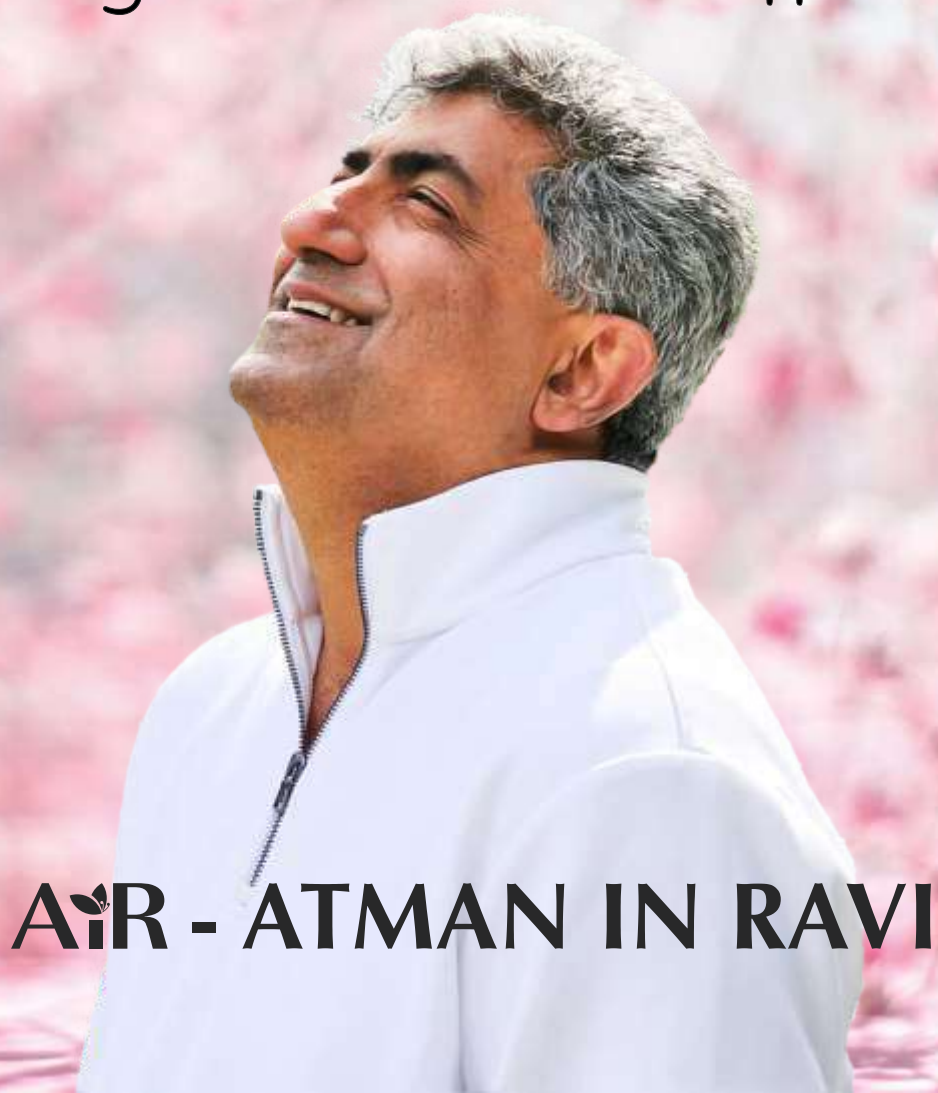


# Poems For Life

Peace, Love, Bliss,  
Enlightenment and Eternal Happiness

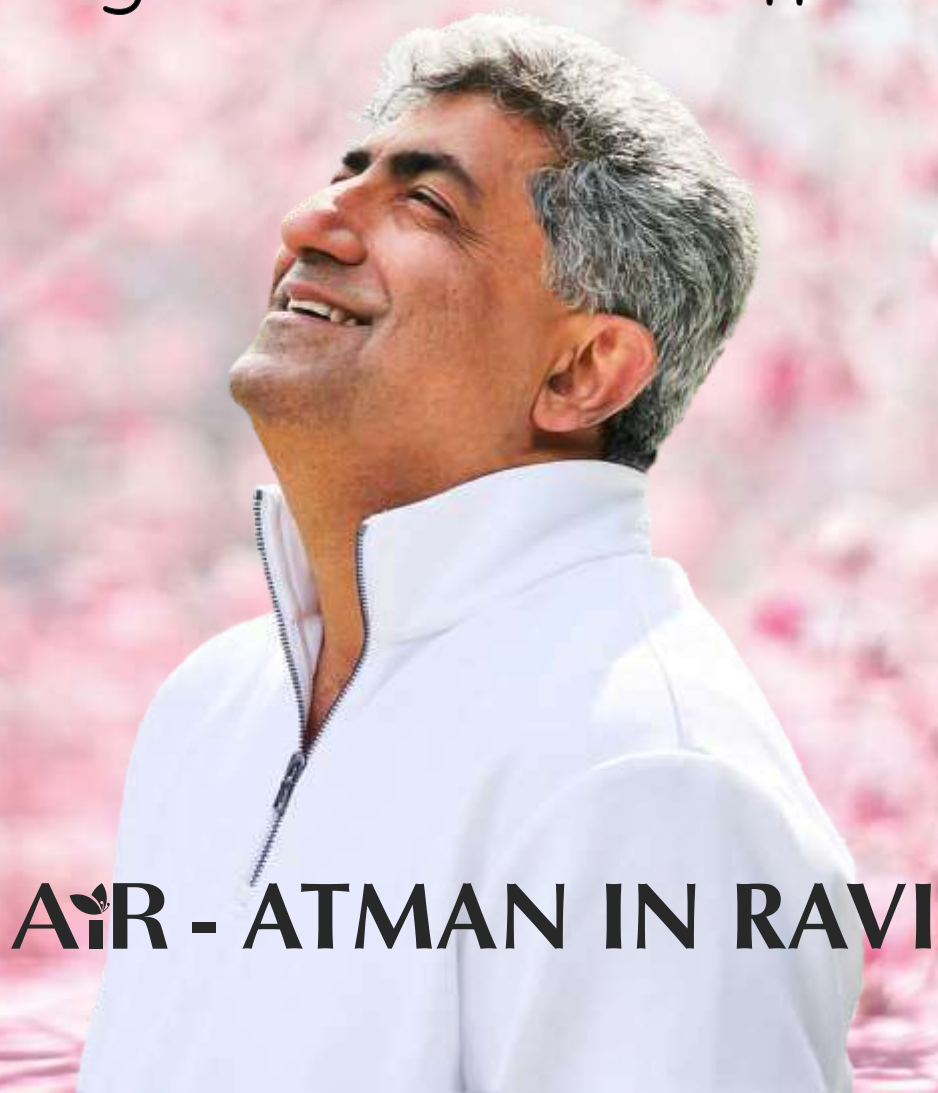


**AiR - ATMAN IN RAVI**



# Poems For Life

Peace, Love, Bliss,  
Enlightenment and Eternal Happiness



**AIR - ATMAN IN RAVI**

# Poems For Life

## Peace, Love, Bliss,

### Enlightenment and Eternal Happiness



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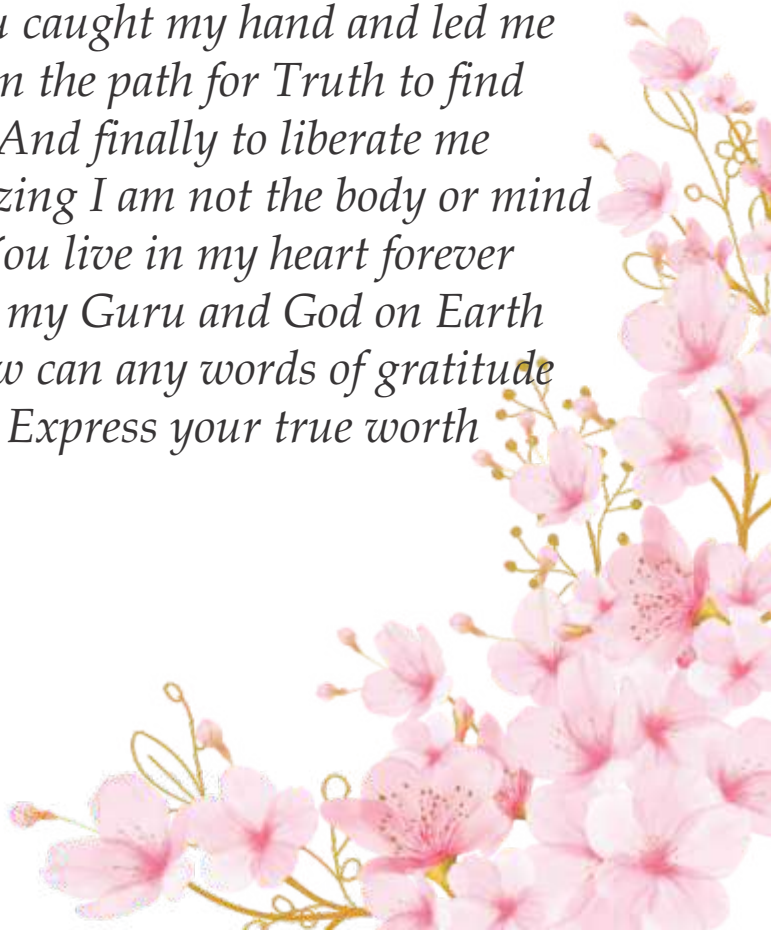
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**IN HONOUR AND REVERENCE  
TO MY GURU**

*What did I do, O master....  
That God brought you my way  
What would I be without you  
Struggling in darkness every day  
You caught my hand and led me  
On the path for Truth to find  
And finally to liberate me  
Realizing I am not the body or mind  
You live in my heart forever  
As my Guru and God on Earth  
How can any words of gratitude  
Express your true worth*



# THE AIR MESSAGE TO THE WORLD

*Who are you? Why are you here?  
What is your purpose of life, my dear?  
Why were you given this human birth?  
Why did you come to planet earth?*

*The purpose of life is to achieve our goal  
To realize we are the Divine Soul  
Not the body, the ego, nor are we the mind  
Who are we? This truth we must find*

*The journey starts with the Realization of the Truth  
We must get to the bottom of the root  
We must realize that we are a particle of God  
And within us is the temple of the Lord*

*This world is a drama, it's just a show  
We are just actors, we come and we go  
As per Karma, the law, we will reap what we sow  
But the goal is to go to the other shore*

*So wake up, don't just run in the success race  
Don't be caught as the ego, trying to be an ace  
Don't be lost in the world and its maze  
Realize the Truth and live with grace*

*If you want eternal happiness, and forever to be glad  
Then kill the rascal mind which otherwise will make you sad  
Live in joy and peace, as you live with Consciousness  
Achieve Nirvana, Moksha, Enlightenment and Everlasting Bliss*



## PREFACE

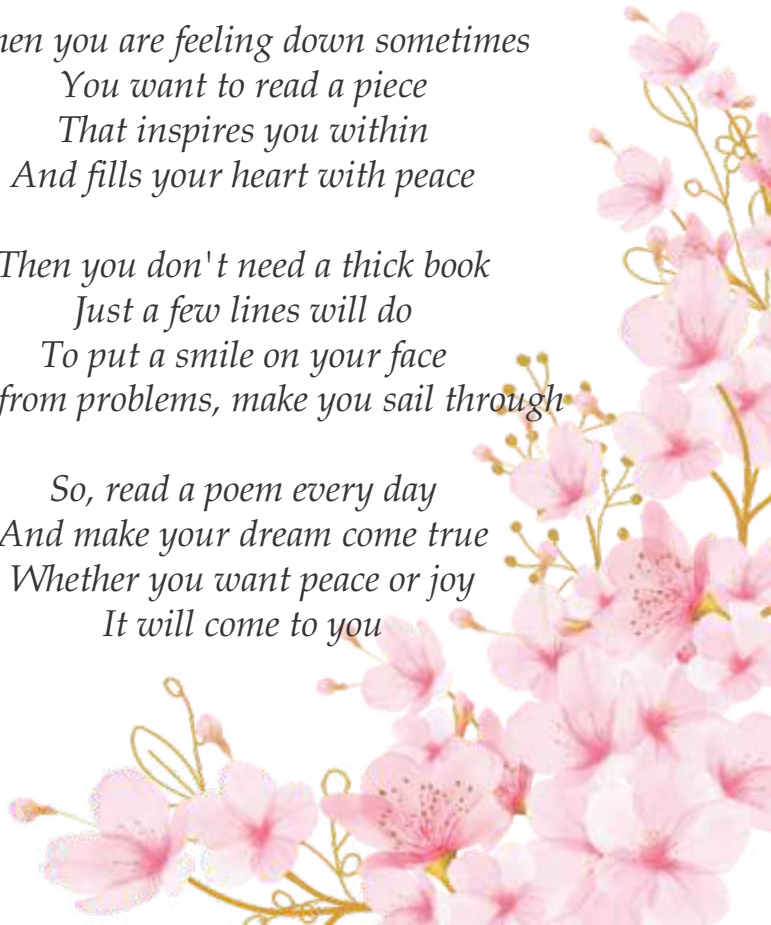
*After I wrote many books  
Thought I would write a different one  
On Life, Peace and Bliss  
And fill it with a lot of fun*

*Poems can inspire  
Be a companion and a friend  
And in tough times  
Broken hearts they can mend*

*When you are feeling down sometimes  
You want to read a piece  
That inspires you within  
And fills your heart with peace*

*Then you don't need a thick book  
Just a few lines will do  
To put a smile on your face  
And from problems, make you sail through*

*So, read a poem every day  
And make your dream come true  
Whether you want peace or joy  
It will come to you*



# INTRODUCTION

*Do you know who you are and why you are here?  
Do you live with joy or is your life filled with fear?  
This book of poems will teach you how to live life  
It will fill you with happiness and take away your strife*

*Every page has a poem and in it you will find  
Things you never knew, like... you don't have a mind!  
You think you are your name, but that is not the Truth  
These pages are sure to take you to the bottom of the root*

*We don't know many things and this fact we don't know  
We do not know that life is nothing but a show  
We sink in this world and do not achieve our goal  
To realize we are not body or mind, we are the Divine Soul*

*Each poem has meaning, it will make you explore  
Solving Life's problems and you will suffer no more  
You will Realize the Truth about yourself, life and God  
It will make you discover within, the temple of your Lord*

*Success is not Happiness, but we were all taught this lie  
We were all given wings, but never taught to fly  
These poems will make you explore, like a bird in the sky  
And you will find the answer to the ultimate question – Who am I?*



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# 1. LIFE MANUAL

*We all have been given this gift of life  
But we don't know how to live  
We forget to read the Life Manual  
Today, this to you, I give*

*This Life Manual that I share  
Is what I have experienced  
It's not theory, it's practical  
It's the way I have lived*

*Who are we? Why are we here?  
This we were never taught  
We live through life and soon it's over  
But these questions, we forgot*

*Are we the body that lives and grows  
And then finally dies?  
Or are we something else, which at death  
Into the universe flies?*

*What about the mind, do we have one?  
Has anyone found the mind?  
We can touch our nose and scan our heart  
But the mind we cannot find!*

*Life is a journey from birth to death  
There is no guarantee  
We pay nothing for this precious gift  
It is given to us for free*

*But there is a purpose for us on earth  
Not to just live and die  
Before this journey comes to an end  
To find out, 'Who am I?'*

*We are not the body, we are not the mind  
Nor the ego that we are told  
The truth is different, we must realize  
We are the Divine Soul*

*Instead of Realizing this Truth, we wander  
In this world of many a thing  
We crave for pleasures, but don't realize  
Happiness is a state of being*

*Things don't make us happy  
Nor people, or places give us bliss  
Happiness is an inner thing  
In life, this truth we miss*

*Everybody has problems; this is a fact  
A problem free life is an illusion  
Problems don't come to stay forever  
Get rid of this delusion*

*What do we do when we start our day?  
We just jump into it  
We never learnt what life truly is  
For this, we must silently sit*

*It's only when we spend time in peace  
That we will experience joy  
Then we will feel what true bliss is  
It's amazing, oh boy!*

*But we don't stop to understand life  
We are just running in this race  
We increase our pace and get caught in the maze  
Trying to be an ace!*

*Somebody told us, 'Success is Happiness'  
So the wealth of this world we chase  
In the end, our life is in a mess  
Though we have gold, diamonds, and lace*

*But nothing belongs to us, don't we know?  
We will leave everything behind  
We come with nothing, we go with nothing  
This truth – when will we find?*

*Those who try to understand life  
They live with contentment  
They don't let their greed overtake their need  
They find fulfilment*

*We are so busy in this material world  
Spirituality, we do not know  
Very few realize we are the Soul  
Before the time comes to go*

*Life is a product given to us  
But we don't unwrap this gift  
The paper and ribbons are still around  
Till that time when we don't exist*

*We just exist, we don't really live  
We don't discover what life is  
Sinking in this world of material pleasure  
Peace and bliss we miss*



*And so, I thought I'll write this poem  
Not just scratch my pen  
But share with you what life truly is  
Before my life comes to an end*

*We still have time, we can discover  
How we must live our life  
How we can find joy and peace  
Escaping misery and strife*

*We have a choice, we have a free will  
Everything doesn't depend on luck  
The Universal Law of Karma does work  
What we sow is what we will pluck*

*To think our thoughts, we have the mind  
But it makes us wander, in fact  
To eliminate the stress and worry it causes  
We must use our intellect*

*The intellect is a tool given to us  
To discriminate black from white  
To make important decisions of life  
And to choose what is right*

*We live with passion and attachment  
While nothing belongs to us  
The way to joy is detachment  
Just letting go, without a fuss*

*Why should we fear? Why should we worry?  
Why be stressed and anxious, my dear?  
Find the way to be happy  
Right through the year*

*For this we must pause, not rush through life  
This gift of life we must understand  
Enjoy the mountains and the sunsets  
Beautiful beaches and white sand*

*We still have time to Realize the Truth  
Find out, 'Who are we?'  
We are not the mind; we are not the ego  
That constantly says 'It's ME'*

*One day, the body will die  
But the one who was alive within  
Will carry all actions unsettled  
And be born with a brand-new skin*

*How does death happen, do you know?  
It's when the Soul inside departs  
When the life power in us decides to leave  
Then this chapter ends, another starts*

*Whatever we think and we call, 'Ours'  
People, possessions... everything  
At death nothing will belong to us  
We can't even carry a ring*

*What is death, have you ever thought?  
Or do you just blink your eyes?  
It's time to stop, to contemplate, to think  
Whenever somebody dies*

*We too will go one day, for sure  
We will not be forever on earth  
Every living being that lives  
Must die, if it takes birth*

*But we don't realize all this  
We are ruled by the monkey mind  
Until we stop its constant chatter  
The truth we will not find*

*For the mind is full of rotten thoughts  
We suffer because of this junk  
It we want to discover the true meaning of life  
We must make the monkey a monk*

*There's one more thing to learn in life  
That agony is caused by the ego  
For if we want to find our God  
We must let go of our ego*

*Our Ultimate Goal is to realize God  
Not in a temple, monastery or church  
God lives within our heart  
When will we start our search?*

*We all remain stuck in our religion  
About God, it teaches us ABC  
We need to grow and evolve spiritually  
Then the true God we will see*

*God doesn't live on a distant planet  
Somewhere far away  
It's God that makes our heart beat  
Each moment of every day*

*Most of us are ignorant  
And think ignorance is bliss  
How to live this amazing life  
Alas, we just miss!*

*We live, we die, we are born again  
Such is the life show  
Karma will decide when we will die  
When it is time to go*

*If we plant apples, we won't get mangoes  
It's a law, don't you agree?  
Such is the law, we die and take rebirth  
From this cycle, we must be free*

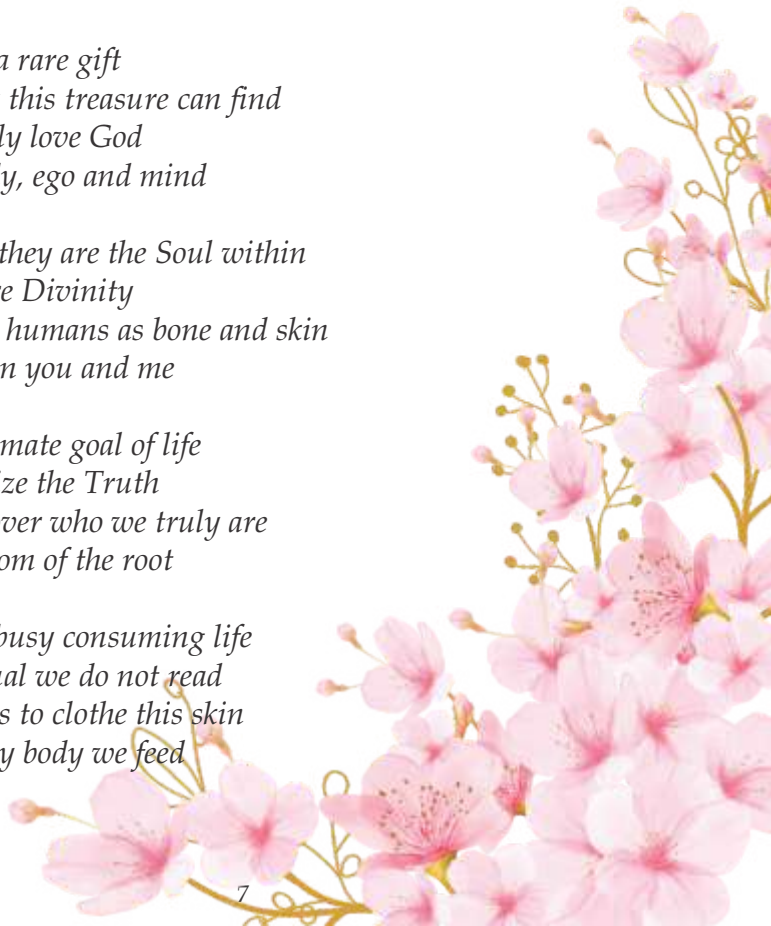
*There is a way to escape Karma  
And to escape from rebirth  
If only we realize we are the Divine Soul  
We won't return to earth*

*Realization is a rare gift  
Not everybody this treasure can find  
Those who truly love God  
Transcend body, ego and mind*

*They discover they are the Soul within  
In fact, they are Divinity  
They don't see humans as bone and skin  
They see God in you and me*

*This is the ultimate goal of life  
For us to Realize the Truth  
We must discover who we truly are  
Get to the bottom of the root*

*But we are so busy consuming life  
The Life Manual we do not read  
All we know, is to clothe this skin  
And our greedy body we feed*



*Having fun, life gets over  
But hello! That's not the end!  
Death is not the end of the game  
Death is only a bend*

*It's time to stop and to start anew  
Living life each day  
Holding the Life Manual in our hand  
And finding the right way*

*Understanding life is an important thing  
Who are we? Why are we here?  
Realizing the truth and then being free  
Living without a tear*

*We can be conscious and live in bliss  
We can have joy and peace  
If only we understand this product called 'Life'  
But we must pay our fees*

*Then we will be free from problems and sorrows  
We will only have joy and bliss  
We will enjoy each moment of life  
This treasure we will not miss*

*This Life Manual is a Divine gift  
It shows us the way to live  
To realize God in every Soul  
As we give and we forgive*

*It's time to wipe out all that we've learned  
Cleaning the slate of our mind  
Living a new life with this Manual now  
Joy, peace and bliss, we will find*



## 2. LIFE

*Life is a mystery - We can't track its history  
It may seem to start at birth and seem to end at death  
But what seems to be life's end...  
Is but a bend to transcend*

*Body, Mind and Soul are what make lives whole  
But then comes death and we lose our breath  
We mistake Happiness to be life's goal  
Until we realize – No! We must liberate our Soul*

*The saddest thing is we don't know the meaning of Life  
We live and we die with sadness and strife  
We want this and that to be Happy and Glad  
But we end up being miserable, greedy and sad*

*Life is a journey - Like a river, we must flow  
From God we come and to God we must go  
Life is a Drama - we desire and we crave  
But nothing will be ours when we go to the grave*

*We foolishly think we are the body and mind  
Till we get the 'Aha', we are the Soul we find  
We don't know where we come from and where we will go  
The Goal of Life is to reach the other shore*

## LIFE

*Most people don't live life, they just seem to exist  
The cravings of the body, they just can't resist  
They are so busy, no time to go on a quest  
To find out who we truly are, putting life to a test*

*Of course, we are not the body - in the end, it will die  
Are we the mind and ego? No, at death, they will fly  
We are the Life Energy that departs at death...  
We are the life itself that gives us our breath*

*We live in ignorance, the truth we don't find  
We forget that we are the Soul, not the body and mind  
The God that we seek in a temple or a church  
Lives inside our own hearts - a place we don't search*

*We are not this, not this... we are That!  
Not the body, not the mind, the Soul, in fact  
The purpose of life is to realize this Goal -  
We are not the body and mind, we are the Soul!*



### 3. WHO ARE YOU AND WHY ARE YOU HERE?

*One day when life was full of peace  
My mentor said something to tease  
Who are you? Why are you here?  
What is your life's purpose, my dear?  
Are you going to just float and die?  
Or find out who you are and why?  
Are you the body? Are you the mind?  
Go on a quest the truth to find*

*Questions made me start my search  
I went to the temple, mosque, and church  
Who was God and where was He?  
Where could heaven and hell be?  
How was I born? What caused this 'I'?  
What will happen after I die?  
I started my quest to Find the truth  
I would not stop till I get to the root*

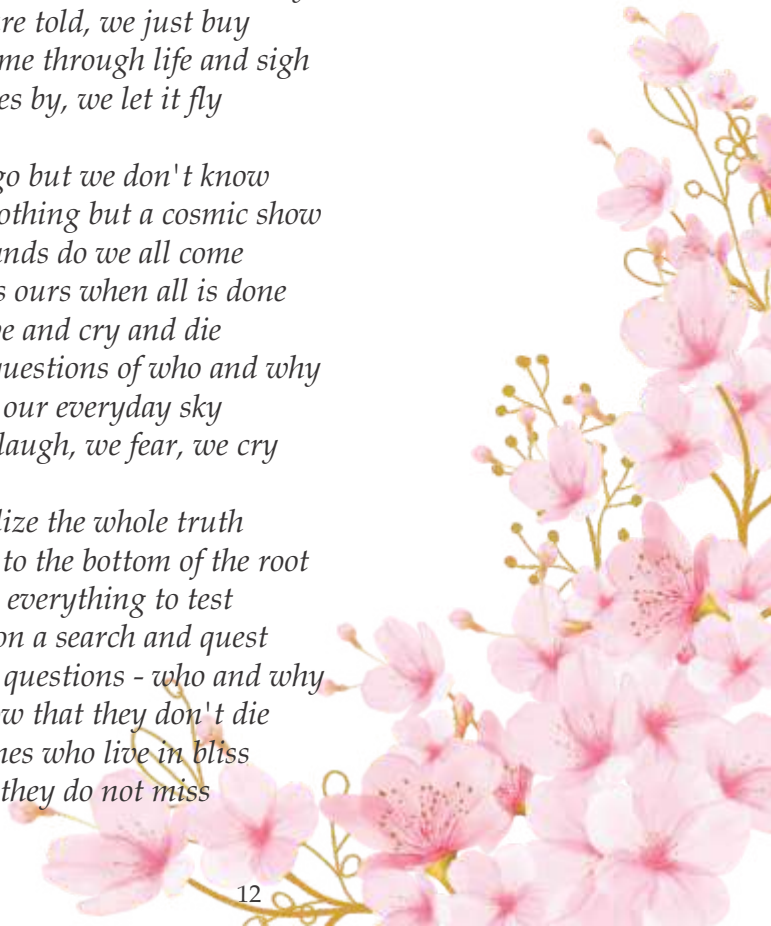
*Every religion said the truth is mine  
Each scripture said its version was fine  
Don't murder, don't steal, don't have wine  
Rituals were plenty to live and dine  
But nobody talked of the truth  
Nobody had found out the real brute  
The enemy was none else than our mind  
Where it is - you cannot find*

*Although you know, you do not know  
Whatever you see, you cannot be  
The truth is staring at your face  
But you are busy in the world's race  
Who am I, you do not know  
The ego seems to steal the show  
We are slaves of desire and lust  
What is the myth, we do not bust*

*We live, we die, don't find out why  
We just cry when we see someone die  
Who made this earth? Who made this sky?  
Who made you? And who made 'I'?  
We believe in the lie, we don't ask why  
Whatever we are told, we just buy  
We fret and fume through life and sigh  
The truth passes by, we let it fly*

*We come and go but we don't know  
The world is nothing but a cosmic show  
With empty hands do we all come  
And nothing is ours when all is done  
But still we live and cry and die  
We don't ask questions of who and why  
Ignorance fills our everyday sky  
And we don't laugh, we fear, we cry*

*Those who realize the whole truth  
Those who get to the bottom of the root  
Those who put everything to test  
Those who go on a search and quest  
Those who ask questions - who and why  
Those who know that they don't die  
They are the ones who live in bliss  
Joy and peace, they do not miss*



*What is the purpose of life on earth?  
Why do we die and why this birth?  
Who made this earth, who made this sky?  
Who causes things to walk and fly?  
Before you die, must find out why  
Realize the Truth you are not 'I'  
Not the body and mind, you are the Soul  
To unite with God, that is the goal*

*Who are you, why are you here?  
If you don't know, it's sad, my dear  
There is a purpose for you and me.  
To Realize the Truth - who are we?  
The truth to know, on a quest we must go  
To realize that life is a cosmic show  
The reward will be joy and bliss and peace  
Then problems none and miseries cease*

*Realize you are not the body and mind  
You are energy of a different kind  
To unite with God that is the goal  
To escape from the world and live as the Soul  
To find out what is your purpose on earth  
That's why this life, that's why this birth  
The purpose of life is to find out my dear  
Who are you, why are you here?*



## 4. A COSMIC DRAMA

*Nothing is real, it's a Cosmic Drama  
We are just actors, we come and we go  
There will be laughter, there will be tears  
Such is the Cosmic Show...*

*It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*Nothing is real, it's just a dream  
There is no murder, no need to scream  
Just a projection, it's just a show  
We must wake up and go  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*The earth is a stage for His Cosmic Drama  
There is a Cosmic Power in Charge  
He's the producer, it is His show  
He decides when we must go  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*Why do we scream? Why do we cry?  
Why do we worry right till we die?  
It's just a movie, we must enjoy  
Blissfully living with joy  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*We must not worry. We must not fear  
We must surrender and accept, my dear  
We must have faith, trust and hope  
Then in this drama, we cope  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*There is no end – at death we transcend  
We are just actors, we come and we go  
We must do our part, the best way we can  
And we must enjoy the show  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*There will be sunshine, there will be rain  
There will be good times, there will be pain  
We must not complain, we must accept  
And we must do our best  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*Why do we people sweat the small stuff?  
The road will be smooth and it will be rough  
There will be action, there will be song  
And we must sing along  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*There is a purpose for us on earth  
Why do we die, and why this birth?  
Why do we come, why do we go?  
Why this cosmic show?  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*There is a Cosmic Power in charge  
It's His creation, it is His show  
We are but nothing, we must just act  
He is everything, in fact  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

*It's just a drama, it's just a show  
Nothing is real, we come and we go  
We are just actors – the earth is a stage  
This is His Cosmic Show  
It's a drama you see  
Whatever will be, will be  
Our role we must do, you see  
What will be will be*

## 5. I AM NOT I. WHO AM I?

*I am not who I am!  
I have a body, but am I the body?  
I have a mind, but am I the mind?  
I have an ego, but am I the ego?  
Who is the me that I am?*

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

*I am not who I think I am  
I am an Indian – No, that's my nationality  
I am a Hindu – No, that's my religion  
I am a male – No, that's my gender  
I am not who I think I am!*

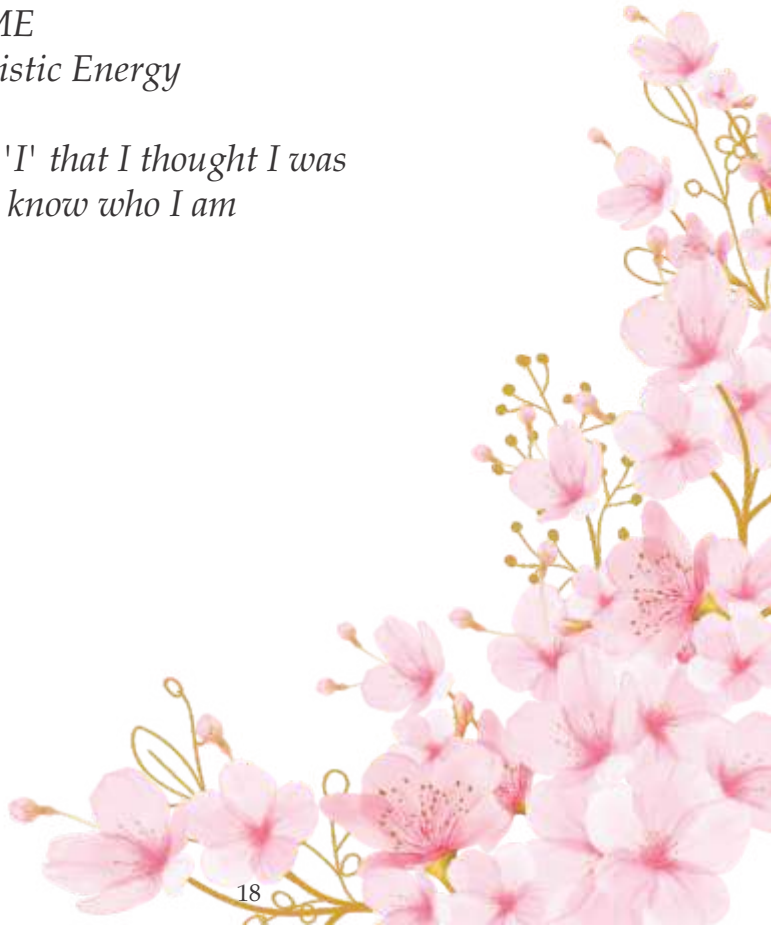
*I am not my car  
I know what I am not  
I am not my house  
I know what I am not  
What I am not, I know*

I AM NOT I. WHO AM I?

