

SOUL

Spark Of Unique Life

By
AiR
Atman in Ravi



We don't have a Soul... We are the Soul!

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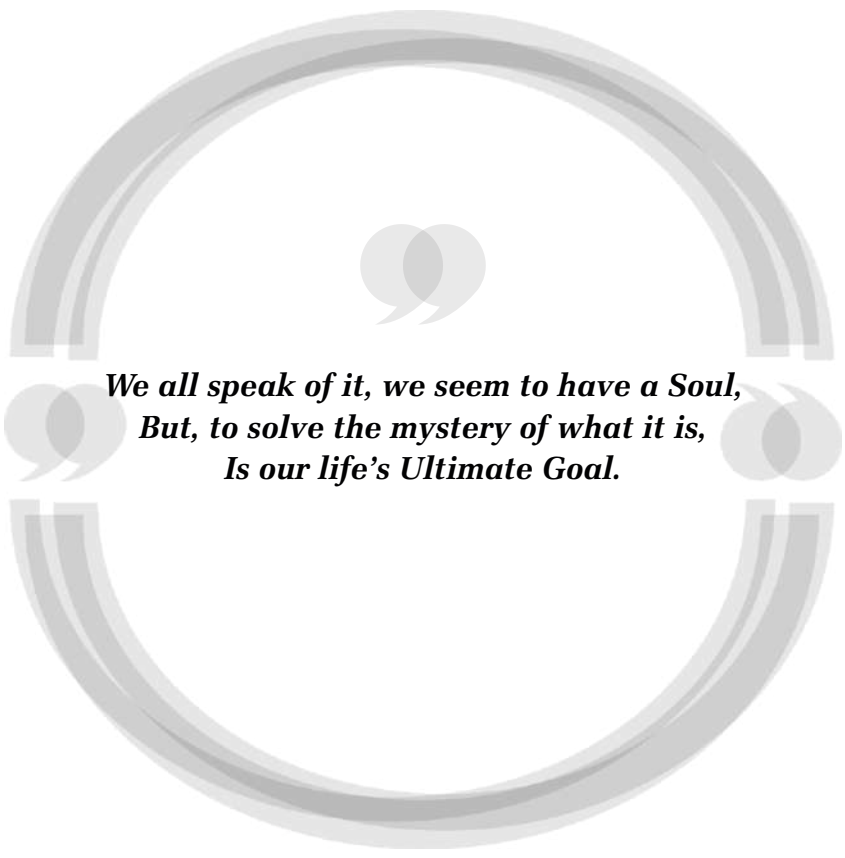
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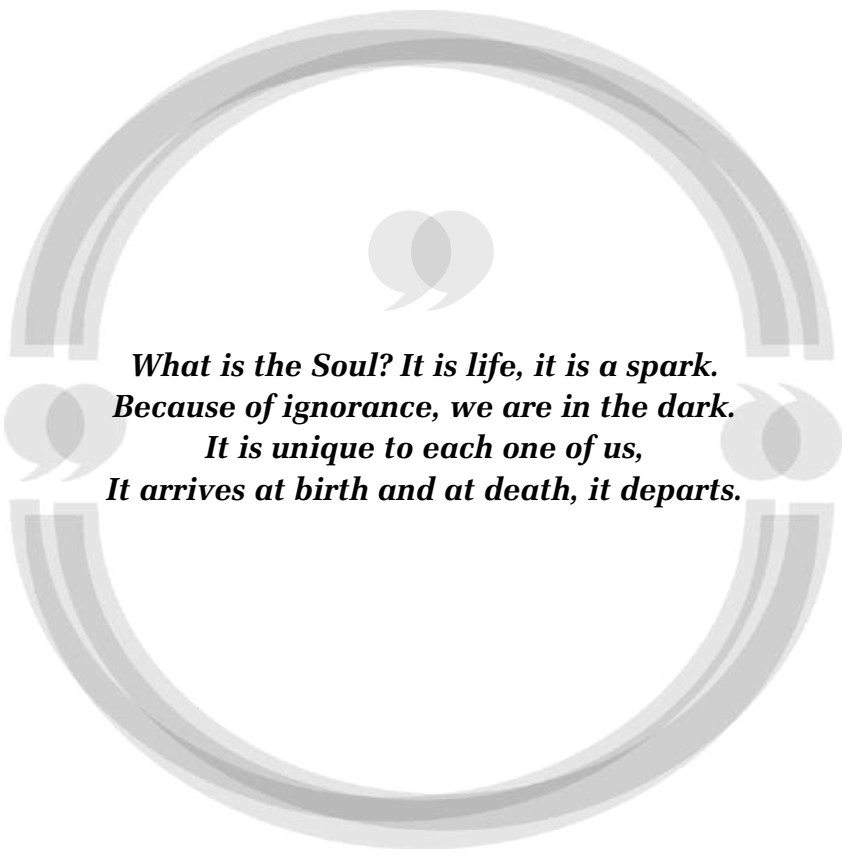
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***We all speak of it, we seem to have a Soul,
But, to solve the mystery of what it is,
Is our life's Ultimate Goal.***



