

REBIRTH

The Mystery Solved!

By
AiR
Atman in Ravi



Discover the secret of escaping
from the cycle of Death and Rebirth!

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Atman in Ravi
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ISBN 978-93-5526-906-5

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Printed by: Vel Murugan Binding Works

Publisher: AiR - *Atman* in Ravi (Ravi V. Melwani)

Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017



PREFACE

Is Rebirth a reality or is it just a fairy tale? Is there something beyond death? Why does a little child that is just born, suffer? What happens to the Soul after we die? Will I die or will only my body die? Will I go to heaven or hell? Who will go to hell? How will we be transported to heaven? Will there be a Day of Judgement? Will we have to suffer for our sins? Does the Law of Karma actually exist? Will we become ghosts? Are there good Souls and bad Souls? Will we come face to face with God after we die? There are so many questions! But where are the real answers to these questions?

As I traversed a path in quest of the Truth, I discovered answers to solve the mystery of death and rebirth. I overcame my ignorance and I Realized the Truth. The Truth is very simple, but it will appear through inference. We have to use our intellect and join the dots. Then, we will see the real picture. We will Realize the Truth when we open our Real Eyes.

When I saw people suffer, as they shuddered with the fear of death and the mystery of rebirth, I decided to simplify the facts. The Truth is not so complicated. It is our own mind and ego that fools us to believe that we are 'ME' and confuses us, as it envelops us in a blanket of dark ignorance. Death is certain. Nobody can escape it! But what will happen after we die? When we discover the principles of Karma, we will Realize the Truth of the Universal Laws that govern our world. There

is a Power beyond human comprehension, that controls everything that happens on earth. The Divine Power does not micromanage everything that happens to you and me. The Divine has created Universal Laws that govern this show that unfolds on planet earth day after day. It is this Power that controls our birth and death.

Let us resolve this mystery of death and let us discover the truth of rebirth. Let us understand how death is not the end, that it is just a bend. Let us Realize the Truth about the Law of Karma and how it works, life after life. The body dies, but what about our deeds, both good and bad? How will we redeem our sins and be rewarded for our actions? These deeds, popularly known as Karma, are carried by the Mind and Ego, ME into the next journey. This book will decode the mystery and as it helps us to be Enlightened with the Truth, it will show us the way to escape from the cycle of death and rebirth. It will help us discover our ultimate goal as we realize that we are the Divine Soul. This book will solve the mystery of death and rebirth and it will reveal the Truth.

What is the Secret of Death and Rebirth?

Will we come back to planet earth?

When we realize 'Who is the 'I' that will die,'

We will not cry, look up at the sky and ask, 'Why?'



INTRODUCTION

Do you doubt Death? Do you accept the fact that you will die, or do you think you will live forever? Have you stopped to ponder on what will happen to you after you pass away? Where will you go? People will say that you passed away, as they pray for you to R.I.P. Will you actually Rest In Peace, or will you turn into pieces as you are burnt or buried at death? Why will your loved ones burn you? Is there any doubt that in reality they do not burn you, they only burn your body? If it were you, would they ever light a fire to you and make you suffer? Have you ever stopped to ponder about death and beyond?

Do you believe in Rebirth? What happens after we die? What is death? Is death the same as sleeping? After we sleep, we wake up, but will we wake up after we die? Is it 'game over' at death or do you believe that you will be born again? Do you believe in the Law of Karma? Do you accept that only the body will die, and you will be born, again and again, to settle your past deeds, your past Karma?

If you believe in Karma, then how will this Law of Action and Reaction unfold? When the body returns to dust, who will face Karma and how? Will you go to heaven or hell and meet God? Will there be a final Day of Judgement? Will your Soul hover around, waiting for God to punish you for your sins or reward you for your good deeds? Or, will you experience heaven and hell, right here on earth when you take Rebirth?

Most of us accept the reality of death, but some of us doubt the concept of rebirth. Somehow, we can't fathom how we can be reborn. We just don't understand who will be reborn and how the process will work. We think rebirth is nothing more than a myth, a fairy tale. But then, when we see a little child being born blind, we wonder, 'Why is God so cruel? Is God incompetent or is it just luck, chance, fate or serendipity?'

Do you think that everything that is happening in this world is just a random act of nature or do you believe that there is an intelligent design, and everything is governed by the laws of the Creator? Have you ever wondered why apples don't grow on mango trees? If you believe in the Law of Action and Reaction, then all the actions of our life, don't just disappear, they are stored in an account that we must settle. One day we die, but the account remains. We come back to earth, in a rebirth to settle our actions, our Karma. While this seems very logical, the mind doesn't believe it so easily. We need to Realize the Truth. We need Enlightenment. When we join the dots, we will see the picture, and then we will experience an 'Aha!' as we will Realize the Truth of death and rebirth. The mystery will be solved. Not only will we understand rebirth, but we will discover the secret of escaping from the cycle of constant death and rebirth, of overcoming misery and suffering, again and again. We will escape from returning to earth in a rebirth and be united with the Divine.

***Will you believe in the fairy tale of heaven and hell?
Or will you discover the secret of Death and Rebirth,
And be free from the tales that scriptures tell?***



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THE INCIDENT



Suresh's mother expired. It happened all of a sudden. She was healthy, but that day she didn't wake up in the morning. The family was in tears. She knitted them all together and was their backbone. In a few minutes, the preparation for the final rites began. The priest was called. Suresh offered his hair as a mark of respect to his mother and after performing prayers, lit a fire to cremate his mother.

Why did Suresh burn his mother? He loved her so much. Why would he light a fire that would turn her into an urn of ashes? It was because his mother was no more! This was not his mother. It was only the body of his mother. If it were his mother, would he ever cremate her? Impossible! His mother died. She passed away. She had left the body and she departed for some unknown destination. If she were alive, would Suresh burn her body? Every night she would sleep, but the next morning she would wake up. On this unfortunate day, she never woke up. She had expired. These were her mortal remains. It was not his mother; it was her dead body.

Then Suresh wondered, 'Where did my mother go?' He had no doubt she had left the body. The doctor had checked and pronounced her 'dead' earlier this morning. That's why he lit a fire to burn his mother's body. He was absolutely sure that this was not his mother. She was gone. But where did she go? She must have gone somewhere. He wondered, 'Where has my mother gone?'

EVERY 'BODY' MUST DIE



Is it surprising that Suresh's mother died? She was just 60. Some people live till they are 70 or even 80. Some die at 40. Death is in the hands of the Divine. We don't control when and how we will die. But one thing is certain. Every 'body' will die.

Every human being experiences this cycle of birth and death. Neither do we control when and how we were born, nor will we control the circumstances of our death. But it is certain beyond doubt that our body will die. The body will not live forever. The human being has been designed by the Creator in a manner in which we come alive and then we depart from planet earth. Not only human beings, but every living creature is also mortal. A butterfly may live for 14 days, and a dog may live for over 10 years, but they too must die. Anything that arrives on earth must depart. Human beings can live up to 100 years, but the average life expectancy today is about 75 years. Some children die soon after they are born and some people live over 100 years. But nobody can escape death! Death is certain. We have to accept it. We have no other choice! The world has not understood the real meaning of death. Scientists are flustered and they float many theories, but they have not been able to prove what happens after death. However, they have accepted death. Even the richest man in the world or the most powerful person, cannot escape from the inevitable phenomenon of death.

WHO ACTUALLY DIES?



While death is certain, who actually dies? If Suresh's mother, Mrs. Mehta died, what happened to his mother who was alive? The body of Mrs. Mehta lies dead on the bed, but this is not the one who was Suresh's mother. This is only her dead body! Suresh's mother is no more. She left the body and moved on.

Therefore, Mrs. Mehta ended her life at death. But the one who was alive as Suresh's mother left the body and moved on to some unknown destination. Is there any doubt about this? If the body that lay still was actually Suresh's mother, would he himself burn his mother? Definitely not! He only burned the dead body of his mother. If this were his mother, he would never dare to light her on fire.

Therefore, we must ponder on this Truth - who actually dies? The lady who was known as Mrs. Mehta and who happened to be Suresh's mother, finished her life role in this body and moved on. Just as we change clothes, we also change bodies. The body dies, but the one who was alive in the body never dies. They move on. While there is no doubt that death is certain and every 'body' dies, there is a lot of uncertainty about what happens after death and who actually dies. What part of Mrs. Mehta, who was Suresh's mother, left the mortal remains which were intact? The weight of the dead body is the same as the one that was alive. Then who departed from this body at death?



WHERE DO WE GO AFTER DEATH?

While we do not doubt that there has been a death and the person will never wake up, we have many doubts about where the one who was alive has departed to. All along, we have grown up believing in the fairy tales of heaven and hell. It is commonly believed that when a person dies, they leave the body, and then face the Day of Judgement where they will be rewarded for their good deeds and punished for their sins. Most religions believe in some kind of reward and punishment system after death. If there was no system of judgement, then why would people live moral lives? While we will analyze this later, we will now consider whether we actually move to a different location or not.

The body died and was returned to dust. Then who went to heaven or hell and how did they go? Even if death happens in a sealed airtight room, the one who died does not leave the room. Therefore, that life entity that departed at death seems to be very much there in the airtight room. Is this a fact or is there something that we don't understand? While we are still unsure as to where the one who has died has gone, we are absolutely sure that they do not occupy the body anymore. If they did, we would not burn or bury the body.

But the mystery is not solved. The only way to solve this mystery is to Realize the Truth about death and birth. Then, by joining the dots, we can solve the mystery of death and rebirth.




WHY DOES A NEWBORN CHILD SUFFER?

Have you ever wondered what is the reason that a little child is born blind? What is the fault of that baby? Is it that the Creator is cruel? Or, as some people believe, our Lord whom we call our God, is not powerful enough to control the evil forces that cause this? We can continue to imagine many things, but when we look around at our beautiful world, we can be sure that the Creator is all-powerful and all-knowing. The Creator has created this world and it is governed in a fair and just manner. The Creator seems to have instituted certain laws and it is by these laws, that life on earth unfolds day after day.

While it seems like the little child is suffering, it is obvious that there is some reason for this. The suffering is not just some random act of cruelty. Some people are born rich, others poor. Some are born in well-developed countries and some in backward communities to suffer. Some of us are born in good families, to good parents, who live good, moral, and ethical lives, while others are not fortunate enough and are born in families that live miserable lives. What is the reason for this discrepancy in our birth? We did not choose our birth, did we? Somebody else is responsible. But there must be a reason that this little blind child suffers. When we ponder over why a newborn suddenly dies due to a cardiac arrest or suffers because of being physically or mentally challenged, we realize beyond doubt that there is a reason for such a thing to happen. What is the cause?

LAW OF KARMA



As you sow, so shall you reap. Don't we believe in this law that unfolds every day on earth? When we plant apples, we get apples. Have you ever seen mangoes growing on an apple tree? It is not possible! The natural law will not permit this.

There is a universal law known as the Law of Karma. It is a Law of Action and Reaction. Just like the seed we plant decides the fruit on the tree, the deeds we plant, decide our destiny. The law ensures that what you do, comes back to you. Therefore, it is known as the Law of the Boomerang - what goes around, comes around. If we perform certain actions, we can't escape from the reaction, they will return as circumstances in our life. They will return as reactions in our life. It doesn't matter which religion you belong to or which country you live in. Karma is a Universal Law. What you give is what you will get.

Today, most of the world believes in Karma. By itself, the word Karma means action. But the Law of Karma is so universally accepted that when people say, 'Karma', they refer to the Law of Action. Whenever something happens in our life, we say, 'Karma!' It means that our life circumstances that have unfolded, are a result of our past actions. This is based on the Universal Law of Action and Reaction. There are a few people who do not accept Karma or believe in it. They continue to be baffled by the circumstances of their life because they don't understand that whatever is happening, is a result of their past Karma.



THE THREE TYPES OF KARMA

To understand the Law of Karma, we must not only accept the universal principle – as you sow, so shall you reap, but also go a few steps further to understand the A to Z of Karma. There is no doubt that our birth is based on our Karma. It is not just some random act of luck or serendipity, nor is there a Creator sitting somewhere in a heaven, controlling the birth of 8 billion people and trillions of other living creatures. There seems to be an automatic process that causes our birth. Just like the many laws of the universe, the Law of Karma is just one more law that ensures order on earth.

How did a newborn child have Karma? Obviously, it had a past carried-forward account. We create Karma as we live based on our actions, good or bad. These good deeds or sins are either redeemed in our present life or carried forward at death. Death is sudden but certain. But only the body dies. The one who leaves the body, carries their Karma into their next life.

Therefore, there are 3 accounts of Karma. An opening balance that we start with at birth, a current account of good and bad based on our actions performed on earth, and a carried-forward account of our unsettled actions that causes rebirth. Every human being deals with these 3 accounts of Karma which merge to control their birth and death. The account of Karma is carried forward life after life. But the question remains - who does the Karma belong to?



WHO DOES THE KARMA BELONG TO?

Who performs actions? It is our body. But who is the director of these actions? It is the Mind and Ego, ME. The mind thinks, the intellect decides and the body acts. The action is performed, and the Karma is recorded, good or bad. All through life we are creating Karma. We are also enjoying the fruits of our past Karma. Whatever is unfolding in our life that people consider as luck or destiny, is actually our own Karma coming back to us. It is not because of luck that an apple is growing on the tree. It depends on the seed that was planted. So also, our destiny that is unfolding, depends on the deeds we have planted in the past.

It is natural for us to perform good and bad deeds. Our positive and negative Karma, continue to be the cause and we experience the effects in our day-to-day life. But then one day, the body dies. However, the body has not redeemed all its past Karma. Some Karma remains unsettled. But the body is cremated and returns to dust. The Karma is then carried by the director of action, the Mind and Ego, ME into another body. That is the reason why a young child is born blind. The Karma does not belong to the body. The body is only an instrument, which experiences the results of our Karma. The body by itself does not carry any Karma. The body is directed by ME, and it enjoys the fruits or suffers the sins of the ME that adorns the body. When the body dies, the Karma that is not redeemed is carried forward by the Mind and Ego, ME into its next journey of life. The account of Karma continues to belong to the Mind and Ego, ME, life after life.




THE HUMAN COMPUTER

To solve the mystery of rebirth, one must understand how the human-computer functions. Don't we know how our laptops work? There is hardware that includes the screen, the keyboard, the motherboard, and there is software that runs the operating system. If the software is not loaded, our laptop cannot work. The device needs the software to function. But would the hardware and software function without the power supply?

The human body too is just like a computer. Our hardware is the gross physical body. It consists of our hands, our legs, our head, and our heart. On the outside we have skin, but inside we have flesh, blood, and bones. All this is knitted together by our nervous system. However, our gross physical body cannot work without our subtle body, which is the software. Human software consists of the mind, the intellect, the memory, and the ego. Together, this is our inner instrument, and it boots our hardware to live every morning. But what about the power supply in the human-computer? Our computer either has a power cord or some kind of battery backup. But does the human body have a battery?

While we have not discovered the source of power in a human body, we cannot deny the existence of a power. There is a life force which people call the Soul, the Spirit or the *Atman*. It is this power that gives us life. One day it departs, and then there is no breath. This is called death.

WHAT HAPPENS AT DEATH?



When a living person is declared dead, we all cry. We look up at the sky and pray for the departed Soul. We utter the letters R.I.P. without understanding who will Rest In Peace. What has actually happened at death?

The body has died. Every 'body' has to die. Nobody in this world can escape from death. The person who had a name, a family, and personal possessions, is no more. It is 'game over' for that person and he will never come back as the same person ever again. But when we say that he passed away, what do we mean? His physical body is right in front of us. Of course, that is true, but this is not the person. This dead body is just the mortal remains of the one who was alive. The deceased has departed, expired, moved on. But where has he gone? Who has gone because the person appears to be here?

Because we are convinced beyond doubt that this body is not the person who was alive, we burn the body or lower it below the ground. Would we cremate our loved ones while they were alive?

Therefore, death reveals that we are not the body that dies. We leave the body and move on. But two questions remain unanswered. Who is the one that leaves the body, and where do we go at death? Death is certain. But while it is 'The End' for the body that was alive, it is just a bend for the one who lived in this body, and who departed or passed away.

ARE WE THE BODY THAT DIES?

Most of us think that we are the body that dies. That's why we cry. Are we the body that is born and that departs at death? Are we the one who is constantly changing?

If we are the body, then which body are we? Are we what we look like in the mirror today or are we the baby that was born on our birthday? One day this body will grow old, and it will decay and may get diseased too. No doubt we have a body! My body is different from your body and all the parts of our body are needed for us to live our life. But the question that needs to be clearly answered is, 'Are we this body that will ultimately die?' Once we understand the answer to this question, we will move forward in the journey to resolve the mystery of rebirth.

We all experience the shedding of our dead cells. Don't we do a pedicure where the roughage is scrubbed off? While we see this happen, many of us don't realize that all the cells of our body are constantly being regenerated through cell division. It is even said, that every 7 to 10 years, all the cells of our body are changed to new cells. Therefore, if you are 50, you may be having your fifth, or sixth, or seventh body. If we think we are the body, then which body are we? We already know we are not this body because death reveals the biggest secret. We depart and our body is destroyed. We must therefore realize beyond doubt that we are not this body that is constantly changing and that ultimately dies. Who are we in reality?