*But I know not who I am  
I have eyes that can see  
But the eyes are not me  
I have limbs that can walk  
But it's not me who does the talk*

*These are mine, but not me  
Who is the me that I am?  
I am not the Ego  
That's my identity  
I am not the body and mind*

*That's not ME  
I am the Holistic Energy  
I am "HE"  
I am not the 'I' that I thought I was  
Who am I? I know who I am*





## 6. THE A TO Z OF KARMA

*The Law of Karma is very deep  
As we sow, so shall we reap  
The bad we do will make us weep  
And the good that we do, we get to keep*

*It's a Law of Action, a Law of Reaction  
It's a Law that says, we get what we give  
A Law that ensures what goes around comes around  
A Law that's for everyone on this ground*

*The Law of Karma is born from our Dharma  
Karma is a Law, A Universal Law  
A Law that watches all our actions  
And a Law that ensures the same reaction*

*If we plant tomatoes, we won't get mangoes  
If we plant cactus, we won't get a rose  
So also if we do good, our reward will be good  
And if we do bad – what returns is just as bad*

*What is this Law of Cause and Effect?  
A Law that ensures the balance is perfect  
A Law that records everything we do  
Good or bad, it must come back to you*

*But how does this Law work, we don't know  
It belongs to the One who created this show  
It controls how on Earth we come and go  
Does it end at death? The answer is NO!*

*Our Body may die, but our Karma stands by  
We CAN escape our Karma – that is a lie!  
Our Mind will be reborn to live and to die  
And we will continue to suffer and cry*

*Death is not the end; it's just a bend  
Whatever we have done has to be undone  
If our actions are rewarded as we live – that's great  
Otherwise, the residue will decide our fate*

*Is our body responsible for how we act?  
No, it's our mind that's in charge, in fact  
Thus, the Law of Karma is that of the Mind  
It's the ego and mind that suffers, we find*

*It carries the good and the bad that we do  
The score doesn't settle at death when we go  
Life after life, the score goes on  
The Karmic score decides how we are reborn*

*So should we suffer again and again?  
When will we finally escape this pain?  
We can if only we Realize the Truth  
We must get to the bottom; we must get to the root*

*What is our purpose of life on Earth?  
Are we just born to die and take birth?  
Where did we come from? Where do we go?  
The Law will go on till the Truth we know*

*Are we the Body? Are we the Mind?  
Are we the Ego? The Truth we must find  
The ignorance that's around us, we must rewind  
We are Energy of a different kind*

*The Law of Karma makes this world go round  
It's a Law that makes sure all's well on the ground  
The Law is for all who come and go  
Except for those who understand this show*

*Those who realize we are not the body or the mind  
Those who are able – the Truth to find  
They are the fortunate few who escape from action  
For them, there is no Karma, no Law of Reaction*

*When bad things happen to the good, don't blink  
It's the Law of Karma in action, just think  
If you plant a seed, you will face the deed  
For what you do will come back to you*

*If you want to master the Law of Karma  
You must realize that the world is a Drama  
You must know you are not the body and the mind  
Then True Joy, Bliss and Peace you will find*

## 7. WHO IS GOD? WHERE IS GOD? WHAT IS GOD?

*I searched for God in temples  
But nowhere was He found  
I looked into the skies and waters  
And everywhere on the ground*

*To me, God was a statue  
I prayed to Him for years  
I was in love with my Lord  
And I used to pray with tears*

*I thought God lived in the temple  
It was Heaven in every way  
I used to talk to my Saviour,  
Morning, night, all day*

*God gave me everything I wanted  
There was nothing more to need  
I used to be ashamed of myself  
When I looked upon my greed*

*I had everything I wanted  
But one thing I never found  
I was looking for the God I prayed to  
Wanting to hear His sound*

*One day it dawned upon me  
What is life's real test?  
To find true purpose and meaning,  
I set out on a quest*

*I started studying the scriptures  
Him, in religion I found  
I went for many pilgrimages  
Just going round and round*

*Who is God? Where is God? What is God?  
This quest I did start  
I had nothing else to desire  
There was only one thing in my heart*

*I decided that I will not stop  
My passion, I must find  
I was willing to give up everything  
There was only one thing on my mind*

*What use was the wealth that I earned?  
What use was this pomp and show?  
I knew my life wasn't forever  
I knew one day, I will go*

*I knew I was living in ignorance  
The truth I couldn't see  
I was seeking happiness  
But in peace, I could not be!*

*The world talks so much about God  
But little do we know  
God is such an amazing power  
This cosmos is His show*

*The Sun, the Moon, the Stars  
The Birds, the Animals, the Flowers  
They are just manifestations  
Of the one and only Power!*



WHO IS GOD? WHERE IS GOD? WHAT IS GOD?

*We think our goal is happiness  
And pleasures we do seek  
So shallow is our passion  
We never reach the peak*

*We may get everything we desire  
We may achieve all we dream  
But if we can't realize God  
Then our life is without a gleam!*

*The purpose of life is to find God  
We must Realize the Truth  
We must realize what we are not  
Only then, we will get to the root*

*A few of us are lucky  
We start seeking God  
We give up everything else that we have  
Because we are in love with the Lord!*

*All cannot find the Master  
It depends on His Grace  
A few of us are lucky  
To finally see His face*

*Not in temples, churches or monasteries  
Neither in Scriptures we tear apart  
Those who truly love Him  
Will find Him inside their heart*

*God is Everything, Everywhere  
He manifests as You and Me  
He is the Cause and we just Effects  
Without Him, we cannot be*

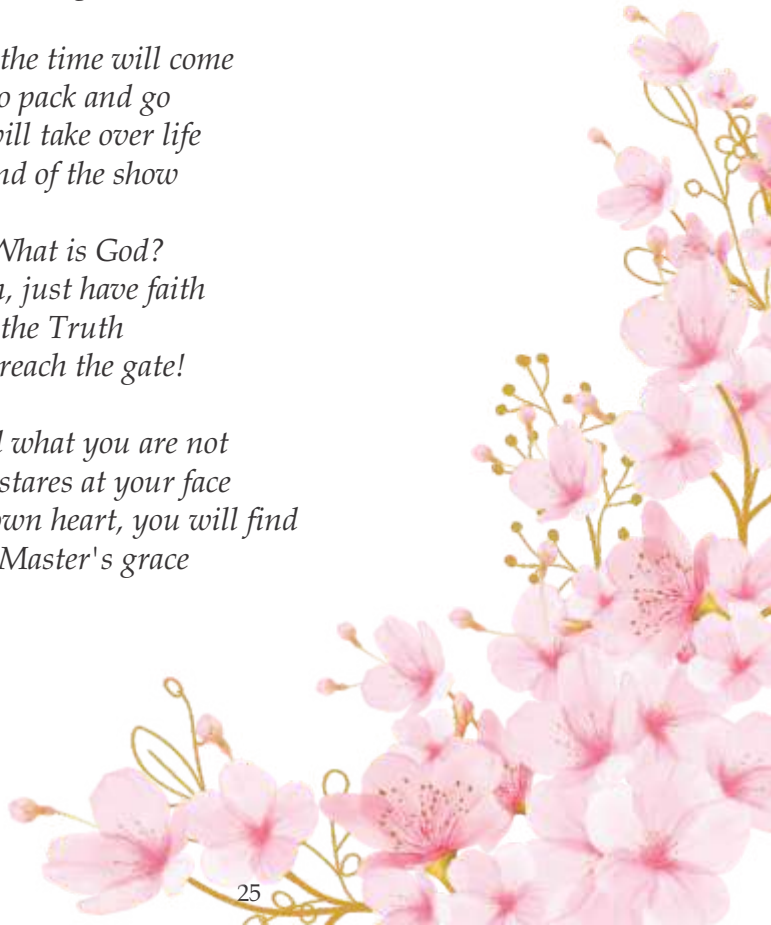
*God defined is God denied  
We must believe that he lives  
He is beyond our comprehension  
But He is the One who gives*

*This is a Cosmic Drama  
The Earth just a big stage  
We are all just actors  
We perform till we age*

*Then one day, the time will come  
We will have to pack and go  
When Death will take over life  
It will be the end of the show*

*Who, Where, What is God?  
Don't question, just have faith  
Try to Realize the Truth  
Then you will reach the gate!*

*When you find what you are not  
And the truth stares at your face  
Then in your own heart, you will find  
The Heavenly Master's grace*



## 8. THE TRUE MEANING OF YOGA

*What is the true meaning of Yoga?  
Is it an exercise of body and mind?  
If you go on a quest, you will know this is a myth  
What it truly is, you will find*

*The whole world is doing Yoga  
Two billion they say are at it  
But isn't it a pity, though the whole world does it  
What they are doing is nothing but a myth*

*Yoga actually means Union  
It is Union with the Divine  
It is realizing that we are the Divine Soul  
Not the ego, body, and mind*

*Our Mind is a little rascal  
It jumps from thought to thought  
Who we are and why we are here  
This important thing it forgot*

*The purpose of Yoga is Liberation  
From misery, suffering, and pain  
To escape and become one with the Lord  
Rather than being born again and again*

*The whole world is seeking happiness  
We all want peace of mind  
If only we practice true Yoga  
This treasure we will find*

*As long as we have passion and desire  
And worldly things we crave  
We will find that misery and sorrow  
Will follow us till our grave*

*But those who live in Yoga  
They enjoy bliss and peace  
They unlock the door of Liberation  
With little Divine keys*

*Anybody can be in Yoga  
It is connecting with the Lord  
It is escaping from this alluring world  
And then becoming one with God*

*Yoga starts with Purification  
Of Ego, Body and Mind  
Then there is Illumination  
And Unification of our Soul with the Divine*

*Everybody cannot be a true Yogi  
He is the one who is always connected  
Just like a SIM card that never loses network  
It even roams with it*

*There are four doors to destination Yoga  
It's not easy for everyone to reach  
It is living with discipline and contemplation  
Not just playing on the beach*

*Discrimination is using the intellect  
To take charge of the mind  
Deciding what is wrong and right  
Leaving worldly thoughts behind*

*Dispassion is Detachment  
It's not being a slave of anyone  
It is not craving for anything  
And being attached to none*

*Discipline is necessary for Yoga  
Controlling the body and the mind  
Like a charioteer who reins his horses  
Stopping them from running wild*

*When Desire for Liberation and the Divine  
Becomes the priority of our Life  
Then we cut through this illusory world  
Like butter is cut through with a knife*

*The Goal of Yoga is Liberation  
Freedom from death and rebirth  
Freedom of suffering and misery  
That all of us suffer on earth*

*There are four ways to live in Yoga  
Four ways to a Yogic Life  
Four ways that help us to be in Union  
Disconnected from the mind*

*The first way to live is meditation  
Dhyana Yoga is the name  
It is about silent contemplation  
Not just playing a game*

*The second method is action  
Karma Yoga is what it is called  
It is doing every action  
As the instrument of the Lord*



*The third Yoga is devotion  
It is Bhakti and devout Prayer  
It is a deep love for the Divine  
Yearning for God through the year*

*Finally, is the Yoga of wisdom  
It is Gyana Yoga or education  
It is spending time in a quest for the Truth  
Till we find Realization*

*If one wants to live in Yoga  
These must be the 4 paths of life  
Not being passionate about success and money  
And quarreling with your wife*

*A Yogi is always connected  
Nothing really matters to him  
He lives and dies for his God  
God fills his life to the brim*

*A true Yogi lives in surrender  
He doesn't worry or fear  
He accepts the Divine will with Joy  
And laughs with never a tear*

*Yoga is union, it's a way of Life  
A link that survives every bend  
Till we are liberated and united with God  
Till Life in this body does end*

*If you want to discover true Yoga  
The meaning of Yoga you must know  
It is living in Union with the Lord  
Being united till the end of the Show*

## 9. THE ULTIMATE GOAL OF LIFE, MEN - MOKSHA, ENLIGHTENMENT, NIRVANA

*What is the Ultimate Goal of Life?  
Why this misery, why this strife?  
We want happiness, but don't achieve our Goal  
Because we don't realize we are the Soul*

*The world believes that we were apes  
Jumping on trees and eating grapes  
And then from apes, we became MEN  
A magic show from one to ten!*

*In ignorance, we live and we die  
We look at the sky, we pray, we cry  
But why we are born, we don't find out why  
Who are we, who is this "I"?*

*We don't go for a search and quest  
And we don't put our beliefs to test  
Whatever we are told, we believe the myth  
We suffer because we don't know the Truth*

*But there were wise men, the Truth who knew  
They were not many, they were just a few  
They went on a quest to find the Truth  
They didn't just accept, went to the bottom of the root*

*Who is the Creator of this wonderful earth?  
Who causes death, who gave us birth?  
Yes, our mother and father were part of the plan  
But this Divine work is not that of man*

*There is a power unknown to us  
There is no doubt, let us not fuss  
We don't know who, where and, what is God  
But there is a Creator who is our Lord*

*There are some who believe 'to heaven we will go'  
When we die at the end of the show  
But where is heaven? Does anybody know?  
And if the body stays here, then who will go?*

*There are others who believe that God is a man  
Living in the skies doing what he can  
Once in a while, he comes to earth  
To fulfill our prayers, our joy, our mirth*

*And though we know Santa is a lie  
We believe in the myth and don't ask why  
We just exist, we live and die  
Without asking the question of who and why*

*We have a body but that's not 'ME'  
We are in fact, just energy  
To find this Truth is our Ultimate Goal  
That we are, in fact, the Divine Soul*

*Moksha it was called many centuries ago  
It was Liberation after death, this Truth we know  
And then there would be no future birth  
And we would not have to return to earth*

*Those who don't know are born again  
The law of Karma is for all men  
The law says what you sow, you reap  
Good or bad, both we get to keep*

*And then came about the concept 'Enlightenment'  
Realizing the Truth, getting fulfillment  
It is about not being ignorant  
And knowing the Truth for our betterment*

*For like blind men, we live in the dark  
We think there is nothing, except the dogs that bark  
But because we are blind and cannot see  
We believe there is nothing, how can this be?*

*From darkness to light we must go  
What is the Truth, this we must know  
For if we don't, as we live and die  
We will suffer in misery and cry*

*Siddhartha was a Hindu king  
Who refused to believe just everything  
He went on a quest the truth to find  
And awakened his consciousness, transcended his mind*

*The Buddha said Nirvana was a state of bliss  
It was achieved by realization not making a miss  
Living with Four Noble truths and Eight-fold path  
He said we can escape from misery and wrath*

*For what is a human being's life meant?  
Must we really take a spiritual bend?  
Why must we know we are not body and mind?  
What is the necessity of the Truth to find?*

*It is important for us not to live like fools  
We are blessed as humans, we are given tools  
Discriminating with an intellect what is right and wrong  
Questioning every thought, becoming spiritually strong*

*But it is really sad, we just live and die  
What is our purpose, we don't find out why  
We are given this birth, who is this 'I'?  
We just believe, living with the lie*

*And because of this ignorance, we are miserable and sad  
We want to be happy, but we can't be glad  
If the A to Z of spirituality we get to know  
Then we will truly enjoy the show*

*This life is a special gift for us  
It is not just a moving bus  
Which starts at birth and death is the end  
Each moment is precious, to be wisely spent*

*If we Realize the Truth, that we are the Soul  
Then we have achieved our Ultimate Goal  
There will be Joy, Bliss, Love, and Peace  
Misery and sorrow will completely cease*



## 10. CHICKEN OR EGG? WHAT CAME FIRST?

*Chicken or egg - what came first?  
Can't find an answer that will quench my thirst  
'Of course,' said the chicken, 'it was me  
Without me, how could the egg ever be?'  
This question goes round, and round and round  
But to most, the answer is never found!*

*For without the chicken can an egg be laid?  
'And how could there be a chicken without me?' the egg said  
This question was asked but found no answer for years...  
Till a wise man solved the mystery with wisdom and tears*

*'Neither was the egg first, nor was it the chicken  
The plan for this story was hatched in heaven  
That nothing in this world shall be a creation  
Everything that we see is but a manifestation'*

*'What do you mean?' said someone with a scream  
'Nothing is real! Is everything just a dream?'  
The wise man answered, 'Yes, that is true  
Both appeared together, everything is a myth -nothing is true!'*

*The next time you are asked the question, 'What came first?  
Was it the tree or the seed that came first?'  
Don't go in circles, round and round  
For the answer to the question will never be found!*

## 11. QUESTIONS YOU MUST ANSWER BEFORE YOU DIE

*Ask why before you die  
Seek answers, don't just cry  
Don't just accept what people say  
Resolve to find out the Truth today*

*Who are you and why are you here?  
Why this birth? Who got you here?  
Are you just meant to live and die?  
Is there a purpose? Find out why*

*What is death, what is the end?  
The body dies, it is just a bend  
I never die, I will live on  
But where will I go, will I be reborn?*

*Where is God and who is He?  
Is it he or is it she?  
I want to find where are heaven and hell  
I am seeking answers, who will tell!*

*Am I the body, mind or Soul?  
What is it that makes me whole?  
Am I the ego, who says I?  
I want to find out who am I*

*What is this thing called life?  
So much joy and so much strife  
Is it real or just a show...  
Where we come and then we go?*

*Who created this earth and sky?  
Was it just a bang, oh my!  
How could all this just come about?  
There must be a Creator, there is no doubt!*

*Is there a law that keeps a track?  
Whatever we do, it will come back  
Or will we escape from all our sins?  
And have no rewards for all our wins*

*What causes us to be happy and to be sad?  
Is it true that desires are bad?  
Can we be happy with joy and peace?  
Removing cravings, the big disease*

*Is our mind our friend or foe?  
Will it help us cross the shore?  
Is it a monkey that makes us blink?  
And does it make us in ignorance sink?*

*What exactly is the Soul?  
Where is it, what is its role?  
It is the energy that gives us breath  
Without it, there would be death*

*Why should we ask so many questions?  
Is it necessary to take all these lessons?  
Or should we just laugh and have fun?  
And spend our days till life is done*

*If we don't find the Truth  
If we don't get to the bottom of the root  
If we live and don't ask why  
Then we will just live and die*

## 12. THE LAW OF ATTRACTION

*Does the Law of Attraction really work?  
Can visualization do the trick?  
Let's look within to find the real secret  
Look deeper for the truth to pick*

*'Mangoes, mangoes, mangoes', if you dream  
Will the fruit grow on the tree?  
It is the seed, Oh dear, that you plant  
That will grow to be, what you see*

*But the whole world is talking of Attraction  
'Just desire and make your dream come true'  
Desire is good to start what you want  
But it's Action that is the final cue*

*Attraction without Action doesn't work  
Look deeper and Realize the Truth  
Within the word 'ATTRACTION'  
There is 'ACTION' in the root*

*For there is a Law, a Universal Law  
'As you sow, so shall you reap'  
If there is Attraction and no Action  
Then in the end, you will weep*

*Attraction and thoughts lead to feelings  
But it is only when we get to work  
The cycle of Achievement says  
'You need to walk, don't just talk'*

*For the Law of Action never fails  
What you give is what you get  
What goes around, comes around  
It's like a boomerang, you can bet*

*It's popularly called the Law of Karma  
What you do, comes back to you  
Every Action, good or bad  
Won't escape, this is true*

*Whatever is unfolding in your life today  
Is what you have done in the past  
And whatever you are doing today, remember  
Will return to you until your last*

*And when death, which for the body is certain  
Happens and Karma carries on  
The body dies, but the Mind and Ego  
With its pending Karma is reborn*

*Death is not the end, but a bend  
Our Karma account is not closed  
Whatever is the balance in our Karmic trade  
Causes the next birth to be proposed*



*Our birth is decided not by luck  
Past Actions or Karma is the cause  
Where, when, and how we are born  
Is controlled by Karma without flaws*

*Therefore, our destiny is in our hand  
It is Action that will decide what will be  
We will get to that destination  
Karma decides our destiny*

*Life is like a car on the road  
The road can't be changed, it is paved  
But we have 'Free will' to choose how we drive  
Through this 'Free will', our Karma can be changed*

*We can go fast, we can go slow  
We are free to choose what we do  
Remember, as you drive your Life-car ahead  
Is the destination you will get to*

*Therefore, we must do good each day  
Our destiny depends on our deeds  
Just like the fruits in our garden, without doubt  
Don't depend on luck, but on the seeds*

*Whatever we do, doesn't get washed away  
It remains in our account, even after death  
Life after Life, the score goes on  
And is counted in every breath*

*But whoever is born in this world must cry  
The Enlightened Buddha declared after his quest  
'Dukkha or suffering is experienced by all  
No one can escape this test'*

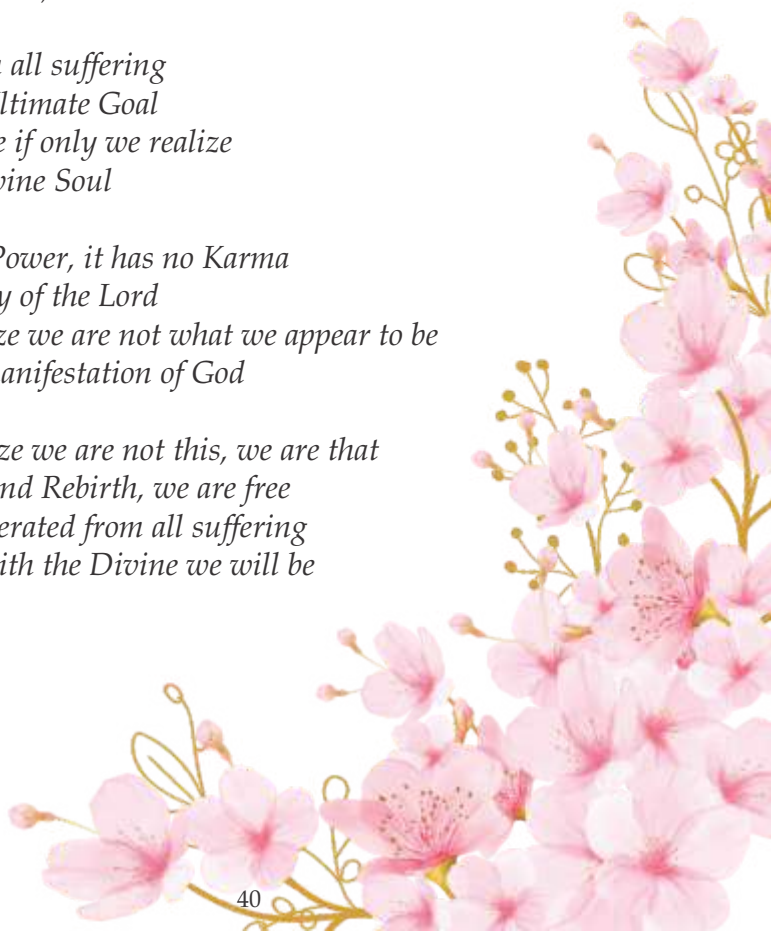
*We all experience the triple suffering  
The suffering of body, ego, and mind  
As long as we have Karma, we will be born  
What we have done, we can't rewind*

*Is there a way to escape from pain,  
And from Karma, can we be free?  
Yes, this is the ultimate secret  
If the Divine Soul, we can be*

*To escape from all suffering  
Is our Life's Ultimate Goal  
This is possible if only we realize  
We are the Divine Soul*

*The Soul is a Power, it has no Karma  
It is the Energy of the Lord  
We must realize we are not what we appear to be  
But rather a manifestation of God*

*When we realize we are not this, we are that  
From Action and Rebirth, we are free  
We will be Liberated from all suffering  
And United with the Divine we will be*



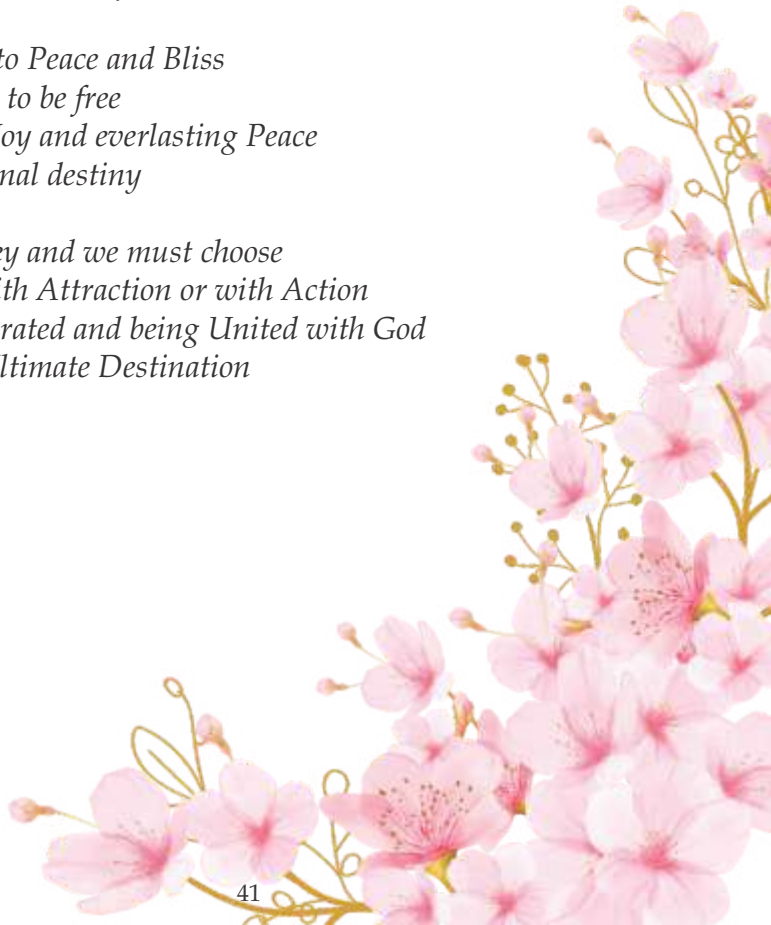
*This is the secret of Eternal Joy  
And the way to Everlasting Peace  
If only we can Transcend Karma  
All our sufferings will cease*

*So, don't believe just the Law of Attraction  
It is the Law of Action that will work  
What you Attract, may never come to you  
If from Action, you will shirk*

*But tasks will bind you to be born again  
And the Happiness that you seek  
You will remain thirsty and yearning for more  
As you try to climb the peak*

*The only way to Peace and Bliss  
Is from Karma to be free  
Then, eternal Joy and everlasting Peace  
Will be your final destiny*

*Life is a journey and we must choose  
We can live with Attraction or with Action  
But being Liberated and being United with God  
Is our Life's Ultimate Destination*



### 13. THE 4<sup>TH</sup> FACTOR

*There is a 4<sup>th</sup> Factor on earth  
It controls our life, it gives us birth  
It is beyond what man can know  
It has laws that manage the show*

*Man thinks there are factors three  
With a saw he thinks he can cut a tree  
To him, the doer, the equipment and the act  
Are enough to create any impact*

*But then sometimes, he blinks and thinks  
The sails were fine, yet the ship sinks  
They did their best, captain and crew  
But the results didn't happen, that is true*

*And still does man do his best  
He puts every effort of his to test  
But he is sad in the end to find  
That the result that happened was a different kind*

*Why is it, then man does think  
What stopped his desire? What made him sink?  
It should have happened, why did it not  
Where he wonders, his work got caught*

*Then he sees there are factors four  
Not just three that he thought before  
There is a 4<sup>th</sup> Factor he knows  
That controls all results, it clearly shows*

*Despite man doing his very best,  
He can't understand what is the test  
Till finally the 4<sup>th</sup> Factor he knows  
He surrenders, he accepts, with it he goes*