***What is the Soul? It is life, it is a spark.
Because of ignorance, we are in the dark.
It is unique to each one of us,
It arrives at birth and at death, it departs.***

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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 about Life and be Enlightened.' 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 Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. – Humanitarian, Inspirational and Spiritual work.



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

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

After a few years of intense search in a 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 about Life and be Enlightened.'

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 55 books, composed and sung about 1300 *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

ABOUT THE AUTHOR - AiR

speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club and many corporates, schools and colleges. He conducts webinars every week and ASK AiR sessions every day on Zoom and Facebook Live to help people realize the ultimate purpose of life.

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

Ask AiR

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

Zoom Meeting ID: 85021104431

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Preface

On my spiritual journey, there were many questions that I had no answers to. What happens after death? How are we born? Is the Law of Karma real? Does rebirth actually happen? What is the truth about Enlightenment or Salvation? What is it that some people call *Nirvana* or *Moksha*? Many questions like these, together formed my *Talaash* or quest of life. The most important question was about the Soul. Everybody talks of the Soul, but not many know the true meaning of it. What is the Soul?

In my quest for answers, I spent months as I contemplated the Soul. It was a critical piece to complete my jigsaw puzzle, a puzzle that needed to be solved as it became the priority of my life.

My quest took me through all the religions of the world. I read many scriptures and investigated several philosophies of the saints and the sages around the globe. Ultimately, I experienced my spiritual 'Aha!' moment about the Soul.

I decided to write a book on the Soul. We are alive because of our Soul and to realize the truth about our Soul is our life's ultimate goal. However, we do everything else but forget to discover this truth.

Preface

We human beings are strange. We just believe in whatever we are taught or told, because of which we only sink further and deeper into ignorance and become even more distant from the truth. If we contemplate the Soul, we will find answers to the most important questions about life. It will take us forward in our journey of self-realization and ultimately to the rare feat of God-realization.

This is not an easy journey. Only sincere seekers who want to realize the truth about themselves and God are fuelled with a passion that leads them both to realization and liberation.

Why is it that most of us don't discover the truth about our Soul during our life journey? We human beings are so lost in this world that we become slaves to our own desires, our very own thoughts. We do not discover and realize that our biggest enemy is 'ME', our own Mind and Ego because it stops us from realizing the truth. Thus, we live and die in ignorance and many truths about life continue to remain a mystery.

The Soul is enigmatic and we must unravel the mystery that surrounds it. Can we deny that we have a Soul? Don't we often discuss it? Are we not confused whether the Soul exists or not? From where does it come and where does it go? This book will solve the riddle and reveal the truth about the Soul!

