feel like going on a holiday.' There is no life without the ego. We say that this is *my* passport, *my* ID card, *my* certificate. The ego repeats 'I', 'me' and also 'mine'. It falsely makes us believe that all our possessions are ours. It fools us into believing that our relationships are real and permanent. When the truth is that all of this is real, as long as the body exists, and there is no doubt that the body will one day die, then how can all of this be ours?

Because the ego is enveloped in ignorance, along with the mind, it becomes the Mind and Ego, ME. Then, it drives us to sin and we suffer. What is the agony that the ego suffers? We suffer the result of anger, hate, revenge and jealousy. As the ego, we create these emotions. These lead to toxic thoughts. The toxic thoughts crystallize into evil and wrongdoings and these actions of sin by the body are transmitted back for the ego to suffer.

Therefore, when the body experiences pain, 'I', the ego suffers. When the mind experiences the misery of fear, worry, stress and anxiety, 'I', the ego suffers. But who is this 'I'? Where did this 'I' come from? And one day, where will this 'I' go? This 'I' is ephemeral. It appears after birth, and it disappears in the moment of death. But as long as we are alive, we experience the agony and the anguish as the ego. First, we drive all sin and then we suffer. We can never win.

The truth is that we are not the ego. It doesn't exist. It just appears and disappears. It is very much an illusion. But as long as the body appears and the mind thinks, the ego is. Haven't you heard of the statement, '*I think and therefore I am,*' and the contra, '*I am, therefore I think.*' It hardly matters because both the mind and the ego are illusions. They are invisible. They do not exist. Then who are we? When will we realize the truth?

*The Ego says 'I', 'Me' and 'Mine'.
And so, throughout life we Whine.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the background very hazy. The person is a small silhouette in the distance. The overall mood is mysterious and contemplative.

RELIGIONS CREATE CONFUSION

19

Religion tells us not to sin. It tells us — *Live a moral life. Be ethical. Do good deeds. Pray to God. Follow God's laws.* But religion doesn't tell us what our Greatest Sin is. Religion teaches us to pray. But religion can never make us attain God. That is religion's Greatest Sin!

Religion is good. In fact, all religions are good. But religions are just like kindergartens. They teach us the ABC of God. They help us to pray, but they don't show us the way to realize God. They don't take us to the conclusion. They only create confusion.

There are so many religions, so many Gods, so many scriptures. If we use our common sense, can all religions be right? They can't. If one is right, the other is wrong. But all religions force their followers to strictly follow their respective religion only. Because our religion makes us believe that our religion is right, we fight. We go to war with people who follow different religions when in reality, we are all children of one God. We may view God differently, but there are not many Gods, in many heavens, somewhere far away in the skies! These are lies!

If we speak against our religion, it is considered blasphemy, the biggest crime according to religion. Religions don't intend to mislead us. But the followers of religion, in their over-enthusiasm to make us God-fearing, God-loving, God-following,

inadvertently cause commotion and disrupt world peace. Today, there is no peace in the world because we are fighting each other in the name of religion. Isn't this a big sin? God is one and though we follow our religion, shouldn't all religions make it their first commandment that we should respect all religions? Sure, we may view God differently and each of us may have our personal God but the first lesson we must learn is God is one. God has no name or form. God is not made of bone and skin. God is a Power that is within. Because we don't learn this truth, we suffer sin.

If only all the religions of this world could stop creating confusion, we would arrive at a conclusion. We can all pray to the God of our religion, but the last lesson of every religion should be on how to realize God. Religions should teach us that God is a Supreme Immortal Power. Religions should help us attain God. Of course, we all need a religion, a scripture and a personal God. But religion is like a pole vault. We need the pole to jump up into the sky, but then to jump over, to cross over, we have to let go of the pole. We all need religion. It is like a kindergarten. But we all must go to the University of Spirituality. Spirituality is not religion. It is the science of the Spirit or Soul. When we graduate in Spirituality and we are Enlightened, we will be free from all sin and suffering. When will the religions of this world stop creating confusion and help the whole world reach a conclusion?

*Religions Brainwash us into Believing that only our Religion is Right.
So, we Pray, but we Commit a Sin because for Religion we Fight.*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, silhouetted trees or bushes. The overall atmosphere is ethereal and contemplative.

NOT THIS, NOT THIS, WE ARE THAT!

20

As we traverse this journey of overcoming sins, we have to get to realize what our Greatest Sin is, because the moment we realize that, then we overcome all sin. All our sins are forgiven. We are liberated. We are united with the Divine. For this, the key is the Realization – *Not this, not this, we are That*. This comes from the ancient *Upanishads* and *Vedas* written thousands of years ago. The words are *Neti Neti*, not this, not this. *Tat Twam Asi*, That thou art. What does *Neti* mean? It means ‘not this’. *Neti Neti* reminds us that we are not this body, and we are not this mind. We have already analyzed this. We know this is the truth. But although we know, we have knowledge that we might pick from a college, we do not realize. Realization comes with purification and illumination. We have to open our *real* eyes to realize what we know that we are not the body that will die, and we are not the mind that we cannot find. But we exist. Who are we? *Tat Twam Asi* – Thou art That.

‘Thou art That’ means we are that Power of life that is throbbing within the body-mind complex. We appear to be the body and mind that sins. But who is the one who wins, who overcomes ignorance and realizes the truth, ‘Who am I?’ I am not this, I am That.

This *mantra*, *Neti Neti*, *Tat Twam Asi* can liberate us from all sins because it makes us realize that we are not the sinner. Imagine you were sentenced to jail for 10 years for doing a crime. Then,

you were sentenced for another 20 years for another crime and another 30 years for a third crime. You would have such a long sentence that it would last till your death. But what if your lawyers proved that you were not the criminal, that somebody else was? Then, you would become free from all the 3 prison sentences. So also, when we realize that we are not the sinner, we are not the body, mind or ego, then we are free from our sin. For this, we need Realization. That is our biggest challenge. Ignorance makes us suffer all our sins but the moment we overcome ignorance and we realize we are not the body, mind or ego, we overcome all sins.

Our Greatest Sin is not realizing who we are. Because of this sin, we suffer all other sins. All the other sins that we commit and suffer, are tiny fragments of our biggest crime, the crime that does not let us climb that peak called Enlightenment, where we can differentiate the myth from the truth.

If we have to realize what is our Greatest Sin, we must decode the truth behind this 5-word *mantra* – *Neti Neti, Tat Twam Asi* – not this not this, thou art That. These 5 words are the essence of *Sanantana Dharma*, the faith without a beginning or an end. They are they summary of the *Vedas* and *Upanishads*. They are in essence the truth of life, the key teaching in any scripture. If only we question, ‘Who am I?’ and get the answer, it can lead us to overcome our Greatest Sin.

*Not this not This, Thou art That.
We are not Body or Mind. This is a Fact!*



WE ARE THE SOUL

21

We all talk about the Soul and we are quite sure that we have a Soul. Soul is the Power that gives life. Most of us believe that we are made up of the body, mind, ego and the Soul. Little do we realize that we don't *have* a Soul. We are the Soul. Is there any doubt that we exist? Of course, we do. We are alive from birth to death. The moment we die, people say that we passed away. But who passed away, nobody knows. If we had not left the body, would anybody dare destroy it? Therefore, there is no doubt that we are the ones who departed at the moment of death. Unfortunately, while we understand that the physical aspect of our life dies, we are not clear whether it is the mind, the ego or Soul that departs. Those who investigate may submit that it is a combination of our subtle existence, our so-called software that leaves us in the moment of death. Who is the one that departs in reality?

To know our true identity, we have already contemplated birth. We realize that the birth date on our birth certificate is fake. Our date of birth is actually just our date of arrival on this earth. But because we do not realize this, our ignorance stops us from being Enlightened with the simple truth that we were conceived about 9 months before, when two cells from our mother and father fertilized to become one zygote. What caused that fertilization? How did birth occur? We were conceived by Divine magic. There is no human logic to it. But we can infer that it is the Power in the two cells that was alive

that caused a fusion and the new birth to take place. And in that moment we were born, though we were just one cell, the zygote. Once conceived, we cannot change our parents or our new life.

What is the zygote? It is just one cell of existence, independent and floating in the womb of our mother. What makes it multiply to 2, 4, 8, till it becomes a baby of 25 billion cells? Many people believe that the Power in the zygote comes from the placenta that connects the mother to her child. But this connection happens much later. The Power in the zygote is the Power of life. That Power is a Spark Of Unique Life – the Soul. In reality, the zygote is nothing without the Soul. Without that Spark Of Unique Life, we would never have been conceived. It is the Soul that is responsible for the formation of all our critical organs, even our sense organs, the eyes, the ears, the tongue, the nose and the skin. Every cell of our body is powered by the Soul. We are that Soul.

If we want to overcome our Greatest Sin, this is the Realization that would help us to win the biggest battle of our life. The Realization that we are not body, mind and ego, we are the Divine Soul, will not only liberate us from all suffering and sorrow, but free us from returning in a rebirth in a distant tomorrow. As long as we do not realize we are the Soul, we will continue to suffer as the body, mind and ego.

*We are not the Body, Mind and Ego, we are the Soul.
Realizing this Truth is our Ultimate Goal.*



SOUL COMES FROM SIP, THE SUPREME IMMORTAL POWER

22

Where does the Soul come from? Does it just come from nowhere? Is the Soul just a figment of our imagination? Is the Soul just another fairy tale?

Can we deny that there is a power in us as long as we are alive, a power that makes us walk and talk, sing or do anything? That power causes us to multiply from the zygote. That power gives us breath, till ultimately it departs one day and there is death. Can anyone deny that power in us? No.

There is power everywhere in this world. There is wind power and hydropower, thermal power and solar power. But we do not realize that there is Soul power in every creature that is alive. Where does all this power come from?

Scientists admit that there is energy everywhere in this universe. They call it dark energy and dark matter. In fact, they think that this cosmic energy is causing the constant expansion of the universe. However, scientists have no clue as to what this energy is and how much energy there is. There is a complete mystery in our scientific history. What science knows, the earth, the skies, the oceans and the creatures in it, is less than 5% of the universe that seems to be matter. Over 95% of the universe, as admitted by science, is energy. Little do we realize that we are all part of that energy. This energy is power. It is the Supreme Immortal Power. It is SIP. Unfortunately, because we do not

realize that there is an intelligent Supreme Power that governs us, we do not realize that everything in this universe is SIP.

Where does the Soul come from? If we are that Spark Of Unique Life, the Soul, how did it arrive in the zygote? In fact, this is beyond human comprehension. But we are capable of inferring that just like there is electricity or power in our homes, there is power within us. This power is a Spark Of Unique Life. It is a power of life that is different in you and different in me. But both the sparks, both our Souls come from one universal power, SIP, the Supreme Immortal Power.

Even science admits that energy cannot be created or destroyed. It can only be transformed from one form to another. Therefore, the power of the Soul which is energy is birthless and deathless. When the body dies, the Soul merges with SIP. It is from SIP that the Soul creates life in a zygote. The Enlightened Ones have realized this truth and science endorses this in its own way. Unless we put the pieces together and solve the mystery of the Spiritual jigsaw puzzle, we will never realize that we are the Soul, and the Soul is SIP. Just like a wave appears to be a wave, but in reality, it comes from the ocean and returns to the ocean. We also appear to be the Soul, but in reality, we are SIP. We are all manifestations of the Supreme Immortal Power, SIP, that appear as a Spark Of Unique Life, the Soul.