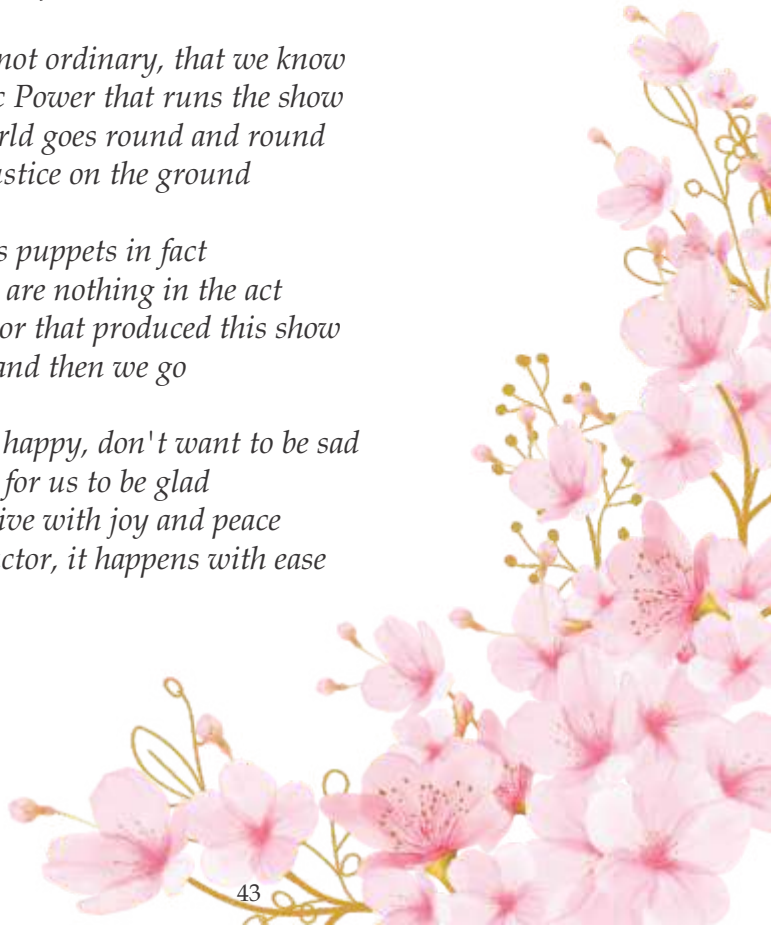
*Why is it that we try but cry?  
It did not happen, we question the sky  
We do not understand how this Power acts  
What are the laws, what are the facts?*

*The 4<sup>th</sup> Factor is a Power, of course  
But how it works, nobody knows  
The only way to live with it  
Is to trust, to accept, to surrender to it*

*This Power is not ordinary, that we know  
It's the Cosmic Power that runs the show  
With it the world goes round and round  
And there is justice on the ground*

*We are helpless puppets in fact  
Without it, we are nothing in the act  
It is the Director that produced this show  
We just come and then we go*

*We want to be happy, don't want to be sad  
There is a way for us to be glad  
If we want to live with joy and peace  
With the 4<sup>th</sup> Factor, it happens with ease*





THE 4<sup>TH</sup> FACTOR

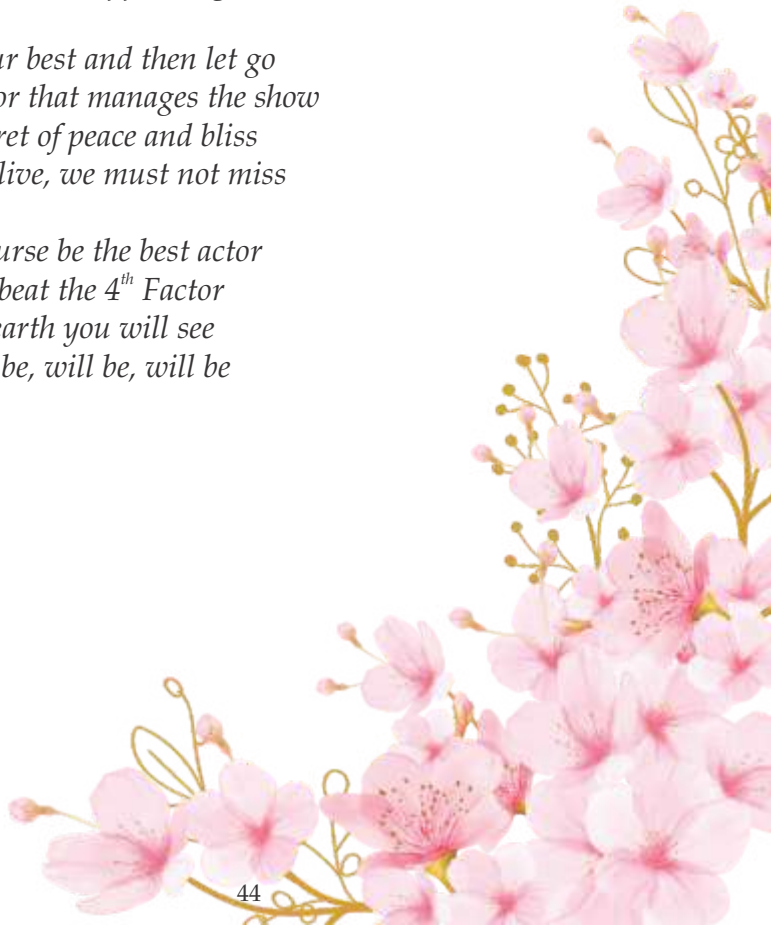
*In the 4<sup>th</sup> Factor we must learn to trust  
This power is fair, this power is just  
We must not question, we must not ask  
We must at best do our task*

*Why do we worry, why do we fear?  
Why the misery, why the tear?  
If only the 4<sup>th</sup> Factor we know  
We will truly enjoy the show*

*It's sad that in ignorance we do live  
We live in greed, we do not give  
We are anxious, jealous, we worry, we hate  
And never reach the happiness gate*

*We must do our best and then let go  
To the 4<sup>th</sup> Factor that manages the show  
That is the secret of peace and bliss  
A new way to live, we must not miss*

*You may of course be the best actor  
But you can't beat the 4<sup>th</sup> Factor  
Every day on earth you will see  
Whatever will be, will be, will be*



## 14. BE HAPPY IN THE NOW

*What's the use of crying, in a Yesterday that's gone?  
What's the point of worrying, in a Tomorrow not yet born?  
Why not live in bliss and joy and peace?  
In the present moment be happy, be happy, can we please?*

*Be happy in the NOW, this moment is a Gift  
Smile and dance and celebrate, don't just exist or drift  
It is in this moment that we can choose to be happy and glad  
Let's not lose this moment, to memories that make us sad*

*Yesterday is a place that we just can't go  
The past is an illusion, it's like a dream - a stage show  
There is no way of being happy, in a moment that has passed  
The only thing it will give us, regrets that will last*

*The future doesn't exist, it's just another dream  
It looks so very real, as long as we worry and scream  
How can we be happy in an illusion of the mind?  
Let's wake up to the NOW, let's not be blind*

*Be happy in the NOW, that's the only way to be  
Don't be worried in tomorrow, to there we cannot flee  
Don't rehearse the past that's dead and gone  
Be happy in this moment, as if we were just born!*

## 15. BAD THINGS CAN'T HAPPEN TO GOOD PEOPLE

*Why do bad things happen to good people?  
Why does suffering come to the weak and feeble?  
Misery doesn't come to us simply  
Whatever fruit we plant, will grow on the tree*

*Why do we see good people suffer?  
They pray to God, but are denied supper  
The result is not God's decree  
It's a Universal Law, you will soon agree*

*The bad you do, comes back to you  
As you sow, so shall you reap  
If you want apples, you must plant apples  
Otherwise, there will be no apples on your tree*

*People think that it is God in heaven  
Giving cruel orders from cloud eleven  
Is it true that God is passing the decree?  
Or is it a law unfolding that we see?*

*The law is known as the Law of Karma  
It is this law that causes all the drama!  
If you understand the law, you will agree  
That apples can't grow on a mango tree!*

*There will be no reaction, unless there is an action  
There will be no effect unless there is a cause  
Apples or mangoes, be it one, two or three  
What we plant, is what we will see on the tree*

*But why do bad things happen to good people?  
We hear people question, but the logic is feeble  
It is expecting apples to appear on a mango tree  
But how can apples grow on a mango tree?*

*Is this something difficult to understand?  
Is it unique or does it happen in every land?  
The fruit you plant, will be the fruit on the tree  
Just like there are mangoes on every mango tree*

*Have you seen a new born suffer?  
Some are born fortunate, the circumstances differ  
There must be a reason, you will agree  
Otherwise, why would this ever be?*

*We may not remember, but the law remembers the past  
Whatever we do, will be counted till the last  
Good or bad, whatever be the degree  
Will appear as the fruit that we planted on the tree*

*Some people question, 'Is there life after death?'  
Or is the story over when we take our last breath?  
When we watch some children born with a smile and glee  
We realize this is no magic, nothing happens for free*

*All this happens by a law on earth  
There is no luck or chance involved in our birth  
Fortunate or unfortunate, doesn't come randomly  
The circumstances of our birth don't just happen simply*

*Who is in charge, who controls our destiny?  
Is there a power that is issuing the decree?  
Happy or unhappy, can prayer make it be?  
Or is it our own deeds that will make our destiny?*

*Till when will we live in ignorance and cry?  
Looking at our misfortune and then asking why  
As long as we don't realize the law of destiny  
Whatever are our deeds, our future will be*

*If we want to live in bliss and peace  
If we want all our miseries to cease  
Our life can be a jamboree  
If we learn the Universal Law of the tree*

*Bad things can't happen to good people, you must know  
This is the law that exists in our life show  
If there is tragedy, then don't disagree  
It is what we planted that is appearing on our tree*



## 16. SUCCESS IS NOT HAPPINESS, HAPPINESS IS SUCCESS

*If Success was Happiness  
Then achievers would be glad  
But look around and you will find  
That many of them are sad*

*Of course, Achievement gives joy  
And excitement, oh boy!  
But when our need becomes our greed  
To misery, this will lead*

*The whole world is chasing Success  
Everyone wants achievement  
Sometimes we win, sometimes we lose  
There is no Contentment*

*Why do people want to succeed?  
Why is everyone in a race?  
The Truth is that we want to win  
So that there is a smile on our face*

*But though we win, we are not glad  
We have money, why are we sad?  
Happiness is not money, the sages said  
It's sleeping soundly when you are in bed*

*We hear of suicides in the homes of the rich  
If they were Happy, then why this glitch?  
Although they are achievers, this fact we know  
They are not Happy, their face has no glow*

*If successful, but unhappy, what is the use?  
Winning or smiling, what would you choose?  
The purpose of Success is for us to be glad  
What is the use of winning, if it makes us sad?*

*Happiness is something different, we learn  
Not just money that we earn and burn  
Happiness is built on a foundation of peace  
Then we are blissful like waves in the seas*

*Look around at the people who are glad  
They live in the moment, they are never sad  
They don't swing from the future to the past  
They are the one's whose Happiness lasts*

*Happiness has no price tag, know this my friend  
It's a state of mind where nothing can offend  
It's being able to smile, and able to laugh  
Not just trying to raise our Success graph*

*We can't measure joy in dollar and pound  
Happy is he who peace has found  
Though we may fly the world around  
We may be miserable on the ground*

*Success is not Happiness, this Truth we must know  
We may have everything, what's the use of this show?  
The truly successful one is he  
Who lives with smile, laughter, and glee*

*If one is Happy, then one has achieved all  
One doesn't have to be rich and in fame be tall  
One can have little, but if content is he  
Then he can live joyously*

*Achievement gives Happiness, this fact we know  
But with Fulfillment and Contentment, does Happiness grow  
One who is Happy, doesn't need to win  
He has Peace and Joy without committing sin*

*Joy doesn't need a foundation of cash  
One doesn't have to be rich, to enjoy life's bash  
Happiness is a simple state of the mind  
It comes from being loving, it comes from being Kind*

*Happiness is Success. It is achieving life's goal  
It is being Happy in the heart, Peaceful in the Soul  
True Happiness is eternal, not just a moment of joy  
It last's forever, it can't be destroyed*

*Success is a journey of valleys and peaks  
Life is a see-saw, there are laughs and squeaks  
Success, unlike Happiness, doesn't last for long  
But the truly Happy ones always sing a Happy song*

*So, Success is not Happiness, Happiness is Success  
You may be an achiever, whose heart is not at rest  
But though not successful, if Happy you are  
Then you are an achiever, you are the very best*

## 17. CAN YOU FIND THE RASCAL MIND?

*My mind is king, I thought it is everything!  
It makes me blink, it makes me think  
It gives me joy until I die  
The only problem with my mind...  
Where it is, I cannot find!*

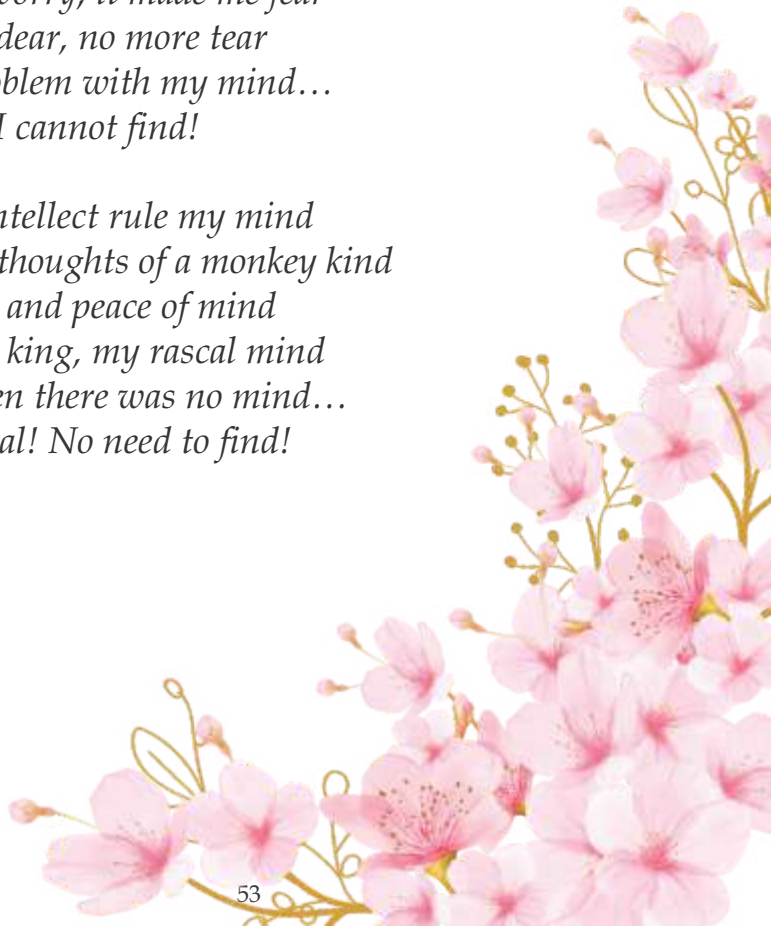
*It is my memory, it is my mind  
It is my intellect - one of a kind  
My greatest treasure is my mind  
The only problem with my mind...  
Where it is, I cannot find!*

*The body I can see, the body I can find  
Likewise I am sure, I have a mind  
It is not yours, I know it is mine  
The only problem with my mind...  
Where it is, I cannot find!*

*Suddenly, I realize these are not my mind...  
My intellect and my memory are of a different kind  
My mind is a monkey, a rascal my mind  
The only problem with my mind...  
Where it is I, cannot find!*

*I then resolved to kill my mind  
The rascal I vowed, I must grind  
It made me worry, it made me fear  
Enough my dear, no more tear  
The only problem with my mind...  
Where it is, I cannot find!*

*I made my intellect rule my mind  
I shot down thoughts of a monkey kind  
I wanted joy and peace of mind  
No more my king, my rascal mind  
I realized then there was no mind...  
It was a rascal! No need to find!*





## 18. LET GO OF YOUR EGO AND YOU WILL FIND GOD

*For God do we all search  
In temple, monastery, and church  
Little do we know that the ego does hide  
That very God that lives inside*

*We must let go of the ego  
If God we must find  
And for this, we must realize  
The biggest enemy is the mind*

*But first, it is the ego  
That keeps saying 'I' and 'me'  
It dominates our life so much  
That God we cannot see*

*God is not on a faraway planet  
Nor an old man with a long white beard  
God lives in the temple of our heart  
Alas, his voice is not heard*

*The ego makes us deaf and blind  
It stops us from the truth  
And makes us pray to a statue and a saint  
And a God with a snake and a flute*

*What does the ego do in fact?  
It creates duality  
It makes God different from us  
And the truth we cannot see*

*The world has hundreds of religions  
And thousands of Gods to whom we pray  
The fact is we don't know who God is  
And we don't even know what we say*

*As long as the ego dominates our life  
Between God and us, it creates a veil  
And though God is right here and now  
To realize God, we fail*

*Because the ego causes ignorance  
The truth we cannot see  
We believe in the myth and superstition  
And just be who we are told to be*

*The ego is my identity  
The ego says, 'This is me'  
Because I keep saying 'My' and 'Mine'  
The God within, I don't see*

*The ego makes me suffer  
Triple suffering with body and mind  
It is the ego that makes me cry  
With miseries of a different kind*

*'How dare you did not do it!'  
This anger, revenge, and hate  
It's the ego that makes us go around  
And stops us from heaven's gate*

*Who is, where is, what is God?  
The ego makes us juggle so much  
It makes us search here and there  
As our God, it tries to touch*

*But God, in reality, is within  
God has no bone, nor skin  
God is a Power that gives us life  
In the trillions of cells within*

*What is birth, what is death?  
Why did we come to earth?  
God is the one that makes us live  
God gives us this human birth*

*Without God, what are we?  
Without the Soul, we are nothing  
The body, in the end, returns to dust  
It is God that is everything*

*Unless we go in search for the truth  
Unless we start our quest  
We will just believe the myth  
And fail if we don't question and test*

*Life is like a spiritual puzzle  
The pieces we must find  
We must put together who we are  
And not live like we are blind*

*The truth is simple, but we don't see it  
After death, there is rebirth  
It is our own actions, our Karma  
That brings us back to earth*

*The Soul is a Power in us  
With the body and mind, just a part  
The Mind and Ego is the one reborn  
When God in us departs*

*But we do not realize this truth  
Because the ego says, 'It's me'  
The Soul, the God that is within  
The blind ego does not see*

*The ego is always looking out  
With the senses and the mind  
It does not realize the self, that's us  
Being a prisoner of the mind*

*We are not body, we are not mind  
The truth is we are the Soul  
Self-realization is the first step  
That takes us to this goal*

*When 'we' realize, not body and mind  
We are the Power that's the Soul  
We also realize the God in all  
That manifests as the whole*

*What stops us from such Realization?  
What stops us from Liberation?  
It is the ego that stops us from God  
And from Divine Unification*

*Man minus Ego is God  
If we remove the Ego, we will find  
God plus Ego is Man  
With Body, Ego, and Mind*

*So, we must let go of the ego  
If God we must find  
For as long as we think we are 'ME'  
The journey we will rewind*

*God actually lives within us  
His silent voice we do not hear  
Because the ego and the mind  
Make us live with a deaf ear*

*God is not far away  
God is near God is in you and me  
But as long as we believe we are the ego  
God we cannot see*

*The very God we are looking for  
Is right inside our heart  
But the ego that is screaming day and night  
Tears the truth apart*

*We just live and we just die  
And God do we all seek  
It is the ego that stops our climb  
From scaling the spiritual peak*

*The ego that lives saying, 'It's me'  
Makes us go round and round  
It stops us from finding God within  
As it fixes us to the ground*

*The truth is this and nothing else  
God lives in us within  
Let us stop going in search outside  
And go within our skin*

*What stops us from going within  
It is the ego and the mind  
Though God is everywhere and in us  
Our Lord we never find*



## 19. SUFFER NO MORE

*We can be happy living with joy  
Tranquillity, and peace  
Or we can be miserable and cry in pain  
Cursing our own disease  
It's a choice to Suffer No More  
We must realize we come and go  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*Why do we suffer, why do we cry?  
Why this misery right till we die?  
We live in ignorance, the Truth we don't know  
That's why we don't fly in the sky  
We must Realize the Truth that Pain is like Rain  
It comes but soon it will go  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*What is this suffering? What is this pain?  
What is this misery again and again?  
It's pain of the body and stress of the mind  
Living with fear in vain  
We don't need to suffer, we don't need to cry  
If only in our face the Truth does glow  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*Everybody wants happiness, nobody wants pain  
We love the sunshine and hate the rain  
Still we are miserable, still we don't smile  
And we just choose to whine  
The body suffers but that's not us  
Who we are – first we must know  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*Messengers of misery, they want us to cry  
Fear, worry, revenge, and anger stand by  
They make us suffer  
They make us cry and we don't question, 'Why?'  
Because we think we are the mind  
We live in agony, our enthusiasm is low  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

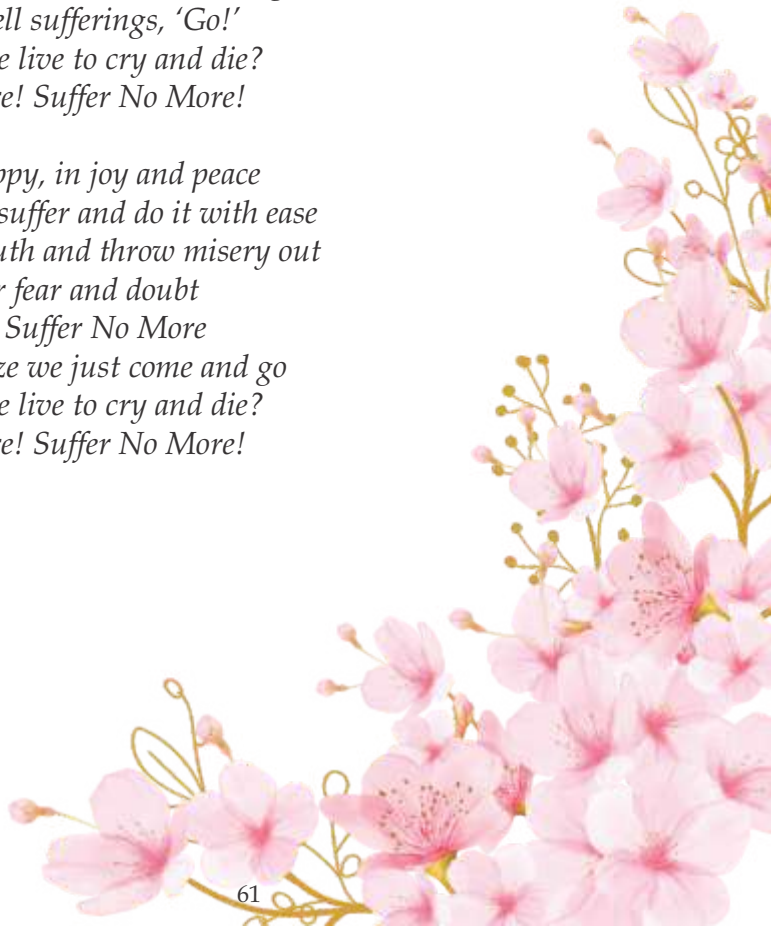
*We are not the body that suffers in pain  
Nor the rascal mind that thinks again and again  
We live in ignorance of this Truth and cry  
And lose our peace in vain  
It's a choice to Suffer No More  
We must realize we come and go  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*We can be happy, we can rejoice  
Refuse to suffer that is our choice  
We can be tranquil and live in peace  
For this is the choice of the wise  
We must Realize the Truth, we must burst the myth  
This we must do right now  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*Accept the past, and don't regret  
What has happened, is now laid to rest  
Yesterday is no more, why try going there?  
Live in the now, it's the best  
Because we shuttle from the future to the past  
Our pain and misery grow  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*Some people hope, what they want should happen  
They live in stress, worry, and fear  
If you want joy, live in surrender  
Accept what comes, my dear  
If only we realize a Power is in charge  
Then we can tell sufferings, 'Go!'  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*

*You can be happy, in joy and peace  
Don't need to suffer and do it with ease  
Realize the Truth and throw misery out  
Eliminate your fear and doubt  
It's a choice to Suffer No More  
We must realize we just come and go  
Why should we live to cry and die?  
Suffer No More! Suffer No More!*



## 20. LIFE REALIZED

*If we don't realize who we are and why we are here  
If we are not happy and just live with stress and fear  
If we come to earth and don't realize why we are given this birth  
Then, can we say we lived? No, at best, we did exist*

*Everybody wants happiness, who wants to be sad  
Who wouldn't exchange a life of misery for one that is glad  
But few are happy with unfulfilled desires and expectations  
They never learn happiness is a journey, not a destination*

*Are we meant to zoom from our womb to our tomb  
Or is life such that we must be locked in a room?  
No, life is about living and Realizing the Truth  
Finding our life purpose, getting to the bottom of the root*

*The world is chasing success for everyone wants happiness  
They cheat, they lie, they steal and cry, and end their life in a mess  
They think achievement and money will give pleasure and smiles  
Till they learn Success is not Happiness, Happiness is Success*

*What is our life purpose? Why do we come to this earth?  
How do these trillion cells together take a magical birth?  
If we live and do not find life's purpose and meaning...  
Then we are no better than a tree that is tall but just leaning*

*Instead of just existing, there are questions that we must ask  
 Let's make our life meaningful and the Truth unmask  
 Where is God and who is He? Is it true that God made me?  
 Let us find out what came first - was it the seed or the tree?*

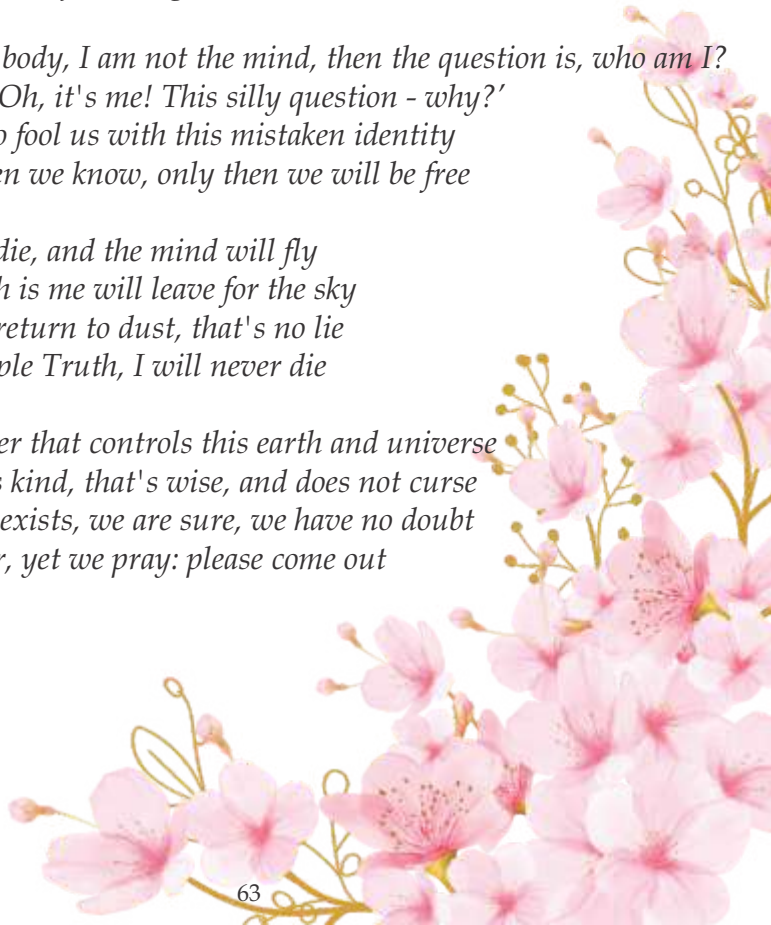
*Are we the body that is born starting as a zygote?  
 Or is the body something that keeps our life afloat?  
 Fools are those who believe that we are made of bone and skin  
 The Truth is that we are the Life Energy that lives within*

*We think and worry and fear, that is our mind  
 Strange, isn't it, where is the mind, we cannot find!  
 It appears like a monkey jumping from trunk to trunk  
 Spilling thoughts left and right till we make it into a monk*

*If I am not the body, I am not the mind, then the question is, who am I?  
 The ego says, 'Oh, it's me! This silly question - why?'  
 The ego tries to fool us with this mistaken identity  
 The Truth when we know, only then we will be free*

*The body will die, and the mind will fly  
 The Soul which is me will leave for the sky  
 The body will return to dust, that's no lie  
 That's the simple Truth, I will never die*

*There is a power that controls this earth and universe  
 A power that's kind, that's wise, and does not curse  
 We know God exists, we are sure, we have no doubt  
 God is a Power, yet we pray: please come out*





*Life on earth is a Cosmic Drama, we come and we go  
Nothing is real, it's like a dream, it's just a Cosmic show  
Because we think that life is real, we worry and we cry  
We fight, we shout, we scream, we suffer right until we die*

*Karma is a universal Law, what you give is what you get  
As you sow, so shall you reap – this law is set  
Law of Action and Reaction, those who kill will be made to hang  
And it all returns back to us, just like a boomerang*

*Of course, we all need a good Life Coach who will teach  
Otherwise, it is not possible that true success we will reach  
If we want to find the Truth and our life to realize  
We need a spiritual master, who will open our real eyes*

*We must realize this Truth that knowledge is not realization  
It's the root, it's not the fruit, there must be evolution  
From knowledge shall shoot wisdom that will finally make us know  
Who we are and why we are here, in our Soul this will glow*

*What is the key to realization? The secret, do you know?  
With discipline of mind and body, towards liberation you can go  
If you have no control on your body and your mind  
In a prison of Body and Mind, yourself you will find*

*We are all Souls embodied in a body and a mind  
Without this body-mind complex, the Soul we cannot find  
Just like mud needs a pot to manifest itself  
The Soul too needs a body and mind and can't be seen by itself*

*To achieve the goal of life, important steps there are three  
It starts with the purification of body and mind, then we are free  
In the second step, the darkness goes because of illumination  
In the final step we become one with the Lord, that is unification*

*At death one of two things happen... this is the Divine Truth  
If we believe we are body and mind, we will have to take rebirth  
But those who realize we are the Soul, from rebirth they are free  
At death, their Soul is liberated and one with the Lord, they'll be*

*Even those who realize the ultimate Truth, they are still not free  
They still have to fight the war within, then liberation they will see  
The Truth you know, you are still prisoner of the mind  
When you transcend ego, and mind, then you are free, you will find*

*Now, I live as the happiest man on earth, what is my secret of life?  
I live with peace and joy and bliss. I have no strife  
I know I am not body or mind. I am the Divine Soul  
To unite with my Lord, My God, is my Life's only Goal.*

## 21. GOD = HAPPINESS

*We all want to be Happy  
We pray to God for bliss  
But where does God truly live  
This point we sadly miss*

*God is not on a distant planet  
In heaven above the skies  
The power within that makes our heart beat  
Is where God truly lies*

*When there is a problem that we cannot solve  
We go to God and cry  
Make me Happy, my dear Lord!  
We beg as we question why*

*We know that God can do anything  
He made Heaven and earth  
He is the giver of Happiness  
The one who gave us birth*

*But still, we look for Happiness  
Desiring this and wanting that  
Sometimes our wishes are fulfilled  
Otherwise, we become sad*

*And so do we live until we die  
Sometimes we laugh, sometimes we cry  
We miss to discover a simple secret  
God is the source of Joy*

*Instead of seeking God within  
We are searching for Happiness!  
Of course, we become happy at times  
But the source of Joy we miss*

*If only we change our search for God  
And look for Him within  
We will have everlasting Joy and Peace  
And a Blissful Life will begin*

*We don't discover this Divine Truth  
That GOD equals Happiness  
We are looking for joy in so many places  
But within ourselves we miss*

*We are not the body, we are not the mind  
This Truth we must realize  
We are in fact God energy  
To this Truth we must rise*

*Once we are conscious that God lives within  
We will suffer no more  
The giver of Happiness is part of us  
This Truth will make us glow*

*'God = Happiness' is a secret  
We must discern and know  
Then we will discover true bliss and joy  
As our bond with God will grow*

*If you want to be truly Happy  
Then don't seek joy and bliss  
Realize and find God within  
For that's where is Happiness*