DOES KARMA BELONG TO THE BODY?

While most of us think that we are this body, we do not realize that the Karma does not belong to the gross physical body. The Karma belongs to ME, the Mind and Ego, the subtle aspect of the body. The mind and ego use this body to create Karma. This body experiences the consequences of Karma as long as we are alive, but Karma does not belong to the body.

How can we understand this? After all, without the body, there can be no Karma, no action. The question however is – does the body perform the action or does it only execute what the mind directs? The mind thinks. Thoughts become feelings and feelings lead to action. While it seems that the body is doing the action, in reality, it is the mind that drives all actions. Therefore, does the Karma belong to the body or mind?

While the body performs actions, the Karma is recorded for the Mind and Ego, ME or the subtle body. One day, the gross body will die, but the account of Karma will not be closed. The good and bad deeds that we perform as we live in a gross physical body are captured by the Karmic Law. When we depart from the body, we carry our Karma into our journey beyond. The body is mortal and if Karma belonged to the body, then at death, all good and bad Karma would be nullified. It is also interesting to ponder over whether a little child who is born, is responsible for its Karma or not. That baby is an innocent body, and we can all be sure beyond doubt that the baby does not own any Karma but its Mind and Ego, ME, does.



HOW IS OUR BIRTH DECIDED?


Did you choose how you were born? Did you decide your parents, your nationality or your gender? We just arrived on the planet, and we have no clue about how this happened. Those who study the Law of Karma, understand who controls our birth.

While many people attribute their birth to God, what does this mean? Is God sitting in a hi-tech room, with multiple switches and buttons, somewhere in heaven controlling the birth of 8 billion people and trillions of other creatures? No! The Creator has instituted the Law of Karma and our birth is automatically decided by our past actions. That is why some people are born fortunate and some unfortunate. There is no other logical reason why an innocent baby must suffer. Therefore, we must understand that our birth is decided by our Karma.

How can we justify this? A child who is born carries a destiny and while it seems to be luck, fate, serendipity, or simply the grace of God, the only logical fact is that the child's destiny has been decided by its Karma.

The child may seem to be a newborn body, but the one who is alive in the child is not a 'new' born. It is the Mind and Ego, ME within the child that carries its pending past Karma and is born on earth with a destiny, not by chance, but by its own unsettled past Karma that has still not been redeemed.

IS EVERYTHING PREDESTINED?



If our birth is decided by our Karma, our past actions, many people often wonder if everything in our life is predestined. No! Karma works with a two-fold method, which can be easily understood with the simple analogy of a car on the road. Suppose you are driving a car, are you in charge of the journey? Of course, you are. You can go fast or slow, turn left or right, or even stop. As the driver of the car, you have the free will to drive as per the rules and laws of the city where you are driving. But can you change the road? Can you make a road that is going uphill, flat? Can you order a bumpy road to be instantly paved as you drive on it? You have no control over the road, but you have complete control over the car.

Just as we have control over driving the car, we have the free will to choose our present actions, our present Karma. However, just like we do not have any control over the road that lies ahead of us, we have no control over what is unfolding in our life. Whatever is happening around us, these circumstances are unfolding as per our past Karma. The actions are already done in the past. Nobody can go back to the past and change their past actions. These actions, good or bad, must bear fruit. It is the reaction of our past actions that unfolds as circumstances of our life every day. Whatever is happening, therefore, is because of the twin Karma, the Karma of the past, which like the road can't be changed, and the Karma of the present, which like the car is in our hands. Thus through our Karma, we create our destiny!



DO WE CONTROL OUR DEATH?

Just as we have no control over our birth, we have no control over our death. Birth and death are in the hands of the Divine. There is a Power beyond human comprehension that controls not just our death, but also controls the Law of Karma and everything else that happens on earth. While we are not blessed to comprehend this Power, some of us can be enlightened to realize and experience this Divine Power. Death is influenced by Karma. Having discovered the twin nature of the law of Karma, our life unfolds based on both our past Karma and our present Karma.

Therefore, is death predestined? Since death is influenced not just by our past Karma, but also our present Karma, it seems like we are in control of not just our life, but also our death. However, we have no control over the Law of Karma, nor can we decipher how it works. All we know is that everything unfolding in our life is the reaction of our own past actions. We have full control over our actions. We have been given the steering wheel of our life and we can make a choice. We have an intellect and the willpower to choose and decide. But once we finish our action or Karma, then the law of Karma takes over. Both our life and our death will then unfold as per our Karma, our own actions. Often, we do not understand why our life is not unfolding as per our actions. We forget about the past actions that we have done, actions that could be from our distant past or even a previous life.




WHO CARRIES THE KARMA AFTER DEATH?

While it seems that death is the end, and the one who was alive finished everything in toto, the truth is that death is not the end. It is only a bend.

For the body that dies, death is 'The End'. Not only does the body die, but the person who had a name, an identity, possessions, and relationships, completely ceases to exist. There is no coming back. It is game over! The one who was alive, can never return to the body and resume his life ever again. However, we know that the dead body is not the one who passed away. The one who departed is the director of actions. It is the Mind and Ego, ME. It is the subtle part of our existence and it carries our actions or Karma not just during our lifetime but even after death.

At death, the body dies. But the ME, Mind and Ego, has to settle all sins and good deeds done in a lifetime. Therefore, the ME carries this Karma beyond death, into a journey of an afterlife, that can only be inferred. While there is no way to prove that ME is carrying the Karma forward, the laws of the universe reveal this. First of all, the Law of Action and Reaction cannot be aborted. Just as all the seeds planted must bear fruit in normal circumstances, so also, the deeds performed by our subtle existence, the Mind and Ego - ME, will bear fruit in a new life, in a new body that it appears in. This justifies why a young newborn child is born either in fortunate or unfortunate circumstances.

JOINING THE DOTS




It's time to join the dots between birth and death, Karma and rebirth. Unless we join the dots, the real picture will not emerge, and we will not Realize the Truth.

Can we deny the existence of the Law of Karma that states - As you sow, so shall you reap? We all accept the Law of Action and Reaction. This is the first dot. The second dot is our birth. It is obvious that birth is not a random act but is controlled by something. What is that? The third dot is revealed at death. Only the body dies, but the one who was alive leaves the body. That is why we destroy the body of our loved ones. The fourth dot is the Law of Karma. We cannot escape from our actions. We have to pay for them. This leads us to the fifth dot. When the body returns to dust on earth, who will go to a distant heaven or hell, and how? Obviously, to suffer for our sins, and to be rewarded for our good deeds, we need another body.

When we try to join all these dots, what emerges is the Realization of the Truth. The one who passes away at death is not free from his actions or Karma. Based on Karma, the person is reborn in a new body. There is no other option but to believe this, just like we have no option but to infer that there is a Law of Gravity, the force that exists on earth. If we throw a ball up, it should fly away in the sky. It doesn't because of gravity. Similarly, when we infer, we discover a connection between Birth, Karma, Death, and Rebirth.

THE INFERENCE OF REBIRTH



Can we deny the Law of Gravity? We can't. It is a Universal Law that prevails everywhere on earth. However, it is only proved by inference. Because everything is pulled back towards the earth, it becomes obvious that there is a force that exists. We cannot see it, but we can understand it through inference.

Birth and death can be scientifically proved. We cannot deny these two phenomena. But how can we prove the Law of Action and Reaction? If there was no law, then apples would grow on mango trees. This does not happen! The seed we plant decides the fruit on the tree. So also, the deed that we perform, decides our destiny. Unfortunately, we can only infer certain things like rebirth.

Why does a young child receive a joyous or miserable life at birth? What has the young child done to deserve this destiny? The young baby has just arrived on earth, but it has to suffer because it is blind. Why? Why does another child get to be born in perfect health, in a palace somewhere else? Is it just luck? While it seems to be luck, it is in fact, a result of Karma. The child that is just born is a young baby. But the mind and ego, ME, in the child is the one that carries the Karma of a previous life or lives. It is this ME, that is rewarded or punished by Karma as it is born in a new body. The ME keeps changing bodies as we go from one birth to death, but the account of Karma continues.



THE REAL MEANING OF DESTINY

We all talk about luck, fate, and serendipity. We think that there is a magic force that decides the destiny of our life. What we don't realize is that there is no magic. There is a simple logic. Children are told that the beautiful snow on the mountains is God's magic show. They are made to believe that beautiful snowflakes are falling from heaven on the earth magically. The logic is different. As per one of the laws of nature, when the temperature drops below freezing point, rain becomes snow.

Our destiny too is based on a law, a law that states – what you do will come back to you. The fruit on the tree doesn't appear by chance. It grows depending on the seed we plant. So, our destiny unfolds as per the deeds we do. Those who believe in the miracle of LUCK, must learn that the real spelling is PLUCK. We pluck our luck, or destiny depending on our Karma or our actions.

Rebirth is not a matter of luck. We were born as per our past actions. We do not know what was the Karma that caused our rebirth, but we can be sure beyond doubt that our arrival on earth was not a matter of chance. It is Karma that decides our rebirth. Those who think that rebirth happens by luck, must realize that this destiny of our coming back to the planet will not depend on angels and fairies in the skies, but the work we do with our hands, when we are alive on earth. We decide our Destiny.



THE LAW OF KARMA IS MYSTERIOUS

When we look around in the universe, everything seems to be like a miracle. How does a little child develop from a single-celled foetus, ultimately into a 30-trillion-cell human body? The skies are magical with twinkling stars. The oceans are mesmerizing with dolphins and fish. The entire earth is filled with the wondrous beauty of butterflies and birds, animals, and human beings. But far more magical is the mysterious Law of Karma.

How does the Law of Karma monitor hundreds of actions of billions of people every day? How is each action rewarded or punished accordingly? It is a real mystery how this law unfolds. Not just does Karma record our actions on earth, but it continues to do so and causes our rebirth. Those who do not want to believe in the Law of Karma, may brush it aside as mere nonsense. They may not want to accept the law, but they can't escape from it. The Karmic Law is such that nobody, anywhere on earth, can sideline it. The only way to decode the mystery of Karma is to be enlightened about the truth of the law. Once we realize who we truly are, then we will be able to transcend Karma. We can see the law unfold but we can't understand how exactly it works, just as we see the earth rotate on its own axis every day but we have no clue about how this actually happens. Just because we cannot understand the mystery of Karma, we should not do away with the realization that our rebirth on earth is certain.



CAN WE ESCAPE FROM KARMA?

Every human being must act. Action is a sign of life. Once we are born, we grow by our actions and ultimately we go. A person without action is considered dead. Man must wake up, walk, talk, eat and live, otherwise, man will die. We can't escape from actions.

Every action that we perform is our Karma. It is recorded in our account. Good or bad, every deed is captured by Karma. The moment there is Karma, that deed becomes a seed that will ultimately bear fruit. We may see the result of our Karma immediately or after many years. Unsettled Karma will be carried forward and cause our rebirth. Therefore, the moment there is Karma, there is rebirth. Since we can't escape from Karma or action, we can't escape from rebirth.

Since we realize that this world will make us experience both pleasure and pain, loss and gain, sun and rain, we have been taught that the goal of life is to escape from rebirth. This means that we have to escape from Karma. Is that possible? While there can be no freedom *from* action, there can be freedom *in* action. While there is no way to live without doing our Karma, we can escape from Karma by realizing who we truly are. When we attain this state of self-realization, we then realize that we are not the body that dies. We realize we are ME, the Mind and Ego, that carries our Karma to our rebirth. When we ultimately realize that we are not even the Mind and Ego, ME, then we can escape from all Karma because though the body performs actions, we don't own those actions.



THE MIND IS OUR BIGGEST ENEMY

While the principle of Karma is a law and it is obvious that birth has some history to it, our mind refuses to believe this. Why does the mind fight so hard to confuse us with thoughts that stop us from the realization that rebirth is a reality? It is because once we Realize the Truth about rebirth and Karma, we may go forward and realize that the mind itself is an illusion. It doesn't exist. You can find the nose on your face, you can touch your hands and feet, you can see a picture of the heart, or a scan of the brain. But where is the mind, you cannot find. The mind seems to be a subtle part of our existence. In reality, it is just a bundle of thoughts. It bombards us with a new thought practically every second. These 50 thoughts a minute, create fear, worry, and anxiety and they make us doubt the truth about rebirth.

The constant bombardment of thoughts, which can be up to 50,000 thoughts a day, stops us from activating our Intellect to discriminate thoughts before they become feelings and actions. The mind is such a rascal that it doesn't even let us sleep in peace. When the body rests and is restored, the mind continues its illusory wandering in our dreams and makes us experience fantasies and nightmares that are not true. Kill the mind before the mind kills you! Those reading this for the first time will be shocked. They don't realize that the mind is our biggest enemy. Along with the ego, it becomes ME, that stops us from self-realization and discovering the truth about rebirth.



KNOWING THE EGO THAT IS REBORN

Don't we experience the ego every day, the one that says, 'I want coffee'? It also says, 'This is *my* house,' 'That is *my* car,' or 'Tell *me* the truth.' Who is the one that says, 'I', 'me', 'my' and 'mine'? It is the ego.

We all know the meaning of ego. But not many of us realize that the ego never dies. Along with the mind, it becomes the ME, the Mind and Ego, that drives all our actions. These actions become our Karma, which is recorded and must be redeemed. Good or bad, the 'I' must be rewarded or punished. The Mind and Ego, ME is our real director. It directs the body to act. It is like the software of the computer. Without mind and ego, the body doesn't act. Even the reward or punishment experienced by the mind and ego is through the body.

One day, this body will die. But it has unsettled Karma that belongs to the ME, the Mind and Ego. The body will return to dust, but the mind and ego will carry its Karma and take rebirth in a new body to settle all past deeds that have not been redeemed. That is the reason why we see some children being born in fortunate and some in unfortunate circumstances. The body seems to be a newborn baby, but the ego is the one that has lived before and is returning as ME, with its Karma. Unless we Realize the Truth of 'Who am I?' we will continue to be reborn.



MAYA, THE COSMIC ILLUSION

Why is it that we are unable to see the Truth about rebirth although the facts are so clear? The fact that death is certain, the Truth that we leave the body, the reality of the Law of Karma and the simple logic of why a little child suffers at birth – why does this Truth escape from our Consciousness? It is because the Truth is concealed, and the myth is projected. This is done by *Maya*.

Maya is a cosmic illusion. It has two powers. It conceals the Truth and projects the myth. Just like a projector conceals the white screen, and projects the movie, *Maya* conceals the Truth that we will be reborn as per our Karma and projects the material world in which we sink. In fact, *Maya* even conceals our real identity and stops us from Enlightenment.

If only we Realize the Truth about rebirth, we would live very different lives. We would do good Karma so that we can control our destiny. We would not fear death, knowing that we are not this body. We would accept everything that happens, realizing that suffering is a result of our own Karma. If only we Realize the Truth about *Maya*, we would be able to overcome the cosmic illusion and realize how the majority of humanity is reborn again and again as per karma. Though the stark reality is so obvious, the fog of *Maya* hides the Truth and causes us to suffer. Unless we overcome *Maya*, we will never realize that we are the Divine Soul and become free from rebirth, which is our ultimate goal.




HOW CAN WE OVERCOME OUR IGNORANCE?

Why do we human beings suffer? Why do we cry and look up at the sky and wonder why miseries befall us? It is because of our ignorance. If we are enlightened with the Truth, we will accept whatever happens in life, knowing that it is a reaction to our own actions. Instead, we live with fear about death and the afterlife, we worry about every little trivial thing, and we live with agony because we think we are the body, mind, and ego. It is the body that suffers physical pain, the mind that experiences misery, and the ego that is agonized with anger, hate, revenge, and jealousy. As long as we are ignorant about who we are, we will not only suffer this triple suffering on earth but continue to create Karma and take rebirth, again and again. Is there no way to escape from all this suffering?

Of course, there is a way. It is by overcoming our ignorance. When we Realize the Truth, one by one, we overcome all suffering when alive. When we are finally enlightened, then at death, we even escape from rebirth and unite with the Divine. However, we are enveloped with a thick layer of ignorance that causes so much darkness that we are unable to see the light of Truth. We must overcome this ignorance by peeling the layers of the myth that we have grown up with, one by one. How can we overcome ignorance and Realize the Truth? It is first, by realizing that we are ignorant about our ignorance and then, going in quest of the Truth, questioning everything that we have been taught using the power of the intellect that we are blessed with and overcoming our ignorance one by one.


GOING ON A QUEST



Rebirth will continue to be a mystery and we will continue to cry when we see somebody die unless we go on a Quest and find the answer to the question – Who am I? Our ancestors in the ancient civilizations knew the importance of letting go of the material world. After their cycle of growing, learning, and earning, they would leave everything, their family, their wealth, and renouncing the world, they would retreat into the forest in search of the Truth. Today, we, our society is lost in the material world. We just live till we die. We zoom from our womb to our tomb. We have no time to ask questions, to investigate, and to Realize the Truth. If we want to be enlightened with the Truth, we have to go on a Quest.