*We are the Soul. The Soul comes from SIP.
The Supreme Immortal Power is in Every Chip.*



THEREFORE, WE ARE GOD

23

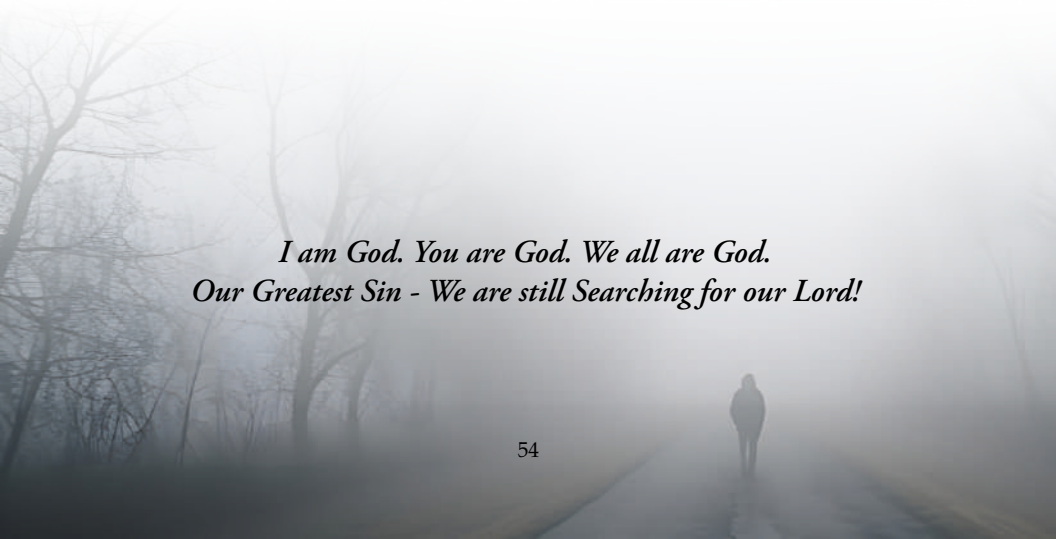
How can we be God? Logically we are not this body, mind and ego, we are the Divine Soul, and the Soul is SIP, SIP is God, and therefore we are God. We may read this a hundred times but still, we will question, 'How can we be God?'

'God is God. I cannot be God. You cannot be God. How can there be 8 billion Gods on earth?' Our mind will question. It is unwilling to accept this. Therefore, we are caught in this, our Greatest Sin.

It was Christmas time and a little girl who loved Santa Claus walked her mother to the candy man selling sugar candy in a cart. She had seen him selling candies in the shape of Santa Claus, snowman, Rudolf and Christmas trees, besides angels and fairies. All these were beautifully crafted sugar candies but the girl's eyes were only on Santa Claus. As they were waiting, the young boy before them picked up the last Santa Claus candy on the cart. The girl told the candy man, 'Give me Santa Claus too.' 'Sorry, my dear,' replied the man, 'My last Santa Claus is gone. You can take this snowman or Rudolf.' 'No!' cried the girl, 'I want Santa.' The man told the mother, 'I am sorry, but I don't have Santa candies anymore.' But the girl insisted that she would only have Santa and she started to cry. The mother explained, 'Sweetheart, all the candies are made of sugar. They may appear as Santa or Rudolf, but please understand that they are all the same, they are made of the same sugar. They taste the same.' 'No! I want Santa!' screamed the girl. The mother tried her best to reason with her and bring sense into her little head. But the girl continued to yell and cry. 'I want Santa! I want Santa!'

In reality, we are no better than this small girl. We keep screaming — I want Jesus! I want Krishna! I want Shiva! I want Ganesha! When will we realize that all these names and forms are in essence SIP, the Supreme Immortal Power? When will we realize that we are not this body, mind and ego, we are the Divine Soul? All Souls come from SIP. SIP is in everything. We may wonder at the ignorance of the little child because she could not understand that all candies were nothing but sugar. But when will we laugh at ourselves, at our ignorance? We don't realize that we are all effects. The ultimate cause is SIP, the Supreme Immortal Power that we call God.

This is our Greatest Sin. Not realizing this simple truth, we search and chant God's name trying to find God. We cannot find God. We have to realize God. God is everywhere, in everything. But we are blind. 1% of this world cannot see with their eyes. But 99% of people in this world do not open their real eyes. They are spiritually blind. They do not realize the simple truth that we are all manifestations of God. We are all nothing but the Soul. When the Soul departs, there is death. There is no breath, and our body will disintegrate into the 5 elements of nature. We are God, but we don't realize that we are God. This is our Greatest Sin.



*I am God. You are God. We all are God.
Our Greatest Sin - We are still Searching for our Lord!*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, silhouetted trees, and the overall atmosphere is foggy and mysterious. The person is a small figure in the distance, centered on the path.

THIS IGNORANCE IS THE MOTHER OF ALL SINS


24

While we have talked of so many sins, we seem to be lost in this ignorance of our Greatest Sin. Our Greatest Sin is that we think we are the body, the Mind and Ego, ME, and thus, we are not able to be who we are meant to be because we cannot see the truth. Our mind makes us blind. It envelops us in the darkness of ignorance and we just live and we die. We look up at the sky, we cry, we ask 'Why?' but we don't realize, 'Who am I?' This is all because of ignorance. We continue to believe the myth that we have grown up with. We believe the lies that God lives in the skies. We just follow the herd. We don't fly like a bird. Our wings are tied with strings, and we remain caged in a prison of ignorance.

A villager came to a town and his best friend took him to a movie. The friend was a Spiritual Master and teasing his friend from the village, he asked him, 'What do you see?' He replied, 'I see so many horses galloping away.' The movie was a war movie. And so, the host asked his guest, 'What else do you see?' 'The excited villager said, 'Now I see so many elephants behind the horses.' 'Look deeper,' said his friend, 'What more do you see?' The villager looked carefully this time, and said, 'Far beyond, I see the skies filled with dust that is being created by the hooves of the horses and the elephants.' 'No!' said his friend, 'What do you see beyond that?' 'Nothing,' replied the villager. Just then, the movie stopped for intermission. Now asked the man from the city, 'What do you see now?' The villager said, 'Nothing. It is just a blank screen. There are no horses and elephants. There is nothing!'

Just like the projector projected the movie on the screen, and the villager was enamoured with the projection of light and sound, we human beings are caught in a Cosmic Illusion that creates so much ignorance. We are unable to see the truth. Our ignorance projects this world as being real when in reality, every molecule is energy. Every atom is SIP, the Supreme Immortal Power. The Soul is a Spark Of Unique Life. It is energy. It is immortal. The body is made up of 5 elements, just as this whole universe is. Every molecule of this inanimate world is made up of nothing but energy. This is not a spiritual statement. This is a scientific fact and work based on the theory of the Wave-Particle Duality which states that every particle of matter is nothing but a wave of energy. It has been awarded the Nobel Prize for Physics in 2022. Three scientists have been jointly awarded for their work in Quantum Physics and Quantum Mechanics. While even science endorses that every molecule of this universe is energy, we continue to remain ignorant and don't realize that we are all nothing but SIP, the Supreme Immortal Power, appearing as you and me. Our greatest ignorance is that we think we are the Mind and Ego, ME. It is this ignorance that causes our Greatest Sin. Therefore, ignorance is considered to be the mother of all sins. If we overcome ignorance, we can overcome sin.

*The Mother of Sin is Ignorance. We remain a Fool!
Ignorance is what we have Gathered, since we were in School.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a layer of fog or mist, making it difficult to see the ground clearly. The person is a small figure in the distance, wearing a dark coat. The overall atmosphere is mysterious and contemplative.

WE LIVE, WE DIE AND WE RETURN

25

Can we deny death? Every 'body' has to die. Any creature that is alive is mortal. A human being has a lifespan of about 100 years, although some people die at 50, some at 70 or some at 90. But nobody can escape death.

Is birth a reality? Of course, it is. Every day, thousands of human beings are born. We have no count of the millions of other creatures that take birth on our earth. While we understand the phenomenon of birth and death, we don't realize that there is a connection.

Did you decide your birth? Did you decide how you came to earth? You did not. Karma did. We have already understood that there is a Law of Karma. The Law of Karma governs our sins. Just as we are punished for the bad deeds that we do, Karma also rewards us for the good. Karma is not punitive, it is reformative. It helps us evolve through life. But do we realize that all the seeds that we plant, the deeds that we do are recorded in the books of Karma? Then suddenly, one day, the body dies. What about all the Karma that is pending? The Karma is not cleared. The one who dies, the Mind and Ego, ME, that is ignorant about the truth, carries Karma and returns to earth in a rebirth, in a new body. This is exactly how we are born, and this goes on and on.

As long as we don't realize that we are the Divine Soul, our Karmic account is not settled. We will live, do Karma, and die. In fact, everything unfolding in our life is as per our past Karma. Our present Karma is our choice. Together, our past and present Karma become the twin Karma that controls our destiny. There is nothing like fate or luck. Such is life.

When the body dies, all the unsettled Karma, good and bad, of all previous lives, together decides how we will return to earth in a new birth. It is because of this cycle of birth, Karma, death, and rebirth, that this world continues to exist. If such a cycle was not there, then we would just live and die and existence on this planet would be finished. The cycle goes on and on, because of Karma and rebirth.

The ultimate goal of life is to be free from this cycle. It is not to return to earth in a rebirth. Those who return to earth, suffer the triple suffering, pain of the body, misery of the mind and agony of the ego. Even though we may do good deeds, we will return in a new life, to be rewarded for our good Karma. Little do we realize that the moment we return, we are bound to suffer. Therefore, the goal is to be free from rebirth on earth. As long as we continue to commit our Greatest Sin in ignorance, as long as we don't realize that we are not the body that dies, we are not the Mind and Ego, ME, we will continue to live, sin and be trapped in the Greatest Sin of ignorance. Then the body will die, and we will be born again.

*This Body is sure to Die but we are sure to be Reborn.
As long as we are Ignorant of the Truth, this will Go on and on.*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, silhouetted trees, and the overall atmosphere is hazy and ethereal. The person is a small figure in the distance, centered on the path.

THE GOAL IS NIRVANA, MOKSHA

26

What is our ultimate goal? It is to realize we are the Divine Soul. If we do not achieve this Realization, then there will be reincarnation. The body will die, but because we do not realize, 'Who am I?', we will return to earth in a rebirth.

At death, we must remember that one of two things happens. In most cases, when the body dies, the Mind and Ego, ME, carries its Karma and appears in a new body. It is conceived in the womb of a new mother, only to complete one more Karmic cycle on earth. Everybody who comes to earth must suffer the triple suffering of the body, mind and ego. Only a blessed few who are Awakened or Enlightened, achieve the second option at death. They are liberated. They are united with the Divine. This is called *Moksha*, *Nirvana*, Salvation or Liberation.

While sins make us suffer, our Greatest Sin of not realizing who we truly are, not only makes us suffer the triple suffering on earth, but it also makes us return in a continuous cycle of death and rebirth. Because of ignorance, we do not realize, 'Who am I?' so we live and cry. And when the body does die, we are reborn and this goes on and on. *Nirvana* is escaping from this cycle of death and rebirth. *Moksha* is Liberation and Unification. Salvation is becoming one with the Lord. These are different terms but indicate the same destination, which comes with Realization. In this, the one state which is known by many names, there is at first, Purification where all the impure knowledge

is washed away. Then there is Illumination, where the light of truth shines. And finally, there is that spark of awakening that comes with complete Realization. Realization is not the end. We have to move from Self-Realization to God-Realization. Only then can we win over our Greatest Sin.

Man is God. But man does not realize this. Therefore, he lives and dies as a man, and he does not attain God. To realize God, man has to be awakened to the truth. I am nothing. I am not this body, mind and ego. On realizing I am nothing, man becomes everything. When we realize we are the Divine Soul, we achieve our ultimate goal.

Nirvana or *Moksha* can be attained only in the moment of death. While we are alive, we can be Enlightened and we can live like a *Yogi*, ever united with the Divine. We can live as a *Jivanmukta*, one who has attained freedom. But it is only when the body dies, that we can be liberated from the cycle of rebirth and united with SIP, the Supreme Immortal Power.

Nobody can deny we are the Soul, the Spark Of Unique Life that becomes one with SIP at death. But because we do not realize this, we commit our Greatest Sin. Then we have to carry our Karma, and return for another journey, till we ultimately attain *Moksha* or *Nirvana*.

*Moksha or Nirvana is Divine Unification.
This Liberation at Death is after Realization.*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, silhouetted trees, and the overall atmosphere is ethereal and mysterious. The person is a small figure in the distance, emphasizing the vastness of the journey.