## 22. TRUE LOVE IS BLISS

*True Love is bliss, it's not just a kiss  
It's sad this truth in life we miss  
We sing and we dance  
And we enjoy the romance  
But the bliss and the peace of True Love we miss*

*'What is Love?' seems a strange question to ask  
Falling in Love, is a very easy task  
When somebody makes your heart dance  
And you feel the romance  
Life becomes beautiful and you live in that trance*

*Haven't you seen kids loving their mom and dad?  
Friendship too is Love, it's not just a fad  
When there is Love, there is bliss  
Love is not just a passionate kiss  
There are many different types of Love in fact*

*It's sad that people think sex is Love  
Even without sex you can be hand in glove  
With True Love, two become one  
Yes, True Love is a lot of fun  
It's happiness that takes you far above*

*When we speak of True Love, what exactly is meant?  
In ignorance of True Love, our life is spent  
True Love is really magic  
That we miss it, is tragic  
True Love is a gift that is God sent*



*Love is Love, but True Love is bliss  
It is not just sex, it is not just a kiss  
True Love is something great  
But it is not everybody's fate  
It is sad though we live, this treasure we miss*

*True Love is not just of body and mind  
True Love is not something which the heart can find  
What is our Goal?  
Find True Love in the Soul  
Then in True Love you will find two Souls will bind*

*With True Love you find that two become one  
There are no disagreements and life becomes fun  
When 'you' and 'me' become 'us'  
Then there is no more fuss  
And the treasure of True Love in life is won*

*The Greeks called Eros, the Love of passion  
But Agape was True Love that was their mission  
True Love was not just physical  
And neither intellectual or emotional  
True Love was to make Godly Love the obsession*

*If Love is so beautiful then why do we cry?  
Why do lovers fight and then question why?  
Because there is Love  
But there is no True Love  
The beauty of Love very soon does die*

*What makes you think that Love is a kiss?  
What makes you believe that romance is bliss?  
When you give away your heart  
And you see it's torn apart  
Then you realize that you made a miss*

*When you realize True Love in the Soul  
There is peace in the Heart, and joy is whole  
And you see beyond the skin  
And you Love the one within  
Then you have found True Love, your very life goal*

*In True Love, you are compassionate and kind, you give  
True Love is such that you always forgive  
True Love makes one free  
And you live joyously  
It is with True Love that one can truly live*

*True Love is a Divine Rainbow with Colours Seven  
Colours that burst from White and make you feel you are in Heaven  
It is the Love of Body and Mind  
The Love of Heart and Soul  
True Love is Divine, it takes you to Cloud Eleven*

*It's time to stop and True Love to find  
To go beyond body and to go beyond mind  
True Love is in the Soul  
What is the ultimate goal?  
To discover True Love and to put everything behind*

*True Love is Spiritual, True Love is Divine  
True Love is more orgasmic than sex and wine  
True Love transcends the heart  
And goes deep within the Soul  
True Love is loving God and making life whole*

*When you discover True Love, you smile all the while  
For you see the Divine, everywhere, all the time  
You see beyond body, you see beyond mind  
When True Love in every Soul you find  
True Love makes life blissful, True Love we must find*

## 23. LIFE IS LIBERATION FROM IGNORANCE & FINDING TRUE ENLIGHTENMENT

*What is Life, have you ever thought?  
It is not just to exist, have you forgot?  
Is there a greater purpose for us here on earth?  
Is there more to achieve in this human birth?*

*We humans want to be happy, but why are we sad?  
We live in ignorance and feel that Life is bad  
When will we stop and go on a quest?  
When will we be enlightened and in peace will we rest?*

*We are all prisoners, we are not free  
We all live in cages, suffering is our fee  
Because we don't find out what is the Truth  
We live in ignorance and we face the brute!*

*I too lived in ignorance for 40 long years  
I lived with anxiety and I lived with my fears  
Until one day I found out what was true  
And then my Life changed with happy colours and hues*

*My Spiritual Master asked me to go on a quest  
To put every belief of mine to test  
'Wake up,' he said, 'and Realize the Truth...  
Ask and investigate till you get to the root!'*

*I found that happiness has 3 little peaks  
But man is so petty, just pleasure he seeks  
Few of us are lucky, we are content with our need  
And don't become prisoners of our lust and our greed*

*The ego and the mind, they both make us sad  
We think these are us, but they are the ones who are bad  
They are our biggest enemies, they stop the realization  
From ignorance and suffering, our Life's liberation*

*When we realize who we are and why we are here  
We become free from ignorance and every possible tear  
We can then live blissfully with happiness and cheer  
Today and tomorrow, and right through the year*

*Happiness is all about being in the now  
Not shuttling in thoughts and losing a Life that's wow  
The past is gone, the future not yet born  
But we waste our Life as this shuttling goes on*

*What is Life, have you ever thought?  
'Are you just existing?' this question you forgot  
If we are liberated from myth and ignorance  
Then our Life will have a new fragrance*

*There are many beliefs that create unhappiness  
We live with superstitions, the truth we miss  
But because these are things that we all have been taught  
We accept these things which in fact must be forgot*

*Don't we see that nothing is ours at death?  
Life is a journey and lasts till our breath  
The fact is that we have just a few years to live  
Why hate and regret, why not just forgive?*

*We all want to be happy and we chase success  
We think that success is happiness  
But when we look around, we find the rich are sad  
If money could create happiness, then the rich should be glad*

*Fools we are, in ignorance we live  
We can be happy if we just learn to give  
Instead, we earn and earn and earn  
Only for others to burn what we earn*

*We don't realize that death is not the end  
The body dies but for the mind, it's just a bend  
There is a Universal Law on earth  
As per our actions, will be our rebirth*

*I learned about things that make people cry  
We wail in misery without asking the question, 'Why?'  
Life is a treasure, and this gift we lose  
Because we don't discriminate, because we don't choose*

*Our goal is Liberation, to be free from the myth  
The purpose of Life is to Realize the Truth  
I learned that if we go on a quest, we will find  
Joy, peace, and bliss of a very different kind*

*But instead, we are building fortunes that will not be ours  
Sure, we may be rich and have monetary showers  
But what is the use if our heart is full of tears  
What is the use of Life if it is filled with fears!*



*Because we don't understand the true meaning of Life  
We live with misfortune, with misery and strife  
Rather we must go on a quest, the Truth to find  
And be Enlightened about Ego, Body and Mind*

*Our goal is just one - to merge with the Divine  
Instead, we live chasing wealth, women, and wine  
We go on and on like rats in this race  
Don't reach our destination, we get caught in the maze*

*There are in this world just a lucky fortunate few  
Who wake up every morning before the sky turns blue  
They meditate, they contemplate the true meaning of Life  
They cut through the ignorance with a sharp little knife*

*They are the ones who live a Life full of bliss  
They love all, knowing love is not just a kiss  
They overcome the ignorance that envelops most of us  
They find true enlightenment in Divinity that surrounds us*

*What is Life in the final analysis?  
It's about being peaceful and finding happiness  
But far more than just living with bliss and Joy  
Is to discover Life's purpose before Life goes by*

*What is Life, the Truth we must know  
It's Liberation from Ignorance knowing this is just a show  
It's about Realization that gives us Liberation  
Finding true Enlightenment and Divine Unification*

## 24. HAPPINESS

*Who doesn't want to be happy?  
Who doesn't want to be glad?  
Yes, there are a few who don't seek it...  
They are the ones who are mad*

*Happiness is everybody's goal  
We want it with heart and Soul  
Everybody wants pleasure, nobody wants pain  
Nobody wants loss, everybody wants gain*

*And we think that money makes one happy  
But we see the rich are not glad  
They may have everything in the world  
But in the end, they are sad*

*Things don't make us happy  
Happiness is a state of being  
It's not what you have that matters  
How you feel is everything*

*Look around, and you will find  
It's rare to find people smile  
But happiness belongs to those  
Who laugh all the while!*

*Everybody wants happiness, but nobody knows how  
We don't know that joy belongs to the NOW  
You can't be happy in the yesterday that's gone  
And you won't find happiness in the tomorrow that's not yet born*

## HAPPINESS

*Happiness is a journey, not a destination  
It doesn't depend on what may be your occupation  
It doesn't matter what is your religion and what is your nation  
Happiness can happen with simple meditation*

*Not one, nor two, joy has three peaks  
Three are the peaks that everyone seeks  
The first is Achievement, the second is Fulfillment  
The third is rare - it's called Enlightenment!*

*On the first peak, happiness is greed  
It happens when you desire and fulfill your need  
Happiness here is wanting more and more  
We seek pleasure and wealth, but peace we ignore*

*When you transcend pleasure and you are seeking peace  
With contentment you are happy, your desires cease  
You are happy with the breeze, you are happy with the seas  
But still from misery, there is no release*

*But sorrow and misery, they don't let go  
The pain persists only more than before  
But those who climb the third peak of Enlightenment  
Experience joy and bliss, beyond Achievement and Fulfillment*

*Happiness, in reality, is very simple  
It's when you smile and your cheek has a dimple  
But most of us, we just cry and we die  
We don't know how to be happy, and we don't find out why*

*Happiness, actually, is rather simple  
It's not about achievement and your monetary scale  
It's when your Soul dances and there is joy in your heart  
And when fear, worry, misery, and anger depart*

## 25. FEAR - FALSE EXPECTATIONS APPEARING REAL

*The whole world is in panic  
The whole world is in fear!  
They don't know what the truth is  
But they are zapped with what they hear*

*A virus has attacked us!  
It is going to wipe out the world!  
It is going to kill us all...  
Through the media, we are told*

*Is it a danger, is it real?  
Or is this just a myth?  
As long as we live in fear  
We will never Realize the Truth*

*Of course, it has killed thousands  
And it's mainly the old  
The young will mostly get away  
With a fever, cough and cold*

*The Coronavirus is a champion  
It seems to have a tactic  
Though many it appears to infect  
But for some, it is asymptomatic*

*Therefore, we don't know the numbers  
Who are actually killed by the virus  
There are many with heart and lung disease  
Are they dying because of this?*

*The whole world is in panic  
They think of COVID they will die  
They have locked themselves in their houses  
Unable to enjoy the sky*

*Of course, we must take precautions  
And stay away from one with a cough  
But to shut down the entire world  
That is way too off!*

*Fear is the cause of this panic  
It is making a mountain of a molehill  
Far more than the Coronavirus  
It is fear that will kill*

*Fear is False Expectations Appearing Real  
The mind creates this thought  
But once paralyzed by this panic  
In anxiety we are caught*

*Why are we scared, why do we fear?  
Why are humans given this gift?  
God gave us this instinct for a reason  
So that from real dangers, we can drift*

*There are many types of fears  
Some even fear a loud sound  
Some fear to go up in the sky  
Some a lizard on the ground!*

*Fear often grows into a phobia  
An irrational fear of something  
Dentophobia is a fear of the dentist  
And claustrophobia, a crowd of anything*



*Some have zoophobia – fear of animals  
Some arachnophobia – fear of spiders  
With aerophobia, there is fear of flying  
And cyberphobia – fear of computers*

*Finally, the question that matters most  
Is fear actually real?  
Fear is not a danger, fear doesn't kill  
It's just an Expectation that Appears Real*

*But when fear attacks us  
And fills our body and mind  
The rascal makes us suffer  
And makes our life a grind*

*Fear is not a danger  
There is a difference in these two  
A danger can attack us  
But fear just makes us feel blue*

*The consequence of fear is tremendous  
It can bring our life to a halt  
It can stop our intellect from thinking  
By just finding fault*

*What is the cause of fear?  
This killer is caused by our mind  
It makes us see what is not  
In anxiety, makes us blind*

*But there is a way to overcome it  
With courage and with hope  
We must wipe out every thought of worry  
Then with stress and panic we will cope*

*But the first step is to wipe out  
Ignorance from the mind  
To differentiate the mind from the intellect  
Both are of a different kind*

*The intellect can discriminate  
It can Realize the Truth  
We must ask questions and investigate  
Till we get to the bottom of the root*

*It is important to flip our life over  
From NEP flip to PEP  
From negative emotions to positive emotions  
From poison to power, step by step*

*After all, life is a drama  
On the earth stage, it's just a show  
We are all actors in this theatre  
We come, but we must go*

*Nobody can escape death  
Life is in somebody else's hand  
There is a power we can't comprehend  
That created the sky and land*

*Because we fear we will die  
We live with such panic  
We get scared of a virus  
That's truly tragic!*

*Fear can lock us in prison  
Fear can shut life's door  
Fear can frighten us to no end  
Drilling into our core*

*The biggest fear is that of death  
Loss of all that is known  
And then a greater fear still  
What is beyond death, unknown*

*But fear will make us suffer  
Fear will make us sad  
We must learn to overcome it  
If again we want to be glad*

*There is a way to overcome  
The ignorance caused by fear  
It happens with Realization of the Truth  
Not going by what we hear*

*We must ask and investigate  
How real is our fear  
Is it actually a danger  
That's coming very near?*

*Fear is an illusion  
But is powerful and can kill  
It can paralyze our entire life  
And stop us from doing our will*

*Today, fear more than ever before  
Has made the world come to a stop  
In panic, stress, and anxiety  
Forced people to shut their shop*

*Of course, the virus will kill a few  
But all of us eventually must die  
If not because of this virus  
Something else will send us to the sky*

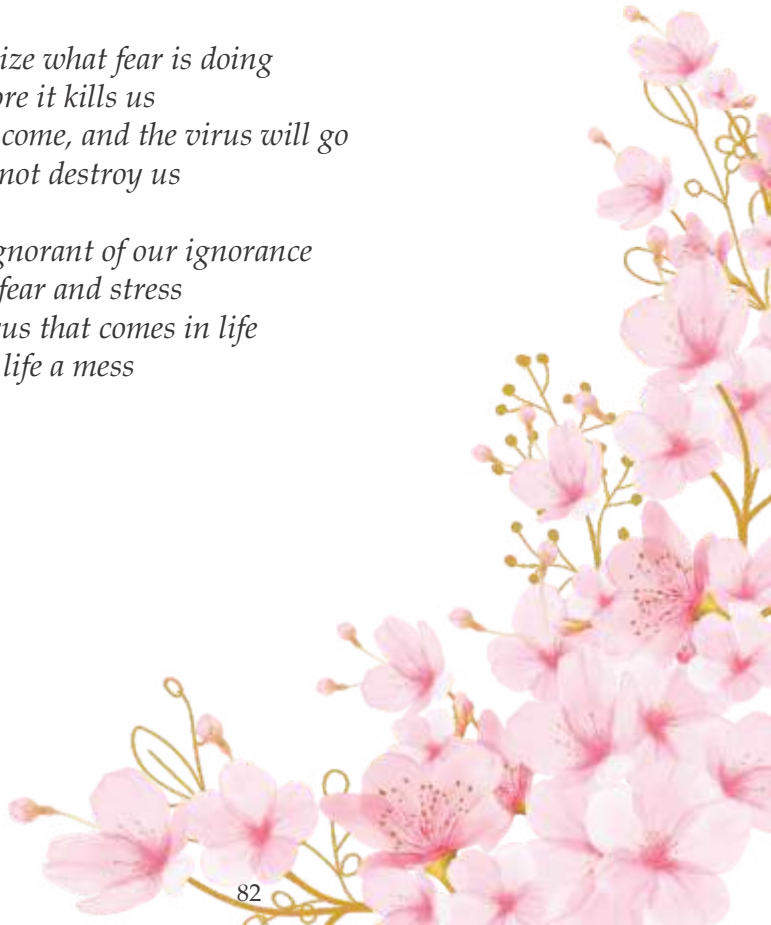
*So why be in panic of the virus?  
We must realize the cause is fear  
False Expectations Appearing Real  
Is truly causing us dear*

*The economic crisis that is being caused  
Is far greater than the virus  
But fear is making us blind to the truth  
And going in the wrong direction, in stress*

*Fear is making us blind  
We can't see the truth that is plain,  
It's projecting illusions that are fake  
And will cause the world to be slain*

*Its time to realize what fear is doing  
And kill it before it kills us  
The virus will come, and the virus will go  
But fear must not destroy us*

*If we remain ignorant of our ignorance  
And live with fear and stress  
Every such virus that comes in life  
Will make our life a mess*



## 26. SOUL

*What is the Soul, have you ever thought?  
Or is it a mystery in which you are caught?  
We all have a Soul, we seem to know  
Let's Realize the Truth before it is time to go*

*It is the Soul that makes me live  
But, is it the one that makes me forgive?  
What is the function of the Soul?  
What does it do to make me whole?*

*Body, mind, heart and Soul  
Each has a specific role  
The body moves and the mind does think  
The heart beats, and the Soul? I blink*

*I have been taught that the Soul's in me  
It makes me who I am meant to be  
It is with me when I live, till I die  
And then, I am told, it flies in the sky*

*Where does the Soul go and how? I wonder  
It goes to heaven, how? I ponder  
Everybody says, 'We have a Soul'  
To search for it is now my goal*



## SOUL

*My eyes and nose I can touch and feel  
My mind, it wanders, my peace it does steal  
Aha! Now I know what my Soul does do  
It gives me life, I have got the clue*

*The Soul is a Power that gives me breath  
Without the Soul, there would be death  
It comes to me just as I am born  
And it leaves me when life is gone*

*Without the Soul, I would be dead  
I wouldn't talk, wouldn't eat bread  
My Soul is alive in every cell  
It makes me pray and ring the bell*

*The Soul is energy, it gives me power  
It makes me grow tall like a tower  
But once it leaves, I can't even bend  
And my life story comes to an end*

*What is the Soul? I stopped to think  
So many tales that make me blink  
The truth by now I am sure I know  
It's Divine Life that makes me glow*

*What is our life's ultimate goal?  
To find the truth about the Soul  
Before life is over, and it is time to die  
We must find the truth, not in ignorance lie*

*Is my Soul different from yours? I think  
I question and try to find the link  
Just like there is one power source in my house, I know  
That makes gadgets work and the lights glow*

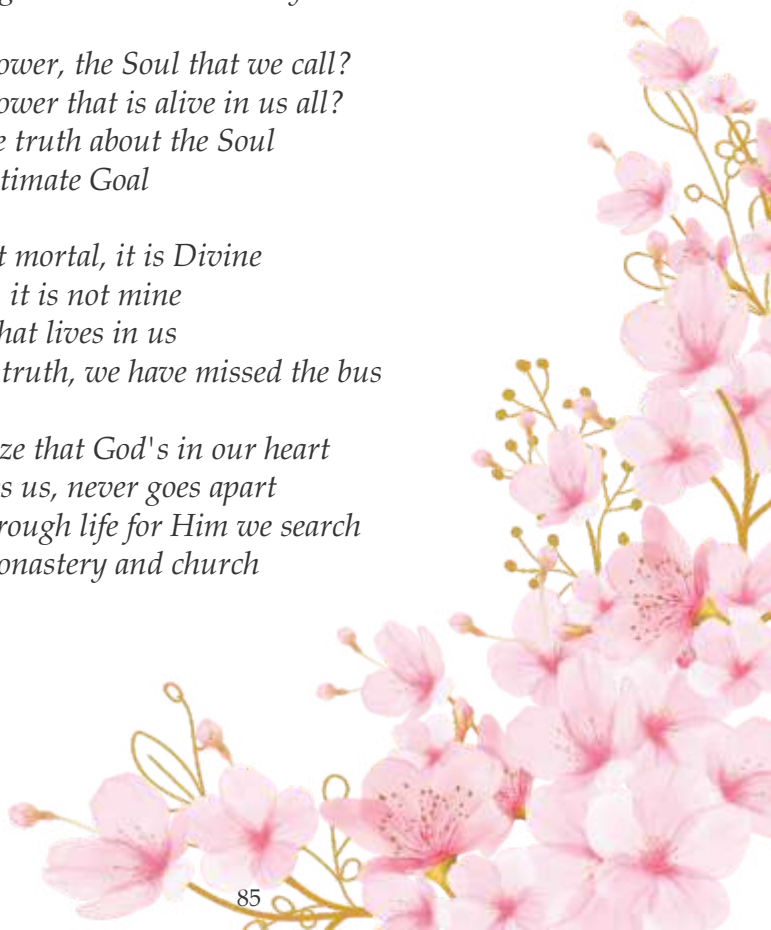
*And so, there is just one life source  
It appears different, but it is one, of course!  
It is energy that creates all life  
In me, my parents, my kids, my wife*

*Not just in human beings it is  
In animals and plants, it's also this  
It is this Power that makes birds fly  
And everything alive on earth and sky*

*What is this Power, the Soul that we call?  
What is this Power that is alive in us all?  
To discover the truth about the Soul  
Is our life's Ultimate Goal*

*The Soul is not mortal, it is Divine  
It is not yours, it is not mine  
It is the Lord that lives in us  
To realize this truth, we have missed the bus*

*We never realize that God's in our heart  
He never leaves us, never goes apart  
It's strange through life for Him we search  
In a temple, monastery and church*



*God comes to us just as we are born  
He creates life and life goes on  
Until the moment that He decides to leave  
We are alive, we must believe*

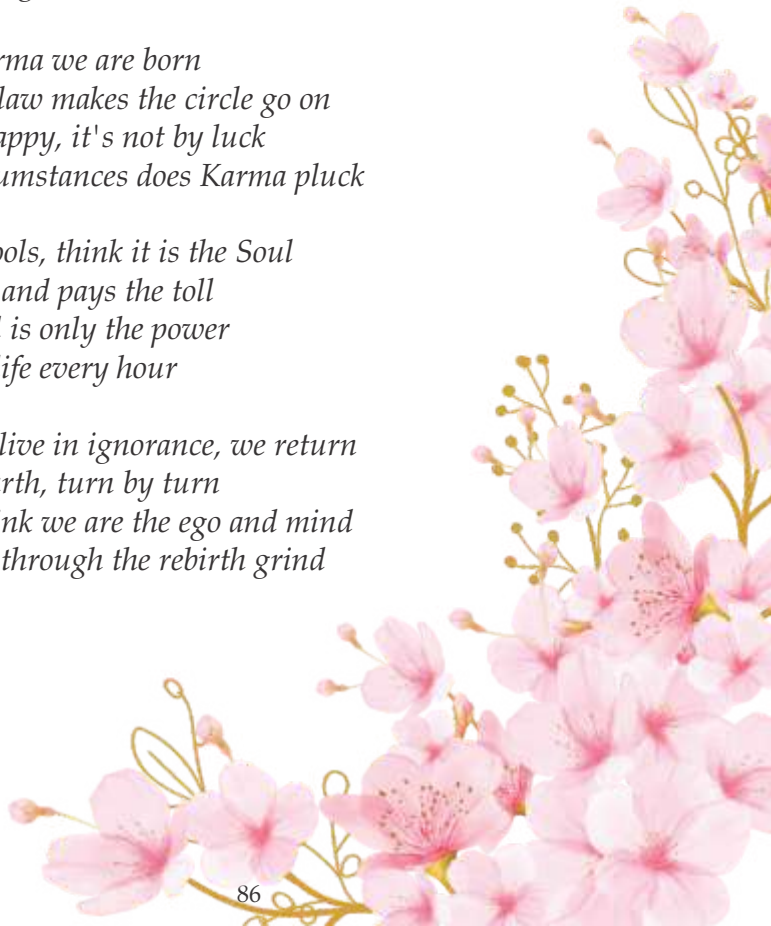
*He has blessed us with body and mind  
But that He's within, we never find  
We live in this world, we suffer and cry  
Until one day, we finally die*

*The body of ours returns to dust  
But our actions, of course, redeem we must  
Therefore, while the body remains on earth  
Our mind and ego takes rebirth*

*As per our Karma we are born  
The universal law makes the circle go on  
Happy or unhappy, it's not by luck  
Our life's circumstances does Karma pluck*

*And we, like fools, think it is the Soul  
That is reborn and pays the toll  
Know the Soul is only the power  
That gives us life every hour*

*As long as we live in ignorance, we return  
To suffer on earth, turn by turn  
Because we think we are the ego and mind  
We have to go through the rebirth grind*



*But once we realize we are the Soul  
Not the body and mind as we were told  
It is then from this cycle we are free  
And with our Lord we can be*

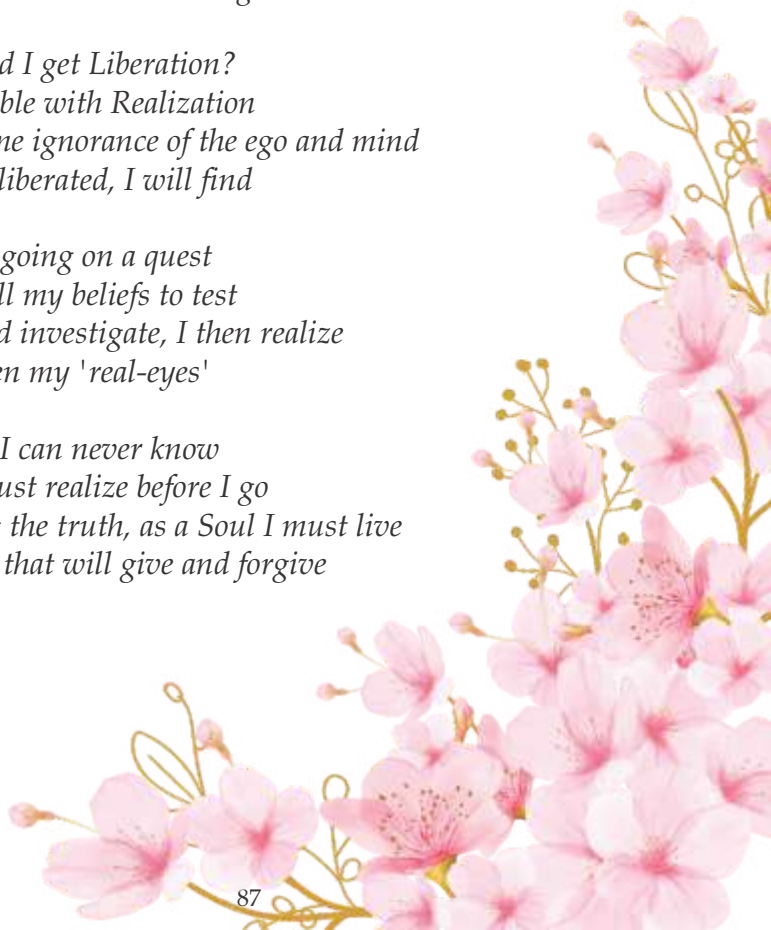
*Then there is no Karma, it is not me  
I am the Soul, now I am free  
There is no rebirth, once I know the truth  
If only I get to the bottom of the root*

*At death, I will not return to earth  
My mind and ego won't take rebirth  
My Soul with God will then unite  
And I will become one with the light*

*But how should I get Liberation?  
It is only possible with Realization  
I must overcome ignorance of the ego and mind  
Then I will be liberated, I will find*

*It all starts by going on a quest  
And putting all my beliefs to test  
When I ask and investigate, I then realize  
It's when I open my 'real-eyes'*

*I am the Soul, I can never know  
This truth I must realize before I go  
After realizing the truth, as a Soul I must live  
Not as an ego, that will give and forgive*



## SOUL

*I am not 'I', this is how we must start  
Everything is God, in body, mind and heart  
When I live as Divine Energy  
It is then from the world I will be free*

*We think that the Soul is in us  
Of course, this is true  
But what we don't know is that it's all around us  
This news is new*

*We have a Soul, that's what we're told  
It gives us life and we live  
But the truth is we are the Soul  
This realization is life's biggest gift*

*It is not easy to live as the Soul  
For in the body, there is many a hole  
These senses are seeking, they desire, they crave  
And try to take us to our mortal grave*

*But if we have the Divine grace  
That pours its blessings on our earthly face  
Then we will live on earth but be free  
And when we die, merge with eternity*

*This is the purpose of man on earth  
To escape from death and rebirth  
To Realize the Truth, we are the Soul  
And to unite with God is our Ultimate Goal*



## 27. BUT WE PRAY

*O God! Will you answer my prayers?  
O Lord! Will you take away my tears?  
O Divine! I am so worried about my fears  
We pray, but don't know the meaning of our prayers*

*Of course, most of the world does pray  
Not many of us know the meaning of what we say  
We just fold our hands and close our eyes  
And call out to the one who we think is above the skies*

*If we pray, but don't understand what we say  
Then we don't pray, at best we bray!  
It's time to stop and find out the truth  
What is prayer? Get to the bottom of the root*

*Who is God and where is He?  
Aren't our prayers for God meant to be?  
If we don't know God, but still we pray  
Then who is listening to what we say?*

*We pray because we have some desire  
Or because of problems that consume us like fire  
Isn't there a reason we go to God?  
Or just for fun do we pray to our Lord?*

*Some people pray because they truly love God  
There are others who pray out of fear of the Lord  
A very few pray to express their thanks  
They evolve in life's journey and cross to God's banks*

*Prayer has a purpose, to God we do talk  
Some stop to listen, they don't just walk  
Prayer that works is a two-way communication  
A tool that leads to ultimate liberation*

*There are rituals and superstitions in every religion  
They make us get confused and cloud our vision  
We are so controlled by what our scriptures say  
That we just blindly follow, day after day*

*Is prayer all about mumbling something to God?  
Is it about praying, not knowing who is our Lord?  
Unless we first know who God truly is  
We may say many prayers, but the main point we miss*

*Therefore, in quest of God, we must go  
We must ask questions until we ultimately know  
God is not someone made of bone and skin  
He is a Power that lives within*

*How do we know that God is a Power?  
When will we stop praying at some religious tower?  
If we must Realize the Truth about God  
First know, who is the one that's praying to the Lord*

*Self-realization marks the beginning of our quest  
It asks questions putting every belief to test  
Then we realize that we are not ego, body, and mind  
We are the Divine Soul, this truth we find*

*What is the Soul? Is it different in you and me?  
The Soul is a Power, different it cannot be  
It is one Power that gives life to everything on earth  
It goes when we die and it comes at birth*

*What is the Soul and where does it go?  
Fill two balloons with air for this truth to know  
When you deflate the balloons, where goes the air?  
It merges with the air that is everywhere*

*So is the Soul, it's not just in us  
It's in everything that moves on this earth, and thus,  
Man, beast, plant, bird or fish, whatever it be  
The Soul creates the life, the Soul is the key*

*Then we realize that everything is God,  
We are all nothing, without the power of the Lord.  
God is the cause, only effects are we  
We would be nothing in the absence of He*

*When we know this truth, it changes our life  
We live in bliss, without misery and strife  
When God is within, then there is no fear  
The Divinity in us wipes out every tear*

*Realization changes the way that we pray  
For now, we know who is the one to whom we say  
The Divine is not someone sitting up in the sky  
He lives within each one of us, right till we die*

*When we know that God lives in every human being  
He lives in every animal and every living thing  
Then we realize serving humanity is prayer  
Our love and compassion, God will surely hear*

BUT WE PRAY

*Prayer becomes simple seeing everything beautiful as God  
True prayer is not seeing the beauty, but the Divinity of our Lord  
Then we not only pray when a temple bell we ring  
But rather, at every song that the little birds sing*

*True prayer is all about being connected with God  
Being disconnected with the world, being one with the Lord  
Transcending cravings of the senses and desires of the mind  
True bliss and peace being with God we find*

*Some people pray hard, but they don't pray smart  
For many years they pray, but they never learn the art  
True prayer is first knowing to whom we pray  
And then understanding exactly what we do say*

*If we rumble and mumble a few words in prayer  
Is this communicating with God? Will this prayer He hear?  
When we discover the true meaning of folding our hands  
Then we are liberated, and go to God's land*