What is this Quest all about? The Quest is acknowledging that we are ignorant about the Truth. The Quest is to realize that we don't know the answers to many of life's existential questions. We do not know who we truly are. We don't know why we are here, just as we don't know who, where and what God really is. Because we don't Realize the Truth about Karma, death, and rebirth, we believe in the myth and the mysterious fairy tales of ghosts and angels, and we suffer due to our ignorance. It is time to overcome our ignorance and Realize the Truth and for this, we need to go on a Quest. To start a Quest, one must list the several questions that we want answers to. We must take these questions and spend time in retreat, in silence, in meditation, and introspection away from the noise of the world.

AM I THE BODY THAT DIES?




To understand the Truth about rebirth, we must contemplate this important question – Am I this body that will ultimately die?

Death is certain and everybody dies and when we die, our near and dear ones cremate our body. Obviously, if we were that body, they would not cremate or bury it. Haven't we heard people say when somebody dies, that he passed away, 'departed, expired, moved on'? Therefore, we all know that we are not the body. At death, we leave the body, and we depart. Still, while we know this Truth, we do not realize it. That is why we question the Truth about rebirth. If we realize the fact that this body is just like a garment that we wear, it will not be difficult to understand that just like we change clothes every day, we change our body life after life.

Who came first – you or your body? Is there any doubt that the body was formed in your mother's womb, over the 40 weeks after you were conceived? If you were not conceived on that very special day, when the two cells of your parents became one, your body would have never been formed. It was around the first fertilized cell, the zygote that was energized by a life Power, that the heart, the brain, the kidneys, the blood, the bone and skin develop. We must know beyond doubt that we are not this body that is born and dies. On realizing this, we will understand that we are the mind and ego, ME, that takes birth in a new body, again and again.

CAN WE FIND THE MIND?




If you want to decode the mystery of rebirth, try to find your mind. You can find your nose and your cheeks. You can pull your hair and wriggle your toes. You can feel your heart beat and see a scan of your brain. But where is the mind, you cannot find! While our mind seems to exist, and it pops a new thought practically every second, it is not a part of our gross physical existence. Just like the software in a computer that exists, our mind cannot be touched. Along with the ego, the mind becomes the ME, which directs all actions. The body is just an instrument that executes our thoughts. While the body does the action and experiences pleasure or pain, the real doer of the action is the mind as it directs the body to act.

We are already convinced that we are not the body that dies. Then who are we? As long as we don't Realize the Truth that we are the Divine Soul, we will continue to be the Mind and Ego, ME that will direct action and then, carry its Karma into a new body, life after life. Unless we are enlightened to transcend the mind and ego, we cannot escape from rebirth.

Most of us human beings, do not Realize this Truth, that while the body dies, death is not the end for the mind and ego. It is just a bend. The Mind and Ego, ME, leave the dead body and just like the software is transferred from an old gadget to a new gadget, the ME, along with its Karma, transfers into a new body, and starts a new journey on earth.

WHO AM I IN REALITY?



While this is not an essential aspect to understand rebirth, this question must be answered to realize the true meaning of life. There is no doubt that we are not the body that we think ourselves to be. When we look at a group photograph, we may point out at our picture and say, 'That's me!' But the Truth is that it is only my body, not me.

Even the Mind and Ego, ME, that seems to be the director of all action, is, in reality, an illusion. It appears to be, but in fact, it is caused by our ignorance. Because we are ignorant of who we truly are, we think we are the body, directed by the Mind, and Ego, ME. But in reality, we are none of these.

The Truth is that we are the Life Energy that departs at death. We are the Power that gives us breath. This Power is known as the Divine Spirit, the Soul or *Atman*. The names may differ, but the Ultimate Truth is that we are this Power or the Soul. How can we be sure of this? Both birth and death reveal the secret. We may be alive in a moment, but the next moment we are gone. There is no change in our body. Every cell is intact. But the Power that made us live, departs. We are that Power. At birth, it is this very Power that makes two cells fertilize to become a zygote around which the body develops. Because of ignorance, we don't realize that we are not the body nor ME, the Mind and the Ego. We are this Life Power that some people call the Soul, the *Atman*, the Divine Spirit.



MY GOAL IS TO REALIZE THAT I AM THE SOUL

As long as we don't achieve our ultimate goal to realize we are the Divine Soul, we will continue to suffer on earth. We will be born as per our Karma, then we will experience pleasure and pain, and then, ultimately die, only to be reborn again and again.

For those who believe in the fairy tale of heaven and hell, it is a time to pause and contemplate – who goes to heaven and hell, how does one go there and who will experience reward or punishment once the body perishes? Those who are enlightened with the Truth, realize that at death, one of the two things can happen. When we die, there is no doubt that we experience heaven or hell for our sins, and our good deeds respectively. However, heaven or hell are experienced on earth, when we take rebirth in a new body.

If we are ignorant and don't realize that we are the Divine Soul, we live as a body that is driven by the mind and ego, ME, and create Karma and experience rebirth. However, if we realize that we are the Soul, not the Mind and Ego, ME, then there will be no rebirth as the Soul does not create any Karma. We will be liberated and united with the Divine. This is our ultimate goal. Either we can continue to believe in the fairy tales and think that salvation is meeting God somewhere in the stars, or we can Realize the Truth, that God lives in the temple of our heart, and become one with God. This is our ultimate goal, and it happens when we realize we are the Divine Soul.



EVOLVING FROM KNOWLEDGE TO REALIZATION

While many of us know the Truth about life, we don't Realize it. We know that the body will die. But we don't realize who leaves the body. We know that the body will return to dust, but we don't realize that the mind and ego will experience rebirth as per its Karma. We know that God is not a statue or a saint, but we don't realize that God lives in the temple of our heart.

It is unfortunate that while we human beings know the Truth, we don't realize it. We have to evolve from knowledge to realization. Our knowledge has to be crystalized and engraved in our belief system. It is sad that our mind, which is our biggest enemy, confuses us and stops us from converting our knowledge to realization. That is why, although nothing belongs to us, we come empty-handed and we go without anything and we know this truth beyond doubt, still we become greedy and lose our life chasing money and possessions which will never belong to us. Don't we know the Truth? Of course we do. But we don't realize it! Unless we evolve from knowledge to realization, we will continue to be ignorant and suffer.

We know very well that when a newborn child suffers, it is not because God is cruel or unjust. We know that the child is born based on past Karma, in the rebirth of Mind and Ego, ME but we don't Realize this Truth. It's time to convert our knowledge of the truth into realization.

DOES GOD EXIST?



Do you have any doubt that this universe, the earth, the solar system, the mountains, the oceans, the birds, the animals, you and me, have a Creator? Is it possible for all this to have appeared from nowhere, just by magic? There must be a Power greater than us, who created this amazing world.

Some people believe that the universe came about through the Big Bang. If that ever happened, then how did it happen? Who caused it to happen? There must be a Power who did all this, a Power or a Creator we refer to as God.

Who manages this universe? Who governs our destiny? It is God. God is beyond human comprehension. We cannot define God, but just because of that, we cannot deny God. The Creator has created many Universal Laws, by which the universe operates, and life unfolds on our planet, day after day. Everything that is happening, is happening as per God's laws. One such law is the Law of Action and Reaction or the Law of Karma. That is why when you plant apples, you get apples on the tree. Therefore, our deeds control our destiny. Not only do our actions result in our circumstances in this life, but the Universal law of Karma also controls our death and beyond. Each birth on earth is not micromanaged by God but automatically unfolds as per our Karma, our actions. Thus when we die, our pending Karma is carried by the Mind and Ego, ME to be reborn in a new body, as per the Divine Universal Law of Karma. Believers who use contemplation, Realize this Truth.



WHO, WHERE, WHAT IS GOD?

To decode the mystery of death and rebirth, we must spend some time introspecting on who God really is. Where is God and in fact, what is God? Those who go on a quest, realize that God is not made of bone and skin. God is a Power that lives within. Although scriptures tell us, 'The kingdom of God is within,' and 'God lives in the temple of our heart,' and 'We are the *Atman*, *Parmatman* or God,' still we human beings do not realize this.

Does God exist? Of course, He does! But God is a Power beyond human comprehension. This Power comes alive in us at conception, 9 months before our birth. It is this very Power that departs at death and then, there is no breath! But we don't realize it.

Because we don't realize that we are a manifestation of God, we suffer. Not only do we live as this body and we die, but we are reborn again and again, as ME – the Mind and Ego. We cannot escape from this cycle of death and rebirth, till we decode the mystery of God. Once we realize that God is omnipresent, a Power that is present everywhere, omnipotent, who is all-powerful, and omniscient, who knows everything and anything, we will continue to suffer as the body, mind and ego, and be mystified by death. We will never realize the Truth about rebirth unless we realize that God is the very Soul that gives us life. If we realize this, we can escape from Rebirth.



EVEN SCIENCE AGREES THAT EVERYTHING IS ENERGY

For so many centuries, it seemed like science had no synergy with spirituality. But today, while science and spirituality may be at loggerheads on many fronts, there is one thing both agree on. Both science and spirituality today state that we human beings are in essence, nothing but energy.

What is the human body made up of? Each one of us is said to be a mass of over 30 trillion cells. What is each cell? It is made up of atoms that are composed of electrons, protons, neutrons. The smallest particle of the cell is known as the quark. When scientists were trying to examine a quark under a sophisticated microscope, they were baffled as the particle of matter disappeared. The scientists related it to the law of thermodynamics – Energy can neither be created nor destroyed. It can only be transformed from one form to another. As they observed the quark disappearing, in a short while, it reappeared, endorsing the fact that a particle of matter is in essence, energy. It converts from mass to energy and then returns from energy to mass. They named their discovery, the Wave-Particle Duality.

Unless we realize that we human beings are in essence energy, neither will we understand the Truth of rebirth, nor will we be able to escape from it. We will just live as the body-mind-ego on earth and then die, only to take another rebirth based on our Karma.




FROM SELF-REALIZATION TO GOD-REALIZATION

Those who start a quest, to solve the mystery of rebirth and to escape from the cycle of repeated death and rebirth, realize that they have to evolve from a state of self-realization to God-realization. Not only will it decode the mystery, but it will liberate them from all suffering on earth, just as it will liberate them from rebirth. Who are we in reality? By now we realize that we are not the body that dies. We also realize we are not the mind and ego that screams it is 'ME'. We are the Divine Soul. We are Energy. When this knowledge crystalizes into realization, we attain the state of self-realization. How do we know we have reached here? When we stop living as the body and do not suffer physical pain, when we transcend the mind and its misery, when we go beyond the agony of anger, hate, revenge, and jealousy, we transform from the ego and experience a metamorphosis. We no more crawl and suffer like a caterpillar. We fly in the sky like a beautiful butterfly, living a life of eternal bliss and everlasting peace. This is self-realization.

This state of self-realization evolves into God-realization, the realization that I am a Divine Soul, just as you are. Every living creature is in essence the Soul. This is nothing but Divine Energy. We realize God in one and all. Without God-realization ignorance makes us human beings live as the body-mind-ego, and then die, only for the ME to carry its Karma and take rebirth. This happens again and again until we move from self-realization to God-realization.

TRANSCENDING THE MIND AND EGO, ME



Unless we are able to transcend the Mind and Ego, ME, which is our biggest enemy, none of this is possible. There can be no Realization of the Truth, no self-realization, and no God-realization. We will continue to live, and we will continue to die, and rebirth will continue to be a mystery.

Our challenge is to kill the mind before the mind kills us. Our challenge is to let go of the ego. Together, the Mind and Ego become the ME which directs the body to act. It is because of the ME, that we create Karma. The body will die, but the mind and ego will continue to cry, as we suffer birth after birth. How will we be able to escape from rebirth? The only way is to transcend the mind and ego.

When we realize we are not this body that dies, then, we move to the next step. Knowing that we are not the body that dies is not enough. We need Realization. Knowing that the mind is an illusion is of little use. We have to realize we are not the ego, the 'I' and the 'me' that create Karma. Unless we realize we are the Divine Soul, we will continue to come back to earth, taking rebirth. We have to overcome our ignorance. All our realizations, together, must give us that Divine gift of Enlightenment. Once we are enlightened, not only will we overcome our ignorance, not only will we decode the mystery of rebirth, but we will also discover the secret of how not to come back to earth and suffer again and again. If we live and die as ME, then we will never be free.



CAN EVERYBODY BE ENLIGHTENED?


On this journey to decode the mystery of rebirth, we come across terms like Realization and Enlightenment. Unless we understand these, rebirth will remain a mystery. We human beings have been taught so many fairy tales, that we are unable to differentiate the myth from the Truth. We have grown up believing in heaven and hell. We are covered by layers of dark ignorance. In our outside life, there is a lot of light, but deep within, there is darkness. We need Enlightenment to be free from Karma and from rebirth.

What is Enlightenment? As the word suggests, it is to bring in light within. It is to realize that below the bone and the skin, there is no mind and ego within. It is just an illusion that makes us suffer as it envelops us in ignorance. When we go on a quest to Realize the Truth, then we understand the simple secret of death and rebirth.

The body dies and because of our ignorance, the Mind and Ego, ME carries its Karma and is reborn. Most of us come back to earth again and again through a rebirth. Very few of us are enlightened and united with God.

Can you and I, be enlightened? Of course, we can. If we go in quest of the Truth and realize we are not ME, the Mind and Ego, we can be free from rebirth. But if we continue to live in ignorance, and believe in the fairy tales, we will continue to die, and we will be reborn in a new body, again and again.

WE SINK IN SAMSARA




Why are we human beings unable to Realize the Truth? Why is it so difficult to be enlightened? It is because we sink in this world or *Samsara*. Today if you look around, people's focus is on the beautification of the skin. How many people are even bothered about the Power within?

We are taught that success is happiness. We chase money, wealth, and pleasures that give us momentary happiness. But we don't realize that slowly, we sink into the quicksand of our desires. Our need changes into our greed. We forget our spiritual reality and get lost in the material world. We get attached to people and possessions. Ultimately, we suffer, we cry, and we die. What happens next?

Death is certain and nobody can escape it. But those who sink in *Samsara*, do not contemplate and Realize the Truth. They are not enlightened that they are not the mind and ego. Therefore, they accumulate Karma, both good and bad and they return to earth in a rebirth. As long as we sink into this ocean of pleasures and possessions, we can never discover the secret of escaping from the cycle of death and rebirth. We need Liberation from *Samsara*. We need to Realize the Truth. We come with nothing, and when we go, we will take nothing with us. Is this difficult to understand? While it is very easy, little do we realize that this world is just a show. Because we sink into the illusory world, we don't realize that we are just actors, who come and go. We are caught in *Samsara*.

THIS WORLD IS A *LEELA*



Have you ever pondered about what this world truly is? Isn't it true that the earth is a humongous stage, and we are just actors? In a theatre, actors come and go. They do their part till the end of the show. Ultimately, they go. So is life on earth. We are born and then we die. It may look like the game is over, but we return to the earth stage, again and again.

Unfortunately, we don't realize that just like in any drama, there is a producer-director who writes the storyboard. So it is with this show on earth. This show is called *Leela*. It is the theatre of the Divine. The Creator has designed it in such a way that we come back, again and again, based on our Karma. Just like in a drama, we change costumes, in this *Leela*, we change bodies. Don't we see a body die and we say the person passed away? Then, we see a newborn baby cry and we look up at the sky and ask, 'Why?' We don't realize that the actor who gave up one body, his ME, the Mind and Ego, has reappeared on the earth stage to settle past Karma, as per the *Leela* of the Lord. Those who are enlightened with the Truth, do not cry when they see somebody die. They realize that this is just a show, where we come, and we go. What does this *Leela* that unfolds on earth every day, depend on? It depends on our Karma. Whatever you do, it comes back to you. Those who Realize the Truth about this *Leela* are neither mystified with death nor confused with rebirth. They just try to do good Karma so they can control their destiny.



EVERY ACTION PRODUCES KARMA

Just like every seed we plant determines the fruit on the tree, every deed we plant determines our destiny. How does this happen? Every action of a human being or Karma is recorded. It may be good or bad, but it has to be redeemed. The Creator has created this Universal Law to govern the world. If there were no such laws, then this world would be like a jungle, where human beings would become animals that would prowl and devour each other without any control. There is order everywhere in the universe. That is why we don't see apples growing on mango trees. What we give is what we will get. What you do will come back to you.

The concept of Karma is widely accepted around the world and very few people deny the existence of this law. The law states that every action will evoke an appropriate reaction. We can't escape from it. Either we will redeem our actions, good or bad, in this lifetime, or we will have to settle them and be rewarded for our good deeds or punished for our sins in a new birth that we will take on earth. That is the reason why a newborn baby suffers. Unfortunately, because of our ignorance, we don't Realize this Truth.

If only man understood how the Law of Karma works, he would not think of rebirth as a mystery. Not only would he accept everything that happens in his life as his Karma unfolding, but he would also do good actions, knowing that they would control his future destiny.

THE DANGER OF DESIRE



When man becomes a slave to his desires and expectations, he doesn't realize that the actions that make him crave, will go with him to his grave. It is natural for people to be happy, but unfortunately, people think that achievement is happiness. They think that desire is the starting point. While it is true that we attract wealth through desires, isn't it also true that money doesn't belong to us? When we come, we bring nothing and when we go, we cannot take anything. But, there is one thing that we take with us. It is our Karma.