THE WAY TO SPIRITUAL AWAKENING

27

To attain the ultimate goal of *Nirvana* or *Moksha*, which is Liberation from the cycle of death, and Unification with the Divine, we first need Spiritual Awakening. This is known as Enlightenment. This is not attained by one and all. It is a rare feat. Most of us live and die without even attempting this Journey of Spirituality.

Less than 1% of humanity develops that deep yearning for the Divine and for Liberation, referred to in ancient scriptures as *Mumukshutva*. The *Mumukshu* then becomes a *Jigyasu*, one who goes on a quest to realize the truth. Of this 1% who start a sincere spiritual journey, less than 1% reach that state of Spiritual Awakening known as Enlightenment.

Enlightenment is grossly misunderstood. It is not knowledge that you can get in a college. It is Realization that doesn't need any education or qualification. It needs Purification and Illumination. This is our greatest challenge and because we do not attempt to achieve this, we commit our Greatest Sin of not realizing that we are Divine Souls, not human beings. The human body is just a garb, a vehicle that we are born in. We are the only species who is blessed with an intellect for discrimination and Realization. But because we are enveloped in the darkness of ignorance, because we become slaves of the mind that makes us blind, we continue to commit all the petty sins in this world. Why do we cheat, rob, steal, murder? Because

we don't realize that we are the Divine Soul, not this body, mind and ego, that we appear to be. When we go on a quest, yearning for the truth, and for the Divine, only then is there Spiritual Awakening. Only then can we become a *Buddha*, an Enlightened One.

Does every *Mumukshu* and *Jigyasu* become a *Buddha*? No! Only about one in hundred does. After we start seeking the truth, and yearning for the Divine, we become a *Gyani*, or learned one. Wisdom of the truth is not Realization. Wisdom is knowing. Realization is doing. Unless the *Gyani* becomes a *Yogi*, one who lives in union with God, he can never become a *Buddha*. This state of *Buddha* or Spiritual Awakening wipes away all ignorance and transports us to the next level of Spirituality. Thereafter, if we do not fall prey to the Mind and Ego, ME, then we become free to attain the ultimate goal of *Moksha* or *Nirvana*.

Unfortunately, although we have all the wisdom and knowledge, the mind will still throw garbage in the form of toxic thoughts. Unless we are in that state of Consciousness, it is likely that we will slip and fall. We will not become a *Buddha*. A *Buddha* becomes a witness, an observer of this *Leela*, this life drama unfolding on earth. Then the *Buddha*, who lives as a *Sthitpragya* with steady intellect, and as a *Jivanmukta*, free from this world, attains *Nirvana* or *Moksha* when the body dies.

*Enlightenment starts with Yearning, and then, with Seeking.
But not everybody is Blessed to have Spiritual Awakening.*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by trees and foliage, and the overall atmosphere is hazy and ethereal. The person is a small figure in the distance, wearing a dark coat and a hat.

NEED OF A GURU

28

Spirituality is the science of the spirit or the Soul. It needs a specialized teacher, a Spiritual Mentor or Guru to help one awaken on this journey. One cannot be Enlightened with knowledge from a college. You cannot be awakened by just reading books. While it is believed that one can attain Spiritual Awakening through *Bhakti* or devotion and *Dhyana* or meditation, ultimately, all this leads to *Gyana* or wisdom. Unless we attain that spark of Realization, the light of truth will never shine within us. A Guru is the one who takes us from darkness to light. That is why he is called 'GuRu', *Gu* means darkness and *Ru* means light.

The journey of Spiritual Awakening is an inner journey. If one has to overcome the Greatest Sin by Realization, the process is first Purification and Illumination. However, living in a body with the Mind and Ego, ME, we can never be awakened. We have to transcend the body, mind and ego. We cannot leave the body till death. But we must get it in our head that we cannot be Enlightened after we are dead. While alive, the mind and ego, do not want us to be awakened because the moment we are awakened to the truth that we are the Divine Soul, then, the Mind and Ego, ME, will cease to exist. Therefore, the mind and ego try very hard to imprison us in ignorance. It is only an Enlightened Master, an Awakened Guru who can handhold us and lead us to the destination of Liberation and Unification with the Divine. And for this, the first step is Realization.

Without the help of an Enlightened Master, we will continue to commit the Greatest Sin of living as a human, when the truth is we are Divine. It is the Guru who will make us realize that we are manifestations of God. We can know this fact by reading a book or even listening to a discourse. But only the Guru can open our real eyes and help us to realize the truth.

I had a Spiritual Master for over 20 years but I was spiritually blind. My mind was wandering from one peak of success to another. Ultimately, it was my Guru who provoked me and stopped me from the meaningless pursuit of success. I took an exit from the highway of achievement and started living with contentment and fulfilment. It was with a lot of contemplation and introspection that ultimately my Guru showed me the way to Enlightenment. If I did not have the guidance of a Guru, I would have continued to be trapped in petty sins and would have not only suffered on earth but also been caught in the continuous cycle of death and rebirth. It was my Guru, Dada, who showed me the path.

While the Guru can show us the path, guide us, he cannot make us Enlightened. Spiritual Awakening is a personal journey. We have to walk the path. But without the right GPS, the right Guru's Powerful signal, we may get lost, we may wander and lose sight of the direction that will take us to the ultimate destination – the Realization that we are Divine.

*We will all continue to Sin without a Spiritual Master.
It is the Guru who will Save us from Sin, Faster.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making it difficult to see the details of the ground. The person is a small figure in the distance, wearing a dark coat and a hat. The background is a dark, hazy landscape with some trees visible in the distance. The overall mood is mysterious and contemplative.

REALIZATION OF THE TRUTH

29

What is the truth? The truth is that we are not this body that dies. Even after reading this a hundred times, listening to it thousands of times, we may know it, but we will not realize it. We will always look at the mirror and think that this is 'me'. It is the Mind and Ego, ME that makes us blind. The truth is something else. We are the Divine Soul, but we do not achieve this, our ultimate goal. Because we continue to commit our Greatest Sin, we continue to live in ignorance. Because we do not find out, 'Who am I?' we cry till we die. It is sad that not only do we suffer the triple suffering on earth, but we return in a cycle of rebirth. This will go on and on, as we are reborn. As long as we create Karma, good or bad, we are stuck in this cycle.

It is not just the petty sins that make us suffer on earth. Even if our life is full of good deeds, we will still be caught in the cycle of rebirth. These good deeds will become seeds that must bear fruit. To receive the fruit of our action, we will be reborn. This is our Greatest Sin and we can only overcome it with Realization, the simple Realization that we are not the body, mind and ego, we are the Divine Soul. This is our goal. To realize we are the Soul, and the Soul is SIP. But this is just on our lip. We do not get a real grip and we let this Realization slip, all because of the Greatest Sin that is caused by ignorance.

Man, in essence, is God. The human being in essence is the Divine Soul. The human being does not have a Soul but is the

Soul. Less than 0.01% of this world realizes this truth. Unless we transcend the ego and the mind, we will continue to be blind. An ignorant person will look at a group photograph to see where is 'me'. We all want to identify 'I' in the picture. But the Enlightened One is different. When the mirror asks the question, 'What do you see?' the Awakened One smiles within realizing I am not the body, Mind and Ego, ME. The Awakened One, not only knows that he is the Soul, he feels it, experiences it and realizes it.

The truth is the truth. We are not this body that will die. We are not the mind that we cannot find. The ego that says 'I' is a lie. But still, we continue to cry. We continue to suffer from our Greatest Sin. The challenge of life is to win this battle, the battle of overcoming the darkness of ignorance. The biggest conquest is not the war of the outside world, but the battle within, the battle with the Mind and Ego, ME. Until we still the mind, we kill the mind, and we reach that state of Consciousness, in which we realize the truth, we will never attain that Eternal Bliss. We will continue to live with unhappiness. Therefore, Realization is our destination, not achievement. Our goal is Enlightenment. But because we are trapped in that passion for winning, we are all sinning. When will we overcome our Greatest Sin?

*We are all Caught in Desire, in Passion, in Obsession.
We can be Liberated from Misery through Realization.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is shrouded in a thick, white mist or fog, making the surroundings appear ethereal and mysterious. The person is a small figure in the distance, centered on the path. The overall mood is contemplative and surreal.

THE COSMIC ILLUSION, MAYA

30

Is this world real or is it an illusion? When people say this world is *Maya*, what does it mean? Isn't everything real, you, me, your world, my world and this world? It all seems so real. But is it?

Unlike a mirage in the desert, which we know is an illusion, this world seems too gross, too physical to be an illusion. Yes, a rainbow is an illusion. It appears, but it soon disappears. But how can we call this world *Maya*?

The best analogy is a movie. The movie seems so real, the actors on the screen, the music, the sound and the emotions that are played on the screen, everything seems real. But in the end, is the movie real? It is just a drama, a show, where actors come and go. Everything is just a projection. So is this world. It is a Divine projection.

Everything in this world is *Maya*, a Cosmic Illusion. This means that nothing is permanent. Everything that seems to be matter is in reality, nothing but energy that is being projected as matter. Because it is so lifelike, so real, we are enamoured by the Cosmic Illusion, and it seems to be real. But is anything permanent? No. Everything is changing. Everything is *Maya*.


Maya has two powers, one power conceals the truth, and the other power projects the myth. With its two powers, it makes this world look very real, when in fact, everything is a Cosmic Illusion.

Because of *Maya*, we get trapped into our Greatest Sin. It is because of *Maya* that we believe, we are who we seem to be. We believe, we are this body and this Mind and Ego, ME. The ego makes us believe, 'This is my family, my house, my car,' because of *Maya*, the Cosmic Illusion. *Maya* conceals the truth and projects the myth, our mind makes us blind and we commit the Greatest Sin. We live like man and woman, when in reality, we are God.

There is no doubt that we are the Divine Soul. But *Maya* comes in the way of us realizing this goal. Unless we live in Consciousness, unless we transcend the Mind and Ego, ME, unless we control the body and its senses, we will live under the spell of *Maya* and we will suffer hell on earth.

When we realize the truth, then this world doesn't disappear. But the light of truth shines and the darkness of ignorance disappears. We realize that everything is a Cosmic Illusion. It is *Maya*. In that moment, *Maya* doesn't stop its projection, but we realize that everything is a projection. Although we are still encapsulated in a body-mind complex, we realize that we are the Divine Soul. We realize we are SIP. Everything is *Maya* – a Cosmic Illusion.

*This whole World of Matter is in Reality, an Energy Projection.
Everything is Maya. It's Not Real. It's a Cosmic Illusion.*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, silhouetted trees or bushes. The overall atmosphere is ethereal and mysterious, with a soft, hazy light. The title text is overlaid on the right side of this image.

EVERYTHING IS *LEELA*, A DIVINE SHOW

31

What happens in a drama? Actors come on the stage. They are given a role. There is a storyboard. They act, they talk, they sing, but everything they do is all part of the drama. At the end of the show, they go. If in the drama, the actor is married to the actress, after the drama is over, they don't take the marriage on the stage, to their home. The actor goes to his wife and the actress to her husband and children. This was just a drama, just a show. While we understand a drama to be a drama, we don't realize that this world is nothing but *Leela*, a Divine show. We are nothing more than actors, who come and go.

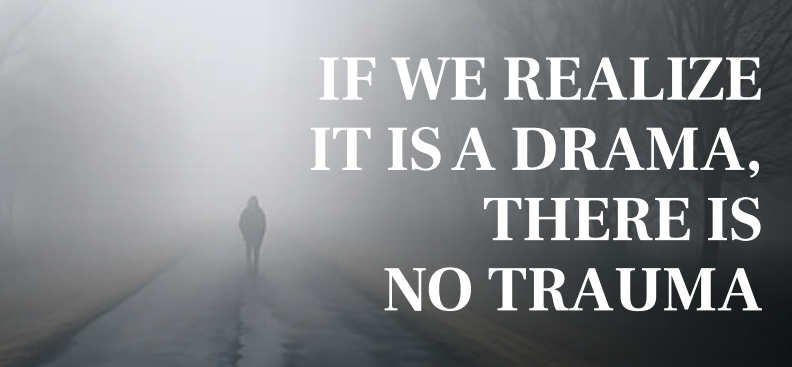
In a drama, the actors wear costumes, but in the *Leela*, we wear bodies. Most of us don't realize that we are not the bodies that we wear. We are the Divine Soul. So, like good actors, who are acting as per their costume, we live as ignorant fools, thinking our body costume to be us. We don't realize that we have adorned this costume of the body because of Karma. Although we know it for sure, that one day we will leave this body, we will drop this costume and move on, we don't realize this. There is no doubt that the body will die, and we will be reborn, based on the Karma we perform, wearing this body costume, along with all the Karma of all the other costumes of different lives that we have played in the life drama, in the *Leela*.