Preface to the Second Edition

As our books have been sold out and people loved the concept of the Soul, we are printing the second edition of this book. The key revelation of the Soul beyond what is in the first edition is that SOUL, the acronym itself reveals what it is. **SOUL** is a *Spark Of Unique Life*. Up to now, I kept saying 'spark of life', but as the Divine dwells within us, from within came the voice that **SOUL** is not just a 'spark of life', rather, it is a '*Spark Of Unique Life*'. The **SOUL** in me is unique as compared to the Soul in you but the source of the Soul is one.

Just like it is the same source of electricity that gives power differently to the bulb, the refrigerator and the television, similarly, **SIP**, the *Supreme Immortal Power* is one, but as long as it appears as a Soul in you and me, it is a Spark of 'Unique' Life. It begins its journey at conception, nine months before our birth and it departs at the moment of our death. It becomes one with **SIP**, the *Supreme Immortal Power*. Therefore, though it appears that we have different Souls and our Souls are unique, in reality, all Souls belong to **SIP**. When the **SOUL** is within us, it is unique to us, but the source of all **SOULs** is one. Soul comes from **SIP** and goes back into **SIP**, the *Supreme Immortal Power*.

Introduction

This book *Soul*, is an effort to know everything about our most important aspect – our Soul. While we talk about the Soul so often, how many of us actually stop and ponder about the reality and existence of the Soul?

What is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe that we have one. Is it the same as the Spirit, the *Atman*, the Life Energy within or is it something different? How is our Soul connected with our body? Is our mind a part of our Soul? When does the Soul actually come alive and what happens to the Soul after death? All these questions remain unanswered.

All religions talk about the Soul, each in their own unique way. Are there 'good' Souls and 'bad' Souls? What is the mystery about the reincarnation of Souls?

And then, there is so much said about the Soul and its connection with the Divine. Is there any connection between the two? There are many doubts and we human beings contemplate the truth of the Soul. It seems to be the most important aspect of our life, but it gets lost as we zoom to our tomb, making everything else a priority.

What does science say about the Soul? Is there any proof that the Soul exists? Or, like some religions advocate, there is no Soul? And then, what about ghosts? Are they not the Soul — the spirit of the dead that appear to us?

This book about the Soul will open our eyes and help us overcome our ignorance about the Soul. As the book questions every aspect of the Soul, we will evolve in our spiritual journey and realize the truth. Not everybody can realize the truth. Some may investigate the Soul and arrive at several possibilities of what might be the truth. But a few sincere seekers of the truth, will do some Soul-searching and realize the Soul. Are you ready to go in search of your Soul? You will realize that the SOUL is - Spark of Unique Life. It is the essence of our existence.



What is the Soul, do you know?

Or is it still a mystery?

***There are so many beliefs, so many myths
that seem to fill our history.***



01

**THE MYSTERY
OF THE SOUL**

THE MYSTERY OF THE SOUL

For thousands of years, the Soul has continued to remain a mystery. While most of us are conscious of its existence, we don't know what the Soul is, where it came from and where it will eventually go. All this continues to baffle humanity.

Does the Soul really exist? Has anybody seen the Soul? Does the Soul take birth and does it die? These questions have many speculations, but till date, they have not been demystified. Some people believe that the Soul is purely human – it is exclusive to those who are blessed to be human beings. There are others who think that even animals have Souls. What about insects, birds, fish, plants, and trees? The mystery deepens because we have not uncovered the truth about the Soul.

What exactly is the Soul? What is the difference between the Soul and the Spirit? Is the Soul what the Hindus call the “*Atman*” and parts of the Orient call “*Chi*” or “*Prana*”? The mystery grows deeper as more and more theories of the Soul are floated.

The modern world has further complicated the subject with the growth of technology. Anybody can upload their own definition of the Soul on the internet and keep the seekers of

truth shrouded in darkness.

Some people add to the confusion by saying that there is no Soul. Is it because it is a fact that there is no Soul or is it just because we have not understood what the Soul actually is? We human beings are alive but one day we will die. What happens at death when there is no breath? How is this phenomenon called death connected with the Soul? What about the Soul and the human birth? Is the gift of human life a gift from the Divine or from the Soul? Who knows? It is anybody's guess!