Even though the gross physical body dies, the subtle aspect of the body leaves the dead body and carries with it its Karma, which becomes the seed that will create its new life. While science may deny this and refuse to accept it, if we join the dots, and infer the Truth, there is no other possibility than to believe that every birth has a definite and direct connection to that life that we lived on earth.

Therefore, we must realize how dangerous it is to desire. It matters little whether our desires are good or evil. Ultimately, desires become seeds that produce deeds and deeds create Karma that causes our rebirth. Everybody born on earth suffers the triple suffering of the body, mind, and ego and the only way to escape from this suffering, is to escape from the cycle of death and rebirth, to escape from Karma or action. This is only possible when we renounce our desires because desires are the root cause of all our thoughts and actions.

CONTROLLING THE 5 SENSES




What is the way to control desire? While it is true that desire is born in the mind, we must understand that the mind is triggered to desire through the 5 senses of our body. If we want to control desire and thereby control our actions or our Karma and be free from rebirth, we have to tame the 5 wild horses that drive the chariot of our life. If we don't, we will not only be miserable when we are here on earth, but the horses will gallop with our chariot into a new rebirth, only to suffer again and again.

The eyes see. Thereafter, a thought that contains desire is born. This becomes a feeling and grows into a passion. The mind pushes the body to act, and we have created a Karma. Every Karma created has to be redeemed and all Karma cannot be redeemed during this life. So, what is the solution? Should we remove our eyes and become blind? No! Just like the eyes sense, so do the ears, the nose, the tongue, and the skin. These 5 sense organs trigger desires through thoughts of the mind and entangle us in Karma. That is why they are considered to be like 5 wild horses. We must learn to tame our 5 senses so that our desires do not translate into action and cause our Karma that lead to suffering in this lifetime and thereafter.

Those who discover the way to escape from the cycle of death and rebirth, learn to tame their 5 senses, just as they learn to transcend the Mind and Ego, ME. However, unless there is a Realization that none of the Karma belongs to us, we cannot escape from the cycle of death and rebirth.


LIVING AS THE WITNESS



The one who Realizes the Truth that the only way to escape from rebirth is to escape from Karma, learns to live as the witness, the observer. Nobody can escape from action, but while there is no *freedom from action*, there can be *freedom in action*. The witness observes everything in this world as a drama. He realizes that we are just like actors who come and go. Instead of taking ownership of his actions, as the body, mind, ego, he lives as an instrument of the Divine, surrendering all actions and seeking no fruits as a result of his actions. Such a realized Soul knows that we do nothing, we are nothing! Thus, he tries to live in that state of Consciousness.

He observes his life as a waker, where the body and mind are awake, just as he observes his dreams. The body sleeps, but the mind continues to dream and when he wakes up, he realizes how mischievous the mind is. As an observer, he often wakes up from deep, sound sleep, to realize that he is neither the waker, the dreamer or the sleeper. He is the witness. He is the observer. His actions are not his actions. He disowns all actions as his, as he tries to live as the Divine Soul that does not take ownership for any action. He starts his journey of liberation, away from the cycle of death and rebirth. He seeks nothing, but to be liberated and united with the Divine. Unless we learn to live as the witness, the observer, and watch this drama or *Leela* unfold, we will be caught by our Karma, and suffer as we are reborn, again and again in this world.

HOW CAN WE RENOUNCE?



People often wonder how we can escape from Karma or action. Ancient scriptures prescribe the method of total renunciation. It involves giving up all action. In the civilizations of the past, people would renounce their homes and go into the forest, to live a life away from the material world. They would live away from the shackles of money, and the attachment of their family. They would contemplate God and meditate on liberation from rebirth and unification with the Divine.

While the prescribed method may have been appropriate till the Middle Ages, the modern world needs to renounce in a different manner. Just by running away to the forest, we cannot escape from wireless communication and modern-day transportation. We would still be networked and connected with the world.

Today, the renunciation needed is an inner renunciation. What does this mean? While we can enjoy the pleasures the world has to offer, we must beware not to be a slave of something that we crave. If there is anything that binds us to this world, it must be the first thing that we renounce. Modern-day renunciation means, being free from addictions that make us sink in this world. We should give up everything that ultimately steals that state of eternal happiness and everlasting peace which is our ultimate goal. For this, we must be a master of our senses, our mind, and our ego.



LETTING GO OF ATTACHMENTS

The biggest renunciation needed that will lead us to liberation from rebirth is to renounce all attachments, to be detached. Most human beings suffer because they are attached. As long as we are attached to people or our possessions, we will never be enlightened and liberated. *My house, my car, my money, my wife, my son* – any attachment fools us into believing that we are the body, mind, and ego. It makes us create Karma. This Karma makes us return to earth, as we take rebirth, again and again. Therefore, we must learn to give up all attachments.

People wonder how it is possible to give up all attachments. 'What is the point of living without loving our near and dear ones and our amazing material acquisitions? We work so hard to buy a Ferrari or build a seaside villa. How can we not be attached to them? We love our parents, just as we are attached to our beloved and children. What is wrong in that?' people ask. While there is nothing wrong in loving and living, the problem lies in being reborn on earth and suffering again and again. Our attachments bind us and force us to create action and Karma. No relationship is permanent, no possession will be ours forever. While we know that ultimately, we have to go, we don't realize that attachment to people and possessions will make us miserable. There is a greater danger in attachment than just being heartbroken. These attachments create expectations and envelop us in ignorance as we live as the body, mind, and ego. Thus we create Karma and are reborn.



USING THE POWER OF DISCRIMINATION

We human beings are the only species who are blessed with an intellect that has the power to discriminate and to choose. Animals may have some level of instinct, but they cannot discriminate and decide what they want their life to be. However, not many amongst us use our power of discrimination to Realize the Truth about rebirth. Although it is very simple to understand that every 'body' will die, that there is a Law of Karma that governs the world, that our Karma doesn't end at death, we are unable to discriminate why a young child suffers at birth. We don't use our intellect to infer that it is not the young child that is suffering, but rather the ME, the Mind and Ego within that is reborn along with its Karma. Unless we use our discriminative power, we will continue to live in ignorance and suffer. Not only will we never decode the mystery of rebirth, but we will also come back to earth, again and again, and suffer the triple suffering of the body, mind, and ego.

We human beings must treasure the gift of our intellect and use it effectively to Realize the Truth of who we are. We must transcend the mind that tries to defeat the intellect as it bombards us with thoughts, trying to enforce its supremacy over the weapon of the intellect. If this happens, we are doomed, not only to suffer, during this episode called 'life', but the many subsequent episodes that will unfold. Unfortunately, the mind fools us into believing that it is no different from the intellect and convinces us to believe and accept its thoughts.




YEARNING FOR LIBERATION AND THE DIVINE

Those who want to decode the mystery of rebirth, learn a very important Truth. To defeat the Mind and Ego, ME, that constantly stops us from the Realization of the Truth, there needs to be a very strong force within us that will lead to Enlightenment. What is this force?

Unless there is a deep yearning for liberation from rebirth, and a passion or even obsession for unification with the Divine, man will continue to be a slave of the senses of his body, and his mind and ego, ME. It is not an easy task to Realize the Truth about rebirth and then, to be liberated from the cycle of death and rebirth.

Somebody rightly said that unless we have a triple yearning for the Divine and for liberation, we will never discover the secret that will unite us with our Lord. What is this triple yearning? This yearning is more than a miser's yearning for gold, more than a lover's yearning for his beloved, more than a little child's yearning for its mother who is lost. A seeker of liberation must yearn to be free from the cycle of death and rebirth. Unless one has an obsession stronger than our powerful senses and our rascal mind, we will lose the game and return to earth, through a rebirth. Using the power of the intellect, coupled with discipline and devotion, the seeker must yearn so deeply that it leads to his overcoming of ignorance and the Realization of the Truth. Can the seeker do it alone? It is said that without a Spiritual Master, this is impossible.

IMPORTANCE OF A GURU




Who is a Guru? The word Guru comes from the words 'Gu' or darkness, and 'Ru' or light. The Guru is one who takes us from darkness to light. He helps us discriminate right from wrong. He is our Spiritual Guide and Master, who leads us to the Realization of the Truth.

The Guru enlightens us on the Truths of life one by one. We are not the body, we are not the mind and we are not the ego. These Realizations are very difficult to attain without the Guru. We all think we have a Soul, but it is only the Guru who makes us realize that we are the Soul.

What makes a Guru, a Guru? It is most likely that the Guru was initiated by another Spiritual Master, who was himself enlightened. Enlightenment cannot be taught. It is an experience that can be passed on from a Spiritual Master to a sincere seeker. Therefore, most people get caught in the cycle of death and rebirth. They are not fortunate enough to meet a Guru or a Master, who will take them from the myth to the Truth, from darkness to light, and from death to immortality.

A seeker must look for a Spiritual Master, a Guru, if he wants to be liberated when alive and ultimately, be free from the cycle of rebirth after death. The Guru who is a realized Soul, is himself liberated from this world and can thus lead us on the path that will take us to our destination of Realization, Liberation, and ultimately Unification with the Divine.

WHAT IS OUR ULTIMATE GOAL?



Why do we human beings come to earth? Why are we given this human birth? Are we born just to die or is there a purpose why we are here? It is quite unlikely that we were put here without purpose and reason. According to most of humanity, the purpose of life is to be happy. Some believe that it is also to make others happy. While there is no doubt that every human being seeks pleasure just as he shuns pain, this does not seem to be the ultimate purpose of our existence. Death is a reality, so is birth. There is no other way to connect the birth of a suffering child than to relate it to one who is reborn along with its Karma. The body dies, but the ME, Mind and Ego, is not free from Karma. The cycle of death and rebirth continues again and again.

The ultimate goal of a human being is to be liberated from this cycle of death and rebirth. First, we must understand the truth about life, about birth and death, rebirth and liberation. We must realize that we are not the body that dies. Our ultimate goal is to realize we are the Soul, not the ME, the Mind and Ego that we appear to be. Because of our ignorance, we believe that 'I am the body, the mind, the intellect and the ego', and we create Karma. This binds us in the cycle of death and rebirth. Every rebirth on earth experiences both pleasure and pain. Our ultimate goal is not to return in this repeated cycle of rebirth, but rather, to realize we are the Soul and then, at death, to be liberated and united with the Divine.



REALIZATION LEADS TO LIBERATION

There was a time when some civilizations used to cry when a child was born and celebrate when somebody died. Today, it is reversed. We celebrate birth and mourn death. We don't realize that death is liberation, a doorway to God. Death is the end for the body but it is only a bend for the one who dies.

If we Realize the Truth, that we are not the body that dies, we are not even the mind that we cannot find, nor are we the ego that says 'I', this will lead us to our ultimate goal. Then, we will realize that we are the Divine Soul.

Once our Realizations are complete, then death becomes a moment of liberation from the cycle of suffering. Once we have all the Realizations about life, then we look forward to the moment, where we are free from the body-mind complex as we are liberated and united with God. Unfortunately, most of humanity does not go through this Realization and therefore, there is no liberation. Most of us live and die, and we create Karma. As per our Karma, we experience the death of the body and then return in a new body to earth as we take rebirth. This happens again and again, and it makes us suffer.

Every human being must seek the Realization of the Truth and then liberation from the cycle of death and rebirth. It is liberation that will lead to unification with the Divine and to eternal peace and happiness.




THE MAGIC OF UNIFICATION

Most of us get fooled by magic shows on earth. A magician may hypnotize us, manipulate us and make something unreal, look real. We get lost in the fantasy. But we don't ponder upon the magic that is all around us. Isn't a human body itself so enchanting? We start as a one-celled zygote. Then, we are born, and we develop into a 30-trillion-celled adult that finally dies. Who is the magician that is performing this magic? Who is the Power that causes birth and death? The ultimate magic of our life lies in Liberation from the world and unification with the Divine. Unification with the Power that is beyond human comprehension, the very Power that has created everything, that controls and governs, through Universal laws, everything that is unfolding on earth.

Our goal is to realize that we are the Divine Soul, the Soul is a manifestation, a particle of that Divine Energy. Due to our ignorance, we are encapsulated in a body-mind and ego that believes we are different from God. As long as the ego separates us from God, we will live as the body-mind, perform actions or Karma, and experience rebirth on earth again and again. However, if there is Realization of the Truth, then there will be Liberation at death. There will be no rebirth. We will become one with the Divine.

Unification with our Lord is our ultimate goal and purpose of life. It frees us from all suffering on earth and from rebirth.

WE MUST UNLEARN MANY THINGS



Are you still confused about rebirth? Do you still wonder how this mystery unfolds? Then, you must first clean the blackboard of your life from all that you have been taught, you have learned, and your mind is programmed with.

From the time we were kids, we have been taught that God has a name, a form. Just like us, God is made of bone and skin. We have been made to believe that God appears with a long white beard in the clouds, and lives in a distant heaven, somewhere in the stars. One day we will go and meet God face to face and be rewarded or punished for our actions. We have been made to imagine that our ancestors live somewhere in another world, and we continue to pray for them. We even offer money and gifts to please God.

As long as we live in ignorance and believe in these fairy tales, we will never be able to Realize the Truth about life, death, and rebirth. Can't we see with our eyes that the body dies? Don't we know that the one who was alive has left the body? Without a body, the one who was alive, can neither go anywhere nor be rewarded or punished. The only way for us to go to heaven or hell is to come back to earth through a rebirth. However, we will never Realize this Truth, until we unlearn the many things that we have been taught. We have to unlearn that God lives in a distant heaven for us to realize God in the temple of our heart. It's time to eliminate all the junk from our mind!



DO YOU WANT TO BE REBORN AGAIN AND AGAIN?

Can we escape death? We can't! We know beyond doubt that every living organism must die. We also know that we are not the body that dies. That is why we cremate the body. We know for sure that we have to pay for our sins, just as we have to be rewarded for our deeds. Every day, we see young children being born, carrying with them a destiny that is not luck or chance. It is their karma or past actions.

Just like we see the sunrise and the sunset every day as the earth goes round and round, we also see birth and death constantly on earth. Whether we accept it or not, we will face death and we will return in a rebirth. The question is – Do we want to continue to return to earth again and again?

As long as we do not realize that we are not the body that dies, and neither are we the mind and ego, ME that is reborn as per its Karma, we will continue to be born again and again. The moment we Realize the Truth that the body will return to dust and that we can be liberated and united with the Divine, we can drop all our Karma, or past actions, by overcoming our ignorance and realizing that we are the Divine Soul.

The choice is ours. Either we can be born again and again, or we can be liberated and united with the Divine. But for this, we need to overcome our ignorance about who we are. Then, we will be free from rebirth and become one with God.

REBIRTH IS A REALITY



Rebirth is not a fairy tale. It is one of the most important Truths about life. Do we deny death? Do we deny birth? Just as we accept these, we have no option but to accept our rebirth on earth. There is no other way than to admit and accept rebirth as a reality to understand how life in this world unfolds day after day.

Some people think a new sun emerges every day. But the wise ones understand that it is the same sun that we see as the earth rotates. So also, some people believe that we disappear at death. Where do we go? What about our Karma? What about the fate of a young child who is born? When we look at these facts, we can infer beyond doubt that rebirth is a reality.

Do we doubt the Law of Gravity? We have no choice but to accept it. Everything that we throw up is pulled back. Do we have a choice to accept the Law of Cycles? The constant unfolding of day and night makes us believe in it. So also, when we join the dots, we can realize beyond doubt that rebirth is a reality.

How else can the destiny of a child be decided? It is only through a past Karma that a child is born blind or blessed with all the goodness of life. This is simple logic. There is no magic! Those who Realize the Truth accept the reality of rebirth, just as they accept that the goal is to realize we are the Divine Soul and to be united with God.



CAN WE BE REBORN AS AN ANIMAL?

While many around the world accept rebirth to be a reality, they wonder and shudder at the thought – Can I be born as a dog or a pig? People ask the question – Can I be a tree in my next birth? For this, one has to understand the Power of life, that is the Divine Soul, the Spirit or *Atman*.

Everything in this world is made up of molecules. However, all molecules are not alive with the Soul Power. They are inanimate or non-living entities of nature. The Creator has given a Soul or life to the living organisms. It may be a single-celled amoeba or a 30-trillion-celled human being. All living organisms must die. Such is the Divine law. The living organisms have a Soul Power in them. Whether a human being can be born as an insect or not, a bird or an animal - is still a question.

Some Eastern religions believe that if our actions are very cruel, then, we can be born as an animal to suffer our sins. They explain how a dog suffers as it cannot express its pain. They state that even a tree is bound to the ground for years and this is because of a previous life Karma. The Truth is that nobody can be absolutely sure about how the Law of Karma works. Possibly, we can be born as a dog and suffer our sins. But there are others who differ in opinion. To them, a human being can only be reborn as a human being and not as an animal. We need to go beyond this question and aim for freedom from rebirth and unification with God.