Enlightenment reveals the truth. If there is no Spiritual Awakening, then we think this earth, which is nothing more

than a stage, is real. We think that our life is real, when in reality, everything is a Divine show. Although there is no doubt that we have to go one day, we live as though we are going to be here forever. Because we don't realize everything is *Leela*, we sin. Not only do we commit petty sins of cheating, lying and hurting but we also commit the Greatest Sin of ignorance. Therefore, we experience the triple suffering on earth for our sins and because of our Greatest Sin, we experience the greatest punishment of rebirth. Our Greatest Sin makes us reborn, and this goes on and on. Because we are zapped in the merry-go-round of life, where we enjoy pleasure and we suffer pain, we don't realize that this is a Divine drama and we return again and again.

The moment there is the Realization that I am not the body, mind and ego, I am the Divine Soul, then we become like actors in the earth stage. We don't take anything seriously. We know that one day we will go and this is just a show. Then we will row our boat in the oceans of this world, enjoying the world but not getting attached to it. This is to live as the liberated Soul. This is true Enlightenment, to realize everything is *Maya*, a Cosmic Illusion and everything is a *Leela*, a drama of the Divine. Then, we are free from our Greatest Sin and we win the ultimate battle of life.

*Although we Know that one day from this Drama, we will Go,
We don't Realize Everything is Leela, a Divine Show.*

A person is walking away from the viewer on a narrow, foggy path that stretches into the distance. The path is flanked by dark, indistinct shapes, possibly trees or bushes, and the fog is thick, creating a sense of mystery and isolation. The overall tone is somber and contemplative.

IF WE REALIZE IT IS A DRAMA, THERE IS NO TRAUMA

32

Why do we experience trauma when we sin? It is because of ignorance. Only because we don't realize that everything is a drama that is unfolding as per Karma, we suffer our sins. Those who realize the truth that neither are we the ones who sin nor are we the ones who suffer, enjoy the life circus and start living with purpose.

Isn't it true that we are actors who come and go? Everything is a show. No doubt, as we live in the body, mind and ego complex, we will experience the triple suffering. There will be pain in the body. The mind will cause misery and the ego will be agonized. And therefore, our goal is to realize the illusion *Maya*, the Divine show, the *Leela* and to be liberated from it. But as long as we do not realize it is a drama, we have no option but to face trauma.


The trauma starts in the womb of the mother, which we do not even realize. 9 months in that darkness — Is that the reason we arrive on earth screaming and crying, not giggling and laughing? Then, we grow up and we fall as we grow tall. We all experience hurts, aches and pains in the process of growing. As we grow, the Mind and Ego, ME comes into play. We live with fear and worry, stress and anxiety, regret, shame and guilt. Who doesn't experience anger, hate, revenge, jealousy? We all do. But this is the price we pay for coming to earth in a rebirth.

If only we realize that it is our Karma that brings us back to earth, if only we realize that we are the Divine Soul, then we will not return to earth. The trauma will end and the drama will be over if Karma is transcended. The Karmic account continues to exist not because of our petty deeds but also because of our good deeds. It is our Greatest Sin, ignorance, that stops us from winning over the ego and the mind. Once we do, we are free from all Karma. Not just the Karma we brought at birth or the actions, good and bad, that we performed on earth in our current life, but we also become free from all the Karma of all our previous lives.

Our greatest achievement is Enlightenment. It is to realize the true purpose of our existence, to realize we are the Soul, and then, to be united with the Supreme. This may happen at death, but the moment we are spiritually awakened, we live in that state of *SatChitAnanda*, a state of Eternal Bliss in Truth Consciousness.

Unfortunately, we do not enjoy this Eternal Bliss because we are prisoners of our body, mind and ego. We suffer the trauma, not realizing it's a Karmic drama. Not only do we suffer it on earth, but we return in repeated rebirths. When will we realize the truth and be free from all misery and pain, free from being reborn, again and again? This is our biggest challenge.

*We will Continue to Suffer, there will be Trauma,
Till we are Free from all Karma and from this Drama.*

A person is walking away from the viewer on a narrow, misty path that leads into a dense fog. The path is dark and reflective, and the overall atmosphere is mysterious and contemplative.

REALIZATION DOESN'T WIPE AWAY OUR GREATEST SIN

33

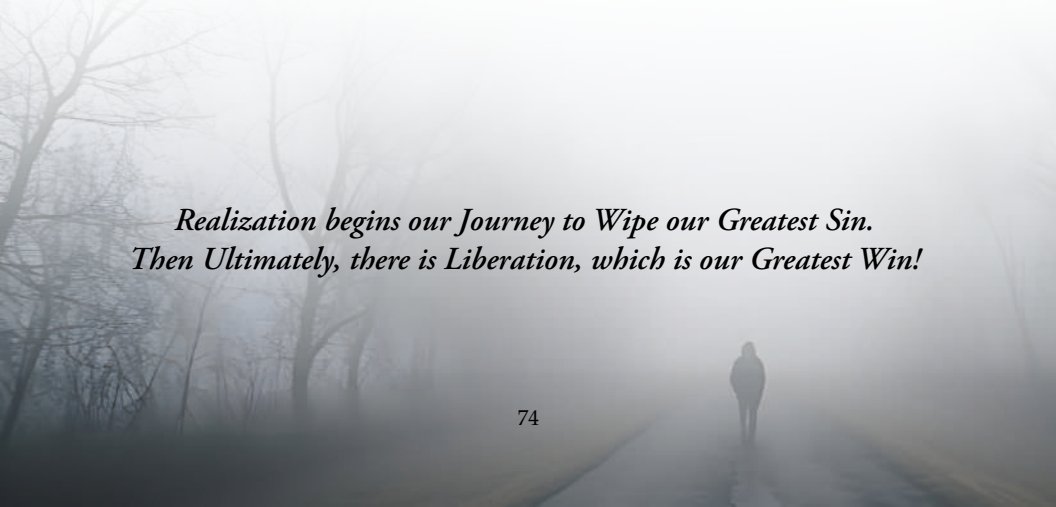
Will Realization of the truth free us from all misery and pain? Will the Realization that we are not the body, mind and ego free us from being born again? No! Realization is just the beginning of the journey to God-Realization. It will not wipe away our Greatest Sin. Sure, realizing that we are not human beings having a spiritual experience, we are Divine Souls who must be free from all Karma, gives us the purpose of our existence.

What does Realization do? It makes us open our real eyes. We are not this body that suffers physical pain. We are not the mind that becomes miserable again and again. We are not the ego that gets agonized in vain. We are the Divine Soul. First, we *know* this. Then, we *realize* it. There is a big difference. When we realize it, we start living as the Soul. We begin our journey in Consciousness. It is not easy to flip over from mind to Consciousness. It is the greatest challenge of life. The Mind and Ego, ME, try very hard to defeat our Realization. Therefore, there is a war within. A constant battle rages and Realization must trigger the intellect to discriminate and to move forward to the ultimate goal of becoming one with the Divine.

Realization, therefore, does not wipe away our Greatest Sin of living as human beings that we are not. We have to start living as the Divine Soul in Truth Consciousness, enjoying Eternal Bliss. When we do this, we will be ultimately liberated in that moment when the body dies.

What does Realization do? At first, it will wipe away all our petty sins. We will be free from the 7 Deadly Sins. We will realize the futility of sinning because we will realize we are not the body, mind and ego that sins. However, every now and then, there will be temptation. There will be greed. There will be desires that create passion. If we have truly realized our self, we will not fall prey to any of these sins. Ultimately, we will win because then, we would have conquered our Greatest Sin.

Realization is not some big talk. It is how we walk through our life journey. A realized Soul is unaffected by whatever happens. He lives in Divine acceptance, without any protest whatsoever. He lives in a state of Consciousness, in complete surrender. He lives as a Divine instrument, doing his very best, for the vision and mission that he has received in his Divine Realization. If one has truly realized the truth, then the Greatest Sin of ignorance dissolves and as it disappears, so does all the Karma. The body, mind and ego is transcended as the realized Soul lives with discrimination till that moment of Liberation and Unification. Realization is not the end of the journey to wipe away our Greatest Sin. But no doubt, it is the beginning of our journey to win the greatest battle of life. We have a choice to either work on our Realization or sin and then, come back in a reincarnation.

A misty forest path with a person walking away in the distance.

*Realization begins our Journey to Wipe our Greatest Sin.
Then Ultimately, there is Liberation, which is our Greatest Win!*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a thick layer of fog or mist, making the surroundings appear hazy and mysterious. The person is small in the distance, emphasizing the vastness of the path.

WE NEED LIBERATION

34

Have you ever wondered why you came to earth? Have you ever pondered on why this human birth? When I look around and I see a butterfly, a bee, a tree, I wonder how I am different from them. I could be a cat or rat, a dog or a frog. But I am not! I have a purpose. I have an intellect. I have to be liberated from this cycle of birth and death and then be united with the Divine.

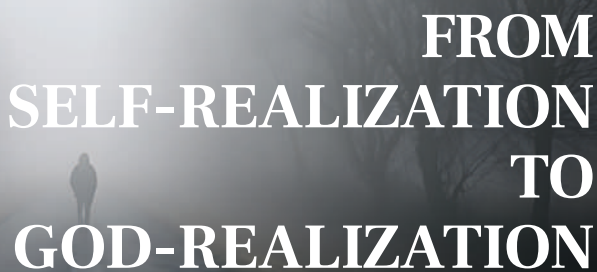
I feel so grateful that I went on a quest and realized my Greatest Sin. The fact is that I am not this body. This body will die. The truth is, I am not the mind. Where is the mind, I cannot find. When the ego says 'I', I know it is the biggest lie. I am a Spark Of Unique Life. I am the Soul. I am grateful that I achieved the goal of Realization.

People think that Realization is an impossible feat. They think that 'Enlightenment' is a word for Gods and Saints and monks. We don't realize that anybody can be Enlightened. We are all capable of a Spiritual Awakening, but for this, we have to get out of our slumber. We have to awaken from the darkness of ignorance that envelops us in the deepest of sleep. Just like we open our eyes when we wake up in bed, we have to open our real eyes and get the truth in our head. I did it and I believe that any body can. If only there is yearning for the Divine and then we start the journey of seeking the truth, there can be a Spiritual Awakening.

Liberation happens only in the moment of death. It is known as *Nirvana* or *Moksha* or Salvation. But this is possible only when we lose our breath. In that moment, if we are ignorant, then the body will die but the Mind and Ego, ME, will carry its Karma and return to earth in a rebirth. However, if there is Realization of the truth, if there is that spark of illumination, then, there is no darkness of ignorance. We realize we are not the body, mind and ego. Therefore, there is no Karma. Therefore, there is no rebirth. We will be liberated from another life journey on earth. We will be united with the Divine. This is our ultimate goal.

Each one of us has this one purpose of life. Our purpose is to start the journey of Enlightenment. Then we discover our purpose of Illumination and Realization. Ultimately, it is not just Realization but living the Realization. If there is Realization but we continue to be caught in petty sin, it only reveals there is dilution and confusion in our Realization. There can be no Liberation. A truly realized Soul has overcome his Greatest Sin. He is a manifestation of the Divine. He is not man, he is God. He realizes that he is nothing and thus, becomes everything. He lets go of his ego, kills his mind, tames his senses and lives like a monk. It is only such a realized Soul who attains Liberation when the body dies. Nobody can evaluate who will be liberated and who will return. Only SIP knows this.