*What is our life's ultimate goal?  
It's to realize we are the Divine Soul  
Overcoming ignorance, that leads to God-realization  
Liberation and ultimately, Divine unification*

## 28. PEACE

*We are all seeking Happiness  
When all we want is Peace  
When we turn within, we will find it  
And our stress and worry will cease*

*Peace is an inner thing  
It is a state of Mind  
If we can only be quiet  
This treasure we will find*

*There is a Monkey within  
That jumps from thought to thought  
Our very own Mind is the thief  
That must in our quest be caught*

*And so, we lose our Peace of Mind  
As we fill our Mind with junk  
If we want to restore Peace within  
We must make the Monkey a Monk*

*Until we stop this 'Ever Yearning'  
And we stop our constant crave  
We will take stress and anxiety  
With us into our grave*

*Peace is the foundation of Happiness  
Without Peace there can be no bliss  
If we want to be really Happy  
In our Mind we must plant this*



PEACE

*It starts with making the Mind still  
Stopping it from a burst of thoughts  
Tying the Mind with a virtual rope  
Tightly with many a knot*

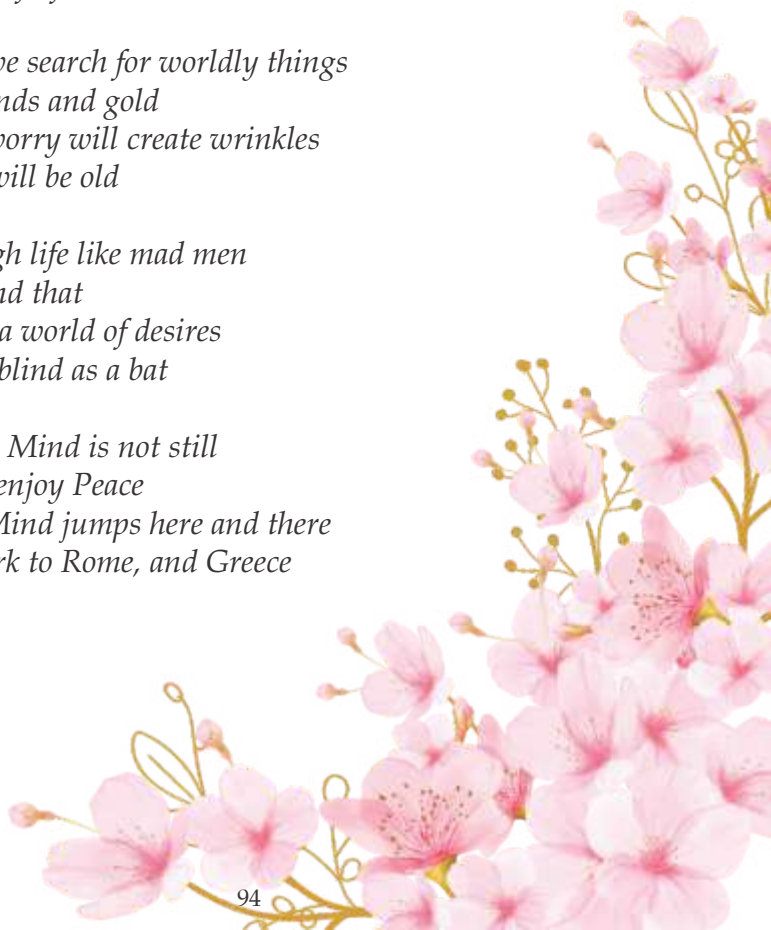
*We live with worry, anxiety, and stress  
Right through our life  
The cause may be a failing business  
Or a nagging husband or wife*

*But the pity is life will soon be gone  
And we will lose the treasure of Peace  
Only worries we will carry with us  
When this gift of life will cease*

*In ignorance we search for worldly things  
Rubies, diamonds and gold  
Turmoil and worry will create wrinkles  
And soon we will be old*

*We run through life like mad men  
Seeking this and that  
We get lost in a world of desires  
We become as blind as a bat*

*As long as our Mind is not still  
We can never enjoy Peace  
The Monkey Mind jumps here and there  
From New York to Rome, and Greece*



*But we don't need to go anywhere  
Peace if we want to find  
All we have got to do is this  
Just still the Monkey Mind*

*The Mind fills us with negative thoughts  
Of anger, revenge and hate  
It creates so much worry and stress  
That we exist in a joyless state*

*First we must flip from NEP to PEP  
From negative to positive  
We must give a shampoo to the Mind  
Then with Bliss and Joy we will live*

*We must discover the Monk within  
And live like a Peaceful Soul  
The challenge is to discover this  
It's our life's ultimate goal*

*We must be Conscious, Aware, Awake  
To Realize the Truth of Life  
Then we will be free from all stress  
Worry, Anxiety and Strife*

*We are not the body or the Mind  
We are the Divine Soul  
But the Monkey Mind and Ego together  
Makes the ME pay the toll*



PEACE

*We lose this gift of Peace of Mind  
The source of joy and bliss  
Because of the Monkey Mind within  
This treasure of life we miss*

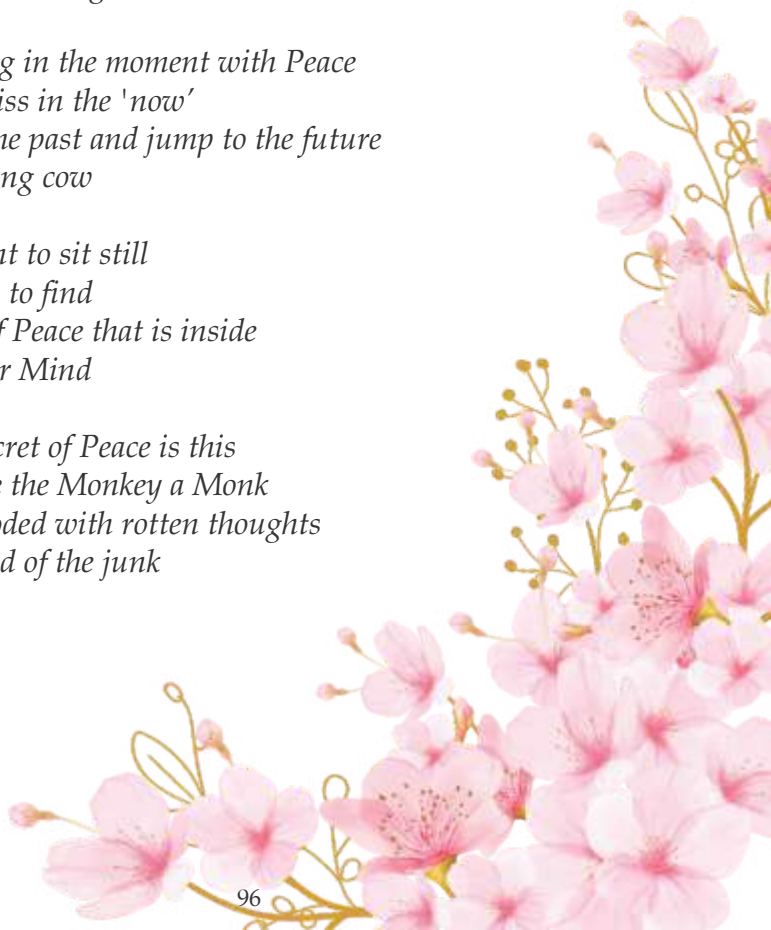
*There is a way to find this Peace  
We must cut the Monkey's tail  
The 'Ever Yearning' of life must stop  
Otherwise, we will fail*

*We come with nothing, we go with nothing  
Life is just a show  
The Mind makes us just run and run  
And then it's time to go*

*Instead of being in the moment with Peace  
Living with bliss in the 'now'  
We swing to the past and jump to the future  
Like a wandering cow*

*We never learnt to sit still  
And go within to find  
The treasure of Peace that is inside  
Is stolen by our Mind*

*And so, the secret of Peace is this  
We must make the Monkey a Monk  
Our Mind flooded with rotten thoughts  
Must be cleared of the junk*



*The Mind seems intoxicated  
With all that it has drunk  
How will we ever find Peace  
Until we make it a Monk*

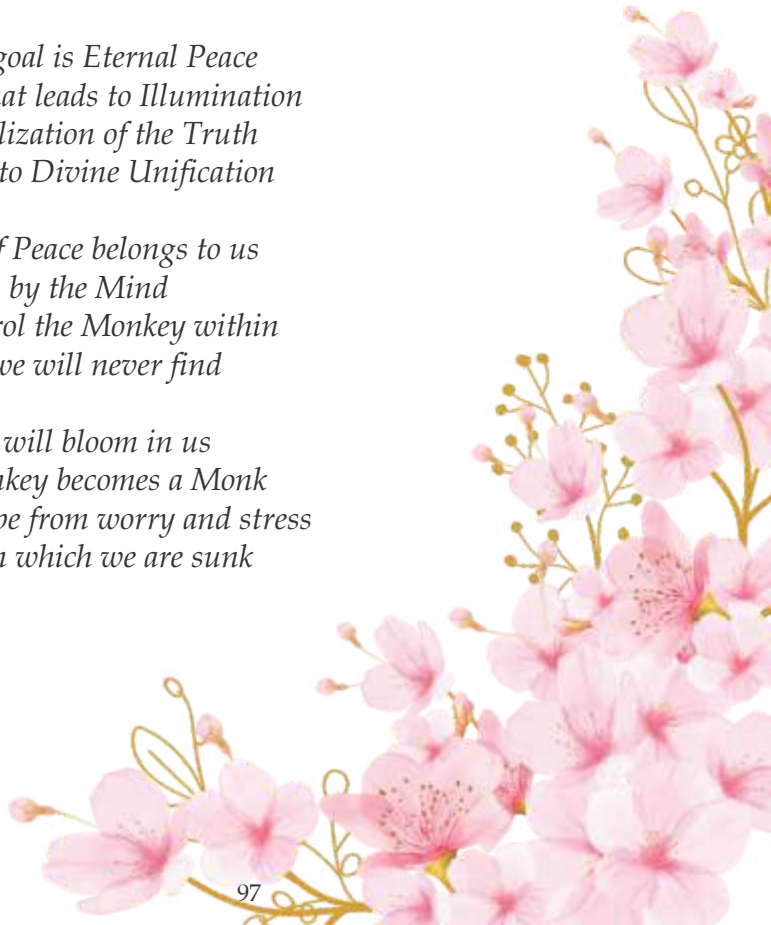
*So, let us start a new journey  
To discover the treasure of Peace  
Then worry, stress, and anxiety  
In life will completely cease*

*We will reach that state of bliss  
Of Peace and tranquillity  
If we stop the Monkey Mind  
Jumping from tree to tree*

*Our ultimate goal is Eternal Peace  
Purification that leads to Illumination  
And then, Realization of the Truth  
That will lead to Divine Unification*

*The treasure of Peace belongs to us  
But it is stolen by the Mind  
Until we control the Monkey within  
This treasure we will never find*

*Peace of Mind will bloom in us  
When the Monkey becomes a Monk  
When we escape from worry and stress  
And anxiety in which we are sunk*



PEACE

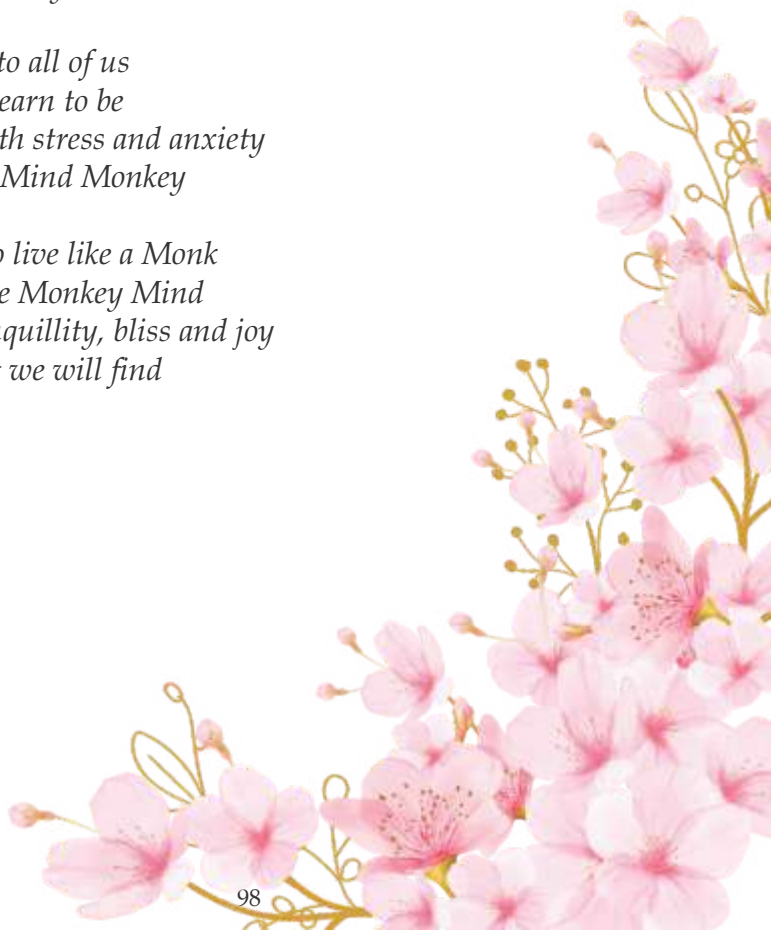
*And so, if you want to be happy, my friend  
First, Peace you must find  
You cannot enjoy joy and bliss  
Until you still your Mind*

*You can experience Peace of Mind  
But for this you must be a Monk  
If you want pure tranquillity  
Get rid of your Mind's junk*

*And when you cut the Monkey's tail  
Stop it Yearning this and that  
You will discover the Monk within  
And Peace within your hat*

*Peace is a gift to all of us  
If a Monk we learn to be  
But we live with stress and anxiety  
Because of the Mind Monkey*

*If we resolve to live like a Monk  
Controlling the Monkey Mind  
Peace and tranquillity, bliss and joy  
Every moment we will find*





## 29. SatChitAnanda

*Who doesn't want to be Happy?  
We all seek Happiness  
We search for it from birth to death  
But the true treasure of Bliss we miss*

*Success is Happiness, we were taught  
And in this myth, we were caught  
We won and we lost, we succeeded, and we failed  
But Happiness we forgot*

*Happiness is like a Shadow, you see  
The more you chase it, the further it goes away  
But if you stay still to enjoy it  
You will see that with you, it will stay*

*Happiness is not a product or a place  
Nor a person that can give you Bliss  
Happiness is a state of being, my friend  
When will you realize this?*

*From the time we are born, we seek Happiness  
Just as we run away from pain  
We start seeking pleasure and then we seek Peace  
We seek Happiness again and again*

*Ananda is that state of Joy  
It is true Bliss without a tear  
We transcend the suffering of ego, body, and mind  
And we live without worry and fear*

*But this state of Ananda, this state of Joy  
Doesn't come to us for free  
Until we become conscious of the Truth  
In this state we cannot be*

*It starts with the Realization of the Truth  
Overcoming the myth in life  
Renouncing all superstitions and rituals  
That create misery and strife*

*When we go in quest, 'What is the Truth?'  
It is then that we get to find  
All that we were taught when we were a child  
Was a lie, and we were just blind*

*When we are Enlightened with the Truth  
It is then we get to know  
We are not this body, we are not this mind  
This world is just a show*

*We realize that we are the Divine Soul  
That causes us to live until death  
The day we leave this physical body  
There is death, there is no breath*

*But we are that, the Divine Soul  
To realize this is our goal  
Then, we will experience true Ananda,  
In Peace and Joy, we will roll*

*Why is it we don't Realize the Truth?  
Why the Truth we don't find?  
Because we live as prisoners  
Of the ego, body and mind*

*Our quest leads us to the Law of Karma  
Our actions make our desires prevail  
Then we realize there is no heaven and hell  
It is all but a fairy tale*

*Today science agrees we are not the body that appears  
Before this there was no synergy  
It had warred with spirituality on almost all counts  
But today both agree we are energy*

*When we become conscious of this Truth  
Then the myth we leave behind  
It is then that we open our spiritual eyes  
We can see, we are no more blind*

*But soon the mind that's a monkey  
Will jump from thought to thought  
The Truth that we had realized  
Will soon be forgot*

*The challenge is to stay conscious  
And to observe as a witness  
Only then the Truth that we have realized  
Will give us Happiness*

*The Truth is the Truth, no one can deny  
But we must be conscious of it  
Otherwise though we have the knowledge  
We will lose sight of it*

*Consciousness is not an easy thing  
It's unknown to the world  
Only a few are blessed to experience  
What the wise sages had told*

*SatChitAnanda, they used to say  
Consciousness, Truth, Bliss  
But what this state actually was  
Nobody could understand this*

*Consciousness of the Truth is Bliss  
But how this Joy, can one find?  
Unless one realizes the Truth  
They remain prisoners of the mind*

*Ananda is that state of Bliss  
It is a state of Joy that's rare  
It is eternal Peace and everlasting Bliss  
But you must pay the fare*

*You must be conscious of the Truth  
If you want everlasting Peace  
Then the triple suffering that makes you cry  
Will, once and for all, cease*

*Nothing will affect you in this world  
As you surrender and you accept  
The Divine Leela of the Lord  
You will realize you passed the test*

*Nothing is real, it is just like a dream  
In the end, we all must go  
But if we live conscious of the Truth  
We will truly enjoy the show*

*Those who don't know, they fret and fume  
They look at the sky and they cry  
They try to make sense of what happens  
They pray and ask God, 'Why?'*

*But those who live conscious of the Truth  
They live a life of Bliss  
They have learnt to live in the moment  
Forever in Happiness*

*SatChitAnanda is a seamless Joy  
Being conscious, living in Peace  
Nothing that happens in the world  
Can make our Bliss cease*

*For deep within we enjoy Peace  
And conscious of the Truth we live  
We know it's a dream, it's not real  
We love, we laugh and we give*

*But is it easy to achieve this state...  
This state of eternal Bliss?  
Oh, no! As long as we have the mind  
It's difficult to achieve this*

*As long as the monkey mind in us  
Creates all the junk  
There can be no Ananda  
Till the Monkey becomes a Monk*

*Then, we can live with Consciousness  
With Peace, with Joy, with Bliss  
Nothing that happens in this mortal world  
Will steal our Happiness*

*SatChitAnanda is eternal Bliss  
It is our ultimate goal  
It comes when we transcend ego, body, mind  
And we live as the Divine Soul*



## **30. NETI NETI TAT TWAM ASI**

*Neti Neti, I am not the Body  
Neti Neti, I am not the Mind  
If I am not the Body and Mind  
Who am I? This must be defined  
Tat Twam Asi, I am the Divine Soul, I find*

*If the Truth you want to know  
Then on a Journey, you must go  
You must Realize 'You are That, not this'  
Until you Realize the Truth, there will be no bliss  
Then only will Heaven open its door*

*Ghor Avidya is Gross Ignorance  
I lived with the Myth, in a trance  
Because I didn't know this was just my name  
I got caught in my wealth and my fame  
And the Truth just missed my glance*

*This world is a Leela, a drama I see  
We are just Actors, just transitory  
The earth is a Stage, we come and we go  
Nothing is real, it is all just a show  
We must transcend the Mind and Ego, ME*

*Tattva Bodha is the Knowledge of the Body  
We are made of elements five  
From dust we come and to dust we will go  
This Body is not real, this Truth we must know  
To Realize this Truth, we must strive*

*Atma Bodha is the Wisdom of the Soul  
It is the Power that makes us roll  
When we realize we are the Atman, the Soul, the Spirit  
Not the skin that is outside, but the Power that is in it  
Then we achieve our Life's ultimate goal*

*We must start a Talaash, a Quest  
And put all our beliefs to test  
We must Ask, Investigate and Realize  
Only then will we open our 'real' eyes  
And our Ignorance will come to rest*

*Sravana, Manana, Nididhyasana  
The steps to the Truth are three  
We must first read and then listen  
And contemplate to realize what is within  
Then from Rebirth we will be free*

*Sat Darshana is the Vision of the Truth  
It helps us catch the evil brute  
It makes us realize we are not the Body and Mind  
We are the Soul, we Realize and we find  
As we get to the bottom of the root*

*Maya is a Cosmic Illusion  
It makes us live in delusion  
It has the power to project the Myth  
As it does, it conceals the Truth  
And thus, it corrupts our vision*

*Aparoksh Anubhuti is Intuitive Realization  
We experience the Truth and get Liberation  
It is not knowledge that we can get from a book  
It is beyond what the ordinary eyes can look  
But the reward is Divine Unification*

*Why are we talking of all this?  
We don't realize that this is Bliss  
When we go on a quest, putting our beliefs to test  
We search and search with all our zest  
We must not stop or the reward we will miss*

*There are many who are caught in this world of pleasure  
They think that money and wealth is the real treasure  
They are prisoners of their Body and Mind  
They are the Soul, this Truth they don't find  
True Peace and Bliss of life they fail to measure*

*There are some who use their Intellect  
What is the Truth, they detect  
Viveka Chudamani is a treasure, they find  
It kills the rascal, the Monkey Mind  
And then in Ananda they rest*

*Tat Twam Asi, Thou Art That  
Not this, not this, we are That  
We are not the Body that we seem to be  
Not the Mind and Ego that says, 'It's ME'  
We are the Divine Soul, in fact*

*We are the Waker, the Dreamer, the Sleeper - states three  
From this Ignorance we must be free  
We are Chaturyam, or Turiyam, the state that's fourth  
To this Truth we must all march forth  
Then the Witness, the Observer we will be*

*Satyam Shivam Sundaram, do you know...  
It is a mantra, the Truth it will show  
Translated, it means, 'The Truth is God is Beautiful'  
Without God, there will be nothing wonderful  
With Realization, into this we grow*

*What stops us is Ahamkara, the Ego  
Which hides the Truth for the Myth to show  
All along we say 'I', 'me' and 'mine'  
And so, in agony we live, and we whine  
It's time to let go of the Ego*

*And then we must know about the Law of Action  
Karma is the Law of Reaction  
It states, 'As you sow, so shall you reap'  
If you sin, you will take Rebirth and weep  
From this cycle, we need Liberation*

*What is the reward if all this we do?  
We will be Free from suffering, that is true  
Jivanmukti is a state of Bliss  
It overcomes all misery, this we must not miss  
Otherwise, we will live as if in a zoo*

*A Steady Intellect can transcend the Mind  
When the Intellect is Steady, we are Stithpragya we find  
It is about living with Realization  
And not letting go of Liberation  
Until we unite with the Divine*

*To Realize the Truth, we must live in Yoga  
Not sink in this world and suffer in Bhoga  
Yoga is about transcending the Mind  
What the world believes is a myth of a kind  
Then we are Enlightened, not blind*

*To Realize the Truth, all this we must know  
If we have to cross this worldly shore  
Neti Neti, Not this, Not this  
Tat Twam Asi will give us Bliss  
But to this Truth we must row*

*What is our Life's Ultimate Goal  
To Realize we are the Divine Soul  
Moksha, Niroana, Enlightenment, it is called  
Because of Ignorance, this Truth is stalled  
Until our Death, we just roll*

*To Realize this Truth, we need a Master  
Then to the Goal, we will go faster  
It is the Guru that takes us from Darkness to Light  
A Spiritual Master tells us what is right  
Reward is Joy, Bliss, and Laughter*



*And then, our Journey to God we will start  
We Realize God lives in the Temple of our Heart  
God is the Power that lives Within  
It is a myth that he is made of bone and skin  
And from all old beliefs, we will depart*

*I too lived in Ignorance for years  
Until I Realized the Truth with tears  
I finally realized that this was just my name  
And I was glad and ended all my shame  
And I got rid of all my Fears*

*If we want God-Realization  
Then we must start with Self-Realization  
Are we the body and mind? We are not this  
Then, we realize we are That and live in Bliss  
And then, we experience Unification*

*But there cannot be Unification  
Unless first, there is Liberation  
We must be Liberated from the Ego and the Mind  
We are the Soul, this Truth we must find  
And all this starts from Realization*

*Not this Not this, start your Quest  
Thou Art That, only then you rest  
Till you discover who you are not  
You will never Realize, in the myth, you will be caught  
Don't lose your Spiritual zest*

## 32. SATYAM SHIVAM SUNDARAM

*Aren't we all looking for God...  
In a temple and in a church?  
Once we Realize Satyam Shivam Sundaram  
It will end our search*

*The Truth is God is in everything Beautiful  
God doesn't dwell in Heaven or Hell  
Let us grow beyond the fairy tales  
The stories that our scriptures tell*

*God is a Power that is everywhere  
God is in you and me  
God is in the Beauty all around  
Alas! We cannot see*

*Though our eyes can see, we are blind  
We can't see the spiritual Truth  
All the beauty around us is God  
We see the fruit, but not the root*

*Who is, where is, what is God  
When will this Truth we Realize?  
When we stop looking at the material world  
And when we open our 'Real Eyes'*

*What is it that makes our heart, beat?  
We must see beyond bone and skin  
God is the one who lives inside  
God is the Power within*

*Just as God dwells in you and me  
God is the cause of life on earth  
Without God, there would be nothing in the world  
No one would ever take birth*

*But because we don't really love God  
We don't go on a Spiritual Quest  
If only our yearning was deep and true  
We would pass the ultimate test*

*We would see God in all the beauty around  
In each and every beautiful flower  
We would feel God's Divine presence  
At night in a twinkling star*

*The birds that fly and sing are God  
Their beauty is God's Power  
God is the cause of all Beauty  
From the sun to the sunflower*

*God appears to us every morning  
In the Beauty of the sunrise  
But very few, experience the Divine  
Very few are really wise*

*When in the evening at sunset  
Colours paint the sky  
We experience a Divine presence  
But do not ask the question, 'Why?'*

*We must Realize God is in all that is Beautiful  
We must know that God is the cause  
If not for God, there would be no beauty  
We must experience God as we pause*

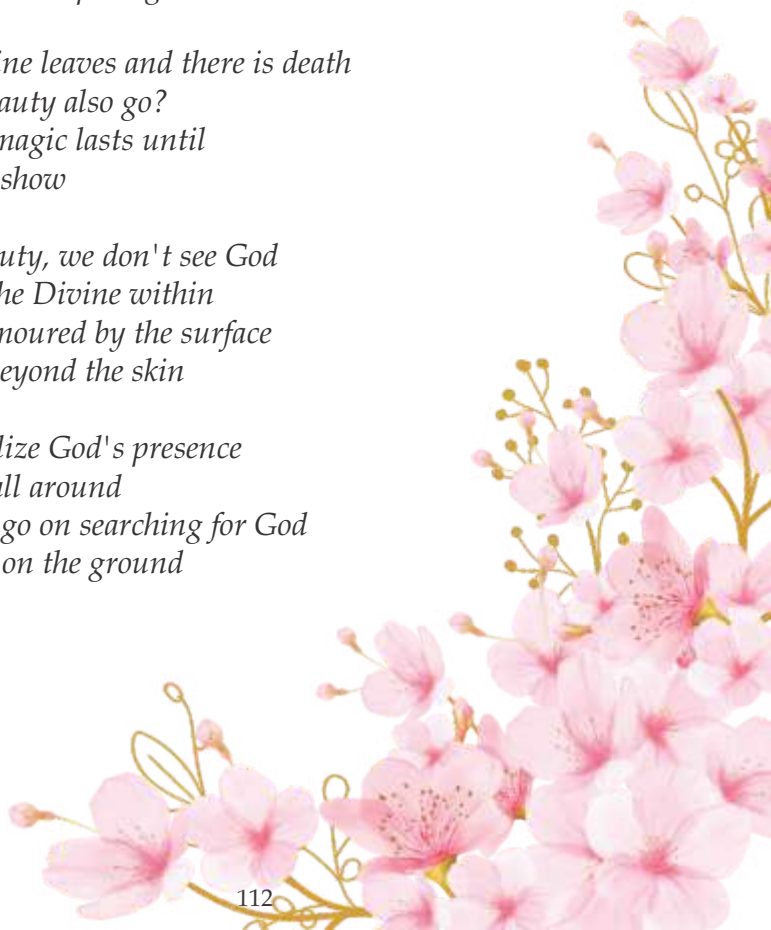
*It is in stillness that we experience God  
When we stop the chatter of the mind  
Then, in everything beautiful  
God, we will find*

*For when we look deeper, what do we see?  
God is the cause of the magic  
The beauty we see is the Lord Divine  
It is nothing but simple logic*

*When the Divine leaves and there is death  
Doesn't the beauty also go?  
The beautiful magic lasts until  
The end of the show*

*But we see beauty, we don't see God  
We don't see the Divine within  
We are so enamoured by the surface  
We don't see beyond the skin*

*If only we Realize God's presence  
In the beauty all around  
We would not go on searching for God  
In the sky and on the ground*



*God is right here, God is now  
In all the beauty we see  
The ecstasy that we feel in our heart  
It is none else, it is He*

*But as long as we do not Realize the Truth  
We will continue our search for God  
And though God is in all the beauty around  
We will not see our Lord*

*We are taught that God is a statue  
That God is a Divine Saint  
And so, we don't experience God in the beauty  
In the magic that God does paint*

*It is God Himself that appears  
On earth as you and me  
All the beauty in the skies and the land  
Without God would not be*

*God is the cause, we are just effects  
Like the wave is caused by the ocean  
The moment you remove God, the cause  
There would be no creation*

*Satyam Shivam Sundaram is the chant  
That reveals that God is in everything Beautiful  
It makes us experience the Divine in beauty  
And then makes our life blissful*



*We will experience the Divine presence of God  
Every moment, all the while  
We don't need to wait to talk to our Lord  
God's beauty will make us smile*

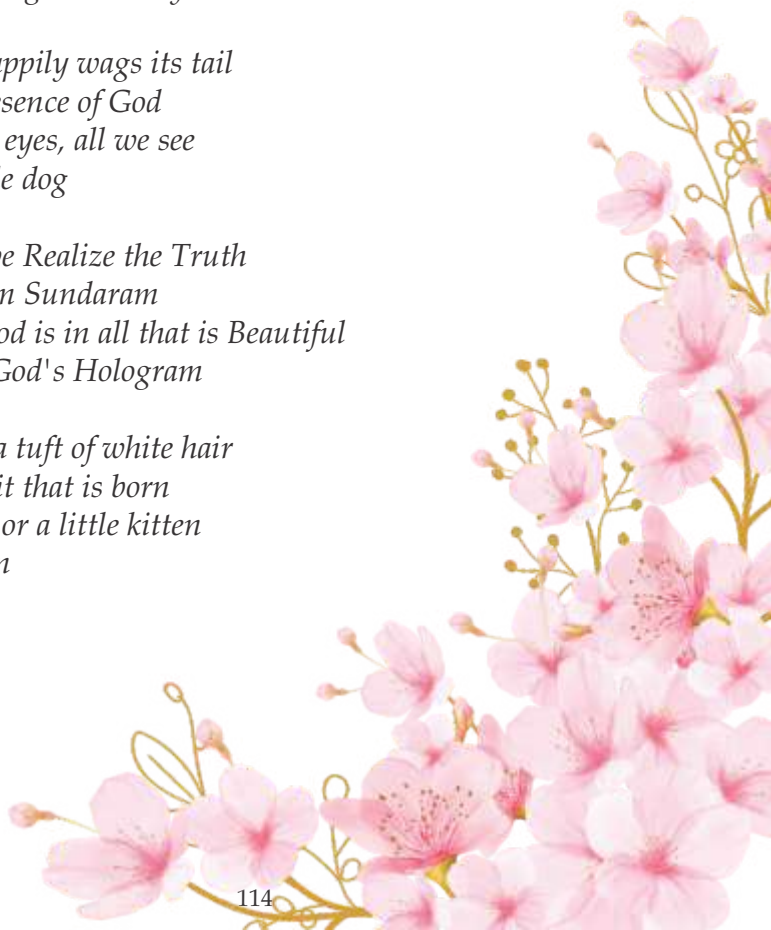
*For when we feel God's Divine presence  
In the wind that upon us blows  
We will feel God in the rain that pours  
And in the sun that glows*