UNDERSTANDING UNIVERSAL LAWS

To truly understand the Truth about rebirth, one must acknowledge the presence of Divine Universal Laws that govern the universe. Are we not familiar with the Law of Gravity? We know of its existence because otherwise, we will all be floating in the air. If there were no Law of Cycles, we wouldn't be sure that the sun would rise tomorrow morning. These universal laws apply to everybody, everywhere. There is no exception! If you plant apples, you will only get apples on the tree. No mangoes! This is the Universal Law of Action and Reaction, popularly known as Karma. Several Universal Laws of the Divine govern the universe and ensure there is order. Without these Universal laws, there would be chaos in the world.

Rebirth is also caused by these laws – the Law of Karma, the Law of Cycles, and the Law of Death which states that every living being must die. Thus we can infer the existence of rebirth on earth. Birth is not a matter of luck. We were born to our parents, on a particular date, in a particular country, male or female, not by chance, but by choice. We have inadvertently chosen our birth by our past Karma. Thus there is no doubt that birth is nothing other than a rebirth, as governed by the Universal Laws of the Divine.

Those who understand the Universal laws and accept them, accept the reality of rebirth and work towards escaping from returning to this earth, again and again.



CAN GOOD KARMA NEGATE BAD KARMA?

The phenomenon of rebirth is integrated with the Universal Law of Karma. Just as we cannot deny that the Universal Law of Karma exists, so also, we cannot escape from the reality of rebirth. Many people wonder whether it is possible to do good Karma and to negate bad Karma, and thereby attain that state of freedom from rebirth. What they don't realize is that as long as we are doing Karma, good or bad, we will be entangled in Karma and never be liberated and united with the Divine.

Of course, it is good and preferable to do good Karma than to do bad Karma. Every bad action will become a seed that will make us suffer, just as every good deed will take us towards a destiny of happiness. Will good deeds negate the effects of bad deeds? Sure, they will. Just as every expense made on your credit card will get wiped out when you deposit cash in the bank, so will our good deeds settle our bad ones. Our challenge, however, is a little different. We want to delete our Karmic account itself. As long as we live as 'I', the ego, along with the mind, we become the Mind and Ego, ME that directs the body to act, and every day, we create Karma and get more entangled in this world. Ultimately, we will suffer, even though we may have loads of good Karma in our account, every human being born on earth will suffer the triple suffering of body, mind, and ego. Therefore, the only way out of suffering is to escape from rebirth, to escape from all Karma. How is that possible?




THE ONLY WAY TO TRANSCEND KARMA IS ENLIGHTENMENT

How can we escape from Karma? When there is no way to escape from action and every action causes Karma, then it seems to be impossible to be free from Karma and to be free from rebirth.

Yes, it is absolutely true that as long as I act, I will create Karma and I cannot escape action. Then, how can I escape Karma and rebirth? When I realize that I am not 'I', the one I thought I always was, when I realize that I am not the body, mind or ego, then the Karma does not belong to me. When I have no Karma, then, I am free from rebirth. This is the way to liberation and then unification with the Divine!

The way to liberation from rebirth is Enlightenment. When we open the door that lights up our inner self, we will realize that we are the Divine Soul, not the body, mind, and ego that we appear to be. Enlightenment is not easy. It calls for us to overcome all our ignorance and to Realize the Truth. Our mind and ego stops us from such a realization because the moment there is Enlightenment, Realization that I am not ME, the Mind and Ego, then, the mind and ego cease to exist. Therefore, they fight very hard to stop us from the Realization of the Truth and from being enlightened. They continue to direct the body to act, to create Karma so that we are born again and again. Unless there is Enlightenment, we cannot escape from rebirth.

AT DEATH, ONE OF TWO THINGS HAPPENS



What happens at death? At death, the body dies, and because the one who was alive has no breath, he is pronounced dead. It is 'The End' for the one who was alive. The body is burnt or buried and all that is left is a handful of ashes and memories of the one who was alive. The one who was alive becomes a poster that is put up on a wall in our home. But what actually happens after death? Sure, it is game over for that name, that person who lived. But we know for sure, beyond doubt, that the person left the body. That is why we destroy the body. Where did the one who departed at death go?

There are two possibilities. As long as we believe we are ME, the Mind and Ego, we direct the body to act, and we create Karma. Whether it is good or bad Karma, the account of Karma generates a new life in a new body to redeem both our sins and our good deeds. At death, when the body returns to dust, the ME - Mind and Ego, our subtle existence, the software of the human-computer, gets transferred to a new body as per its Karma. This is rebirth. It is the first possibility that occurs after death. More than 99% of the world, will go through this.

The second possibility is to escape from rebirth. This happens if we realize we are not the body that died, nor the ME, the Mind and Ego that creates Karma. If we realize we are the Divine Soul, then we will be liberated from rebirth and united with the Divine. This is our ultimate goal.



HOW DO WE TRANSCEND ME, THE MIND & EGO?

To be liberated from suffering when we are here on earth, and to be free from the cycle of death and rebirth, we need Enlightenment. We must be enlightened that we are not this body that dies. Understanding this is not very difficult. When we contemplate our birth, our start as a zygote, and when we contemplate death, when we leave the body and it is destroyed, it is easy to understand that we are not the body. However, it is very difficult to realize we are not the Mind and Ego, the ME that directs the body to act.

The ego along with the mind, keeps on saying 'I' and 'me' throughout life. Therefore, it creates Karma and is reborn again and again and we suffer. Our challenge is to transcend, ME, the Mind and Ego. How is this possible? The only way to transcend the mind and ego is by the Realization of the Truth, the realization that we are none other than the Divine Soul. As long as we do not realize this, we will continue to suffer as we continue to create Karma. Although our Karma may be good, our life is a combination of pleasure and pain. We will be born again and again and experience the triple suffering on earth as we take rebirth. We must transcend the mind and ego. We must go beyond the ME. We already know that the mind and ego have no physical existence. But even their subtle presence must be eliminated. Only then will the Truth be revealed, that we are the Divine Soul. Only then, will we be free from rebirth that is caused because of the Karma carried by ME.



LIVING AS A *JIVANMUKTA*

What are the signs of one who has transcended ME, the Mind and Ego? What happens to the one who is Enlightened? Such a person becomes a *Jivanmukta*, one who is free from the triple suffering of the body, mind and ego. A *Jivanmukta* is a liberated Soul living in a body-mind complex. He lives like anybody else, but his mission is to be liberated from the senses of the body, the desires of the mind, and the clutches of the ego so that at death, he is free. A *Jivanmukta* doesn't have to be reborn. At death, he does not take a rebirth to return to earth in a new body. He realizes that he is not the mind and ego that carries Karma. He drops all his Karma as he lives as an instrument of the Divine. He seeks no fruits for his deeds and surrenders all action to the Lord. At death, he is liberated from the cycle of *Samsara*, from all future rebirths, and is united with the Divine.

How does a *Jivanmukta* live? He lives as the Soul, not as the body, mind and ego. He does not seek the pleasures and possessions of the material world, because he realizes that everything is *Maya*, a cosmic illusion. He has realized that nothing belongs to us, and at death, nobody owns anything. Therefore, he lives detached from this material world, attached only to God. He sees the Divine presence in one and all and experiences a state of bliss, conscious of his real identity. He is unaffected by the trifles of life and continues to live as a Yogi, one who is ever-united with God.



EVEN A REALIZED BEING CAN BE REBORN

Is Enlightenment or Realization of the Truth a passport to heaven? Yes and no! While a *Jivanmukta*, a realized being has a valid visa to eternal happiness and everlasting peace, he can be doomed if he slips back into this material world of pleasures and possessions.

Many realized Souls have lost their opportunity of being united with God. They were enlightened with the Truth, and they realized that they were a manifestation of the Divine. But they failed when it came to being liberated from the material world.

We human beings are slaves to the senses of our body. We often fall prey to the mind and its thoughts. We get carried away by the ego that imposes upon us a false identity. Unless our realization is complete and our Enlightenment is absolute, we can slip away from being united with the Divine and we can be born again and again, to suffer on earth.

Realization is not the ultimate solution to liberation and unification with the Lord. It is a doorway, but we must graduate in our discrimination, our dispassion, our discipline, and our desire for becoming one with the Lord if we want to escape rebirth. Of course, without realization, there is no way to escape from rebirth and from the suffering that follows. We must win the war against ME, the Mind and Ego.



THE WAR WITHIN CONTINUES TILL DEATH

Realization, therefore, is not a simple solution to escape from rebirth. Despite having Realized the Truth, one has to deal with the Mind and Ego, ME, that continues to fight a battle to stop us from winning the war within.

The mind can be more dangerous than a fatal weapon like the AK-47. It shoots at us bullets in the form of thoughts. These 50 thoughts a minute released by the mind can easily destroy anybody. It is a challenge for the realized one to become Conscious of this enemy, the mind. The realized one has a simple goal - kill the mind, before the mind kills you. Unfortunately, we cannot kill the mind. We can tame the monkey mind and make it into a monk. But as long as we are alive, we have no option but to fight the war within. What is the weapon one must use to stop the destructive mind? We must use our most treasured weapon, the intellect. By using our power of discrimination, we should not let the mind conquer our life, leading us from thoughts to actions, binding us with Karma and making us return to earth again and again as we take rebirth.

The mind is not alone. The war we have to fight within is with ME, the Mind and Ego. Together, the ME becomes a powerful enemy to deal with. Unless we let go of the ego, realizing 'I am not 'I', we will never win the war within. This is key to liberation.

FROM *MUKTI* TO *MOKSHA*



What is our ultimate goal? It is not just freedom from suffering when we are on earth, but more importantly, escaping from rebirth, coming back to earth, again and again, to repeatedly suffer the triple suffering of the body, mind and ego. What is the way to do so?

If we are able to transcend the mind and let go of the ego, will we be free from rebirth? Not yet. As long as we are alive, the mind and ego will be alive. We may transcend them but we cannot destroy them. Therefore, the way to be liberated from rebirth is two-fold – first, it is *Mukti*, then *Moksha*.

Mukti is being liberated while alive. It is the realization that I am not the body, mind or ego. I am the Divine Soul. One who has attained this self-realization is free from the troubles and trifles of life. However, life itself is a challenge and the realized being has to be very alert, not to fall prey to the desires of the mind and senses, till the final moment of death.

If a realized being continues to live with the Consciousness of the Truth, free from the clutches of the material world, there are good chances that he will move from the state of *Mukti* while alive, to a state of *Moksha* at death. It is at the moment of death that the realized being is liberated from rebirth, just as he is united with the Divine. *Moksha* is the ultimate goal. Thereafter, there is no rebirth, no return to earth.



WHY SUFFER THE TRIPLE SUFFERING?


We have a choice. Either we can be liberated or we can return again and again to earth. If we do, we have no other option than to experience the triple suffering of the body, mind and ego.

As long as one is alive, one has no option but to experience suffering caused by pain in the body. There is no way to escape from disease and decay, whether it is cancer, heart disease or any other disorder in the body. We know that the physical body cannot escape from suffering. Therefore, one must have an aspiration to be free from the pain that we will experience again and again, through rebirth.

Not only will we suffer the physical pain of the body, but we will also be tormented by the mind as we are born again. The mind will create fear, just as it will create stress and worry, and we will be surrounded by anxiety and depression when we return to earth. We can't escape from the mind, nor can we circumvent the ego. If we take rebirth, the ME, Mind and Ego will return in a physical form and suffer. We will have to face the agony of anger, hate, revenge, and jealousy.

If we do not work towards our liberation from rebirth, we are sure to suffer again and again, every time we return to earth. Why then should we choose this? Why not work towards *Mukti*, *Moksha*, *Nirvana*, Realization, Enlightenment, or salvation? Names may be many, but the goal is one!

LIVING IN *SATCHITANANDA*



As one moves on the Spiritual path trying to understand the reality of rebirth, one is blessed with a special state of Consciousness, known as *SatChitAnanda*. The word can be broken up into *Sat* – Truth, *Chit* – Consciousness, *Ananda* – bliss.

When we realize that we are not the body, the mind and the ego, we are the Divine Soul, then we become the witness, the observer. Instead of being a slave of the mind, we observe it as it jumps from thought to thought. As we silence the monkey mind and make it a monk, we experience the state of Consciousness of the Truth that we have realized in our quest to understand rebirth. We are not the body that will die. We are not even the mind and ego that will return to earth in a rebirth. We are a manifestation of the Divine. This makes us experience God everywhere, in everything. This makes us conscious that we are liberated beings, and we need not suffer the triple suffering.

This Consciousness, or *SatChitAnanda*, frees us from all fear and worry, all agony and anguish. It is a blessing to the one who reaches this state, to live a life that is ever conscious of our reality. It helps us remain in union with the Divine, popularly known as Yoga. It makes us feel God's Divine presence within and we experience a state of uninterrupted and seamless happiness and eternal, everlasting peace. We can choose to suffer till we die or live in *SatChitAnanda*.

THE LIFE OF A TRUE YOGI




What happens when we Realize the Truth about rebirth? What happens when we are free from the body, mind and ego? Such a liberated Soul need not wait to become one with God after he dies. He lives a life being with God all the time. How is this possible? Such a person becomes a Yogi, living in Yoga all the time.

A true Yogi is always in Yoga, in Divine Union. Yoga is not just about *Asanas*, doing some postures and physical exercises, nor is it just about *Pranayama* or breathing techniques. It is the art of living in constant union with God. It starts with *Dhyana* Yoga, which happens with silence and meditation. It then continues with *Karma* Yoga, acting as an instrument of the Divine, seeking no fruit for the actions performed. Thereafter, one spends time in *Bhakti* Yoga, in devotion and prayer. Finally, one spends all remaining time in *Gyana* Yoga, introspection about God, about life and liberation to gain more and more insight and wisdom. All this is done as the Soul, not the body, mind or ego.

A true Yogi is always in Yoga, whether it is through meditation or action, devotion or education. It hardly matters what the method of being united is. What is important to a Yogi is that he doesn't become a *Bhogi*, one who is sinking in the material world. He floats above the waters of this *Samsara*, this ocean of existence he has to traverse, and he floats like a boat, to his ultimate destination of liberation and unification.

WHOSE KARMA IS IT ANYWAY?



An enlightened being has a good laugh as he watches the humongous drama that is unfolding on planet earth. He knows that this is just a show, just as he realizes that we are all actors who come and go. He has realized that everything is *Maya*, a cosmic illusion and unlike others, who think this world to be real, who live doing Karma, and who will be born again and again in a new body, he lives free from all misery and enjoys every moment, living in the Consciousness of the Truth.

To the realized one, his actions are not his actions, his Karma is not his Karma. When he has realized that he is not the body that acts, nor is he the mind and ego that directs actions, he does not own the Karma that is created. The truly enlightened one, thus, surrenders his life to the Divine and lets the inner voice direct him to act, seeking nothing, expecting nothing. He lives as an instrument of the Divine, doing God's will. He realizes he is nothing. He is like a wave that splashes at the shore but will ultimately unite with the ocean. So does he live, free from all Karma, entanglements and attachments, such that he will not be reborn again, but rather will be liberated and united with God.

Whose Karma is it, anyway? 'It is not my Karma,' realizes the Yogi. He does nothing except what he is led into doing by the Divine. As he lets go of his ego, he lets go of all Karma and is liberated from the cycle of death and rebirth.



DROPPING ALL KARMA IN A FLASH

It seems unbelievable, but it is true. The fact that we can drop our accumulated Karma, not just actions of this lifetime, but the carried forward Karma of several lives in just a moment, seems impossible. But it is true! The moment we realize that we are not the body that will die, and we are not even ME, the Mind and Ego that carries Karma from one birth to another, then we are instantly freed from the Karma that seemed to belong to us. This is a gift of Enlightenment, of Realization of the Truth.

Suppose you had a dream and in the dream, you borrowed millions for your business, some more for your house and car, and finally you woke up, what would you do? Would you go and repay the loans of your business, house and car? Of course not! You don't have to pay back a loan that you took in your dream. Once you realize it was just a dream, it is over. So does Realization drop all Karma in a flash. Once you realize that you are not the Mind and Ego, ME, and the Karma belongs to ME, then you don't have any more Karma because you are not the ME that you thought you were. The ME does not permit us to realize we are not the mind and ego. It envelops us in *Maya*, in the illusion, in deep ignorance and we continue to suffer our Karma, birth after birth, without Realizing the Truth that we are the Divine Soul. The moment we realize this, all our Karma drops in a flash, like a bag of stones that will drop into a lake and sink into the depths and disappear. In that moment, we will be free from all Karma and Rebirth.




THE SOUL MUST BE REALIZED

The Soul is not like the body which you can touch and feel. The Soul is not even like the mind that is constantly producing thoughts. The Soul is the Power of life that throbs in every cell of the body. Unfortunately, because the ME, the Mind and Ego, thinks we are a body-mind complex, and that we have a Soul that is part of our subtle existence, like the mind, memory, intellect, and ego, we don't Realize the Truth about the Soul.

The fact is that we don't have a Soul, we are the Soul. It is the Soul that manifests as the body. The Soul is energy and every cell of our existence, over 30 trillion cells, are nothing but energy. This is Divine Soul Energy. Even science in its latest experiments has endorsed that the smallest particle of a human cell, the quark, is nothing but Energy.