*Our Greatest Sin is Overcome, with Realization.
This begins our Ultimate Journey of Liberation and Unification.*



FROM SELF-REALIZATION TO GOD-REALIZATION

35

If we want to overcome our Greatest Sin, we must start our Realization journey. It is a journey that begins with overcoming ignorance. Then, there are several Realizations about life. But the first awakening is Self-Realization, the Realization that we are not the body, mind and ego. We are the Divine Soul. From here, our Enlightenment journey actually starts. Those who are blessed, evolve from Self-Realization to God-Realization.

The moment there is Self-Realization, we stop all our petty sins. We overcome greed because we realize nothing is ours. We overcome anger, hate, revenge and jealousy because we realize we are the Soul and everybody is also a Soul. There is no duality anymore with Self-Realization. We don't cheat because it is meaningless. Self-Realization also enlightens us with Life Realization. But this is not the end. We need God-Realization.

God-Realization is our biggest challenge. That is why we have to win over our Greatest Sin. We may realize we are the Soul. This is Self-Realization. But to realize that the Soul is God, is God-Realization.

What is the Soul? The Soul is a Spark Of Unique Life. It is immortal, birthless and deathless. It is energy. But where does this energy come from? Self-Realization doesn't reveal this truth. But once there is the Realization that we are the Soul, we can achieve the goal of God-Realization.

A Self-Realized person does not stop when he realizes, 'Who am I?' When he realizes, 'I am nothing,' he probes further. What is the Soul? Where does the Soul come from? Where does the Soul go? He realizes that the Soul is just like a wave that appears to be different. The wave comes from the ocean and is one with it. He prays to God and as many religions and scriptures teach, he believes that God is different from the Soul. Then, he yearns for God and asks, 'Who is God? Where is God? What is God?' He realizes that God cannot be made with bone and skin. Although we celebrate God's birthday, he realizes that this is a myth that we all grow up with. He realizes that God is a Power, a Power that is Supreme, a Power that is Immortal. With the guidance of a Guru and the grace of God, the Self-Realized Soul realizes that God is not God, God is SIP, a Supreme Immortal Power.

Self-Realization leads to God-Realization. When we realize that we are sparks of unique life, we are immortal energy, and we also realize that God is SIP, the Supreme Immortal Power, there comes a flash of awakening that the Soul is SIP. When the body dies, the Soul leaves. But where does the Soul go? Just like air in a balloon when burst, merges with the air that is everywhere, our Soul merges with SIP that is omnipresent. This is God-Realization.

*With Self-Realization, I first Realized, 'I am Nothing.'
Then with God-Realization, 'I became Everything!'*



THE TRUTH IS WE ARE SIP, WE ARE GOD!

36

While we appear to be what we see in the mirror, the body, the Mind and Ego, ME, the truth is that we are not what we see. Are we the body that will die? That is not 'I'. People will say that I passed away. We are not even the mind, for where is the mind, we cannot find. If we are not the body and the mind then the ego is telling a lie, when it says 'I'. However, while we are not the body, mind and ego, is there any doubt that we exist? Let us remind ourselves that we exist from the moment of conception of the zygote till the moment of the death of the body. Did we exist before the zygote? Will we exist after death? As the body, mind, ego, our existence is between conception and death. But our true reality, the Soul, is birthless and deathless. It exists before the body is conceived and continues to exist after the body dies. Therefore, we are immortal.

What is the Soul? The Soul is energy. Where does this energy come from? It comes from SIP. And where does this energy go? It goes back to SIP. Therefore, our source is SIP. SIP is the cause. We are just effects. Because we don't realize this simple truth, we don't realize we are all manifestations of God. We are all Sparks Of Unique Life, Souls, that come from SIP. We are all God. It is unfortunate that we don't realize this profound truth and not realizing this is our Greatest Sin. This sin is greater than all sins because it causes us to sin as the body, sin as the mind, sin as the ego that we are not. The Soul never sins. The Soul is SIP. The Spark Of Unique Life within is part of the Supreme

Immortal Power that we call, God. SIP never sins and we are SIP. When will we realize this? When we do, we will be liberated from our Greatest Sin.

Isn't it strange that we are God but we don't realize this? In fact, most people will scoff at us when they hear this statement, 'I am God.' 'How can we be God, you fool?' they will mock. 'You are just an ordinary human being. How dare you compare yourself with God?' This is an ordinary thought of the mind that makes us blind. This is the ignorance of the mind that we cannot find. Together, the Mind and Ego, ME, tries to be what we can see, but stops us from getting a grip on the truth that we are SIP. We slip and we commit the Greatest Sin of our life. Then the body will die, without us realizing, 'Who am I?' And we will return to earth in a rebirth in a different body but with the same Mind and Ego, ME. Ignorance will make us create Karma as the body, mind and ego, till we realize we are SIP. Then, we will live as a *Karma Yogi*, free from actions. We will live as an instrument of the Divine, accepting and surrendering to the Will of SIP, because we have realized the truth that we are not the body, mind and ego but the Soul. We are energy. We are the very Power we worship. We are the immortal Soul that is a Spark of the Supreme. This is the greatest truth of life. It liberates us from all strife and from all sin.

*We live with the Lie that we are the Body, Ego and Mind,
So, we Never Discover we are SIP and God Within, we don't Find.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in a layer of fog or mist, making it difficult to see the details of the ground. The person is a small figure in the distance, wearing a dark coat. The overall atmosphere is mysterious and contemplative.

SIP IS IN EVERYTHING

37

If I am not this body, mind and ego, I am the Soul, I am SIP, then you are also SIP. I appear as me and you appear as you but eventually, we are both SIP. Isn't this true? While this is the absolute truth, we don't realize it because our mind and ego commit the Greatest Sin and so, we don't see that we are no different from each other. We may appear to be different bodies, with different names and everything different but the truth is, we are all the same.

Each wave in the ocean may appear to be different. One could be a tiny wave and one could be a huge wave but both splash and become one with the ocean. So, we may look like Indians or Americans, Chinese or Japanese but in the end, we are all Souls, we are all energy and the source of all energy is the same. It is SIP, the Supreme Immortal Power. If we remove SIP from you and me, if we remove the source of energy, we would all be dead and return to the 5 elements of nature.

What are all the 5 elements of nature? Every molecule of every element is in fact, energy. Every atom of everything inanimate also has power. This is not just a spiritual statement. This is a scientific fact. Recently, as mentioned earlier, 3 scientists were awarded the Nobel prize for Physics in 2022 for their work in Quantum Physics and Quantum Mechanics. What does this branch of science state? It states that every particle of matter that appears to be a gross physical matter is in reality nothing

but a wave of energy. In the experiment known as Wave-Particle Duality, science has recorded that matter is not matter. Matter appears to be matter but in reality, every molecule is energy. A particle of matter can become a wave of energy just as a wave of energy can become a particle of matter. Therefore, science has concluded that this whole universe which appears to be gross and physical is in reality, nothing but energy waves that appear to be matter.

Hitherto, science always stated that we human beings barely know 1% to 5% of what this universe is all about. Over 95% of the universe is nothing but energy that they call black energy or dark energy. Science does not deny today that every atom of this universe is energy. This is what Spirituality has been saying for thousands of years. Everything in this universe that appears to be, is nothing but energy.

SIP is in everything. SIP is in every Soul, in every living creature. Not just in man, but in every bird that flies, every animal that walks, every insect that crawls, every fish that swims, every tree that is alive. The life in every living thing is a Power of the Soul, although in different intensities. It is SIP, the Supreme Immortal Power that appears as life, as the Soul, from birth to death. So, it is SIP that appears in every molecule, in every element of matter that seems to be inanimate. There is power in everything that seems dead or alive, inanimate or animate. This Power is SIP.

*SIP, the Supreme Immortal Power, is in Everything,
SIP is in Every Molecule of Matter. SIP is in Every Living Being.*

A person is walking away from the viewer down a long, straight path that stretches into the distance. The path is covered in mist or fog, and the surrounding area is dark and indistinct. The person is a small figure in the distance, wearing a dark coat and a hat. The overall mood is mysterious and contemplative.

WHAT IS OUR GREATEST SIN?

38

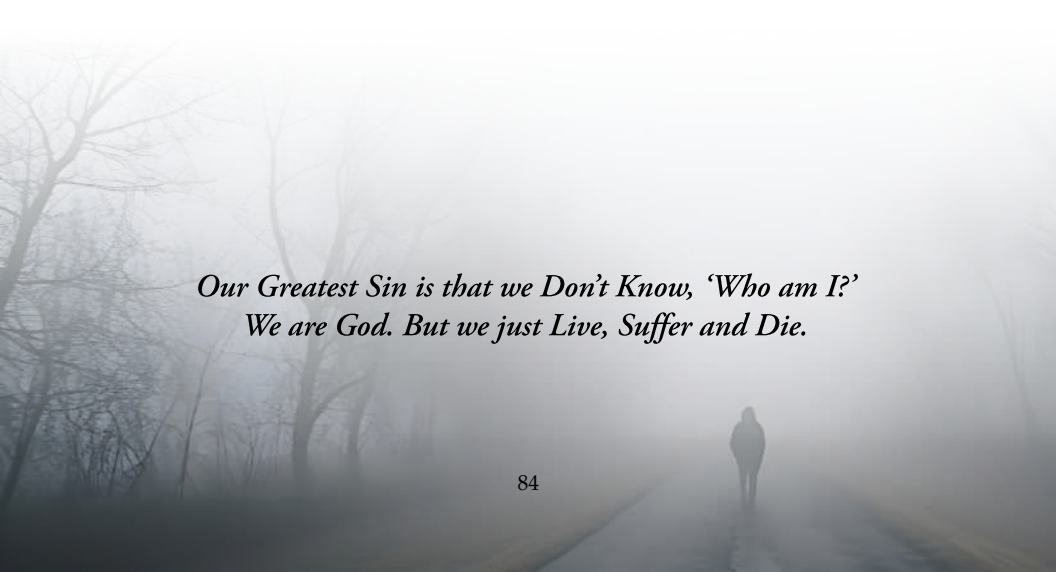
It is not greed that is our biggest sin nor is it lust and not even anger. Is it cheating, lying or murder? All these are sins. But not our Greatest Sin. So, what is the Greatest Sin? What is the sin greater than all the sins of the world? Our Greatest Sin is that we don't realize that we are not the sinner. Our Greatest Sin is ignorance — we remain blind to the truth that we are SIP, the Supreme Immortal Power. It is because of this ignorance that we sin in the very first place. We do not realize that we can live a life of Eternal Bliss and Everlasting Peace. Instead, we suffer. Our Greatest Sin is not discovering our Greatest Sin. We just live and we die. We don't discover, 'Who am I and why am I here?' If we realize the truth, we will realize that we are the very Power that we worship, the Power we call, God.

What is the cause of our Greatest Sin? It is our ignorance, our unwillingness to even attempt to go on a quest of the truth. We don't realize that we are not this body. We are not the Mind and Ego, ME. It is because we don't realize that we are the Divine Soul, that we continue to sin. All sins originate from our Greatest Sin.

Our Greatest Sin is that there is no Realization of the Truth. We are so caught in the journey of achievement that we don't reach the Ultimate Peak of Enlightenment. If only we have Realization, which comes from Illumination and Purification, then, we will overcome our Greatest Sin and attain that state of Liberation and Unification with the Divine.

It is very unfortunate that we are just wasting our life. The fact is we are God. But we know this not. We know this not because of ignorance created by the mind. Our Greatest Sin is therefore, letting our mind make us blind. If only we transcend the senses of the body, the thoughts of the mind and the ego that says 'I', we will be free and we will win over our Greatest Sin. But when will we do this? We must get it in our head that we cannot overcome our Greatest Sin after we are dead. We must realize the truth now. Otherwise, the moment we are dead and gone, we will be reborn. And this will go on and on.

Why do we take birth on earth? Why do we return in a rebirth? It is because of our Greatest Sin and because we live and die without finding out, 'Who am I?' This Greatest Sin makes us bound to the ground, like a tree that is not free. We need freedom. We need Liberation and we can overcome our Greatest Sin by something as simple as Realization. For that we need no education or qualification. We just need that Divine inspiration. Then, there will be Unification with the Supreme. The wave will become one with the ocean and we will be free from all suffering and sin. We are God. Body, mind, ego, we are not!