“Our Soul will go to heaven one day,” say some. Nobody wishes their Soul to go to hell. But where is heaven and how will the Soul get there? When we die, does the Soul leave the body or is it buried or cremated together with the one who dies? These questions have remained with humanity for ages but we have not pondered on the answers. We are busy solving the secrets of the material world. We are more concerned about the puzzling cosmos, just as we go deep within the oceans to uncover the mystery of the underwater world. But what about the Soul?

Some scriptures talk of 'good' Souls and 'bad' Souls and

how our Souls are so different. Then comes the theory that since our Souls are independent creatures, we must look for our Soulmate. The mystery only deepens as we sink deeper into ignorance without realizing the truth about the Soul.

Today, more people than ever before have started asking questions about the Soul. They say that the Soul is the manifestation of the Divine. But what does this mean? With the Eastern civilization believing that the Soul, Spirit and the Divine are one, and the Western world believing that our Soul will go to heaven or hell, the whole concept of the Soul remains an enigma.

Instead of demystifying the myth of the Soul, we get carried away by rituals and superstitions and even believe in them. For instance, some people believe that the Soul is most active on a full moon night, or that the Soul resides in a secret receptacle of the body and can be touched through meditation; that stretching the body in a particular manner will make us more Soulful, that the mind and the Soul are deeply connected and by certain breathing techniques, we can access the depth of our Soul.

Even the most famous concept of Yoga has been mystified

with the Soul. Yoga is marketed in the world today as the union of body, mind, and Soul. But in reality, Yoga is Union of the Soul with the Supreme Soul. But, like any other theory about the Soul, the theory of Yoga has also become diluted. True Yoga is very profound. It is the union of a living human being with the Divine. It is realizing and being conscious of the Divine and then always being connected with the Divine. Instead of trying to realize the truth about the Soul, we get carried away by fantasies.

Recently, some people were discussing what they called 'Soul-hunting', a contemporary Shamanic integration ritual. By doing this, they believed that they would create a new energy in their life. Instructors would help them go on a Soulful journey, and they would experience a Shamanic trance making it possible to reunite with the damaged pieces of the Soul. While there are exercises that can resolve difficulties and illnesses and create wellbeing, how is this connected to the Soul? By making the Soul another identifiable domain of our life, like the body or mind, we only add to the confusion of our understanding of the Soul.

While it may not be necessary to read the next few pages which carry several mythological and philosophical beliefs

about the Soul, for those who are interested in knowing what our ancestors thought about the Soul, the following pages will be interesting to read.

Historically, all around the world, people have believed in various theories about the Soul. The early Greeks believed that the Soul was separated from a person's dead body. The Greeks called the Soul, 'psyche' and the body, 'soma'. After death and after burying the body, the Soul was freed from the body and began its journey to the world of the dead. A barrier, usually a river, separated the worlds of the living and the dead. The Greeks believed that the Soul was guided during its journey to the world of the dead by the God Hermes or his assistant, the ferryman Charon, who would assist Souls, helping them cross the river.

For the Greeks, the world of the dead was rather bleak – it was a place of darkness beneath the surface of the earth ruled by Hades. Here, the dead were judged—a judge would examine their past deeds and accordingly give punishments. The punishments varied. Those who had committed minor wrongs could be sentenced to eternally wander about the underworld in a mindless state, knowing neither great suffering nor great joy. But serious sins or

wickedness was harshly punished with severe beatings, starvation, and torture. In the earliest Greek thought, all Souls—both good and bad—lived in Hades. However, some Greeks believed that good people, like heroes and other virtuous individuals, would not need to wander through the darkness of the underworld. Instead, they would be mysteriously transported to the Isles of the Blessed, also known as Elysium or the Elysian Fields.