If the Truth is that we are the Soul, we are Divine Energy, then what stops us from knowing this? We cannot know it. We have to realize it. We have to open our real eyes. We have to realize that we are not the body. We may already know it, but it is not enough. So, we have to realize we are not the Mind and Ego, ME. The key is Realization. All these realizations lead to Enlightenment that we are the Divine Soul, not the body that we appear to be nor the ME, the Mind and Ego that says, 'It's me.' The Soul must be realized. Once we realize we are the Divine Soul, we are free from rebirth.


THE SOUL DOES NOT SUFFER



Many people believe in the myth that there are good Souls and bad Souls. Just like there is good Karma and bad Karma and there is suffering as we live on earth, birth after birth, they believe that the Soul suffers too. In fact, they believe that the pain of the body, the misery of the mind, and the agony of the ego is experienced by the Soul. But this is not true. The Soul is free from all suffering. The Soul has nothing to do with the triple suffering of a human being. The Soul is a power supply to the body. It gives life from birth to death. But it does not get engrossed with the body and mind in its day-to-day existence. Just like the power supply in our house gives power to our laptops, our lights, our air-conditioners, the Soul gives Power to our body. Without the Soul Power, there is no breath, we experience death. Just like the power supply in our home has nothing to do with the colour of the light bulbs, be it blue or white, the Soul has nothing to do with pleasure or pain that we experience, again and again.

As long as we are ignorant about the fact that we are the Divine Soul, we will continue to suffer the triple suffering of the body, mind, and ego. It is our ultimate goal to realize we are the Divine Soul and to be liberated from all suffering, not just in this life, but from all our past Karma and all possible future suffering that we may otherwise be subject to through rebirth. The moment we realize that the Soul is Divine, it is God Energy, we realize that it is incapable of suffering. It is nothing but happiness itself, bliss that belongs to the Divine.

THE SOUL IS NOT REBORN



Although it is popularly believed that the Soul is reborn, this is a myth. This is not true. The Soul gives Power to the mind and ego that returns to earth, birth after birth, in a new body. Those who believe that we are the body can easily realize that we came into existence as a zygote, much before our body developed. One day this body will die, and we will leave. So, we are not this body. Others think that we are the ME, the Mind and Ego, that carries Karma birth after birth. They are reborn again and again. Somewhere in between, there are people who are misled into believing that along with the Mind and Ego, the Soul is also reborn.

The Soul only gives Power. In a computer, the power supply does not interfere with what the keyboard or motherboard is doing. The power supply has nothing to do with the software. Along with the hardware, the software makes the computer function, but without the power, it would be dead. So, the Soul has nothing to do with the body that dies and the mind and ego that is reborn. It appears at conception and departs at death. It is not reborn.

Just like air in a balloon that is released merges with the air that is everywhere. So does the Soul merges with the Universal Soul. The Soul is an omnipresent Power. It is Divine grace that only living organisms are blessed with the Soul. As per the Universal Law of Cycles, birth, death, rebirth will continue, but the Soul will not be reborn. It is with the Power of the Soul that the cycle of rebirth happens.

THE MYTH OF R.I.P.



What do we say when we see somebody die? Our immediate reaction is R.I.P. – Rest In Peace. We go on to say, 'Let's pray for the departed Soul.' Others say, 'May his Soul rest in peace.' Do we even understand what we are saying and praying? We destroy the dead body as we cremate or bury it and after we see it in pieces, we pray for the departed one to 'rest in peace'. Who will rest in peace? Where will they rest? Unfortunately, this ignorance has been passed down over the centuries and we do not Realize the Truth about death.

The dead person, let's call him John, is no more. John died. His game is over. John will never return. John can never rest in peace. John is already in pieces. If John did not realize that he is the Divine Soul, then the mind and ego that was John will now be reborn as Harry or Smith. It has nothing to do with John. John is gone, never to return!

Because we do not Realize the Truth about death and rebirth, we believe in the fairy tales of ghosts and angels, of heaven and hell and we do not realize what life is and what the true purpose of life is. The next time we see somebody die, rather than just saying R.I.P., let us realize that we too will soon die. However, 'I' will never die. Only my body will die. Either I will fly in the sky and become one with my Lord, or if I do not Realize the Truth, I will come back to earth, as I take rebirth to experience heaven and hell right here on earth.



WHY PRAY FOR THE DEPARTED SOUL?

Whenever somebody dies, we get together and cry. We look up at the sky, we pray and we say so many things about the one who is gone. While it is natural to do so, it is meaningless. Whatever we do, should be done when the person is alive. Saying good things about a dead person has no meaning.

Then, we put up a photograph of that dead person in a beautiful frame and hang it on our walls. Some of us even put garlands on the picture and light incense sticks, praying to God for Mr. John who is gone! God cannot do anything to John after he has died. The body of John is so destroyed, that it can never be resurrected. It has returned to ashes. Then, why pray for John? He finished his journey, doing what he wanted to do. Every deed became a seed which either bore fruit while he was alive, or it became the Karma of his Mind and Ego, ME, that is now living as Harry or Smith, in an unknown place and an unknown body. Then, what sense does it make to pray for John who has gone, never to return? The one that carries Karma and is reborn is not the John that is gone. It is somebody else. But we are still praying for John. Somehow, our mind makes us believe that we are very intelligent, and we are praying for the Soul that will go to heaven or hell. But we do not realize who will go, how they will go, and after they are no more, who we are praying for. Your Soul and my Soul are not different. It is one power, one energy. When we Realize this Truth, we will not pray for the departed Soul.



SHOULD WE PRAY FOR OUR ANCESTORS?

People think it is so natural to pray for those who have departed from earth, our parents, grandparents, even our forefathers. Isn't it an obligatory respect to pray for them after they go? NO! Those who Realize the Truth about life and death and those who are enlightened about rebirth understand the futility and meaninglessness in praying for our ancestors.

Somebody dear passes away. Then we pray for the well-being of the dead. The person who lies breathless in the bed will be cremated or buried by us and their physical existence has to be decimated. Neither have they gone somewhere to a distant heaven or hell, which exists in the figment of some people's imagination, nor will they appear again on earth, as our father, mother, grandfather or grandmother. Their story is over. It is finished. Then, who are we praying for and why?

The only possibility is that our ancestors have returned to earth, in a rebirth as somebody else's son or daughter. They are no more our ancestors. If they were enlightened, then they would have been liberated from rebirth and united with the Divine. In any case, our prayers for the dead are only creating confusion in our head. Instead, we should take care of our elderly parents and relatives when they are alive. We must do our best before they reach that state of eternal rest. Praying for those who have gone, is just not on.

DEATH IS NOT THE END




Is death the end? Yes and no! For the body who died, the one who had a name, a family, a business, a bank account and friends, death is the irreversible end. The dead person cannot return, no matter what! Because we are so sure that death is the end for the body, and the individual who died, we destroy the body.

However, we are sure that the one who was alive, has not been burnt by us or lowered into the earth for the worms. The one who was alive has left. This is just the dead body. Therefore, for the one who departed, expired, or passed away, death is not the end. It is just a bend. Just like we change our clothes every day, we change our bodies every time that the body dies and we adorn a new body, based on our Karma, or our actions through a rebirth.

Therefore, death is not the end. Only the body dies. While death is certain, it is even more certain that the one who was alive leaves the body and is reborn in another body. Therefore, we must not mourn death. Death is just another chapter in the book of life.

It is for us to transcend our ignorance, our Karma, our belief that we are the body and the Mind and Ego, ME. The moment we are enlightened with the Truth and we join the dots of our several realizations, the clear picture emerges. Then we will be liberated from rebirth after death and we will be united with the Divine.

LET'S CELEBRATE DEATH



In the centuries that have gone by, it is said that there used to be a celebration when somebody died. Even today, there are tribes who mourn birth and celebrate death. Why?

It is because when somebody is born, we already know that they will experience the triple suffering of the body, mind and ego. Therefore, they don't celebrate the birth of a child. Instead, they celebrate the death of a person, because death is either liberation from suffering on earth or unification with the Divine.

Have you ever wondered why we celebrate with such fanfare when somebody arrives on earth? It is because we are ignorant that this is not our child, but just a manifestation of the Divine. We get attached to somebody who we think we created, when in reality, we did practically nothing, except the act of procreation.

On the other hand, when somebody dies, everybody cries. Why? It is because we believe that the one who died has lost everything that they owned, left everybody who was known and have gone into a realm after death that is unknown. Because we are ignorant about the Truth, we celebrate when we should mourn, and mourn when we should celebrate. When will the world change? When will the world start to celebrate death? When will we accept the reality of death and be enlightened with the Truth?




WHO IS ACTUALLY REBORN?

As we move forward in the quest of understanding the truth about rebirth, we must be absolutely sure as to who is reborn. By now we are certain that it is not the body that was alive, the body returns to dust. We are equally certain that the one who died has unsettled Karma, which must be settled. Therefore, while the body dies, the director of the body, the Mind and Ego, ME, carries its Karma, its actions and is reborn.

Do we still believe in the fairy tale that there is some heaven and hell, somewhere up in the stars and we will take some Spiritual spacecraft and meet God somewhere on Mars? As long as we are fooled by myths like this and by stories of angels, ghosts, and Santa Claus who brings gifts during Christmas, we will never Realize the Truth.

The Truth is simple. The body dies. The ME, the Mind and Ego, along with its Karma comes back to earth in a rebirth. It is the ME that is actually reborn in a new body to settle its cumulative past actions, that are carried forward, life after life. The body is not reborn. It returns to dust. The Soul is not reborn. It is the power that gives us life. Only the ME, Mind and Ego, that is born out of ignorance, continues to suffer birth after birth. It is because of the ego and the mind, that we return to earth, and we suffer, taking rebirth. Our goal is to be liberated from rebirth that is caused by ignorance that we are the Mind and Ego, ME.

CAN WE ESCAPE REBIRTH?




Those who understand the truth about rebirth often wonder if there is a way not to return to earth. Is it possible to escape rebirth? If it is, what is the way? While it is logical that we are born again, in a new body because there can be no other practical inference, most people today accept the existence of the Law of Karma and submit to the belief, that they will be born again to settle their good and bad deeds.

However, very few people are blessed to be enlightened with the Truth that there is a way to escape from rebirth and from coming back to earth in a new body. They are the rare few who go in quest of the true meaning of life. They contemplate the Truth, and they realize that they are not the body that will die. They realize that they are not the ego that says 'I'. They acknowledge their monkey mind to be an enemy and try to transcend the ME, the Mind and Ego that creates Karma. If they are fortunate to have the grace of the Divine, and they are dedicated enough to be blessed by the guidance of a Guru, they move further on the path and realize the way to escape from rebirth realizing that they are the Divine Soul.

The only way to escape from rebirth is to escape from Karma. Once we are enlightened that we are not the body that dies, nor are we the ME, the Mind and Ego that creates Karma, we are the Divine Soul, we drop all Karma and are free from rebirth.

LIVING LIKE A KARMA YOGI



While everybody who lives must perform actions till they die and these actions create Karma, the seeds that will determine the fruits of their destiny, a Karma Yogi does not create any Karma. What does this mean?

Does the Karma Yogi sit under a tree and meditate for the rest of his life? Is this practically possible? Of course not! Even a Karma Yogi must perform actions. He has to wake up in the morning, eat, drink and perform calls of nature. Man is a social being, and man will interact with other humans and animals. Therefore, man cannot escape from action. But while there can be no freedom *from* action, a Karma Yogi enjoys freedom *in* action. The Karma Yogi realizes that he is not the body that acts. He is not even the ME, the Mind and Ego that directs actions. He surrenders all his actions as an offering to the Divine. He has no desires and seeks no results from his actions. He lives as an instrument of the Divine. He lives as a Yogi – one who is united with the Divine and performs Karma, actions as per the Divine Will.

Such a Karma Yogi is enlightened with the Truth. He creates no Karma for himself and thus does not have to return to earth, taking a rebirth. While alive, he is free from the triple suffering and ultimately at death, he is liberated from this world forever and united with the Lord. If we want to escape from rebirth, we must learn to live like a Karma Yogi. Then we will not return to earth again and again taking rebirth.




LIVING IN ACCEPTANCE AND SURRENDER

Some people do not accept the unfolding of the Universal Laws as they live. They do not want to surrender to the Divine Will. Whatever happens on a day-to-day basis, they reject it, then they cry and question, 'Why?' However, there are others who have gained the wisdom about the Law of Karma. They live a life of bliss and peace.

Whatever happens in life, they learn to accept it. They don't question it. Whether it is good, or bad, they realize their circumstances are an effect, caused because of previous actions that they have performed. Nothing happens just by chance. Everything that is unfolding in life is a reaction of a past action. Therefore, they learn that the only way to live is to accept. Can they change their past action? No, they can't! The action is done. It is finished. Therefore, the only solution is to learn the art of acceptance.

They go one step further. Not only do they accept whatever has happened, they surrender to the Divine Will that will unfold as per their Karma that has been performed but is still not redeemed. These actions are already the seeds that have been planted. They will bear fruit, if not now, then maybe later, or through our rebirth. We have to surrender and accept that we will be reborn if we continue to create Karma. Is life, therefore, meaningless? No! We have the power to choose our present actions which will become the seeds that will control our future, our destiny. Ultimately, if we are enlightened with the Truth, we can be liberated.

KARMA DECIDES EVERYTHING



How many of us Realize this Truth that everything that happens in our life is happening as per Karma? It is not luck or chance or fate or even serendipity. This world is governed by efficient natural laws that are universal. Whoever and wherever we may be, the Law of Karma will govern our life.

Therefore, we have to be very careful of our actions. Many people worry about thoughts, and they worry that even their thoughts can become the cause of their destiny. As long as thoughts remain thoughts, they do not become Karma and will not become seeds that will bear fruits. Only when thoughts become deeds, they bind us to our destiny. Therefore, before we let a thought become a feeling and thereafter, an action, we must realize that once it is an action, it will bear fruit. Whatever is happening in our life, every fortunate circumstance and every tragic disaster is not the work of God who is sitting somewhere up in the stars and delivering to us a life that is unfolding. Everything in this universe is automatic. What we don't realize is that we have been blessed with the power of choice. If we don't choose our actions, our Karma, then we lose the opportunity of creating the destiny of our choice. The biggest opportunity is to Realize the Truth, to be enlightened and be free from all Karma. This will liberate us from the cycle of rebirth, just as it will unite us with the Divine. Ultimately, it all depends on our Karma, and this is our choice.



SO, THEN, DO WE HAVE A FREE WILL?

Many people wonder if there is something known as a free will. If everything that is happening in our life is happening because of Karma, and everything that is going to happen is also dependent on the deeds that we have planted, then do we have any free will to change our destiny? Is there any hope for us to cope with our future? Can we be free from rebirth? Is there a way to escape from returning to earth?

The cycle of life is simple. We learn, then we earn and then we burn. But what we don't realize is that we will return. This happens again and again. What is the way out of this cycle? What is the way out of rebirth? The answer lies in the unique gift that we human beings are blessed with. No other living creature has this gift. It is the power of our intellect, the power of choice, a power that gives us the free will to choose our actions. If we don't choose, then we lose this gift.

Just because somebody does not utilize this gift, their power to choose, it does not mean that they do not have it. It is up to us to choose to go on a quest, to choose to ask questions and investigate. It is also our choice that makes us believe in all the fairy tales, which continues to envelop us in ignorance. Each one of us can choose to come back to earth or to escape from rebirth. This will, however, depend upon whether we have acknowledged our unique gift and developed it or not. If we use our intellect, we can activate our power of free will and choose; be enlightened and become one with the Divine.



USING THE INTELLECT TO CHOOSE OUR DESTINY

How do we control our destiny? It is through our actions. Once an action is performed, nothing in this world can stop it from bearing fruit. However, we can control the action itself. This is possible by using our Intellect.

The mind produces thoughts. Thoughts become feelings. These feelings inspire us to act. Once the action is complete, it becomes Karma which unfolds as our destiny. However, we have an intellect that can intercept thoughts from becoming feelings, and thereafter actions. The intellect has the power to discriminate thoughts. It can stop us from doing what is wrong and direct us to choose to do what is right. However, we have to develop the intellect. It starts with activating this power, by making it reign supreme over the mind. If the mind dictates terms, the intellect that is within us will not gain power to control the mind. It is up to us to appoint one of the two as our master, either the mind or the intellect. If we hand over our life to our mind, our thoughts will make us a slave and we will suffer till we reach our grave. But if we put the intellect in charge of the mind, then, we will find that we are in command of our actions and thus, in command of our destiny. In the beginning, the intellect will become a tool to choose the right action, to create good Karma, that will ensure a good future on earth, and a great destiny when we take rebirth. A very few people are blessed to use their God-given intellect to go on a quest, overcome their ignorance, Realize the Truth, and be liberated and united with the Divine.



IS REBIRTH STILL A MYSTERY?

Having come this far, do we still consider the concept of rebirth to be a mystery or do we by now realize that rebirth is a fact, and it depends on how we act? Our birth and how we come to earth is not a matter of luck, but rather, it is what we pluck. We cannot deny death, and we are sure to lose our breath. When we die, the one who was 'I', leaves the body and disappears in the sky. If this was not so, then our loved ones would not burn our mortal remains. Then, we see a child being born blind and we question, 'Why?'