Our Greatest Sin is that we Don't Know, 'Who am I?'
We are God. But we just Live, Suffer and Die.

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, indistinct shapes, possibly trees or bushes, and the overall atmosphere is one of solitude and mystery. The person is a small figure in the distance, their form slightly blurred by the fog.

OUR GREATEST SIN MAKES US SUFFER FOREVER

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While we sin and sins become Karma, these deeds become seeds that get planted in our life garden and they will bear fruit. Our Greatest Sin is the biggest tragedy. Not only does it make us suffer sin on earth but it also makes us suffer as we return in a rebirth.

What is our Greatest Sin? It is this, we are God but we think we are human. We are the Soul, but we think we are the body, mind and ego. We are immortal but we think we will die. Because we are ignorant, we continue to suffer sins of the body, the mind and the ego. These sins are redeemed by Karma and ideally, it should be game over. Whatever we do, good or bad, should be redeemed and we should be free from sin. But because of our ignorance, we return to earth in repeated rebirths. There can be no greater sin than this. This means, we carry our Karma and return in a new body. Every 'body' suffers, as the body, mind and ego, in our new journey on earth. We will sin again. We will desire and crave and take our sin to our grave. Then, the body will die and we will be reborn, and this will go on and on. Therefore, our Greatest Sin is deadly. It is the deadliest of all sins. It binds us in the cycle of *Samsara*, the continuous cycle of death and rebirth and it makes us suffer forever.

What is the solution? Is it meant to be that we must sin and suffer? Is there any way to be free from the body, mind and ego, that repeatedly sins? What is the secret to win over our greatest

sin? Most of the religions of this world advocate a recipe, a journey to God that will free us from eternal suffering. Some religions promise us heaven, where we will be free from this body and we will dwell there as ethereal beings, in bliss and ecstasy. Different theologies give this domain different names. Some call it, *Moksha* or *Nirvana*, Salvation or Liberation. It is said that in this state, we attain God and we are free from all worldly suffering. But is this true? Will we actually go into the skies to a distant destination called heaven?

Religions prescribe *Bhakti* or devotion as the way to *Swarga*, *Vaikuntha* or heaven, which is God's eternal realm. It is an imperishable world of ecstasy where there is no misery or sorrow. It is up to us to believe these fairy tales or use our intellect to realize the truth. Some religions even go to the extent of saying that we can sin, and God will suffer for our sins, if only we pray and surrender in devotion. This is escapism from reality. Of course, we must pray and there is no doubt that we must have devotion. But we must intellectually evaluate our life, how we live, we sin, and we die, how death and birth are certain, just as Karma is. It is the Law of Karma that will make us return to earth. Once we are born, we will sin again. And this suffering will continue forever. How can we win over sin?



*Sins make us Suffer but our Greatest Sin doesn't let this End.
The Body Dies but we Return. Death is just a Bend.*

A person is walking away from the viewer on a narrow, misty path that stretches into the distance. The path is flanked by dark, silhouetted trees, and the overall atmosphere is foggy and ethereal. The person is a small figure in the distance, centered on the path.

WE CAN WIN OVER OUR GREATEST SIN

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There is good news. We are not doomed to sin and then suffer forever. There is no compulsion for us to return to earth in a rebirth. We can be liberated from all suffering. We can be free from the cycle of *Samsara*. We can let go of this body and this mind and ego that says, 'me'. How can we do this? This is our greatest goal, to realize that we are the Divine Soul. Then, we can win over our Greatest Sin.

Our Greatest Sin is ignorance, not realizing what we are not. We are not this body. We are not this mind. This body will die. The mind, nobody can find. The ego that says, 'I', is a lie. As long as we don't let go of the ego and realize, I am not 'I', we will continue to sin. We will never win the biggest battle of life.

What is this biggest battle all about? It is Liberation from all suffering on earth and Liberation from the cycle of death and rebirth. The Hindus call it *Moksha*, the Buddhist *Nirvana* and the western world, Salvation. What do these actually mean? The terms are different but all of these refer to Liberation. They are that state of God-Realization. We realize God when we realize who we are. To win over our Greatest Sin, we need Self-Realization. Only then can there be Unification with the Divine, *Moksha*, *Nirvana*, Salvation.

Who would not like to be free from sin? Who would not like to win over the Greatest Sin that makes us suffer forever?

Everybody would. But very few people start a quest to realize, 'Who am I?' and 'Why am I here?' A very small minority is able to overcome ignorance and realize the truth. How does this small bunch of people attain Liberation from this world and Unification with the Divine? It is very simple, but the process is very difficult. All we need to do is realize, 'I am not this, I am That.' But this achievement is the greatest challenge of life.

If we want to overcome our Greatest Sin, we must start our quest for Realization. First, there will be Purification, where all the impurities, the lies, the fairy tales, the myth we have grown up with will be wiped out of our life. After we clean up and unlearn what is not true, then, this Purification will lead to Illumination. Just like we switch on a light in a dark room and can see, where hitherto we could see nothing, Illumination of the inner world is Enlightenment. It is a Spiritual Awakening. It is a Divine experience. In that moment of inner Illumination, we realize we are nothing and in that moment, we become everything. The moment is a flash. Enlightenment is an 'Aha' moment. Once we are spiritually awakened, all our ignorance is wiped out. We get to the root of the truth that we are not the sinner. We are not the body, mind and ego that sins. We are the immortal Divine Soul. We have achieved our goal. This Realization can make us win over our Greatest Sin. Let us start our quest for the Realization of the truth. Then, we will sin no more!

*There is a way to Overcome all Sorrow that comes from Sin,
Realize you are not the Sinner and Win over the Greatest Sin.*

OUR 10 GREATEST SINS

01. We are God but we think we are only a human being.
02. We can be glad but we choose to be sad.
03. We are immortal but we die again and again.
04. We live and we die without knowing, 'Who am I?'
05. Our mind acts like a king when it causes all suffering.
06. Our ego says, 'I,' which is the biggest lie.
07. We don't achieve our Goal, to realize we are the Soul.
08. We can be free but we suffer as the Mind and Ego, ME.
09. We are meant to be in bliss but we live in unhappiness.
10. We search for God, when God is within.



A person is walking away from the viewer on a narrow, foggy path. The path is flanked by trees and the fog is thick, creating a misty atmosphere. The person is a small silhouette in the distance.

AFTERWORD

I too was a great sinner. If I try to count my sins, they were countless. But today, I have overcome all sins because I was able to win over my Greatest Sin.

For around 40 years, I lived a life of pleasure and pain. Both unfolded in my life. My life was all about chasing achievement. On the highway of success, we have no option but to sin. We are taught that all is fair in love and war and in achieving our passion and obsession. To achieve my dreams, I committed many a sin and the irony is that I did not even realize that I was sinning. All that mattered was my winning.

Somehow, because of Karma or my devotion and love for God, my life took a turn. My compassion led me to serve suffering humanity. I used to roam the streets to find the destitute and the discarded. I would pick them up, clean them, bathe them, feed them, clothe them and once they were on their feet, put them back on the street. There were many good deeds that I did. I built a huge temple of God where I prayed. Therefore, in my *Karmic* account, I not only had many sins but also many virtuous deeds that unfolded in my life as opportunities to overcome all sins.

Finally, I shut down my business and I went on a quest to realize the truth about life. I was seeking purpose — what was the cause of my human birth, why did I come to earth? My Guru, my Spiritual Master, Dada, who is no more physically

with me, led me on the journey that he called, 'Onward, forward, inward, upward and Godward.' I was blessed to realize the truth. I am not this body that will die nor the Mind and Ego, ME. I am the Soul. This transformed my life. Not only did I change my name to AiR, *Atman* in Ravi but the metamorphosis in my life liberated me from crawling like a caterpillar to flying like a beautiful butterfly.

What did my transformation, my metamorphosis do? It made me realize that I was not the sinner. It is just like when a prisoner, who is facing several charges is declared innocent. His sentence is cancelled because the allegations levied on him become invalid. My Enlightenment liberated me from the prison of sin. I was free because I was not me. Not only did I attain freedom from all suffering on earth but I also started to live as the Divine Soul, with just one goal, to be free from the cycle of rebirth. This body will die, but one who realizes, 'I am not 'I', I am nothing but a Spark Of Unique Life, the Soul,' such an Enlightened person is liberated at the moment of death and united with the Divine.

I am grateful that I could win over my Greatest Sin and so, I decided to make this my life mission, to live as the Divine instrument, doing the Divine Will, as the Divine Soul. This is my goal. Now I do nothing, except to help people realize the truth and overcome their Greatest Sin. To realize, 'We are God that is within'.

*I too was a Sinner. I Committed many a Sin!
Enlightenment Wiped all Sins as I Won over my Greatest Sin!*

A person is walking away from the viewer on a narrow, foggy path that leads into a dense forest. The trees are bare and shrouded in mist, creating a somber and mysterious atmosphere. The person is a small silhouette in the distance, emphasizing the vastness of the landscape.

POEM OUR GREATEST SIN

*Let us win over our Greatest Sin!
The most important journey, let's begin
This will be life's biggest win
Realizing we are not this body, this skin
Then, the sinner will be free from sin
Let us win over our Greatest Sin!*

*Who doesn't Sin? We all do sin
We live with greed and pride within
Lust and envy drive our engine
Anger burns us from within
It is yet another deadly sin
Let us win over our Greatest Sin!*

*What causes us to repeatedly sin?
It is desire, it is passion
Thoughts of the mind cause aggression
Then there is sinful action
Ultimately, we are in depression
Let us win over our Greatest Sin!*

*Who desires, who commits sin?
Is it the body, the mind or the ego within?
Are these the three that will suffer sin?
Yes, everything unfolds as per our sin
In fact, that's how a new life will begin
Let us win over our Greatest Sin!*

*Whatever we do, good or bad
It's our Karma that makes us glad or sad
Every deed of ours, every action
Becomes a seed that into our Karma goes in
This seed must sprout, the fruits will spin
Let us win over our Greatest Sin!*

*But what is the cause of all our sin?
Where does all our sin begin?
It is ignorance that is caused by the mind
We sin because the mind makes us blind
Let us overcome the ignorance that we are bone and skin
Let us win over our Greatest Sin!*

*We grow up believing so many lies
We believe that God lives in the skies
We are scared of hell, we want heaven
But still, we all continue to sin
Because we don't know what is our Greatest Sin
Let us win over our Greatest Sin!*

*Let us get to the bottom of the root
Start a quest to realize the truth
Otherwise, we will suffer the triple suffering on earth
Our sin will cause us to return in a rebirth
Because of our sin, we'll return in a new skin
Let us win over our Greatest Sin!*

*What is the cause of our Greatest Sin?
Where does all our sin begin?
Because we think we are the body, ego and mind
We can't escape sin, this we find
Realizing we are the Soul, frees us from sin
Let us win over our Greatest Sin!*

*What stops us from being free from sin?
What causes our sinful action?
Sometimes religion causes confusion
Ignorance stops us from the conclusion
So, the body and mind continue to sin
Let us win over our Greatest Sin!*

*Not this, not this, the truth is we are That
Not body and mind, the Soul we are, in fact
But because we all don't realize this
We continue to sin, causing unhappiness
Enlightenment will free us from sin
Let us win over our Greatest Sin!*

*The body will die, but we are reborn
This cycle will go on and on
Every human being is bound to sin
There is sin packaged with every skin
The only way is to be free from this skin
Let us win over our Greatest Sin!*

*If we sin, we may return as a dog
A cat or a rat, or even a frog
For sure, we will suffer if we commit sin
How to be free from sinful action?
The answer is realization, it is liberation
Let us win over our Greatest Sin!*

*The Soul is God, this we don't know
So, we return to this earthly show
When we overcome ignorance, there is purification
We realize the truth, there is illumination
Then, realization leads to liberation
Let us win over our Greatest Sin!*