*We don't just look at the beauty  
When we see a gorgeous butterfly  
We hear God as a bird sings  
Flapping its wings in the sky*

*When a dog happily wags its tail  
We feel the presence of God  
Though to our eyes, all we see  
Is just our little dog*

*Deep within we Realize the Truth  
Satyam Shivam Sundaram  
The truth is God is in all that is Beautiful  
This world is God's Hologram*

*Whether it be a tuft of white hair  
In a baby rabbit that is born  
A child, a pup or a little kitten  
God does adorn*



*And when God-energy decides to go  
The end of the magic starts  
All the beauty disappears  
When the Divine departs*

*When will we Realize this Divine Truth...  
That God is in all that is Beautiful?  
When will we Realize God in our heart...  
That will make our life meaningful?*

*Our search for God will come to an end  
As we experience God all the time  
In all the Beauty, we see, smell and touch  
God we will find*

*So, the next time you want to Pray  
Feel God in the blowing of the breeze  
Feel God's Divine presence and love  
In the swaying of the trees*

*All it needs for us to do  
Is to open our 'Real Eyes'  
Then everything beautiful that we see  
Is God, we will Realize*



## 32. WHEN YOU OVERCOME THE FEAR OF DEATH, YOU START TO LIVE

*Why die every day in fear?  
Why fear death and cry?  
Let's overcome the fear of death  
And celebrate each day till we die*

*Fears are False Expectations  
A False Expectation Appearing Real  
It makes the wolf seem bigger than it is  
Fear steals our life-treasure, our pearl*

*When we let fear take control of our life  
It stops us from doing what we must do  
It imprisons us within our own mind  
It makes us feel blue*

*Every moment we think, 'I will die'  
We are scared of the ground and the sky  
Fear fools us that death is waiting  
Makes us miserable and cry*

*We are scared of a disease  
Think a coughing virus will kill  
Fear steals from us our immunity  
Robs from us our will*

*As long as we live with the fear of death  
We will lose this gift called life  
It may seem we are walking and talking  
But inside, we are full of strife*

*We must use courage to overcome fear  
Live with confidence and surrender to His will  
Not be scared of a disease or an animal  
And constantly fear that it will kill*

*For death is certain and it will come  
But it will come but once  
If we live with the constant fear of death  
In life, we will forget to dance*

*I am not this body that will die  
That I am the ego and mind is a myth  
When we realize we are the Divine Soul  
Then we celebrate life, the Truth*

*For life is a gift from the Divine  
We must live from birth until death  
Living with bliss, peace, and Joy  
Every moment and in every breath*

*This world is a beautiful heaven  
We must not imagine death and going to hell  
We must not believe in all the fairy tales  
That people and the scriptures tell*

*Overcome the fear of death and live  
The secret of life is this  
Kill fear realizing you are the Divine Soul  
Live with courage, with joy, and with bliss!*

### 33. WORLD PEACE! A SIMPLE SOLUTION

*There is a simple solution for World Peace  
A way that the whole world must know  
When we Overcome our Ignorance and Realize the Truth  
Then we will peacefully enjoy the show*

*Why do we fight with each other?  
Why all these battles and wars?  
Because we don't realize we are not different from each other  
Our life is full of tears and scars*

*We want to be more powerful and rich  
Just as we are driven by our greed  
Our mind makes us desire and envelops us in ignorance  
Never satisfied, fulfilling our need*

*But what did we bring to earth?  
And what will we take when we go?  
When we Realize the Truth that this world is not real  
We will blissfully enjoy the show*

*The solution for World Peace is simple  
It is in Realization of the Truth  
It is being Enlightened and Overcoming our Ignorance  
Till we get to the bottom of the root*



*Why do we battle with one another?  
What is the cause of the fight?  
When we investigate what triggers our conflict  
Only then will we see the light*

*The root cause of all wars is the ego  
It makes us believe that we are 'I'  
Together with the mind, it makes us different from others  
And we are ready to make others die*

*I am an American, you are an Asian  
I am better than you  
When we compete with one another, there are battles  
Isn't this what we do?*

*Why do we get angry and take revenge?  
Why do we get jealous and hate?  
Because we don't Realize that we are not different, we are the same  
We take swords to each other's gate*

*The answer lies in the simple fact  
We are all the same Divine Soul  
We are not the body and the mind that we appear to be  
To Realize this is our goal*

*How will we Realize this Truth?  
We are not different, we are one  
For till we don't, we will continue to shed blood  
Be it with the sword or a gun*

*This body starts with nothing and ends as dust  
And have you ever seen the mind?  
When you go on a quest to Realize the Truth  
Who we truly are you will find*

*In essence, we are all Energy  
Even science confirms this pact  
That every cell of the human body is not matter that we seem to be  
We are Divine Energy, in fact*

*When you burst two balloons full of air  
Where does the air in them go?  
The air in the balloons merges with the air that is everywhere  
This truth for sure, we know*

*So, at death, when the body dies  
And our bones and skin become dust  
The Soul inside each of us becomes one  
To Realize this truth is a must*

*When we Realize the Truth, we are the Soul  
Then all battles and wars will end  
Just like the right leg will not kick the left leg  
From war to Peace, we will transcend*

*The solution lies in knowing the secret  
We are not different, we are one  
The moment we do this, we will not fight with one another  
World Peace will be won*

*Why is the world today in pieces?  
Why is there no Tranquillity and Peace?  
Until we Realize the Truth of who we are  
Conflicts will never cease*

*But once there is Realization of the Truth  
Then, there is no need to fight  
Why kill one another and lose our Peace of Mind  
This Realization comes to light*

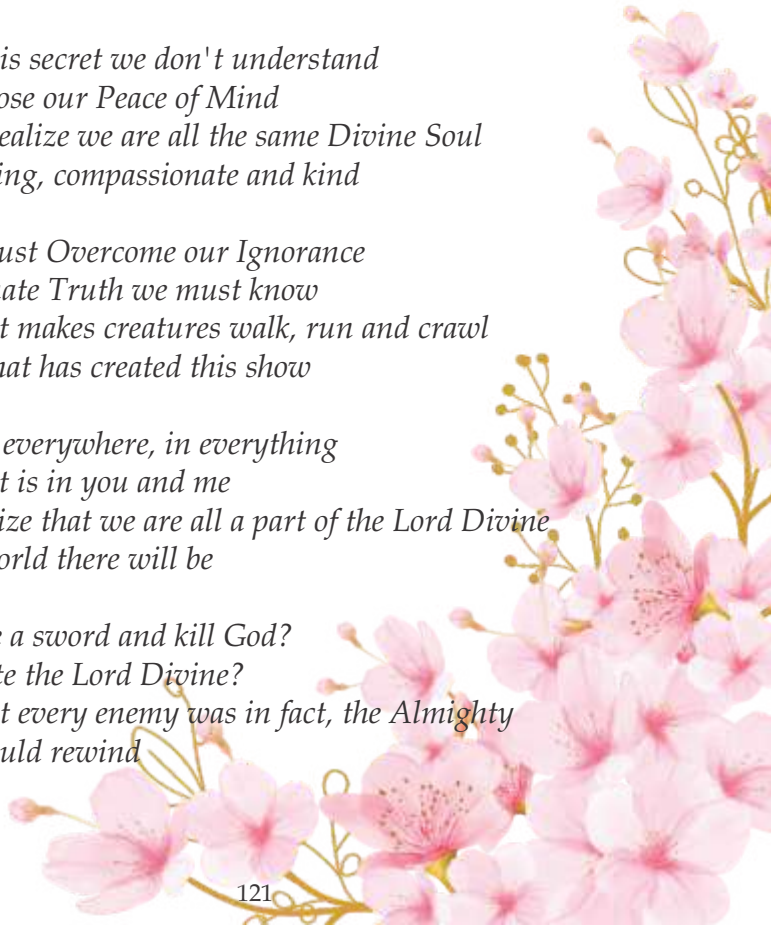
*Although we appear different on the outside  
The Truth is we are all the same  
We are all manifestations of the one Divine  
This is His Divine Game*

*But because this secret we don't understand  
We fight and lose our Peace of Mind  
But once we Realize we are all the same Divine Soul  
We will be loving, compassionate and kind*

*For this, we must Overcome our Ignorance  
And the Ultimate Truth we must know  
The Power that makes creatures walk, run and crawl  
Is the Power that has created this show*

*The Creator is everywhere, in everything  
The Power that is in you and me  
When we Realize that we are all a part of the Lord Divine  
Peace in the world there will be*

*Would we take a sword and kill God?  
Would you hate the Lord Divine?  
If we knew that every enemy was in fact, the Almighty  
All war we would rewind*



*Then there would be an end to all battles  
And all wars in this world would cease  
When we Realize the Truth of who we truly are  
The world will surely have Peace*

*But till we don't Realize the Truth  
We will hate each other and fight  
We will even drop nuclear bombs and destroy cities  
Just to prove our might*

*But once we Realize the Divine Truth  
That we are all the one Divine Soul  
Our hate, our anger, our jealousy and our revenge  
Will burn away like coal*

*We must go beyond nationalities  
And religions we must leave behind  
We must give up all differences that cause war  
Then, Peace we will find*

*We must learn to accept one another  
And not identify each other by the colour of the skin  
Then, there will be Peace all over the world  
If we Realize the Lord within*

*Aren't we all just travellers?  
We come into this world at birth  
But we live with ignorance, with stress, worry and anxiety  
And lose our Peace on earth*

## 34. MANY PROBLEMS, ONE SOLUTION

*Problems, Problems are everywhere  
My life is in such a mess  
I feel so sad and miserable  
With worry, anxiety and stress*

*It all started when I was a child  
My exams made me cry  
And then, it was heartbreak  
I looked up at the sky and asked 'Why?'*

*And then, I tried to succeed  
But failure came in the way  
My life was full of sleepless nights  
I faced problems every day*

*I was worried and there was fear  
And this stress cost me very dear  
I had anxiety attacks in my mind  
My depression left all Peace behind*

*Everybody has problems as I looked around  
There was hate and revenge on the ground  
Jealousy and anger were here and there  
The problem monsters were everywhere*

*But then I stopped and I took a pause  
Everybody has problems but what is the cause  
Who is the one who suffers the pain  
I searched for the answer, not in vain*



*I could see the misery of the mind  
Suffering of physical pain, a different kind  
But far worse was the agony of the ego  
This triple suffering was part of the show*

*So are we meant just to cry and to die?  
As the problems trouble, must we just lie  
Aha, no! I found there was magic  
One solution with a clear logic*

*Who is it that suffers the pain?  
Body-mind-ego cries again and again  
But when I Realized I was the Divine Soul  
There were no problems, I achieved my goal*

*My problems disappeared like the morning mist  
Peace, Joy and Bliss I kissed  
It was when I Realized the Truth  
When I went to the bottom of the root*

*We suffer because of our ignorance  
Problems are because we are blind  
We think we are the one that is ME  
The body, the ego, and the mind*

*When we are Enlightened with the Truth  
We can catch the evil brute  
The mind is the biggest enemy of all  
Along with the ego, it makes us fall*

*When I saw the mind was full of junk  
I tamed the monkey and made it a monk  
And as I transcended all evil thoughts  
All my problems I had fought*

*For the problems don't actually belong to me  
Ignorance makes me live with the wrong identity  
When I Realize I am the Divine Spirit  
Then all my problems disappear with it*

*For then I know life is just like a dream  
No need to worry, no need to scream  
At the end it will be time to go  
Forget your problems, it is just a show*

*Poverty is a state of mind  
Don't you know you leave everything behind  
But though we see this at every death  
We are greedy till our last breath*

*Problems are many, but the solution is one  
Realize the Truth and the battle is won  
Enlightenment will leave all problems behind  
Bliss, Peace and Happiness you will find*

## 35. LIVE LIFE MOMENT BY MOMENT

*Life is just about this moment, are you living it?  
Or has life escaped you, bit by bit?  
Life is just about the 'now,' make the best of it  
Celebrate every moment of life, don't just simply sit*

*Life is not about yesterday, yesterday is gone  
Life is not about tomorrow, it is not yet born  
Life is about this moment, life is about 'now'  
I'll be Happy every moment, take this solemn vow*

*Life has a purpose, we don't realize that it's a big treasure  
Life is not just meant to be chasing every pleasure  
Every moment of life is given to realize this  
Moment by moment, we lose life chasing Happiness*

*Life is not a long journey that starts at birth  
Life is not all about the years that we live on earth  
Life is not the many years that we live till we die  
Life is blissful now, let's sing like a bird in the sky*

*Most of us are missing life, waiting for it to pass  
We don't know how to truly live, did we miss this class?  
Life is not a long journey that will go on and on  
Life is about 'now', tomorrow it may be gone*

*Many of us fill our life with fear, worry, and stress  
We don't know how to live life with Peace and Happiness  
Those who learn to live life, living in today  
They smile, laugh, and love, no matter what comes their way*

*There is only one way to live, it is living in the 'now'  
Not facing all our problems, with sweat on our brow  
We must do our best with life, with the given plough  
And then, surrender to what will be, this we must allow*

*For what can man do, other than doing his very best  
Once he does that, to the Divine, he surrenders the rest  
He learns to live each moment, with faith, trust and hope  
And so, with life's battles, he is able to cope*

*Those who lose the treasure of life filling their mind with junk  
Those who don't tame their monkey mind and make it into a monk  
They live their life jumping from a thought to another thought  
Life is just about 'now', this truth they forgot*

*The enemy, the thief, the rascal, is our very own mind  
It bombards us with thoughts and steals our life, we find  
Moment by moment, we lose life as we desire and we crave  
It is our mind, that makes us cry, right until our grave*

*Instead of accepting whatever happens, living with a smile  
We cry, we scream, and we question, unhappy all the while  
We don't realize that what is unfolding in life every day  
It's a reaction of our own actions, the price we must pay*

*Life has a purpose, we must realize this before we die  
Life is not just about wandering on earth and in the sky  
Before we die, we must achieve our life goal  
To realize we are not body and mind, we are the Divine Soul*

*If we let the moments of life pass one by one  
Though we achieved trophies, and victories we won  
Before we realize our treasure of life will be gone  
We will suffer on earth and then, we will be reborn*

*We must live every moment Conscious of the Truth  
We must invest every minute getting to the root  
Moment by moment, we must live, in Consciousness  
Realizing the Truth, and with it, getting eternal Happiness*

*The sun will rise, and the sun will set, soon life will pass by  
Moment by moment, day by day, we will laugh and cry  
But how can we live without Sorrow, with Peace and Happiness  
It's by living moment by moment, we must learn this*

*If moment by moment, we let our life simply pass  
When we wake up, it may be late, we will cry, Alas!  
The gift of moments was given to us, for us it was to use  
But we lost moment by moment, this why did we choose?*

*It's not too late, we can wake up, and start living 'now'  
We can find the purpose of life and stop grazing like a cow  
We are still alive, and our moments are yet in our hand  
We can live life, not let it slip away, just like grains of sand*

*Death is certain, we can't escape it, every 'body' must die  
There is no use to look up at the sky, to cry and ask 'why?'  
The only way to live life moment by moment with Joy  
Is to be Conscious of the secret – Who is this 'I'*



## 36. THE SPIRITUAL JIGSAW PUZZLE

*Just as children sit around  
For a Jigsaw Puzzle to Solve  
We too must pick up all the pieces  
In life, for us to evolve  
Piece by piece, as the puzzle fits  
The picture will appear in bits*

*Enlightenment is the ultimate goal  
Not in diamonds and gold, to roll  
Those who are only chasing happiness  
Can end their life in a mess  
But those who attain Enlightenment  
Go beyond Achievement and Fulfilment*

*Are we the Body? No, it will die  
One day we will leave and fly in the sky  
Are we the Mind? Let's try and find  
Where is the Mind? We just can't find  
When we let go of the Ego in whole  
We Realize we are the Divine Soul*

*But how to get to the Divine Truth?  
How to reach the bottom of the root?  
Confronting us is the enemy, Mind and Ego, ME  
It stops us from being who we are meant to be  
Until we kill the Ego and Mind  
Enlightenment we will never find*

*How should we start? Must we go on a Quest?  
Should we put all our beliefs to test?  
What about all those things we did learn?  
Is it necessary, that the myth we unlearn?  
Yes, if one wants to Realize the Truth  
All ignorance, he must uproot*

*Why is it that we are miserable and sad?  
Isn't there a way to be always glad?  
Yes, if we realize, this is just a show  
We are mere actors who come and go  
Then, we will be free from suffering and pain  
And from Rebirth, again and again*

*But for that, this Puzzle is a must  
All that's in it, we have to Trust  
Piece by piece, the Truth will flow  
Till we are Enlightened with the glow  
When the Truth we get to see  
We will transcend Mind and Ego, ME*

*But once the pieces fit in place  
We'll be transported to a new space  
We are not Body, we are not Mind  
We are the Soul, we will find  
Then we will reach our Ultimate Goal  
With God will Unite, our Divine Soul*

*This is the Purpose of our life  
Not to struggle with misery and strife  
This Puzzle will help us go within  
To Realize we are not just bone and skin  
Then beyond Contentment and Fulfilment  
Will come the 'Aha!' of Enlightenment!*

## 37. THE FOUR QUARTERS OF LIFE

*One, two, three, four  
Life has Quarters Four  
Our journey is made of four parts  
Not just smiles and hearts  
Life is not just to learn and earn  
Then leave behind wealth for others to burn  
Let us learn to live and die  
In a manner that others will cry*

*Everybody in this world must die  
When the body dies, we depart to the sky  
But who is that one, who is that 'I'  
That moves on after we die?  
The journey of life starts at birth  
There is a purpose for us on earth  
If we don't Realize this, we suffer pain  
And we will come back again and again*

*For every living creature, there's a plan  
How long they live, what's their life span  
A human being lives for seventy years  
But our dog dies at ten, filling our eyes with tears  
But why cry, why question, 'Why?'  
Why can't we accept the will from the sky?  
Whoever is alive on earth must go  
Such is God's Divine show*

*But many of us, we just sleep  
Finally, we wake up, and we weep  
We think life will go on and on  
But in a flash, the treasure is gone  
Every moment is a gift to spend  
Realize this before your end  
Wake up to life's Quarters Four  
Before death pushes you out of the door*

*The First Quarter of life is to learn  
Every small child must pages' turn  
And then the Second Quarter is to earn  
Earn money that others will burn  
Most of us just live these Quarters two  
Those who go beyond are very few  
The Quarter Three, the few who seek  
They reach life's ultimate peak*

*But most of us just live and die  
Don't discover the Truth of 'Who am I?'  
Why did we come to planet earth  
Why were we blessed with a human birth  
Only those who take an exit from achievement  
Move onward and find Enlightenment  
They escape from the cycle of death and rebirth  
Become one with God, don't return to earth*

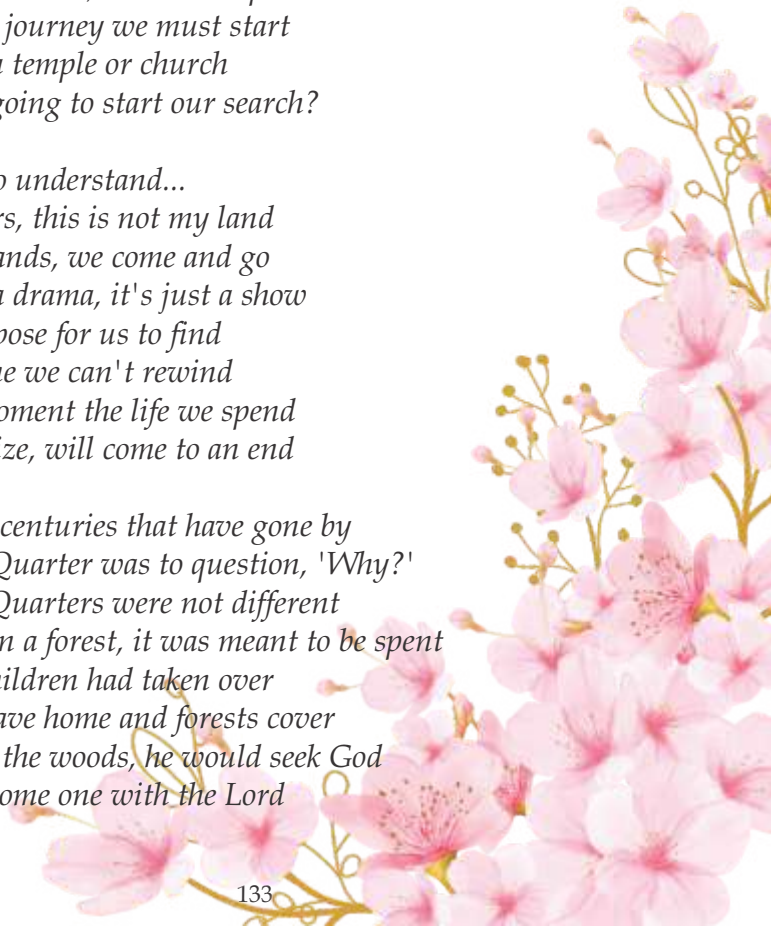
*What is this Quarter Three all about  
Nobody showed us this Divine route  
Quarter Three must be in silence spent  
It is to Enlightenment an advent  
To leave behind our passion for wealth  
And try to improve our Spiritual health  
To know we are not the ego, body, and mind  
In Quarter Three, this truth we must find*

*Don't you know, it will be time to go  
After Quarter Three, it will soon be end of the show  
The earth is a stage, we are actors that dance  
Everything has a purpose, nothing happens by chance  
And now, the Law of Karma we must learn  
And then, for the Divine, we must start to yearn  
Very few are blessed to take this path  
When will we, this Divine journey, start?*

*How many of us will live to see Quarter Four  
Very few, you can check the score  
Thus, in fact, we have only Quarters Three  
Before they are over, we must be free  
From all attachments, we must depart  
To heaven our journey we must start  
God is not in a temple or church  
When are we going to start our search?*

*Is it difficult to understand...  
Nothing is ours, this is not my land  
With empty hands, we come and go  
This world is a drama, it's just a show  
There is a purpose for us to find  
Do it now, time we can't rewind  
Moment by moment the life we spend  
Before we realize, will come to an end*

*In the ancient centuries that have gone by  
Man's Third Quarter was to question, 'Why?'  
The first two Quarters were not different  
But the third in a forest, it was meant to be spent  
So, after his children had taken over  
Man would leave home and forests cover  
Wandering in the woods, he would seek God  
And try to become one with the Lord*





*Everybody in those ancient days  
Had to follow these prescribed ways  
They were not just meant to live and die  
But to find life's purpose, discover 'Who am I?'  
After learning and earning, they would start a search  
And not in greed they would just lurch  
In a Quest, their life they would spend  
And do nothing else, till their end*

*In those days, the purpose was God  
People lived with the fear of their Lord  
In sunshine they would work, in darkness, they would pray  
Their last days were meant to find a way  
They did not want to return to earth  
They did not want to take rebirth  
And thus, they were seeking the ultimate goal  
To Realize the Truth, that they were the Soul*

*The sages that lived in those ancient years  
Lived with bliss, without any tears  
They found a way to eternal peace  
A way where all suffering would cease  
They found a way to peace and bliss  
How to get everlasting happiness  
It was this reward, that man stroved to find  
Spent his old age, transcending his mind*

*But today's man doesn't know of Quarters Four  
He just wants to sing and dance on the floor  
He doesn't realize that soon he will die  
He wants to laugh, but then he will cry  
For everything that he thought he did own  
Soon would be gone, this truth is known  
And so, he lives with the fear of death  
And the unknown, that lies beyond his last breath*

*Man is busy in a rat race  
Trying to be successful, to be an ace  
Before he realizes, he is caught in a maze  
He does not discover God's grace  
He does not discover his purpose on earth  
He loses this treasure of human birth  
And then, to settle his Karma he is born again  
To return to earth for another journey of pain*

*It's time for man to leave the myth behind  
To find out that he is not the body, the ego, the mind  
To Realize the Truth, he is the Soul  
And to unite with God, is his ultimate goal  
Then man will be free from misery and stress  
And he will have eternal happiness  
Overcoming the myth that success is happiness  
He will discover true peace and bliss*

*So let us all discover the Quarters Four  
Before it is time to go out of the door  
Before this precious life does end  
Let's start a Quest, it's time well-spent  
The ancient wisdom that our forefathers told  
Let us pursue that, let us be bold  
And leave behind this life that we waste  
Eternal bliss and peace, let us taste*

## 38. REBIRTH

*The waves of the ocean come and go  
After a dark night, the sun will glow  
The Law of Cycles operates everywhere on earth  
And so, after we die, we come back in a Rebirth*

*What is the cause of this human birth?  
What was the reason we came to earth?  
We didn't decide where and when we were born  
It was our Karma that sounded the horn*

*Therefore, when we see a child born blind  
We ask, 'Is God unjust; is He so unkind?'  
No, God isn't unkind, our Karma is the cause  
We will Realize the Truth of birth, if we pause*

*As we sow, so shall we reap  
On earth if we sin, we sure will weep  
Such is the law, what we give, we get  
Apples won't grow on a mango tree, that is a bet*

*The Law of Karma is a Universal Law  
It makes no mistake, it has no flaw  
Not only does it work everywhere on earth  
Even after death, it causes our Rebirth*

*Death is certain, everybody must die  
Nobody can escape, not you, nor I  
But what is death, is it the final end?  
No, it is not, it is just a bend*

*The body dies, it is burnt to dust  
But the one who was alive, leaves like a gust  
Don't we say that he passed away?  
But where does he go, can anybody say?*

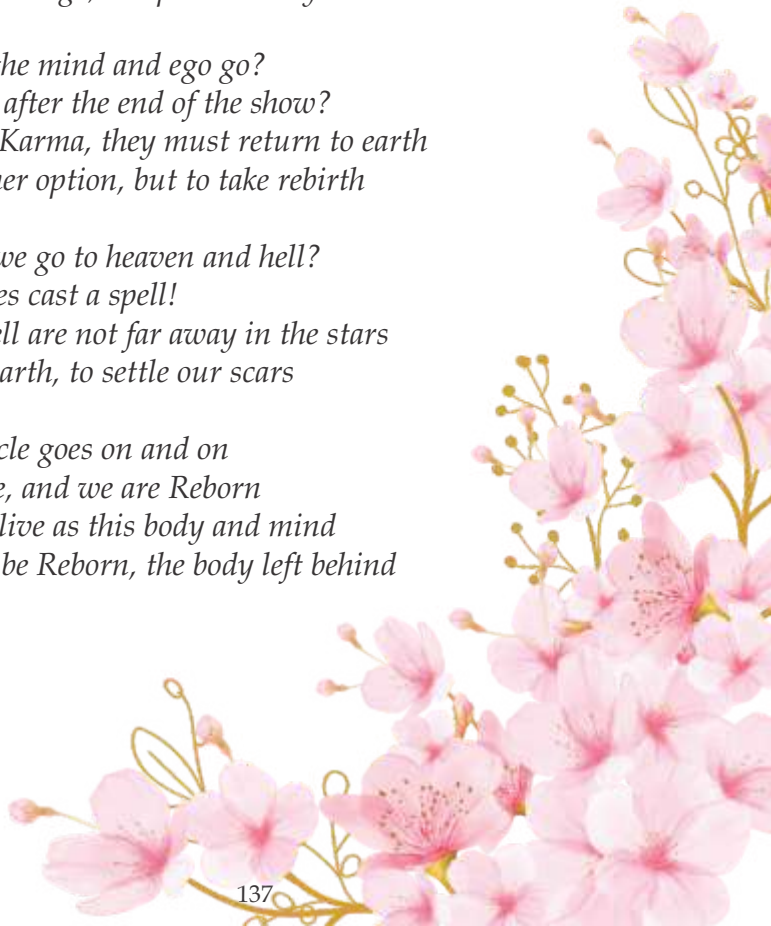
*We are sure that the one who died left  
Otherwise, our loved ones would have the body kept  
But who is the one that has left the body behind?  
Is it ME, the Ego and the Mind?*

*The body is just an instrument to act  
The mind and ego direct it, that's a fact  
The body is born, and the body must die  
But the mind and ego, escape in the sky*

*But where do the mind and ego go?  
What happens after the end of the show?  
To settle their Karma, they must return to earth  
There is no other option, but to take rebirth*

*Is it true that we go to heaven and hell?  
These fairy tales cast a spell!  
Heaven and hell are not far away in the stars  
We return to earth, to settle our scars*

*And so, the cycle goes on and on  
We live, we die, and we are Reborn  
As long as we live as this body and mind  
The mind will be Reborn, the body left behind*



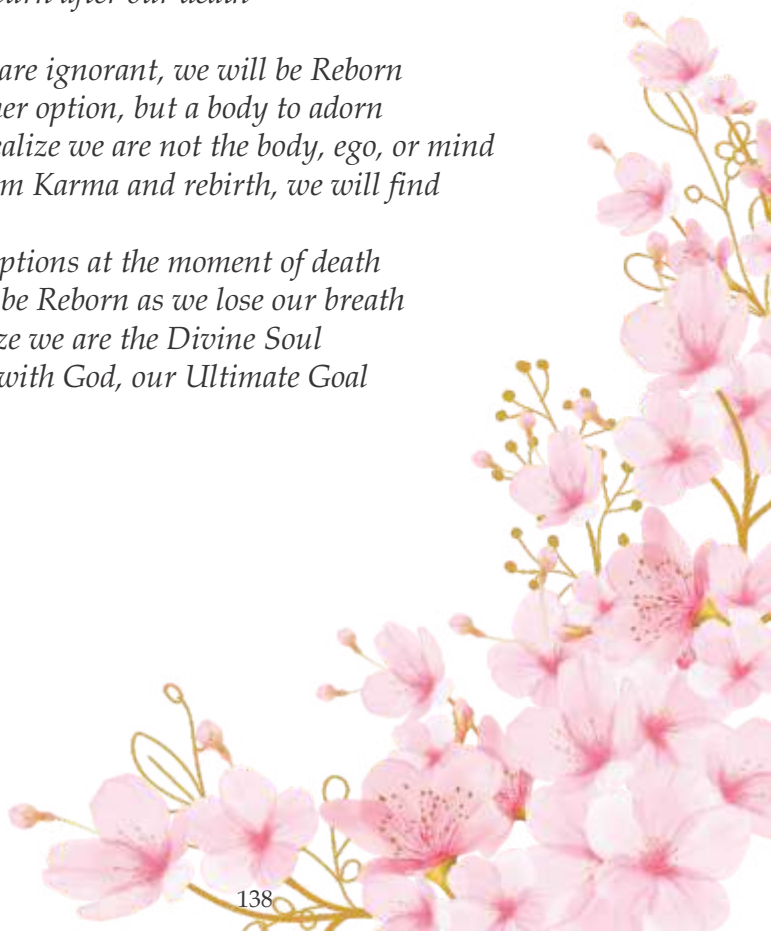
*But when we achieve our ultimate goal  
When we realize we are the Divine Soul  
Then, from Rebirth, we are free  
And one with our Lord, forever we will be*