All these facts that are apparent at death and take us back to the contemplation of our birth, make it obvious that we will come back to earth if we do not Realize the Truth of who we truly are. Rebirth is no more a mystery for those who realize the truth that we are not this body that will die. Those who are enlightened with the fact that every 'body' will die, that we are not the body that is destroyed, that we leave the body, realize that one of two things will happen at death.

If we remain ignorant and do not reach that state of self-realization, we will return to earth in a rebirth. The body will die, but the Mind and Ego, ME, will carry its Karma and be reborn. However, if we realize we are not the body that dies, nor the Mind and Ego, ME, then we will be liberated from rebirth and never return to earth. Self-realization will lead us to liberation and unification with the Divine.



THE SCIENTIFIC PERSPECTIVE OF REBIRTH

What has science got to do with rebirth? While scientists will refuse to believe in rebirth, their scientific laws and principles reveal the Truth. Hasn't science stated that energy cannot be created or destroyed; it can only be transformed from one form to another? When the energy in a human being that gives breath departs at death, then as per science, this energy that appeared as a mass of over 30 trillion cells, is not destroyed. The energy becomes one with Universal Energy.

In a recent discovery, science discovered that the smallest particle of a human cell, smaller than electrons, neutrons, and protons — was a quark. When they were studying a quark, under a sophisticated microscope, they were mystified when that tiny quark, a particle of matter, suddenly disappeared. As they wondered and waited for an answer, that particle reappeared. The intelligent brains at the experiment table immediately coined a new principle called the Wave-Particle Duality. The principle was an extension of the law of thermodynamics. They linked their observation of the particle transforming to an energy wave and then the energy wave, reappearing as the quark. Our body may be made of 30 trillion cells. But even as per science, each cell is energy. If we realize this, that we are the Power, the Energy, then we will realize that we are not the body that dies. We are in reality, energy which even science endorses. But as long as we don't, our ignorance will make us live as the body, mind and ego, create Karma, die, and return to earth in a rebirth.



WHAT ABOUT STORIES OF THOSE WHO ARE REBORN?

Many believe in the doctrine of rebirth based on accounts of the life stories of young children who carry memories of their past life. Shanti Devi of India was able to identify and visit the house in Mathura where she lived in her previous life. She was able to recall details of her life as Ludgi with her husband Kedarnath, and how she, as Ludgi, had died giving birth to their child. Another instance is of a 2-year-old child named James Leininger in the USA who was able to recall the plane crash in World War II that was shot down by the Japanese. His parents discovered a close correspondence between his statements and the death of an American pilot named James Huston.

There are many such accounts of people like Shanti Devi and James that inspire people to believe in the reality of rebirth. While it may be possible that there are some freak cases where a person who is reborn carries the memories of their past life, normally, the memory is reset when we are born. It is so designed by the Creator that we are unable to recall what we have experienced in our past life. The memory of a human being tends to forget events of the distant past and therefore, it is unusual for somebody to remember their past life. Imagine, we could remember all our past life stories! Life would become impossible to live. Therefore, stories of people's rebirth need not become the primary cause of believing in the truth that we will return to earth. There are enough practical principles that reveal the reality of rebirth.



LET'S REFLECT ON THE TRUTH

Just believing in fairy tales or what people might say should not be the way for us to believe in rebirth. If we reflect on the Truth of life and death, the facts can reveal the reality of rebirth.

Death is a reality. Nobody can deny death. The body dies but the one who died has left the body. That is why we destroy the body that died. But where did the deceased go? Not to a distant heaven as the body is right here. The dead one returns to dust but not the one who actually left the body. Where did the ME, the Mind and Ego that carried its unsettled actions go? It gets conceived in a new body to settle its pending Karma. Such is the Universal Law of Karma, and the Cosmic Law of Cycles. The cycle goes on and on. That is, in fact, the way the universe continues its existence. Otherwise, the universe would come to an end. Rebirth is the only logical solution to infer how the Universal Laws fall into place, just like the pieces of a jigsaw puzzle reveal the right picture when fitted piece by piece. Don't all these obvious facts reveal the Truth that rebirth is a reality?

While contemplation on the facts reveals the Truth of rebirth, the mind continues to confuse us, refusing to accept rebirth as a reality. This is because the moment we contemplate the Truth and realize that we are not the body that dies, nor are we the ME, the mind and ego that returns to earth in a rebirth, again and again, the mind ceases to exist. Unless we catch hold of the Truth, the mind will make the reality of rebirth an illusion.

IS BIRTH AND DEATH AN ILLUSION?

Those who are on a Spiritual quest come to the final Realization that eventually everything in this world is an illusion including birth and death. Just like a dream is just a dream, life on earth too, is nothing more than a dream. While we know that what happens in a dream did not actually happen, we also know that the dream actually happened. We dreamt of what we dreamt, but what happened in the dream was just an illusion.

So it is with life. At death, we realize that everything will be over. Nothing will remain. Our problems, our possessions that seem very real, suddenly stop existing, just like waking up from a dream. But as long as we are alive, everything happening is very real. How do you feel when you are dreaming? You actually think that the dream is a fact that is unfolding. We experience fear and joy, even laugh and cry in the dream, till we wake up. While we are alive, birth is a far bigger reality than a dream. We touch and feel a little baby that is born, give it a name, and live with it, day after day. Then, one day, we see death. The doctor pronounces, 'End of life' when there is no breath. It is not a dream. It is very real.

Those who contemplate the Truth about rebirth, first Realize the Truth of birth, death, and rebirth. As they put together the doctrine of life, they reach the bigger Realization that everything is *Maya*, a Cosmic Illusion. Everything is *Leela*, a Divine Show. While birth, death, and rebirth are very real, life itself is a projection, an illusion. But we must realize this.



WHERE DO THE DEAD DISAPPEAR?

What happens at death? Are we certain that what is left behind is just the dead body, the mortal remains of the one who was alive? Raj died. Where is Raj? His body lies here. His ID card is no more valid. His driving license can no more be used. He will never talk to us again. Where has Raj gone? His body will be cremated, and it will return to ashes. But did we burn Raj? No! What we burnt was Raj's body. The one who was Raj has left the body and gone. Where has he gone?

Is it possible that the one who was Raj disappeared? While we are sure that we cremated his body, we can only infer where he went. He had to settle his Karma, but he lost his body. He used that body to create Karma. But now, he will need another body to redeem his past actions. It is just like Raj took a flight from New York to London. For Raj to return, he will need another flight. So will Raj need another body because in this case, the one who appeared as Raj has forever gone. The one who was Raj will return now as Harry or Ajay. But for sure, he will not disappear. He will have to return from wherever he has gone.

The dead do not return to dust. Only their bodies do. The ones who are dead, lose their head but their Mind and Ego, ME, their subtle existence returns in a new body as per Karma. The only way for them to escape rebirth is Realization of their true identity that will liberate them from Karma and Rebirth.



IS GOD CRUEL OR INCOMPETENT?

When we see a child being born without eyes or without limbs or without one kidney, what do we often wonder? Don't we sometimes think that God is cruel? Why does He make a newborn child suffer? What has this little child done? It has just arrived on earth, and it must cry till it will die. Is God so cruel? Some do not accept the theory of God's cruelty. They believe it is beyond God's capability to control what happens.

Haven't you heard of the devil? Some people believe that while God is kind, he is unable to control the devil from creating pain on earth. It is the devil that causes all the suffering. Is this true? This is a fairy tale and is good for children in kindergarten. For an intellectual adult who uses his logic, God is neither cruel nor incompetent. God is all-powerful. God has created laws by which this universe is governed. There is fairness and justice in all that happens on earth. The way to realize this is to realize that the millions of coconut trees on a beach, all have coconuts. None of them have jackfruits. This is because of God's Divine law – *as you sow, so shall you reap*.

The child that is born blind or is physically handicapped or deprived of a critical organ, is not a result of God's cruelty or His incompetence. It is a result of Karma. The one who was cruel in the previous body, finished one journey on earth and has now taken Rebirth and is redeeming its sins.



LIVING IN DENIAL

Most of us are not willing to accept the Truth. We have no option but to accept the reality of death. We also have no option but to accept birth the way it happens — it is beyond our control. But we have a choice to believe in rebirth or not to believe. If we do, we will be able to Realize the Truth. We will be able to achieve our ultimate goal of liberation from rebirth and unification with the Divine. But if we live in denial that rebirth does not happen, then we will believe in the fairy tale of heaven and hell, pray to a God in a temple or church, and not go in search of the Truth. The Truth is simple. It is logical. It is based on God's Universal Laws. The only way to interpret these laws is through inference. Without inference, we would not even accept the Law of Gravity.

Can anybody deny that apples cannot grow on mango trees? We have to accept the Truth because it is a law, just as we have to accept gravity. When we throw a ball up in the sky, why does it not fly away? We infer that it is due to a gravitational pull that everything is pulled back to the centre of the earth. There is no proof. It is inference! So, there is inference in the Law of Action and Reaction. Because the seeds that we plant determine the fruit on the tree, we infer that the deeds that we plant will decide our destiny. Not only will it decide our destiny on earth, but it will also decide our destiny at birth. The moment we are enlightened with the Truth, we realize that every birth on earth is a rebirth based on Karma. We must not deny this Truth.



HAS ANYBODY BEEN TO HEAVEN OR HELL?

Do you know of anybody who has been to heaven or hell? If anybody has actually been there, then the question is — how did they reach there? Are there flights, trains, submarines, spacecraft that will take us to God? Who will go to God? When the body dies, aren't we absolutely certain that it returns to ashes? If we have cremated the dead, then who is it that can go to heaven or hell?

When we go in quest of the truth, we realize that heaven and hell are not physical locations that exist somewhere far away in the stars. Heaven and hell are right here on earth. We experience heaven or hell when we take rebirth. As long as we believe in the fairy tales about Santa Claus, and about God being an old man with a white beard, sitting somewhere high up in the clouds, we will never Realize the Truth about birth, death, and rebirth. Unfortunately, we believe in the stories that we are told as children. Through stories, we are taught about God so that we can pray. However, we literally believe what people tell us. We don't realize that this is not the Truth. It is an illusion. It is just like a rainbow in the sky. It appears to be, but it is just an appearance. So also, we believe in the myth that we will have to face God on the final Day of Judgement, and we will be either punished for our sins or rewarded for our good deeds. When the body has returned to ashes, who will be punished and rewarded? This is only possible by taking rebirth on earth and experiencing heaven and hell right here on earth.



THE DIFFERENT LEVELS OF SOUL POWER

Those who have gone beyond the fairy tales, and Realize the Truth, contemplate the power of the Soul in all living creatures. The human being is the most evolved of all living creatures. He has a fully developed intellect and a high-powered Soul. What is a Soul? It is a Power that arrives at birth or rather at conception and departs at death. The Soul is the Divine Spirit or *Atman* or the Life Energy that gives us breath. Without the Soul, there would be no life; there would be death.

Look around you. You can see the mountains and the seas, the birds and the trees. While the birds and the trees are born and they die, the mountains and the seas are eternal. They do not experience death, nor do they go through birth like living creatures. While there is a power in the sun that glows, the wind that blows and the water that flows, there is no Soul. The Soul is not in the sun, the moon and the stars, but it is very much there in the birds, the animals and the flowers. The only difference is that the Soul Power in the flowers is not as evolved as the Soul power in animals. Trees and plants are bound to the ground, but they too live and die. Animals and birds can move and fly, but their Soul power is not as powerful as the Soul in humans. We are all part of that Soul that keeps us alive and we go through the process of birth, death and rebirth, again and again. This is how the universe has been designed by the Creator. At death, every body returns to dust, but to continue God's creation, rebirth is a must.



THE MIND AND EGO TRANSFER TO A NEW BODY

What happens when you buy a new mobile phone? You transfer your software, your apps and your data. It seems to be a miracle, but thousands of photographs and files get transferred from one device to another device. All this happens through a wireless transfer. When we human beings can transfer so much data from one hardware to another hardware, why do we get baffled when it comes to the transfer of the Mind and Ego, ME, from one body to another?

The human being is very much like a computer with the hardware, software, and power supply. When the body finishes its journey on earth, the mind and ego take a new rebirth. This happens when the power supply departs at death and then it reappears when there is a conception of a new birth. Without the power supply, can laptops and mobiles transfer data? The power supply does not transfer the data. It only provides power. So does the Soul. Many people get confused that the Soul is transferred from one body to another. Do you believe that the electricity from your gadgets also gets transferred from one device to the other? No! We are somehow very clear about the power supply when it comes to our gadgets. But probably because of the influence of mythological stories, we somehow believe that it is not only the mind and ego that transfers to a new body along with its Karma, but also the Power, the Soul. We must realize it is not the Soul that takes birth, but the subtle body, the Mind and Ego, ME.



OUR BIRTH HAPPENS AT CONCEPTION

When are we actually born? Not on our birthday. We know beyond doubt that we were alive in our mothers' womb 9 months before we were delivered on earth. It is scientifically known that when two cells of our parents fertilize to become one, our conception or real birth takes place.

What happens at conception? There is a fusion of two cells and the zygote is formed. The zygote is just the first cell of our existence. Then, the zygote multiplies and as if by magic, the entire body is created as the embryo in the womb. There is no magic, it is Divine logic! The zygote has the power of the Soul in it. It is through the Divine manifestation that the human body is formed around the Mind and Ego, ME that is carrying its Karma. The Soul Power is facilitating the creation of the human body. Then, one day, we are finally born. But this for sure is not our 'birth' day. Our 'birth' day was 40 weeks back, about 280 days before our arrival date. Somehow, we human beings are immersed in ignorance, and we are unable to Realize this Truth.

Because we human beings do not Realize the Truth about life, birth and death, we consider rebirth to be mystical. The Truth is that rebirth is just another magical way of what the Divine does. If only we realize the Truth about rebirth, we will overcome all fear of death. We will realize that 'I' will never die. Death is not the end. It is just a bend. It liberates us to unite with God.



OVERCOMING THE FEAR OF DEATH

Why do we human beings fear death? The primary cause is our ignorance about what lies beyond death. We are scared to die and go to hell. We are also fearful of how our body will be burned to ashes. Then, we fear loss of all that we own, our money, our assets, our possessions, just as we fear the loss of all our relations, the loss of all our loved ones. This loss of all that is known combined with the fear of the unknown, makes death the greatest fear of humanity.

If only we Realize the Truth, we will overcome the fear of death. We will realize that death is certain and that there is no need to fear it, that every 'body' has to die, but the 'I' will never die. The 'I' who was alive will become the ME, the Mind and the Ego, and return in a new birth on earth. This is the Divine Truth. The Truth is that God lives in the temple of our heart. The Soul, the Divine Spirit or the *Atman*, is who we truly are. Those who think they are the body, suffer the most. Those who think they are the Mind and Ego, ME, will be reborn. But those who realize that they are the Divine Spirit will be liberated at death and united with God.

This realization that we are the Soul, liberates us from all fear. It also liberates us from the triple suffering of the body, mind and ego. At death, when we realize that we are not the Mind and Ego, ME, we are liberated and united with the Divine. Enlightenment overcomes all fear about death, just as it frees us from rebirth.

THE MYTH OF GHOSTS



Haven't you heard this folklore that when somebody dies, their Spirit or Soul remains in the vicinity for a few days? Then, we have to perform certain religious rites and *poojas* to wade away the Spirit, otherwise, it will remain forever as a ghost and torment us. It is because we are gullible and believe fairy tales like this and because we fall prey to certain unscrupulous elements, that we are trapped in the myth of ghosts. Some representatives of some religions use religion itself to manipulate us and make us believe in ghosts and spirits so that they can control us in our ignorance and fulfil their selfish interests.

Those who are enlightened, know beyond doubt that there are no ghosts, no evil spirits, no angels, fairies and devils. This is just a figment of man's imagination. These fairy tales have been created to capture man in the prison of ignorance. Our ignorance makes us die and return to earth, again and again. It stops us from realization, liberation and unification with the Divine.

Haven't you watched a horror movie? Although we know the movie is just a movie, we shiver and shudder at the ghost on the screen. Modern technology is used to create animated ghosts and spirits with sound and light effects that make us believe that ghosts are real. As long as we do, we will live with the myth and never Realize the Truth. We will never decode the mystery of rebirth. We must overcome the myth of ghosts and realize God in the temple of our heart to unite with the Divine.



GOOD KARMA CAN'T LIBERATE YOU FROM REBIRTH

Many people believe that if they keep on doing good Karma, they will be free from the cycle of death and rebirth. While it is definitely better to do good Karma, rather than bad Karma, good Karma cannot liberate us from the cycle of *Samsara* or rebirth. As long as there is Karma, be it good or bad, we will have to return to earth. The ME, the Mind and Ego, has to be reborn to redeem its deeds. Just like when we plant a seed, it will germinate into a tree, so also when we perform a deed, the deed will fructify into our destiny. But suddenly, we die. How can we redeem our deeds? The Divine has formulated a method where we leave one body that dies, and we are reborn in another body, to settle our past Karma.