*If only we realize the truth, we can win
Then we can be free from all sin
We are not the sinner, how can we sin?
We are the Soul that doesn't sin
This realization will free us from sin
Let us win over our Greatest Sin!*

*What is the secret to be free from sin?
 It is that the Divine is within
 God lives in the temple of our heart
 With this realization, our freedom will start
 We will not sin, for we are not the body and skin
 Let us win over our Greatest Sin!*

*Then, we realize this world is a drama
 We are free from sin, free from trauma
 We become free from all our Karma
 We are free from sin if we know it's Maya
 Realization can free us from all our sin
 Let us win over our Greatest Sin!*

*Realization is just the start of this win
 Realization leads to the right action
 A realized Soul will never sin
 For he realizes it's all an illusion
 He is nothing but a Divine manifestation
 Let us win over our Greatest Sin!*

*Realizing I am the Soul, frees me from sin
 The Soul in me is the Lord within
 Then we realize God is in every skin
 Every man and beast has God within
 This makes us overcome all sin
 Let us win over our Greatest Sin!*

*If God is in all, how can we sin?
How can we kill and hurt to win?
Realization stops us from the wrong action
It will dissolve passion and obsession
We will live as the Soul within
Let us win over our Greatest Sin!*

*We foolishly worry about every petty sin
But we don't know how to stop this action
If only of the truth, there is realization
Then, we will never ever commit a sin
We will live as the Divine that is within
Let us win over our Greatest Sin!*

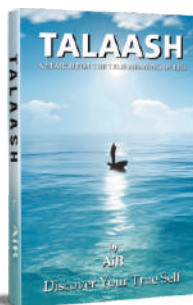
*This all must know is our Greatest Sin
We don't know that there is God within
Because of ignorance, we continue to sin
We foolishly live without realization
Realizing we are God, will stop all sin
Let us win over our Greatest Sin!*

By
AiR
Atman in Ravi

OTHER BOOKS BY AiR

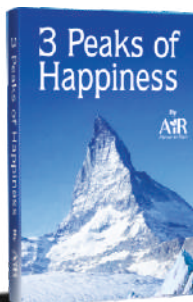
1. Talaash

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.



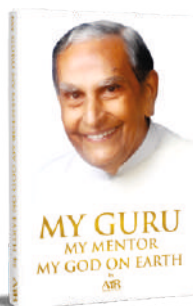
2. 3 Peaks of Happiness

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.



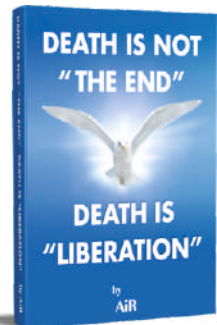
4. I will Never Die, Death is Not “The End”

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.



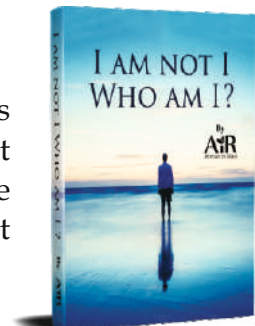
5. Death is Not “The End.” Death is “Liberation”

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.



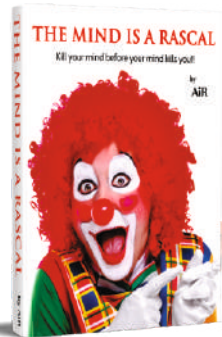
6. I Am Not I. Who Am I?

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.



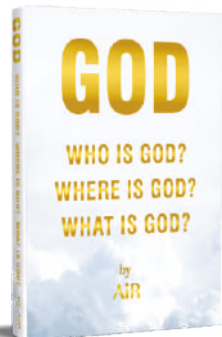
8. A Cosmic Drama

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.



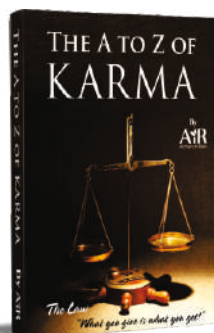
9. Who is God? Where is God? What is God?

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.



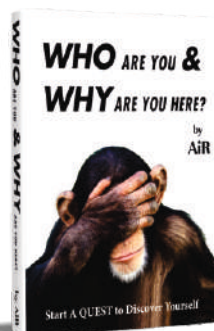
10. The A to Z of Karma

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



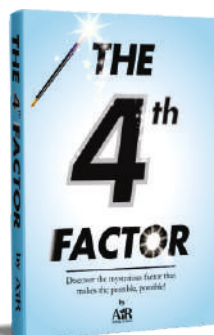
11. Who Are You and Why Are You Here?

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



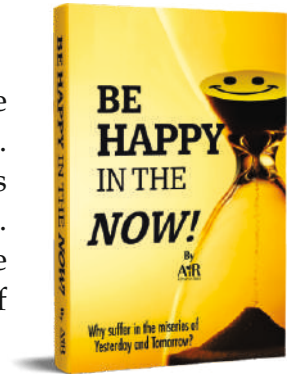
12. The 4th Factor

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



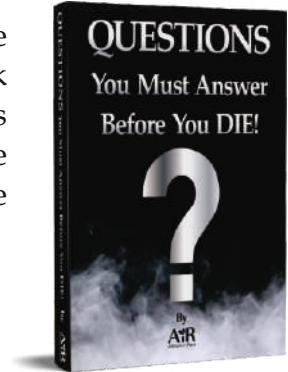
13. Be Happy in the NOW!

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



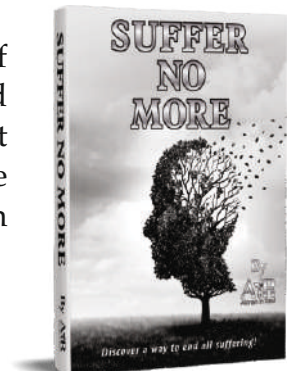
14. Questions You Must Answer before you Die!

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



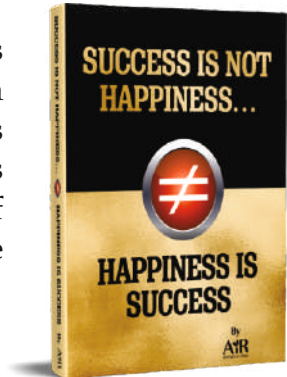
15. Suffer No More

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



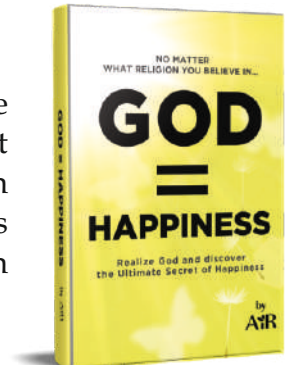
16. Success is not Happiness, Happiness is Success

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



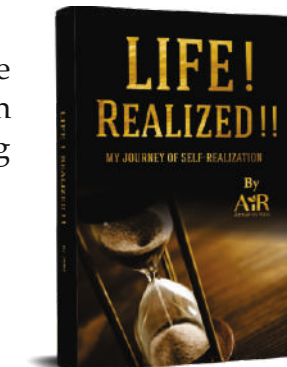
17. God = Happiness

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



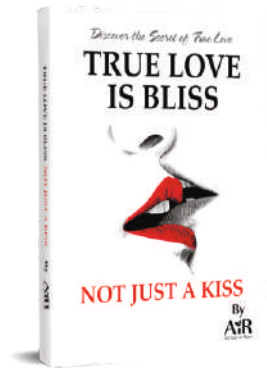
18. Life! Realized!!

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



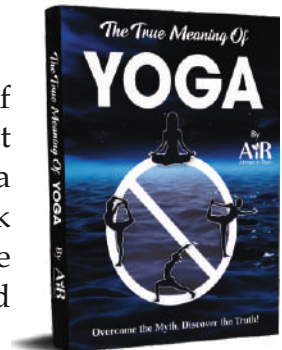
19. True Love is Bliss...Not Just a Kiss

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



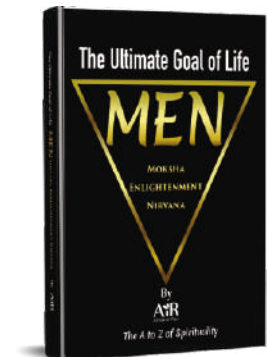
20. True Meaning of Yoga

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



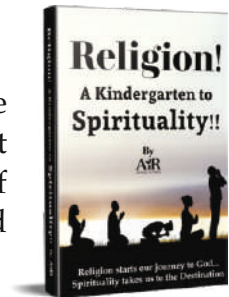
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



22. Religion! A Kindergarten to Spirituality!!

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



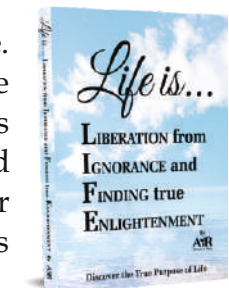
23. Why Bad Things Can't Happen to Good People!

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



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

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



25. The Ladder to Heaven

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



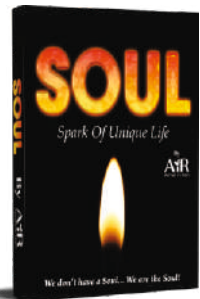
26. FEAR- False Expectations Appearing Real

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



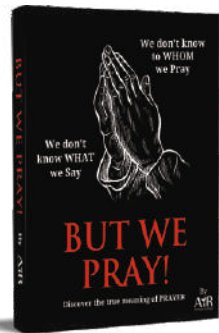
27. SOUL - Spark of Unique Life

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



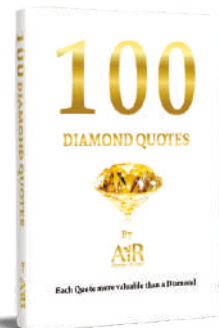
28. But We Pray!

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



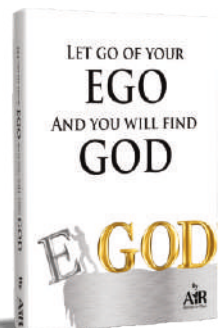
29. 100 Diamond Quotes

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



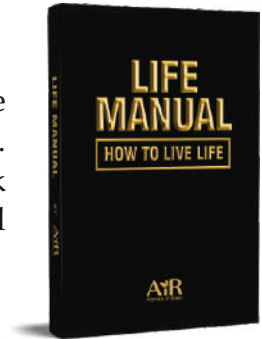
30. Let go of your Ego and you will find God

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



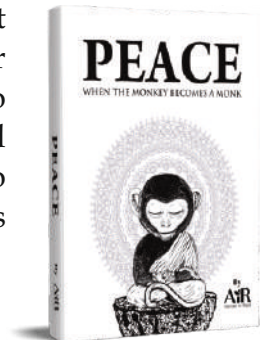
31. Life Manual - How to live life?

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



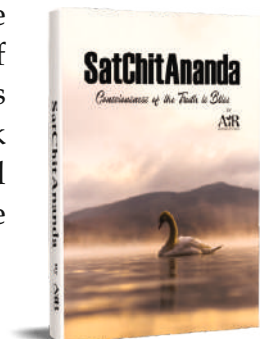
32. PEACE... When the Monkey becomes a Monk!