*But how can we become one with our Lord?  
To escape from Rebirth and unite with God  
When we overcome our ignorance and Realize the Truth  
Then, we don't plant seeds, there will be no shoot*

*As long as seeds of Karma we plant  
Escaping from Rebirth we just can't  
The body will die when it has no breath  
But we will return after our death*

*As long as we are ignorant, we will be Reborn  
There is no other option, but a body to adorn  
But once we realize we are not the body, ego, or mind  
We are free from Karma and rebirth, we will find*

*We have two options at the moment of death  
Either we will be Reborn as we lose our breath  
But if we realize we are the Divine Soul  
We will unite with God, our Ultimate Goal*





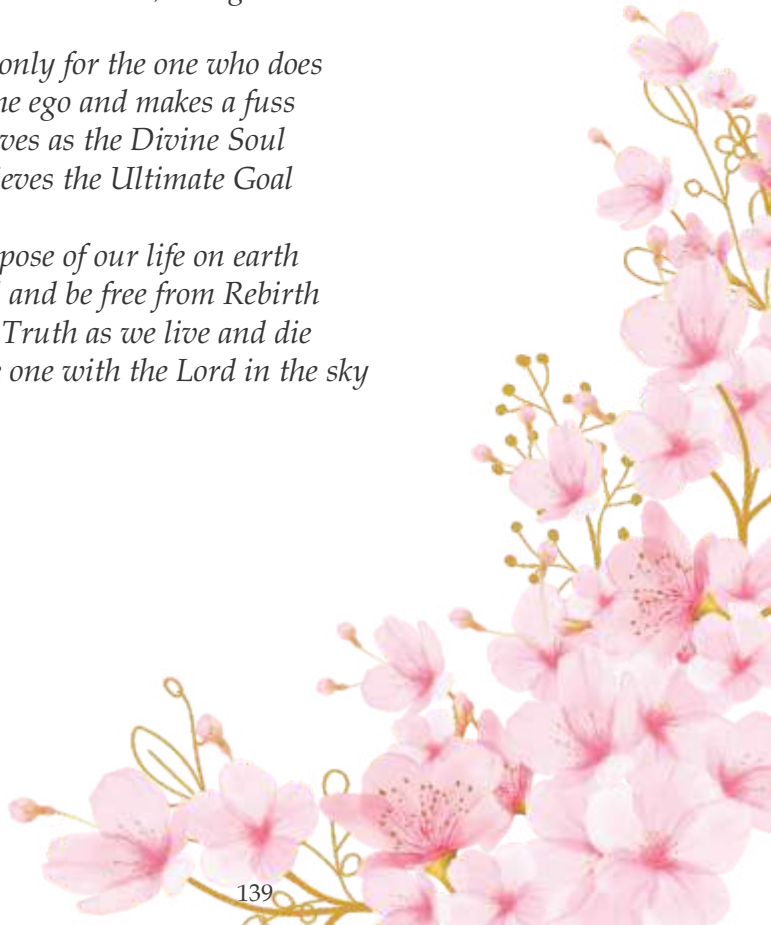
*So today, the mystery of Rebirth let us solve  
To Realize the Truth, let us resolve  
And be free from the triple suffering on earth  
To become one with God, not return in a Rebirth*

*Let us realize we are not the body and mind  
The body will die and mind will rewind  
All the actions that it has done  
Will transfer to a new life that's begun*

*But if we realize we are not the doer of action  
Then of course there will be no reaction  
Then we will be from Karma free  
And not have to be Reborn, we agree*

*For Rebirth is only for the one who does  
Who lives as the ego and makes a fuss  
But one who lives as the Divine Soul  
He is free, achieves the Ultimate Goal*

*This is the purpose of our life on earth  
To live as Soul and be free from Rebirth  
To Realize the Truth as we live and die  
And to become one with the Lord in the sky*



## 39. HOW TO LIVE A SPIRITUAL LIFE IN A MATERIAL WORLD?

*As I move forward in my mission  
To help people Realize the Truth  
After I have evolved myself  
And have got to the bottom of the root  
I share a way to eternal peace  
To bliss and happiness  
And show in a noisy, material world  
How Divine a Spiritual life is*

*Spirituality is not that complicated jargon  
That mystery we learned in school  
Spirituality is not giving up the world  
You can't do it, O fool!  
Spirituality is discovering the eternal Truth  
We are not the ego, the body, the mind  
Spirituality is discovering who we are  
The Divine Soul we find*

*Don't we suffer many a crisis  
Caused by desire, passion and greed?  
Don't we often get disappointed  
Trying to fulfil our need?  
Don't we get caught in the struggle  
Of duty, lust, and shame?  
Chasing money, success, and achievement  
Crying every day in this game*

*'Oh! What will people say  
It is better if we follow the herd!'  
We don't have the courage  
To fly like a bird  
We seem to be trapped in ignorance  
Living with anger, revenge, and hate  
These are the real-life stories  
That imprison us behind the gate*

*But some of us begin the journey  
We start a Divine quest  
We don't accept, we ask questions  
Putting every belief to test  
We want to know 'Who am I?'  
Where is heaven and God?  
Are we the Soul? Will we be reborn  
And become one with our Lord?*

*We blindly believe our religion  
And follow what scriptures tell  
We pray with devotion to our Lord  
Hoping to reach heaven, not hell  
We get trapped in rituals and superstitions  
Not knowing what we do  
And soon our life is over  
It's time to bid adieu*

*But what is life all about  
How will we get to know?  
We learn how to use our gadgets  
But what is this life-show?  
What is the purpose of our life  
Why did we come to earth?  
Who will tell us what life is  
And the purpose of this human birth?*

*Then somebody said, 'It's Spirituality'  
Let's live a Spiritual life  
Let's give up this material world  
That is full of misery and strife  
But how to discover that Divine Spirit  
The Power that lives within?  
How to transcend the body and mind  
And go beneath the skin?*

*Everybody wants happiness  
Who wants to live in pain?  
Everybody wants to make a profit  
We want pleasure, we don't want pain  
But while we are chasing pleasure  
Like shadows in the material world  
In the end, all we have are tears  
As our life, our years have swirled*

*We live in this world of love  
Thinking love is just a kiss  
We create relationships  
But True love, we sadly miss  
Hearts and hugs and Valentine's  
Is not what True love is  
We don't discover Divine Spiritual love  
That fills our life with bliss*

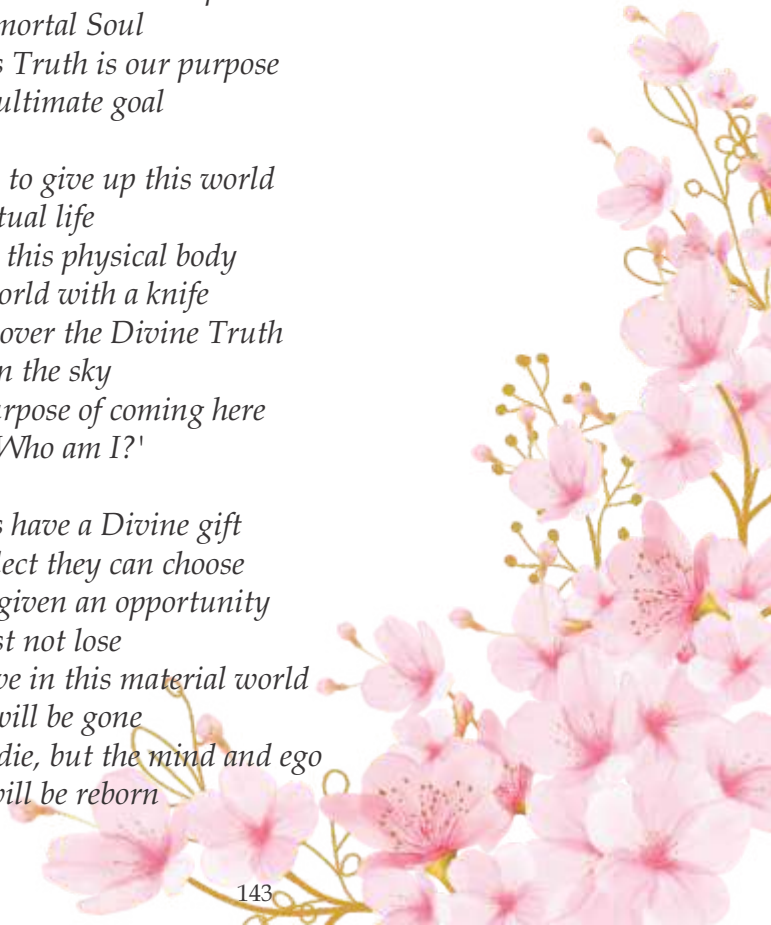
*What exactly is it to live  
A Spiritual life, do you know?  
Will you discover this amazing journey  
Before it is time to go?  
Will you realize that life is not  
Just a crazy race?  
And get out of this material prison  
Get out of this miserable maze*

*Life is a gift for us to live  
It is all about the 'now'  
Can we be happy tomorrow?  
Can anybody tell us how?  
The only way to happiness  
The only way to bliss  
Is to live life moment by moment  
That's actually what life is*

*The fact is that we are not this body  
This body will one day die  
Though there are so many thoughts  
The mind seems to just pass by  
The fact is we are the Divine Spirit  
We are the immortal Soul  
To Realize this Truth is our purpose  
It is our life's ultimate goal*

*We don't have to give up this world  
To live a Spiritual life  
We can live in this physical body  
And cut the world with a knife  
If only we discover the Divine Truth  
Before we fly in the sky  
What is the purpose of coming here  
Finding out, 'Who am I?'*

*Human beings have a Divine gift  
With the intellect they can choose  
We have been given an opportunity  
Which we must not lose  
We can just live in this material world  
And soon we will be gone  
The body will die, but the mind and ego  
With Karma will be reborn*

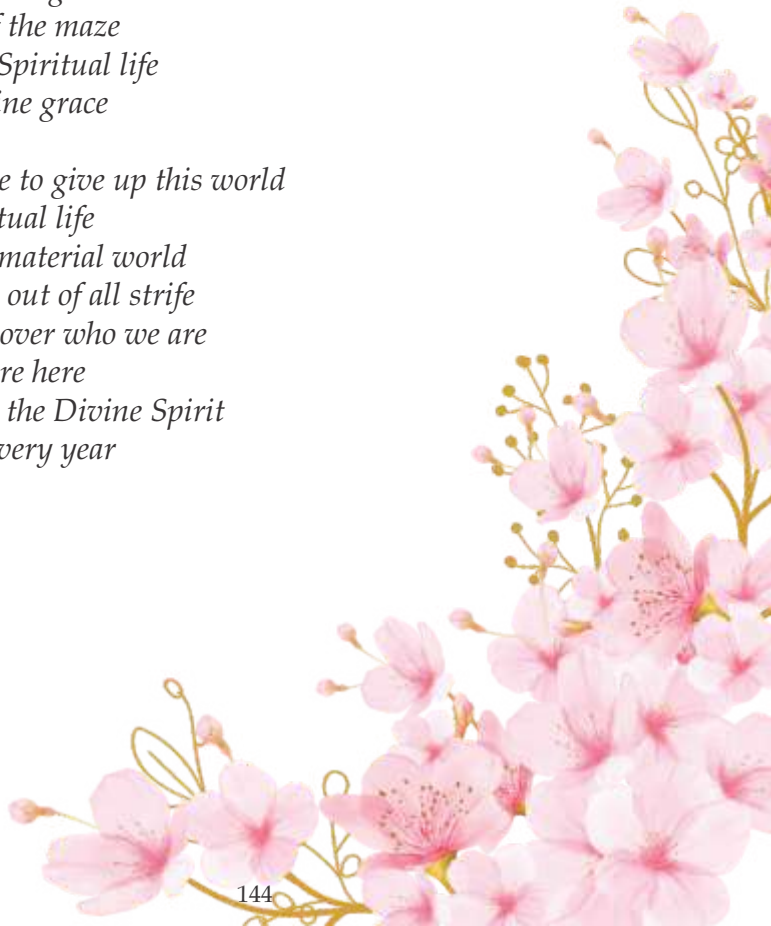




*But some of us are lucky  
We choose a Spiritual life  
We are not caught in this material world  
With our children and our family life  
We overcome ignorance, Realize the Truth  
From the material world, we are free  
And live a life of eternal Bliss  
Being who we are meant to be*

*So, if you want to find a way  
To live with peace and bliss  
To escape misery in this material world  
And discover true happiness  
Then, stop running in this mad race  
And get out of the maze  
Live a Divine Spiritual life  
Live with Divine grace*

*You don't have to give up this world  
To live a Spiritual life  
Living in this material world  
There is a way out of all strife  
If only we discover who we are  
And why we are here  
We can live as the Divine Spirit  
Every day of every year*



## 40. LIFE IS KARMA

*Do you know why we came to earth?  
Why did we get this human birth?  
Everything that happens in our Life is Karma  
Very few of us realize the Truth of this drama!*

*How does the Law of Karma work?  
What happens when from morals and ethics we shirk?  
Whatever you do, that's what you will get  
Nobody can escape from Karma, that's a bet!*

*Why don't we see an apple on a mango tree?  
Is there a way from Karma to be free?  
The law has a principle - as you sow, so shall you reap  
If we are going to sin, we are sure to weep!*

*Why do we see a child being born blind?  
Why do we think that God is unkind?  
Because we don't realize the Divine Truth,  
Life is Karma, we don't get to the root*

*Is God controlling our Life from heaven?  
Is there a way to reach cloud eleven?  
The Creator has created the law of the deed  
Our good Karma will make us happy, indeed!*

*Why do bad things happen to good people?  
Why is there suffering for the weak and the feeble?  
Nothing is luck, nothing depends on chance  
Life is a drama and Karma makes us dance!*

*Why do we cry, look at the sky and ask 'Why?'*  
*Oh Lord, I didn't murder or kill, did I?*  
*While we pray to God as we experience hell*  
*We don't listen to the Truth that Karma does tell!*

*Can anybody escape from Karma, the action?*  
*Can anybody escape from Life, the reaction?*  
*Whatever we have done, we must receive the fruit*  
*Karma is Life, this is the Truth*

*Does Life depend on Chance? Does Life depend on luck?*  
*Can we control whatever happens, choose what to pluck?*  
*While we have a freewill and can choose our deeds*  
*We can't escape from the thorns that we planted as seeds*

*Does Karma decide all that happens on earth?*  
*Will Karma also decide our rebirth?*  
*Yes, we are glad or sad, depending on what we do*  
*And this will continue into our next Life, it is true!*

*Who carries the Karma, to whom does it belong?*  
*Is the account of Karma, short or long?*  
*The body will die, but Karma belongs to the mind*  
*It will appear in a new body, leaving the dead one behind!*

*The Law of Karma, can anyone escape?*  
*Is it only for a man or also for an ape?*  
*Every living creature must follow this law*  
*The law is perfect, it has no flaw!*

*Who controls Life, Karma or God?*  
*Can I get away if I pray to my Lord?*  
*Those who think that prayer can do the trick*  
*They ultimately cry, when Karma gives a kick!*

*To whom does this Law of Karma belong?  
Is Karma stronger or is God more strong?  
God has created Karma to control the earth  
Everything is Karma, our death and our birth!*

*How can we then from Karma escape?  
How can we reach God at heaven's gate?  
Only those who realize – the doer is not 'I'  
From Karma they are free and to God they fly!*

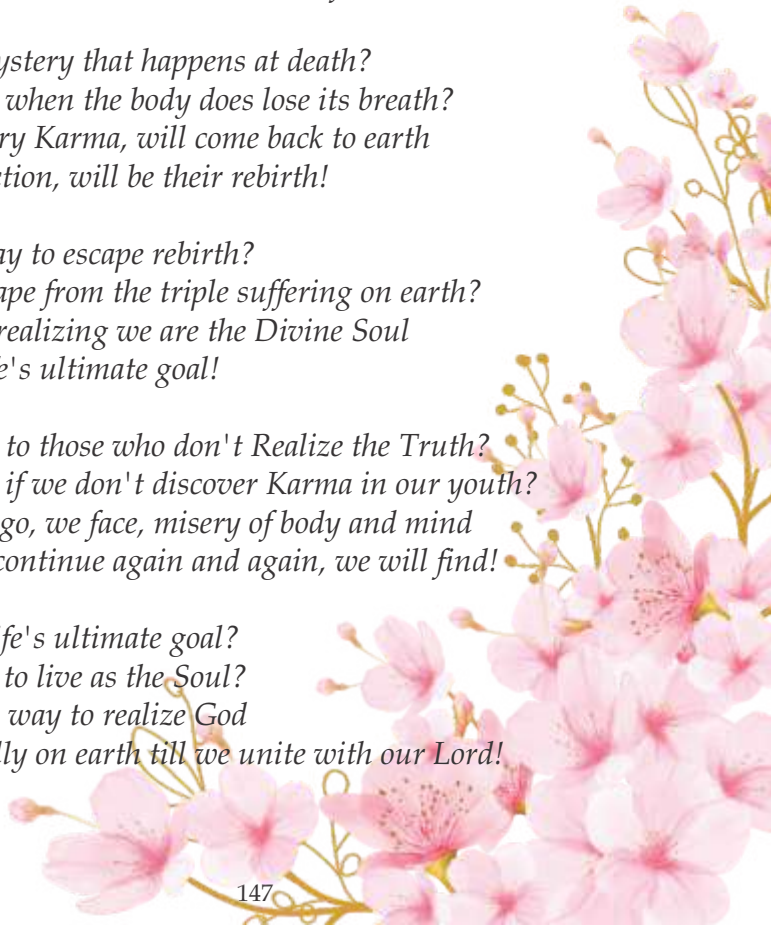
*What is the way from Karma to be free?  
To be born, not to return as a human, animal or tree?  
When we realize we are not the body, ego and mind  
Then free from Karma ourselves we will find!*

*What is the mystery that happens at death?  
What happens when the body does lose its breath?  
Those who carry Karma, will come back to earth  
As per their action, will be their rebirth!*

*What is the way to escape rebirth?  
How can I escape from the triple suffering on earth?  
It happens by realizing we are the Divine Soul  
This is our Life's ultimate goal!*

*What happens to those who don't Realize the Truth?  
What happens if we don't discover Karma in our youth?  
Agony of the ego, we face, misery of body and mind  
And this will continue again and again, we will find!*

*What is our Life's ultimate goal?  
Is it necessary to live as the Soul?  
Yes, this is the way to realize God  
To live blissfully on earth till we unite with our Lord!*



## 41. I AM THE DIVINE SOUL

*i am not this body that craves physical pleasure  
i am not even the mind that lives with worry and fear  
i am not the ego that thinks i am 'me'  
i am the Divine Soul... my Goal is this to be*

*my challenge is to live like the Divine Soul  
To be One with the world is my Life Goal  
To experience the Divine in the Beauty all around  
In the skies, the waters and everything on the ground*

*But if i am lost in the thoughts of the mind  
If i get caught in this world and its grind  
If i spend my life as the ego, body and mind  
The True Bliss of the Divine Soul, i will not find*

*my challenge is to live as the Divine Soul  
To be an instrument of the Divine is my Life Goal  
Whatever happens in life i must just accept  
i must Surrender, i must not expect*

*my Mission is to help people Realize the Truth  
Overcome the myth, reach the bottom of the root  
To go beyond the pleasure of achievement and fulfilment  
And reach that Eternal Bliss of Enlightenment*

*Now that i know i am not 'this', but 'that'  
I will answer questions that are nothing but the fact  
Help seekers from the fairy tales of life to be free  
And to ultimately be what they are meant to be*



## 42. ENLIGHTENMENT! THE MYTH... AND THE TRUTH!

*We human beings are seeking Enlightenment  
But we live and die in the dark  
The myth makes us scared of a lizard  
Instead of fearing the shark*

*It's sad that we are taught lies  
And our mind is full of junk  
It's time for the Intellect to make the monkey mind  
Into a silent, tamed monk*

*But how do we doubt our parents and teachers  
Who taught us all that we know?  
How can we believe that this world is not real  
It's just a cosmic show*

*For years we have followed our religion  
And believed in what scriptures tell  
Suddenly to change our belief is tough  
That there is no heaven and hell*

*What is the Truth, what is the myth  
How will we get to know?  
Until we ask questions and investigate  
Through Life, we will just flow*

*We are taught to chase money and success  
And that the Goal of Life is Achievement  
We live and die without realizing  
That the Goal of Life is Enlightenment*

ENLIGHTENMENT!  
THE MYTH... AND THE TRUTH!

*Throughout Life we chase pleasures  
And to become happy, we try to be  
We never Realize the Truth that happiness  
Is within and then from misery we are free*

*Money can buy medicines and a bed  
And it can buy a diamond ring  
But money cannot give us health and sleep  
True Love it cannot bring*

*So, throughout Life we believe in the myth  
We never learn the Truth  
We live and die with ignorance  
Not getting to the bottom of the root*

*We try to be Happy in a tomorrow  
A tomorrow that is not yet born  
And we live with the miseries of yesterday  
A past that is forever gone*

*We believe in astrologers and palmists  
And like fools show them the lines on our hand  
We don't realize that everything is controlled  
By a Supreme Power beyond our land*

*We live and die with ignorance  
Thinking we are the body, ego and mind  
But the Truth is that we are the Divine Soul  
This Realization, when will we find?*

*We come with nothing, we will go with nothing  
This Truth, don't you know?  
Enlightenment will open your 'real' eyes  
To realize everything is just a show*

*Then, the myth makes us celebrate our birthday  
With balloons, candles and a cake  
The Truth, we were conceived nine months prior  
To this Truth, when will we awake?*

*We think God lives in a distant heaven  
He is made of blood, bone and skin  
That is a myth, the Truth is this  
God is the Power within*

*Doesn't each human being on earth say with pride  
'I am Roger, Steve or John'?  
These are just names, when will we realize  
One day, this body will be gone!*

*Some of us believe in the Law of Action  
Everything is controlled by our deed  
Do we believe in the myth  
That we can get mangoes with an apple seed?*

*Then, why do we believe the Law of Attraction  
That we can manifest all we Dream?  
When will we realize, not attraction, but action  
A Team and Scheme will fulfill our Dream*

*We believe the myth that our mind is king  
And we trust it can do anything  
When will we realize it is the biggest enemy  
That throughout life does misery bring!*

*Isn't it true that we will die?  
Death is certain for all who are born  
Some of us believe we are this body  
But at death, we depart, we are gone?*

ENLIGHTENMENT!  
THE MYTH... AND THE TRUTH!

*Then, we believe that after death  
To a distant heaven we will go  
We ourselves destroy the body of our loved one  
Then to God, who will go?*

*We haven't understood death, have we?  
The myth of death makes us live with fear  
The loss of all that we own and the beyond, unknown  
Makes us shiver, year after year*

*Why do bad things happen to good people?  
This question our ignorance does ask  
Bad things can't happen to good people  
Everything is happening as per our task*

*Then, we blame God as being cruel  
And say that He is unjust, unkind  
This is sheer ignorance my friend  
It is a trick of our monkey mind*

*It believes that good deeds will take us to heaven  
But think, who will go there?  
The body at death has become dust  
And the one who died, is where?*

*Of course, we have to pay for our actions  
For every good deed and sin  
When we Realize the Truth of Rebirth  
Then, this battle of Life we win!*

*But we just live with ignorance  
Thinking bad thoughts will control our Life  
It is not bad thoughts, but actions  
That we do to our friends or our wife*

*And so, we pray to our Heavenly Father  
To forgive us for our bad deeds  
When will we realize the law he made?  
Everything grows as the planted seeds*

*The Truth is simple, it can be learnt  
If we transcend the ego and mind  
But first we must discard the fairy tales we learnt  
Then Enlightenment we will find*

*For years we are taught this story  
That God lives in a temple or church  
We live and die with the ignorance  
But for God we never search*

*We think God is a statue or picture  
Who has a name and a form  
We don't realize that God is the Supreme Power  
He is immortal, He never dies, nor is ever born*

*But because we are taught with prayer  
To God we can go  
We continue to fold our hands at pilgrimages  
Through life we flow, we don't grow*

*Is there a way to find God?  
This Truth we never find  
We just live as slaves of our ego  
And our rascal monkey mind*

*Because we just believe everything  
We are taught and we are told  
To the myth and the superstitions of this world  
And to the rituals we are sold*



ENLIGHTENMENT!  
THE MYTH... AND THE TRUTH!

*Religion is good, it teaches us basics  
But it's just a kindergarten, it's where we start  
If we want to realize God  
We need Spirituality that will take us to the last*

*Spirituality is the way to realize God  
To realize the Power in our heart  
To realize we are ourselves that Supreme Power  
And with the Power we will unite, when we depart*

*But as long as we believe that our ancestors are alive  
In some heaven far away from earth  
We will not realize the mind and ego  
Will return to earth in a rebirth*

*Why do we believe in the fairy tales?  
Stories that preach suffering of the Soul  
To realize that the Soul is the Supreme Power  
Is our life's ultimate Goal*

*But we are taught about good Souls and bad Souls  
We don't realize we are all one  
Our bodies and mind are different  
But our Soul is the Power of the sun*

*There is one Power that controls everything  
The Supreme Immortal Power  
But until we overcome our ignorance  
The Truth we will not Discover*

*Have you ever stopped to realize...  
What is the purpose of life?  
When you do, you will be free from all misery  
And the triple suffering that causes you strife*

*The past is gone, you can't change it  
But you can change Life from now  
Go in quest and Realize the Truth  
Today, take this solemn vow*

*Let go of the fairy tales, the myth and the lies  
And Realize the Truth of this show  
We are just actors, this earth is a stage  
We just come and we must go*

*Before we go, let us overcome the myth  
Let us transcend the ego and mind  
Then, we will attain our ultimate Goal  
Within, our GOD we will find*

*And if we don't Realize the Truth, then what?  
One day we will die on earth  
Then we will return again and again  
As we suffer in a Rebirth*

*Those who Realize the Truth of Life  
That they are not the ego, body and mind  
They are free from all misery  
Everlasting Bliss and Peace they find*

## 43. THE LADDER TO HEAVEN

*Do you know that there is a Ladder to Heaven?  
For all to climb, be it man or woman  
But we mustn't stop at step seven or eleven  
We must go on till we reach our heaven*

*Many of us want to go to God  
But we don't know the truth about our Lord  
We just go to a temple, mosque, and church  
Instead of going on a quest to search*

*The first step to God is Belief  
For those who don't believe, how can they achieve?  
There are some who are atheist or agnostic  
A life without faith, they choose to pick*

*But the ones who believe, they take their first step  
The Ladder to Heaven they start to inspect  
They know without doubt that God exists  
They believe and pray and their belief persists*

*There is not a day that they don't Pray  
With folded hands they go to God and say  
Not only to the Lord everything they tell  
They also listen to Him, not just ring the bell*

*The third step on the Ladder is Faith  
Without this one cannot reach heaven's gate  
Faith is Full Assurance In The Heart  
Our journey to God, it helps to start*

*The fourth step on the Ladder is Hope  
Without Hope, how can anyone cope?  
Those who believe in God they find  
He is there when you reach the end of the rope*

*And then, the believers in God, they Trust  
It is Trust that forms their journey's thrust  
Trust is unconditional surrender to God  
And always accepting the will of the Lord*

*After Belief, Prayer, Faith, Hope and Trust  
What is it that stands out first?  
It is Enthusiasm, that is step six  
'Entheos', 'In God,' that gets our problems fixed*

*Then comes step seven, it's Love for God  
We make it a priority, the Love for our Lord  
To us, God is not someone who lives far away  
Every moment that we live, with us He does stay*

*It is this Love that makes us seek  
Our passion for God makes us climb the peak  
Because we want God, we Go on a Quest  
And whatever we believed, we put it to test*

*In our search for God we Contemplate  
We spend time in Silence and for God we wait  
We don't accept what the scriptures tell  
And we find the truth about heaven and hell*

*Of course, there is Karma and we must do good  
As we sow, we reap, we create our own food  
But step ten on the Ladder is not to live after we die  
But to learn, how to God our Soul must fly*

*Importance of a Guru is the Ladder's step eleven  
For without a Mentor, how can we discover heaven?  
A Guru takes us from darkness to light  
And to Overcome Ignorance, he helps us fight*

*As we Overcome Ignorance and discover the myth  
We climb step thirteen to Realize the Truth  
We realize that we are not the ego, body, and mind  
We are the Divine Soul, on realization we find*

*Realization is not the end of the game  
There is a War within that can make us lame  
Unless we transcend our enemy – ME  
From Mind and Ego, we must be free*

*Step fifteen on the Ladder is Liberation  
Liberation only comes after Realization  
Liberation, when alive, is from suffering being free  
And from rebirth, to escape and with our Lord to be*

*The final step on the Ladder to Heaven  
Comes after climbing sixteen steps, we reckon  
It is Unification of the Divine and our Soul  
Which is our life's Ultimate Goal*

*Climbing this Ladder is the purpose of our life  
Not just to live with misery, sorrow, and strife  
For those who live on planet earth  
They must face suffering birth after birth*

*Where are you on this Ladder, my dear?  
Do you live with faith or do you live with fear?  
Have you started on the Ladder to God?  
The Ladder to Heaven will make you one with the Lord!*



## 44. RELIGION IS A KINDERGARTEN TO SPIRITUALITY

*Religion is just a kindergarten  
It's just a preparatory school  
It prepares us for formal education  
So that we don't grow up to be a fool*

*Spirituality is graduation  
University that follows school  
It helps us become graduates  
So that we can jump into the world pool*

*What would we do without Religion?  
Without ABC where would we go?  
If nobody taught us the basics  
We would end up with a poor show*

*But can we live our entire life  
Learning in a nursery?  
Imagine growing up as big adults  
Just learning ABC*

*We all need to progress  
We all need to grow  
We need all kinds of knowledge  
So that our life boat we can row*

*While learning is important  
And it is a must to go to school  
If we want to achieve our life goal  
Then Spirituality is the tool*

*Who is God, where is God, what is God?  
If answers we want to know  
Then we must go on a Spiritual quest  
Knocking door to door*