Therefore, while we must continue to do good Karma, our ultimate goal is to realize we are the Divine Soul. We are not the body that will die. We must overcome our ignorance that I am 'I', that we are the Mind and Ego, ME. Until we overcome this ignorance, we will create Karma and will be reborn. We will never be able to unite with the Divine, unless there is Enlightenment, Realization of the Truth followed by Liberation. The mind and ego confuse us and question - How can we be free from Karma or action? No human being can be free from action. The Realized one is enlightened that none of his actions are his. He is not the doer of the action. He has no Karma. Therefore, he does not have to return to earth in a rebirth. He lives as an instrument of the Divine, knowing he is nothing, he does nothing, and he surrenders all his actions to God.



THE MYSTERY OF REBIRTH SOLVED

Rebirth is not a mystery. It is not magic. It is a simple logic. Unfortunately, we are unable to see the Truth because we are enveloped in the cosmic illusion of the world. It is just like how we are unable to see a white screen on which a movie is projected. As long as the movie is being projected on the screen, we cannot see the screen. But the moment the movie is over, what remains is the plain, blank, white screen.

Those who go on a quest to decode the mystery of rebirth, realize that death is certain, nobody can escape it. They also realize that they are not the body that dies. Otherwise, if we were the body, our loved ones would not destroy it. At death we depart, but where do we go? They realize that there is a Law of Karma that we cannot escape. Although we die, we have to settle our Karma but heaven and hell are just a fairy tale. We suffer or we are rewarded right here on earth through a rebirth. Therefore, when they see a newborn child suffering, they realize that it is not God who is unjust, cruel or incompetent. The body is that of a newborn, but the one who has come alive is the Mind and Ego, ME, carrying its Karma.

All these Realizations enlighten them with the truth about rebirth. They live not as the body, mind and ego, but as the Divine Soul. At death, when the body dies, they are not reborn. They are liberated and united with the Divine. This solves the mystery of Rebirth. It decodes a secret, the biggest secret of humanity.

THE TEN QUESTIONS THAT ANSWER THE TRUTH ABOUT REBIRTH

1. **IS DEATH CERTAIN?** Yes. Everybody has to die. No 'body' can escape death.
2. **ARE WE NOT THE DEAD BODY?** No. We are not. That is why our loved ones burn the body or bury it.
3. **DO WE LEAVE THE BODY AT DEATH?** Yes! We leave and we depart. But where do we go?
4. **WHO DEPARTS?** It is ME, the Mind and the Ego along with its unsettled Karma or actions.
5. **DOWE GOTO HEAVEN OR HELL?** Yes, but heaven and hell are not somewhere in the stars. We are rewarded or punished in a heaven or hell right here on earth through a Rebirth.
6. **IS THAT WHY THE LITTLE CHILD WHO IS BORN BLIND, SUFFERS?** Yes. The little child does not suffer; it is the Mind and Ego, the ME that is born in that child to settle Karma.
7. **IS GOD CRUEL, UNJUST OR INCOMPETENT?** No, God has created the Law of KARMA. It ensures a fair settlement of our deeds while alive and even after death.
8. **DO WE HAVE TO SETTLE OUR KARMA?** The ME, the Mind and Ego, has to settle its unsettled Karma as it is reborn in a new body as per the Law of Karma, again and again.
9. **DOES IGNORANCE CAUSE REBIRTH?** Yes, because we think we are the Mind and Ego, ME, we create Karma and are Reborn.
10. **CAN WE ESCAPE REBIRTH?** Yes! If we Realize the Truth that we are not ME, the Mind and the Ego. We are the Divine Soul. Then, at death, we will transcend Karma and will be liberated from the repeated cycle of Death and Rebirth!



AFTERWORD

In my quest to Realize the Truth, one of the 9 questions was: Is Rebirth or Reincarnation real? Are we really born again and again? I was confused because I thought how could I be Reborn after my body is burnt to ashes? I never realized that it was not the body that was Reborn. It was only much later that I realized that I am not the body that I wear. I am the one that wears the body.

For several years, I lived as the ME, the Mind and Ego trying to do good Karma. I started destitute homes to take care of the poor and suffering on the street, just as I did many other good deeds so that I could control my destiny. I realized that the Law of Karma truly works.

One day, I Realized the Truth. I was not even the Mind and Ego, ME, that was doing good Karma. I was the Divine Soul, the *Atman*, that was alive in this body that people called 'Ravi'. My life was completely transformed. I started living as a Karma Yogi, an instrument of the Divine, and let go of all my Karma. I realized that I do nothing, I am nothing, the Lord is everything. God does everything through me. This Realization liberated me from the triple suffering of the body, mind and ego. It made me live like a Yogi, ever united with the Lord, experiencing the Divine all the time and doing the will of the Divine. I have surrendered everything to the Lord and live without any desires, except one aspiration – that I be liberated at death, escape Rebirth and be united with the Lord.



POEM REBIRTH

The Mystery Solved!

*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*

POEM

*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*



ABOUT THE AUTHOR

AiR- *Atman* in Ravi

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



As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

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

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

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 40 books, composed and sung about 1200 bhajans written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations

like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this, is our Ultimate Goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

*Started with nothing...
Became something...
Achieved everything,
Only to realize we are nothing!*

BOOKS BY THE AUTHOR

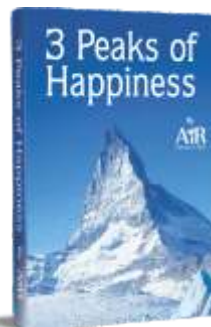
1. Talaash

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



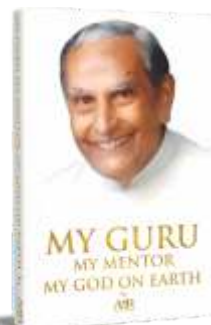
2. 3 Peaks of Happiness

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



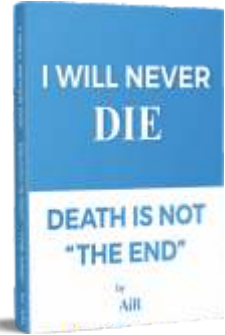
3. My Guru, My Mentor, My God on Earth

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



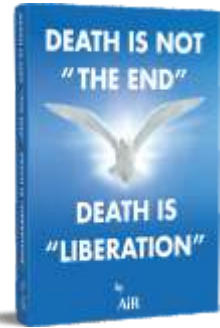
4. I will Never Die, Death is Not “The End”

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



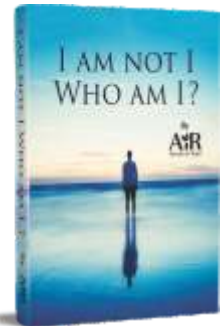
5. Death is Not “The End.” Death is “Liberation”

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



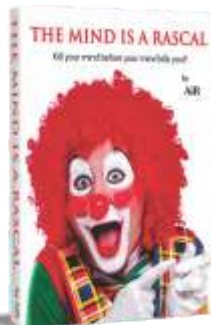
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



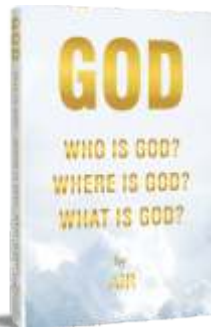
8. A Cosmic Drama

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



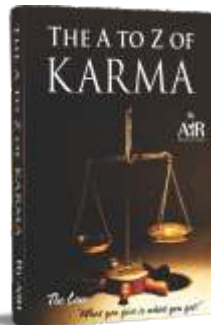
9. Who is God? Where is God? What is God?

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



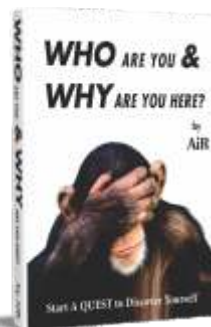
10. The A to Z Karma

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



11. Who Are You and Why Are You Here?

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



12. The 4th Factor

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



13. Be Happy in the NOW!

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



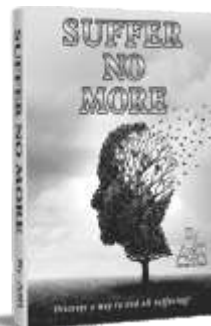
14. Questions You Must Answer before you Die!

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



15. Suffer No More

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



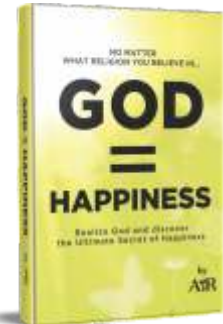
16. Success is not Happiness, Happiness is Success

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



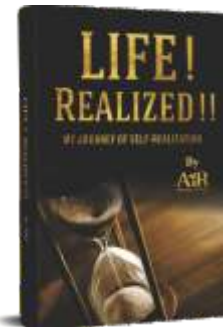
17. God = Happiness

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



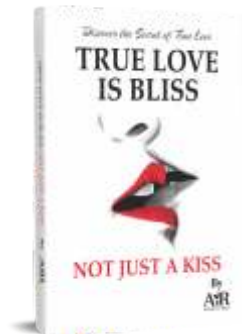
18. Life! Realized!!

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



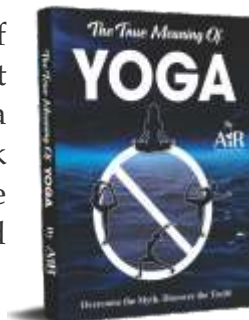
19. True Love is Bliss...Not Just a Kiss

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



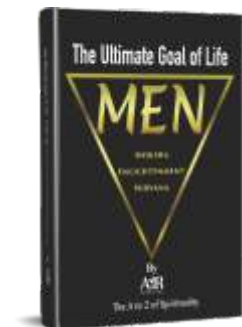
20. True Meaning of Yoga

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



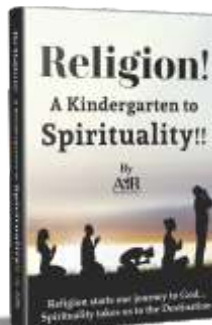
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



22. Religion! A Kindergarten to Spirituality!!

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



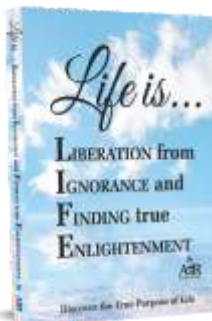
23. Why Bad Things Can't Happen to Good People!

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



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

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



25. The Ladder to Heaven

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



26. FEAR- False Expectations Appearing Real

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



27. Soul – We don't have a Soul...we are the Soul!

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!



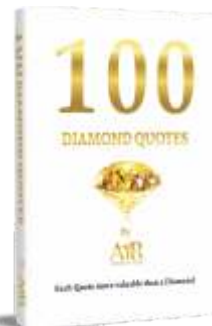
28. But We Pray!

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.



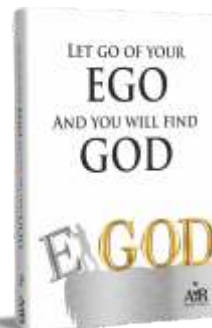
29. 100 Diamond Quotes

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

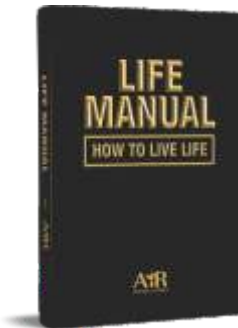
Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round and round in circles without discovering God within. If only we let go of our Ego, we will move from Self-realization to God-realization.



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.

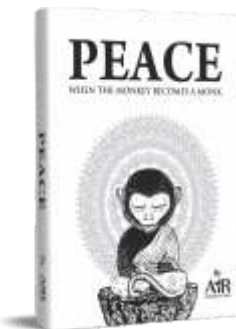
31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But have we ever read a manual on life? Is there such a manual? There is no simple document that tells us what life is, how we should live it and how we should make the most of it. The 'Life Manual' is just the book we have been waiting for.



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

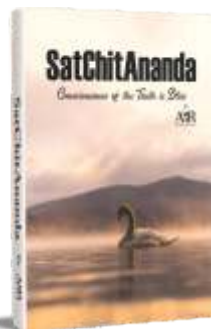
We human beings are enveloped in ignorance. We seek peace of mind but we don't realize that peace is not an external thing; it is our original state. It is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it into a monk, we will 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.



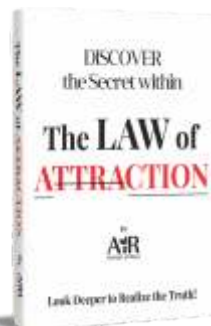
34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

What is the way for a common man to be enlightened and realize the truth? This book reveals the key to opening the door to this profound realization. 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'.



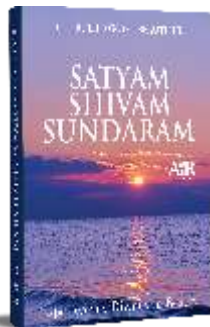
35. Discover the SECRET within The LAW of AttraCTION

Many of us believe in the Law of Attraction, that we can realize our dreams through this magical, mystical law. But then, why aren't some people able to translate their dreams into reality despite believing in this law? This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.



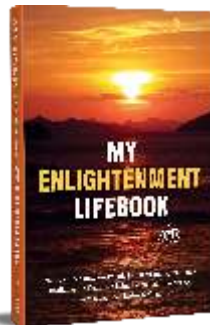
36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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 make us experience God in everything beautiful. This book 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 unlike any other book. It is a treasure of crystalized wisdom that is put together in a simplified manner to help one Realize the Truth. It is a book of life. 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 where every page on the left is offered to the reader to make notes, jot down thoughts and questions as one progresses on the path of Realization.



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

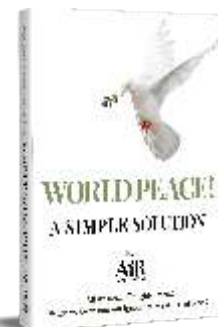
The fear of death stops us from living life. While we are all 'alive', we are paralyzed by fear. FEAR is a False Expectation.

Appearing Real, but when we fear death, we are unable to move. We begin to live with phobias. We become paranoid. Everything we do makes us fear that we will die. And because we fear we will die, we refrain from doing things that otherwise we could do. Unless we overcome the fear of death, we don't really start to 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! What is the way out of these conflicts? If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth.



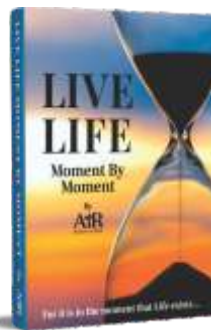
40. Many Problems, One Solution

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



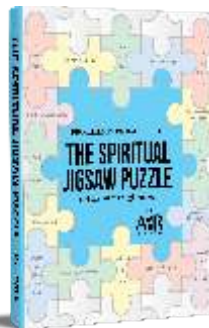
41. LIVE LIFE... Moment by Moment

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



42. The Spiritual Jigsaw Puzzle

Are you seeking eternal happiness and everlasting peace? Are you in search of the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be enlightened with the Truth, the ultimate purpose of life. The enlightened picture liberates us from the body, mind and ego, and we become free from all misery and suffering. Our search for God ends. We Realize the Divine in the temple of our heart, experiencing a spiritual ecstasy unknown to common man. This book will help you put the pieces of the Spiritual Jigsaw Puzzle together and create a metamorphosis in your life.

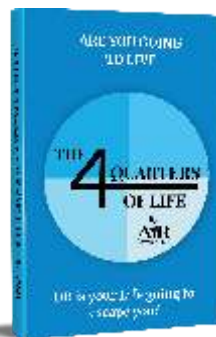


43. The 4 Quarters of Life

Life has a purpose. To discover this purpose, we must divide

our life into 4 Quarters. The First Quarter is all about Learning while the Second Quarter focuses on Earning. The Third Quarter is meant for us to start our journey towards the ultimate goal of life, Enlightenment, and in our final Quarter, we must attain this final goal of Enlightenment. Enlightenment liberates us from all suffering and from the Karmic cycle of death and rebirth.

Unfortunately, today, man only focuses on the first two Quarters of life. As a result, he suffers. This book will inspire you to live a complete life, Quarter by Quarter, so that you can live with bliss and everlasting happiness.



And Now...

44. REBIRTH ... The Mystery Solved!

Coming Soon

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

If you have any questions on happiness, suffering, life, death, rebirth, karma, liberation, enlightenment or anything related to spirituality, **you can ask your questions directly every day on Zoom at 8 p.m.!**

Ask AiR

at **8 pm** every day
on  **zoom**

Zoom Meeting ID: 85021104431

REBIRTH

The Mystery Solved!

*Discover the Secret of
Escaping from the Cycle of Death and Rebirth!*

Do you believe in Rebirth or is it still a mystery? Many people are mystified about Death and Rebirth. The fear of Death, the loss of all that is known, all that they own, coupled with the fear of the unknown that lies beyond Death, grips them and stops them from asking questions, investigating Death and Realizing the Truth about Rebirth.

This book will change your paradigm on Death. It will reveal the simple secret of Rebirth. Step by step, it will make you realize that Death is not the end, it is just a bend. Only the body dies, but the one who was alive returns in a new body to settle their Karma. That is why you see a child born blind. It is not because God is unjust or cruel. It is because of Karma.

This book will not only solve the mystery of Rebirth, but it will also reveal the secret – How to transcend Karma, be liberated from the triple suffering on earth, and ultimately at Death, how to escape from Rebirth and unite with the Lord.

A.i.R.

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By
AiR
Atman in Ravi