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



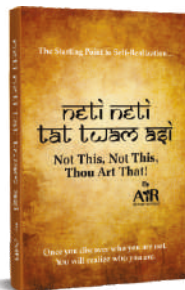
33. SatChitAnanda - Consciousness of the Truth is Bliss

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



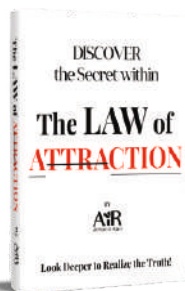
34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

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



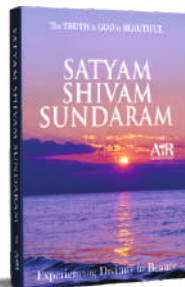
35. Discover the SECRET within The LAW of Attraction

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



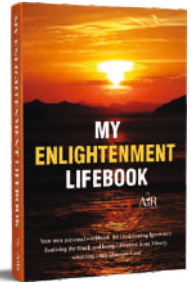
36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

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



37. My Enlightenment Lifebook

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



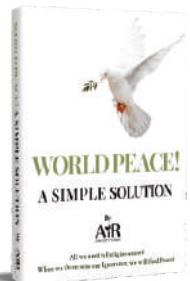
38. When you overcome the FEAR of DEATH, You start to LIVE

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



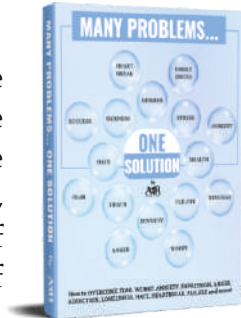
39. World Peace! A Simple Solution

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



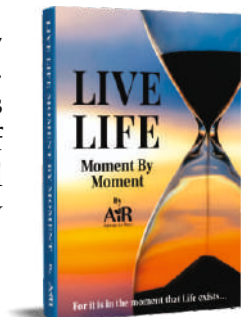
40. Many Problems, One Solution

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



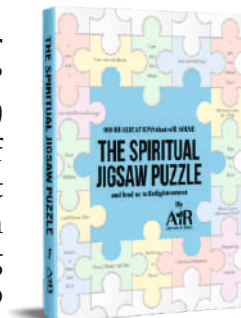
41. LIVE LIFE... Moment by Moment

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



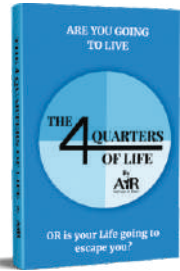
42. The Spiritual Jigsaw Puzzle

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



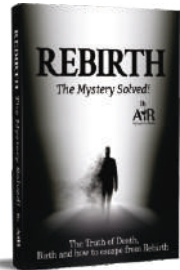
43. The 4 Quarters of Life

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



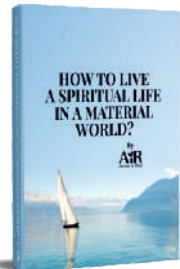
44. REBIRTH... The Mystery Solved!

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



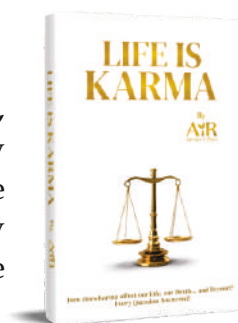
45. How to Live a Spiritual Life in a Material World?

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



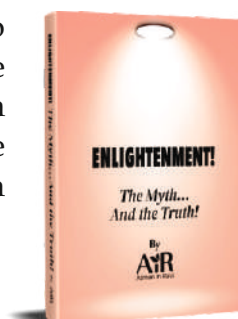
46. Life is Karma

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



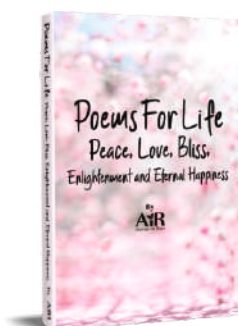
47. Enlightenment - The Myth and The Truth

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



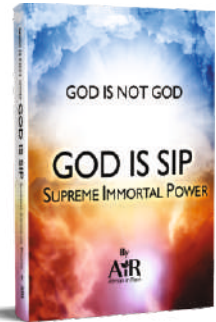
48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness. Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife! So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



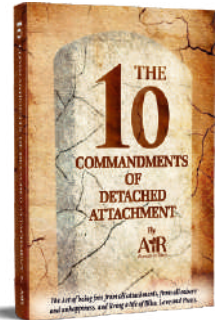
49. God is not God. God is SIP – Supreme Immortal Power

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



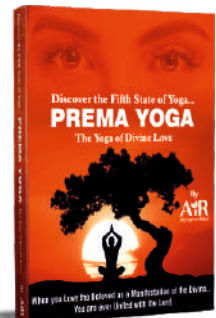
50. The 10 Commandments of Detached Attachment

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



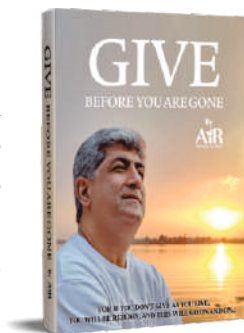
51. The Yoga of Divine Love - Prema Yoga

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



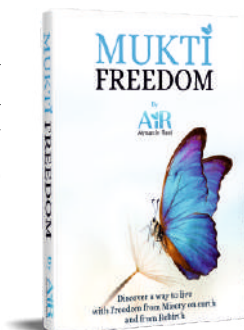
52. Give before you are Gone!

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



53. Mukti - Freedom

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



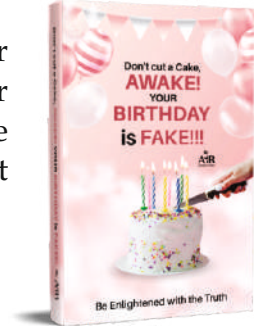
54. Stop it, Stupid!

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



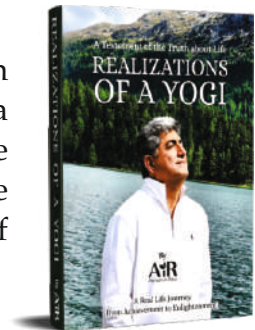
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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



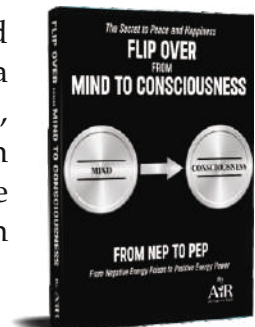
56. Realizations of a Yogi

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



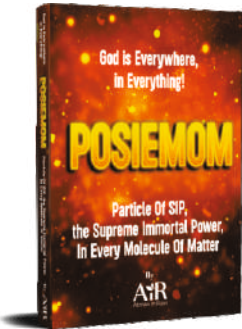
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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



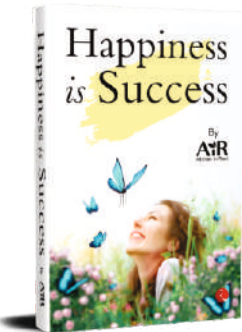
58. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God 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 with this.



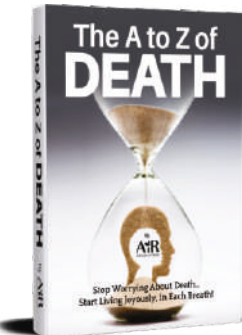
59. Happiness is Success

Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, then Fulfilment, only to realize that the ultimate peak of happiness is beyond these. It is Enlightenment. This book can transform your life.



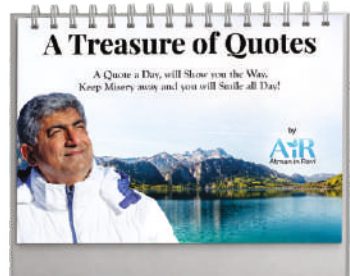
60. The A to Z of Death

Death is certain. Still, we fear death because we are ignorant about the truth of death. Death is not the end, it is just a bend. At death, either our Mind and Ego will be reborn based on our Karma or if we are enlightened with the truth, then we will be liberated and united with the Divine.



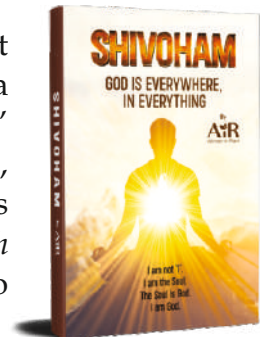
61. A Treasure of Quotes – Perpetual Calendar

‘A Treasure of Quotes’ is a Perpetual Calendar. It consists of 366 quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will inspire you to begin a Spiritual quest.



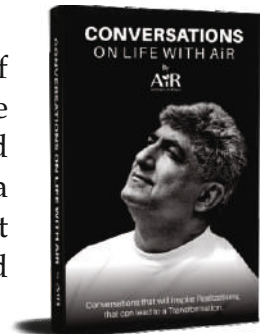
62. Shivoham

Shivoham means I am *Shiva*! Actually, it means ‘I am nothing but the Divine Soul, a part of the Supreme Immortal Power, SIP.’ Adi Shankara said in the 8th century, ‘*Chidananda Rupah Shivoham Shivoham.*’ This book will take you through from *Om Namah Shivaya* to *Shivoham*, from faith in God to realizing God.



63. Conversations on Life with AiR

Conversations on life is a collection of discussions that AiR has had with people he has met on his travels or at conferences and talks. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all misery and suffering.



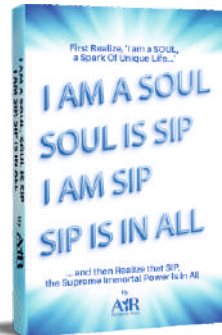
64. What Are You Going To Do With TODAY?

The biggest gift that we all have is the gift of 'Today'. That is why it is called 'The Present'. Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us. This book will inspire you to take charge of TODAY.



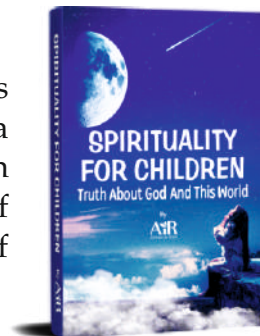
65. I am SOUL. SOUL is SIP. I am SIP. SIP is in All.

We live in ignorance and don't realize the truth that we are neither the Body nor the Mind and Ego, ME. In reality, we are the SOUL that is nothing but SIP, the Supreme Immortal Power that is everywhere, in everything. These four phrases are identical to the 4 Mahavakyas of the *Upanishads*. This book can help us attain the ultimate goal of life — *Moksha*.



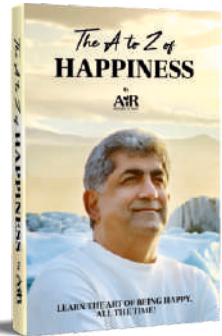
66. Spirituality for Children

Here is a book that has a collection of stories that will help children learn and evolve in a new science, the science of the Spirit known as Spirituality. Let's change the mindset of children and help them take the path of Enlightenment.



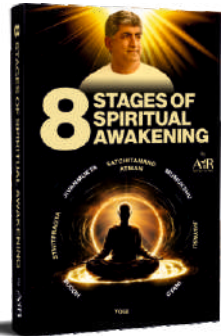
67. The A to Z of Happiness

Who doesn't want to be happy? We all enjoy pleasure but don't realize that Pleasure is only momentary. 'The A to Z of Happiness' is a collection of happiness secrets that are guaranteed to take us to eternal bliss and joy that comes from Truth Consciousness. Get ready to smile all the while.



68. 8 Stages Of Spiritual Awakening

Spirituality is meant to 'awaken' us and lead us to the ultimate goal of life. It is about Self-Realization and God-Realization. There are 8 Stages of Spiritual Awakening, but unless we start a Quest, we will not even begin the journey of Self-Realization. Awakening is only the first step, the goal being *Moksha*. This book is the author's personal experience of his voyage to the ultimate truth and anybody who follows these steps, can evolve, be enlightened with the truth and attain *Moksha*. This book is a map that shows the path, milestones and our destination. Start your journey today. Be awakened.



Now...

69. Our Greatest Sin

Coming Soon...

70. Start A QUEST to Discover the Purpose of LIFE

OUR GREATEST SIN

We all sin, don't we? But what is our Greatest Sin? Is it greed or lust? Is it pride, envy or anger? Little do we realize that these are not the greatest sins. All these sins are caused because of ignorance. Because we do not realize the truth of life, we commit these petty sins.

What then is the Greatest Sin? It is this — We think we are human beings having a spiritual experience, when in reality, we are Divine Souls having a human experience. We think we are the body, mind and ego, when in reality, we are the Divine Soul. We think we are the ones made of bone and skin, when in reality, we are the Divine that dwells within. We think God lives in heaven, when in reality, God lives in the temple of our heart. This ignorance is our Greatest Sin and because of this, we lose the battle of life, we don't win!

This book will make us realize our Greatest Sin. It will help us overcome ignorance and realize the truth. It will not only reveal the Greatest Sin but show us the way to be liberated from all sins, all suffering and sorrow. As we discover the answers to, 'Who am I?' and 'Why am I here?' we will reach that state of Eternal Bliss and Everlasting Peace and be free from sin.

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