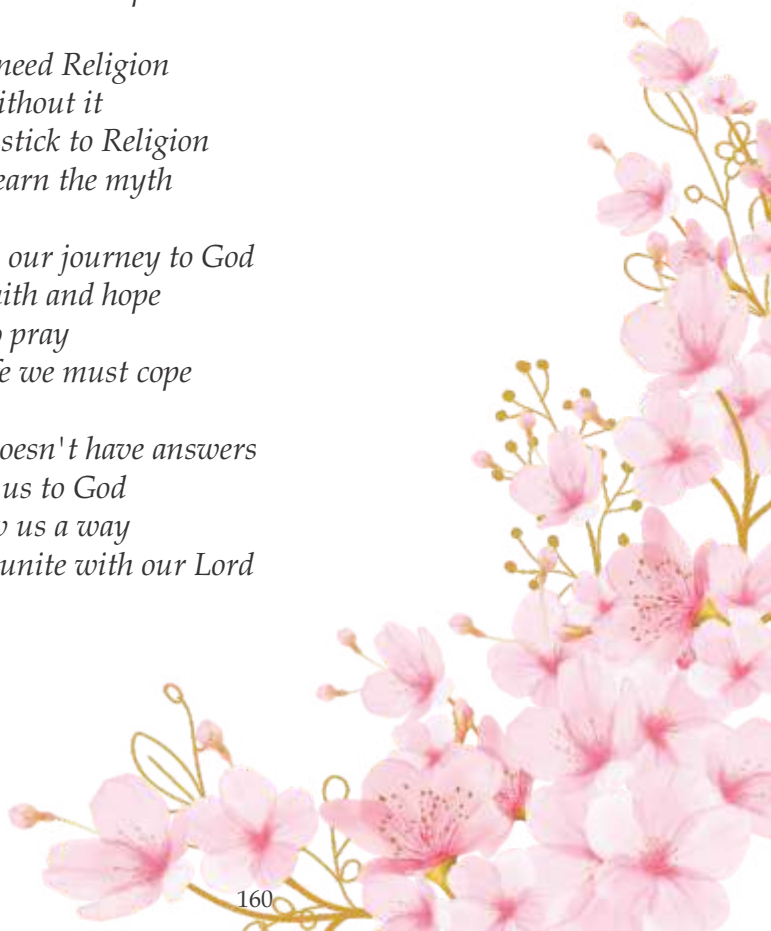
*We can't just believe in Religion  
From birth until death  
For it only teaches the basics  
It is just like taking breath*

*From Religion we need a transfer  
From kindergarten, we must grow  
We must ask questions about God  
Not just accept what scriptures show*

*Of course, we need Religion  
We can't do without it  
But if we only stick to Religion  
We will only learn the myth*

*Religion starts our journey to God  
It builds our faith and hope  
It teaches us to pray  
And how in life we must cope*

*But Religion doesn't have answers  
It doesn't take us to God  
It doesn't show us a way  
Where we can unite with our Lord*



*Spirituality is a university  
It's all about going on a quest  
It is not an easy game  
And we must pass the test*

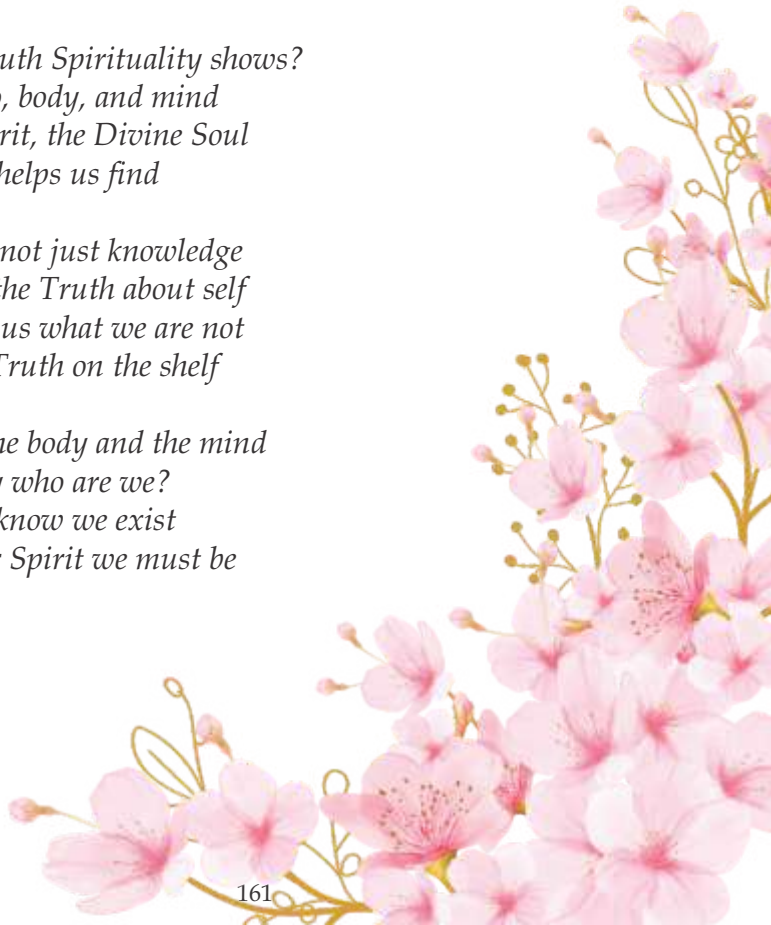
*What is Spirituality all about?  
To realize we are the Soul  
To be liberated from this alluring world  
This is our Ultimate Goal*

*While Religion makes us imprisoned  
In myth, ritual, and superstition  
Spirituality makes us Realize the Truth  
And then gives us Liberation*

*What is the Truth Spirituality shows?  
We are not ego, body, and mind  
We are the Spirit, the Divine Soul  
This Truth, it helps us find*

*Spirituality is not just knowledge  
It is realizing the Truth about self  
It first teaches us what we are not  
And puts the Truth on the shelf*

*If we are not the body and the mind  
Then in reality who are we?  
Of course, we know we exist  
Then the inner Spirit we must be*



*There is a Power inside us  
That comes to us at birth  
We may call it the Soul, the Spirit, the Atman  
It's with us till we are on earth*

*But ignorance makes us blind  
Making us think we are body and mind  
We don't realize we are the Soul  
With realization this we find*

*Realization can't be taught in schools  
We may read many a book  
But until we Spiritually evolve  
Ignorance will catch us by the hook*

*Spirituality is a long journey  
It needs a Spiritual Master  
He will help us Realize the Truth  
And to God, we will go faster*

*What is the essence of Spirituality?  
What is this all about?  
It is our true Love for God  
To God a direct route*

*But God can't be found in temples  
Nor in a church or a monastery  
God is a Universal Power  
There is not a place where He cannot be*

*God is in you, God is in me  
God is everywhere on earth  
God is that Power that gives life  
Without God, there can be no birth*

*It is not so difficult to realize  
At death, we come to know  
The body just lies on the floor  
But where did the Spirit go?*

*The Spirit is the Lord that is inside us  
The Truth is that we are He  
We are not the Body, Ego, and Mind  
Spirituality makes us see*

*Our Souls are not different  
At death, we see our Souls pair  
Just like when we deflate two balloons  
The air merges with the air that is everywhere*

*God is a Power that is everywhere  
God is Energy too  
God is in you, God is in me  
Spirituality shows us this is true*

*But why is it that we don't realize  
This simple Truth about God?  
Because we are going round in circles  
Praying to our religious Lord*

*We must go beyond our Religion  
A lot further we must go  
We must march to our Lord  
And in Spiritually we must grow*

*We need not change our Religion  
All Religions in the world are good  
But they cannot make us realize God  
They give us our basic food*



*Religions are good we must know  
They teach us faith and hope  
They teach us to believe in God  
But sadly, tie us with a rope*

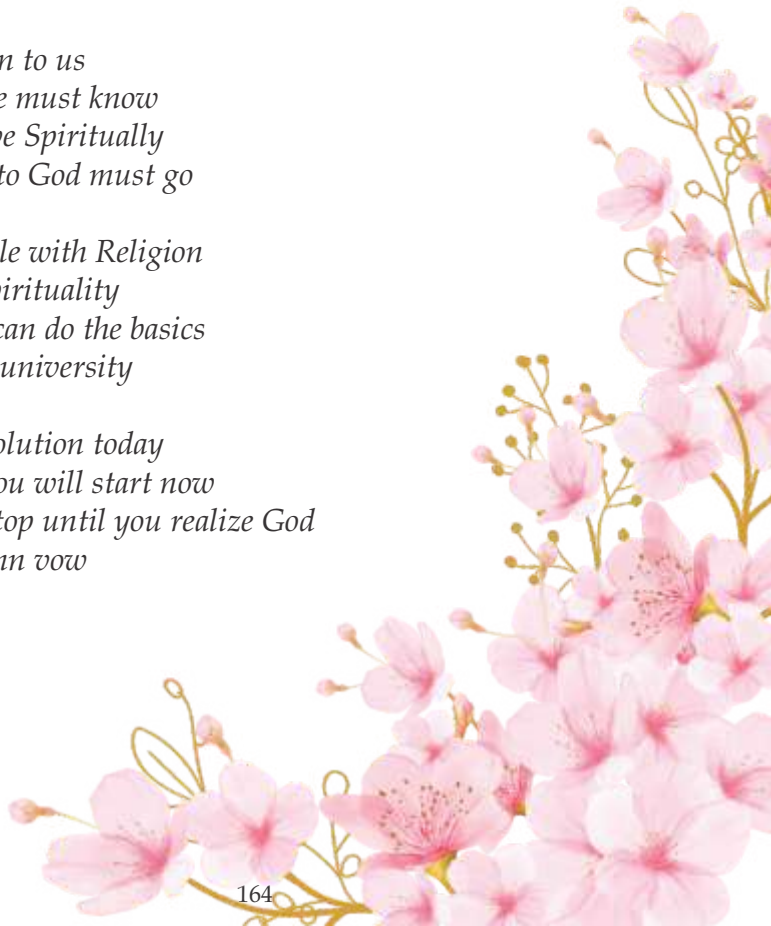
*If we truly love God then we must  
On a Spiritual quest, we must go  
Our goal must be to realize God  
Before the end of our life show*

*Most people believe in Religion  
They pray from birth to death  
But they never Realize the Truth about God  
Performing rituals till their last breath*

*But life is given to us  
So that God we must know  
We must evolve Spiritually  
And our Soul to God must go*

*It is not possible with Religion  
We all need Spirituality  
Kindergarten can do the basics  
But we need a university*

*So, make a resolution today  
A quest that you will start now  
You will not stop until you realize God  
Take this solemn vow*



## 45. GOD IS NOT GOD, GOD IS SIP – SUPREME IMMORTAL POWER

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

## AFTERWORD

*I have been writing many books and I stopped to take a look  
The best thing was the poem at the end of the book  
And so, I decided to put together my poems that rhyme  
So that even after we go, they will face the test of time*

*Don't try to read these poems like a book, one by one  
Open them in a random way, just to have some fun  
Whenever you are feeling low or want to scratch your mind  
Flip through the pages and the answer you will find*

*The poems are all about Life and how to live with bliss  
They are about Peace and eternal Happiness  
Karma, Yoga, SatChitAnanda – don't miss even one  
Some poems, for sure, for you will shine like the sun*

*All the poems have meaning, they are all about the Truth  
They will make you Investigate, till you get to the root  
From achievement to fulfilment, you will go peak to peak  
Enlightenment will be your reward, nothing else you will seek*

*I wish, I hope, I pray this book will make you transform  
All the lies that you were taught, these poems will reform  
Read these poems, for sure, from misery you will be free  
As you discover you are the Soul, not the mind that says, 'Me'*

*As I read these poems, I had a funny thought  
Of course, they are my poems, but their origin I forgot  
Then I realized, I do nothing, I am an instrument of God  
He writes the poem, the name is mine, the author is the Lord*

## WHO IS AiR?



*Who is AiR?*

*No, not the air that is everywhere!  
He is a Light that can make your life bright  
He'll help you discriminate wrong from right*

*What is the Truth? What is the myth?  
He'll help you discern, bit by bit  
He has realized that he is not the ego, body and mind  
'Who are you?' He will help you find*

*AiR moved on from success to achievement  
And then, from fulfilment to Enlightenment  
He went on a quest to Realize the Truth  
Overcoming ignorance from the bottom of the root*

*Today, AiR lives as a Yogi in bliss  
And he can show you the way to true happiness  
In his twenties, he started many a shop  
And then in one stroke, his business he did drop*

*He realized that though making money made him glad  
Making a difference transformed lives that were sad  
And so, AiR renounced the material world  
And went forward on his journey into the spiritual world*

*Seeking to be free from the cycle of death and rebirth  
And not to suffer and return to earth  
He now lives with only one mission  
To help people Realize the Truth, is his passion*

*AiR shows people the way to Enlightenment  
And how this is the biggest achievement  
He can take you from darkness to light  
He can show you how misery, you can fight*

*'Overcome the sorrow of the ego, body and mind'  
He says, 'And eternal bliss and peace, you will find'  
Life is a journey, it's just a show  
We are just actors, we come and we go*

*But what is our purpose on planet earth?  
AiR will reveal the secret of death and birth  
He will help you reach your ultimate goal  
To realize you're not who you think you are, you are the Soul*

*A quest is what AiR will urge you to begin  
He'll lead you to God, as you'll realize God within  
Starting from the journey of self realization  
AiR will guide you to God-realization*

*He will show you who you are and why you are here  
What the purpose of life is, he'll make it clear  
He will make you overcome worry and fear  
And make you live life without a tear*

*AiR will show you how to realize God in your heart  
A journey to the ultimate goal, he'll inspire you to start  
So if you want to become one with your Lord  
Reach out to AiR, he will help you realize God*



## OTHER BOOKS BY AiR

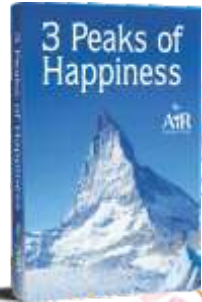
### 1. Talaash

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.



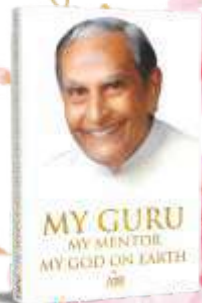
### 2. 3 Peaks of Happiness

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

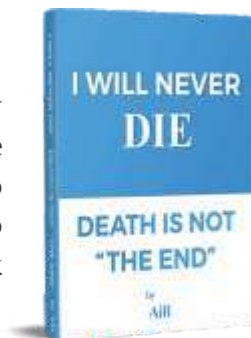
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his Spiritual quest and bringing about the transformation in him.





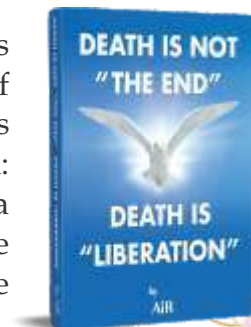
#### 4. I will Never Die, Death is Not “The End”

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.



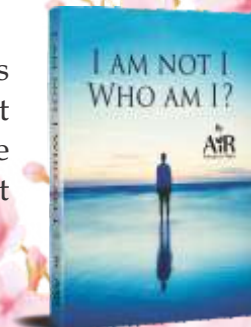
#### 5. Death is Not “The End.” Death is “Liberation”

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.



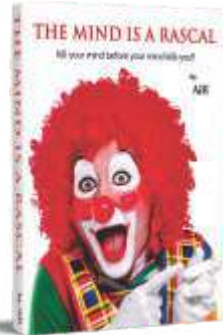
#### 6. I Am Not I. Who Am I?

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.



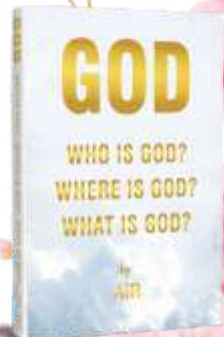
## 8. A Cosmic Drama

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.



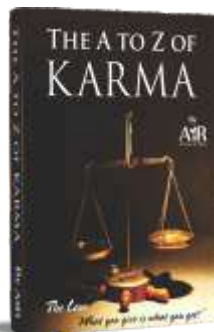
## 9. Who is God? Where is God? What is God?

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.



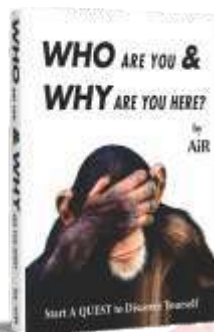
## 10. The A to Z of Karma

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.



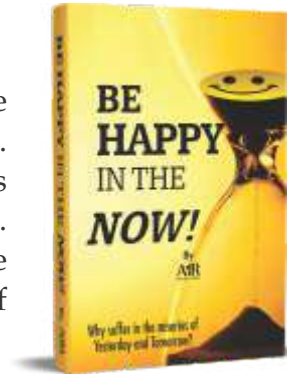
## 12. The 4<sup>th</sup> Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4<sup>th</sup> 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!



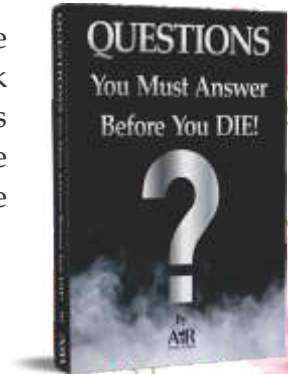
### 13. Be Happy in the NOW!

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.



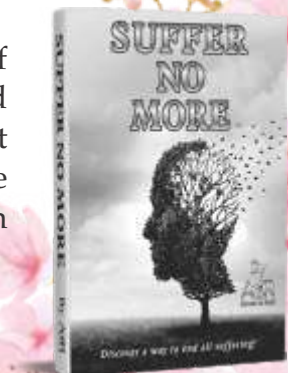
### 14. Questions You Must Answer before you Die!

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

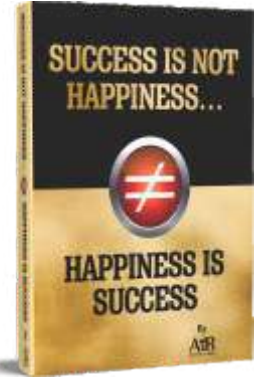
'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.





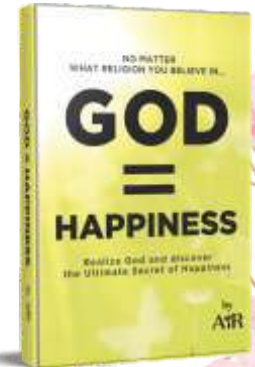
## 16. Success is not Happiness, Happiness is Success

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.



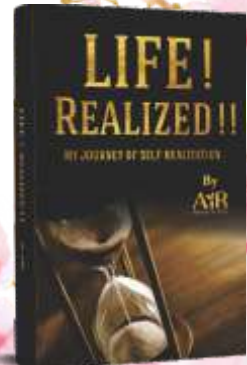
## 17. God = Happiness

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!!

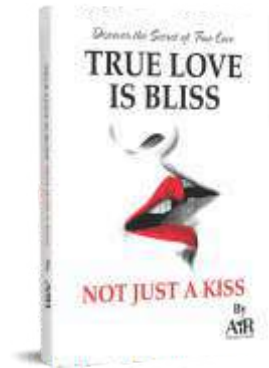
This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.





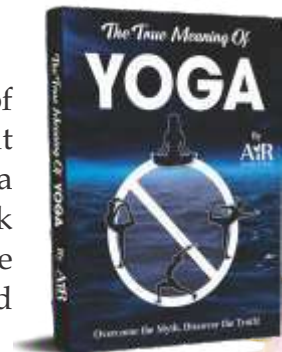
## 19. True Love is Bliss...Not Just a Kiss

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. The 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.



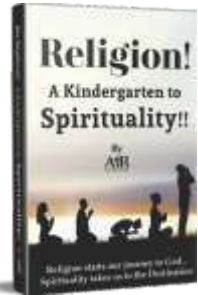
## 21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



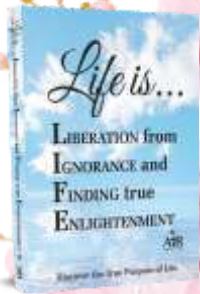
## 23. Why Bad Things Can't Happen to Good People!

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.



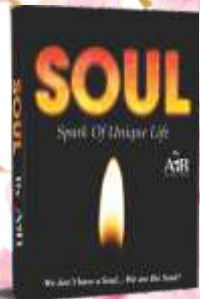
## 26. FEAR- False Expectations Appearing Real

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!



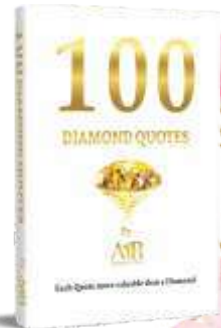
## 28. But We Pray!

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.



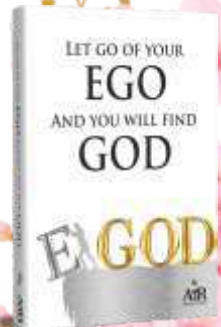
## 29. 100 Diamond Quotes

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.



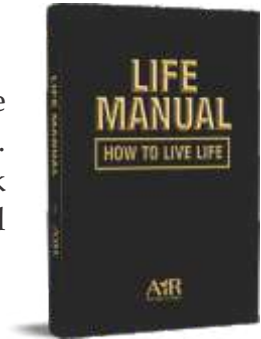
## 30. Let go of your Ego and you will find God

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.



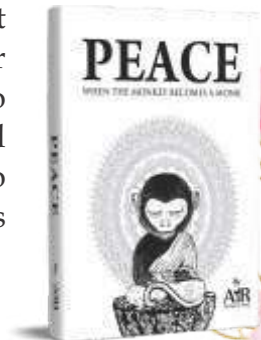
### 31. Life Manual - How to live life?

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.





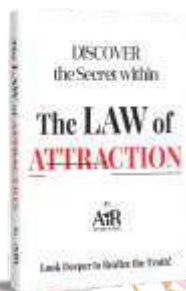
### 34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

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'.



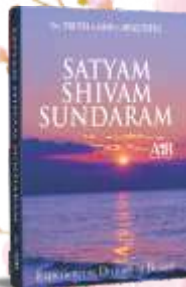
### 35. Discover the SECRET within The LAW of Attraction

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.



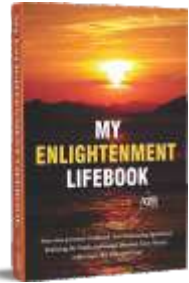
### 36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

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.



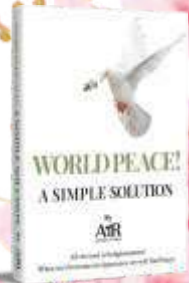
### 38. When you overcome the FEAR of DEATH, You start to LIVE

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

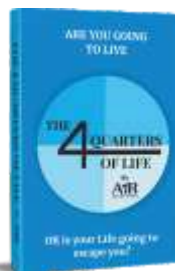
The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful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





### 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.



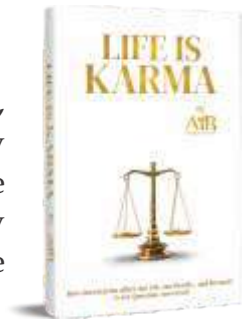
### 45. How to Live a Spiritual Life in a Material World?

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.



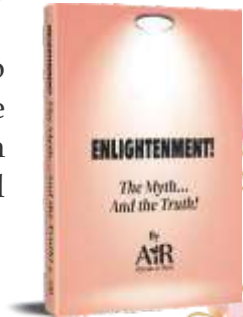
## 46. Life is Karma

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.



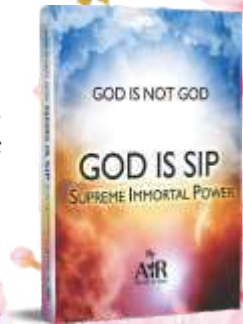
## 47. Enlightenment - The Myth and The Truth

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

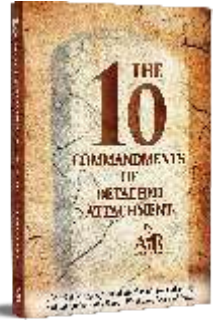
God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God,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





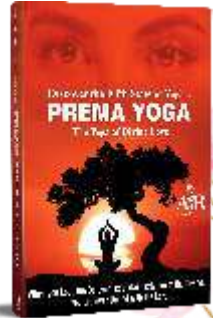
## 49. The 10 Commandments of Detached Attachment

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.



## 50. 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.



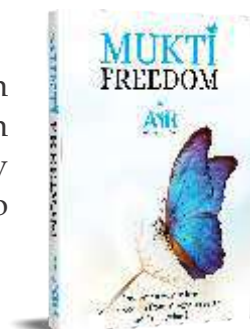
## 51. Give before you are Gone!

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.



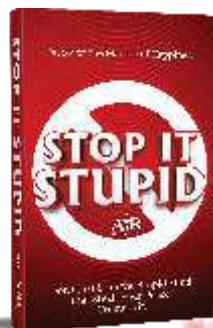
## 52. Mukti - Freedom

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.



## 53. 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.



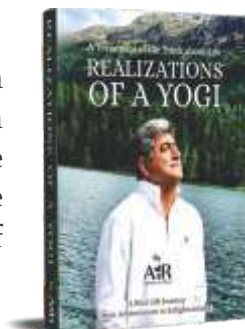
## 54. Don't cut a Cake! Awake! Your Birthday is Fake!!!

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.



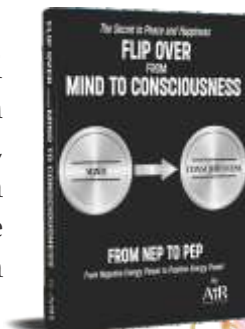
## 55. Realizations of a Yogi

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.



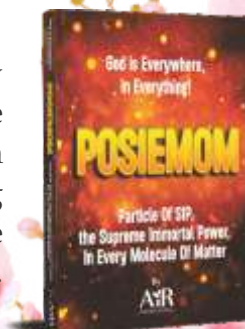
## 56. Flip Over! From Mind to Consciousness, from NEP to PEP

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!



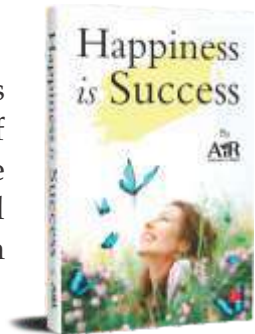
## 57. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

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.



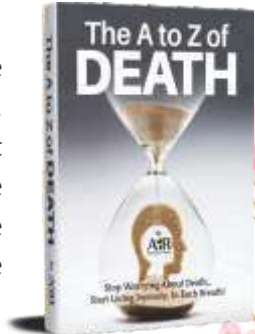
## 58. Happiness is Success

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.



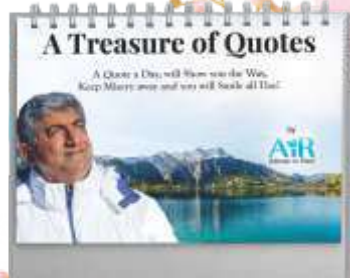
## 59. The A to Z of Death

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.



## 60. A Treasure of Quotes – Perpetual Calendar

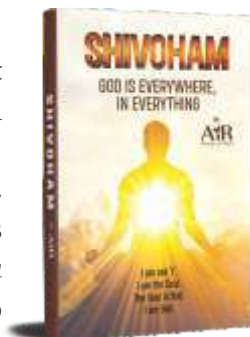
‘A Treasure of Quotes’ is a Perpetual Calendar. It consists of 366 quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will inspire you to begin a Spiritual Quest.





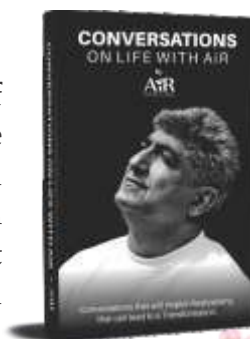
## 61. Shivoham

*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 8<sup>th</sup> century, '*Chidananda Rupah Shivoham Shivoham.*' This book will take you through from *Om Namah Shivaya* to *Shivoham*, from faith in God to realizing God.



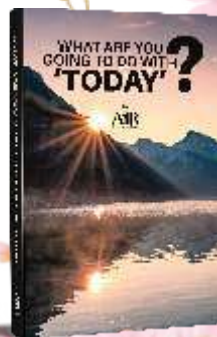
## 62. Conversations on Life with AiR

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.



## 63. What are you going to do with TODAY?

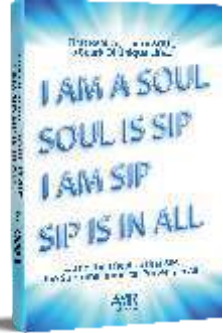
The biggest gift that we all have is the gift of 'Today.' That is why it is called 'The Present'. Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us. This book will inspire you to take charge of TODAY.





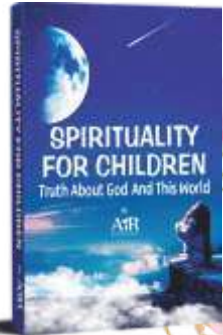
#### 64. I am SOUL. SOUL is SIP. I am SIP. SIP is in All.

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*.



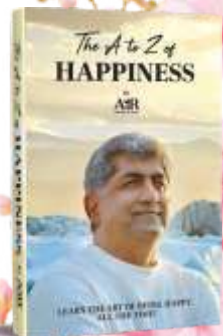
#### 65. Spirituality for Children

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.



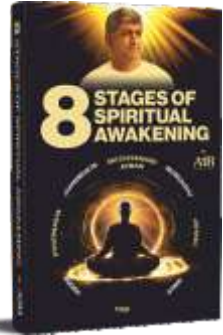
#### 66. The A to Z of Happiness

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.



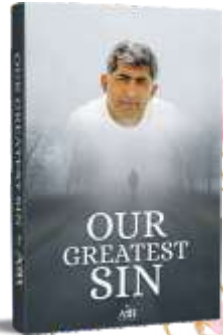
## 67. 8 Stages Of Spiritual Awakening

Spirituality is considered to be a mysterious subject. We are told that if we want to realize God, we must renounce the world and live in a forest. Unfortunately, we are enveloped in the darkness of ignorance. There are 8 Stages of Spiritual Awakening, but unless we start a Quest, we will not even begin the journey of Self-Realization.



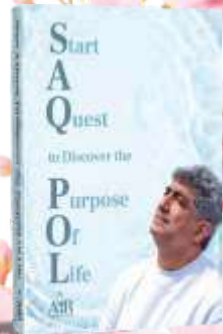
## 68. Our Greatest Sin

What is our Greatest Sin? Is it pride, greed, lust, envy, wrath, sloth or is it something else? Our Greatest Sin is caused by ignorance and believing we are the body, mind and ego, we sin. How can we be free from our Greatest Sin? This book will show us the path to overcome all Sin and win the greatest battle of life.



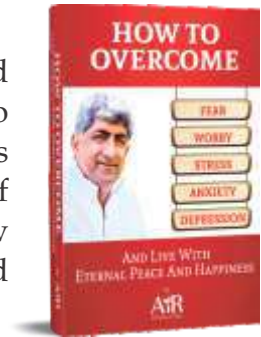
## 69. Start A QUEST to Discover the Purpose of LIFE

Why did we come to earth? Why did we take this human birth? What is the purpose of our existence? We don't discover who we are and why we are here. Isn't it time to start a quest to discover the purpose of life?



## **70. How to Overcome Fear, Worry, Stress, Anxiety and Depression**

We all struggle with these five monsters and suffer because of them. Is there a way to overcome them? There is. All we have to do is to still the Mind and be in the state of Consciousness. This book will show you how to eliminate Fear, Worry, Stress, Anxiety and Depression from your life.



**Now...**

## **71. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness**

**Coming soon...**

## **72. DREAM vs REALITY... Both are ILLUSIONS**

## **73. GOD - REALIZATION**

# Poems For Life

## Peace, Love, Bliss, Enlightenment and Eternal Happiness

Do you want to read poems that will transform your life?

Do you want Happiness and an escape from all strife?

This book of poems is sure to give you the gift

It will inspire you to ecstasy, from the mundane you will lift

The poems are many, but in this book everything you will find

It will teach you how to escape from your own rascal mind

It will make you think and make you ask and look at the sky

Till you ultimately find out the Truth – Who am I?

Realize the Truth as you go beyond success and achievement

Let these poems take you to ecstasy and Enlightenment

These poems will take you beyond seeking ordinary pleasure

If only you realize that in your hands, you have a true treasure

by

**AiR**  
Atman in Ravi

**A.i.R.**

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