The Epicureans, who followed the teachings of the Greek philosopher Epicurus, considered the Soul to be made up of atoms like the rest of the body. Epicurus believed that both body and Soul ended at death.

Another Greek philosopher, Plato, saw the world as a spiritual being, and the concept of the World-Soul was named 'Anima Mundi'. Anima Mundi was a spiritual essence that enveloped everything in the world and all of nature. For the followers of Plato, the Soul was an incorporeal substance having no material existence, similar to the Gods, yet was a part of the world. Plato and Socrates accepted the immortality of the Soul.

Aristotle, however, considered only a part of the Soul, the

Nous, or intellect, to be immortal. He also identified three hierarchical levels of living beings - plants, animals, and people, having three different degrees of Soul: Bios or life, Zoe or animate life, and Psuche or self-conscious life. For these groups, he identified three corresponding levels of Soul-growth, sustenance and reproduction which all life shares called Bios; the self-willed motive activity and sensory faculties, which only animals and people have in common called Zoe; and finally 'reason,' of which people alone are capable. It is called Pseuche.

Like the Greeks, the Romans also believed that Souls travelled to another place after death. They believed that the Soul would go underground to the river Styx. They also believed that virtuous Souls returned to a heavenly place after death to experience eternal joy. Wicked Souls, on the other hand, suffered great punishments and tortures. Later, many Romans also believed in the immortality, or everlasting life, of the Soul. They also believed, to some extent, in the idea of reincarnation — the rebirth of the Soul in a new body.

Among ancient people, the Chinese, like the Egyptians, believed in the idea of a dual Soul. The Chinese distinguished

between a lower, sensitive Soul which disappears with death, and a rational principle, the Hun—a spiritual and a more heavenly aspect of the Soul that survives the grave and is the object of ancestor worship.

Confucians conceived of the Soul as constituted by anima 'Hun' which animated the body in life, and corporeal Soul, 'Po' which constituted the physical senses. As a Yang entity, anima was released from the body upon death and floated upward, whereas the Yin corporeal Soul decomposed into the earth.

In ancient Egypt, the Soul was not only one's character but a composite being of different entities. The Egyptian culture carefully observed mortuary rituals because each aspect of the Soul had to be addressed for the person to continue on their way to eternity. We have heard about the process of mummification in the ancient civilization of Egypt. The Egyptians believed that the mummified body was the home for this Soul or Spirit. If the body was destroyed, the Spirit might be lost. The idea of 'Spirit' was complex involving three spirits: the Ka, Ba, and Akh. The Ka, a 'Double' or the 'Life Force' of the person, would remain in the tomb and needed the offerings and objects there. The Ba, or 'Soul', was free to fly out of the tomb and return to it.

And it was the Akh, perhaps translated as 'Spirit', which had to travel through the Underworld to the Final Judgement and entrance to the afterlife. To the Egyptians, all three were essential.

Mention of such beliefs is only being made to record how ancient civilizations thought of the Soul as a very enigmatic thing. All around the world, innumerable mysteries of the Soul have emerged from ancient times. Certain tribes used to do head-hunting as they believed the head contained a Soul substance. In Indonesia, the head of the enemies was highly valued, not because they were trophies, but because the heads were said to contain the Soul. It was believed that this Soul substance would make villages more fertile and crops healthier.

People who lived in Turkey centuries ago, believed that when a man died, the Soul of the man would leave the body and reside in a stone slab. Thereafter, people worshipped the stone as it contained the Soul!

Ancient civilizations performed a Viking funeral that connected the Soul to where the dead went in their afterlife. In ancient Scandinavia, ancestors were worshipped as

though after death the Soul had departed on a voyage inside the mountain on the other side of the sea in the underworld or in the heavens. Such beliefs, needless to say, have made the Soul one of the greatest mysteries of all times!

The Celtic festival of Samhain dates back to 2,000 years and grew into what we now know as Halloween. Music and dance celebrations called the Witches' Ball featured a bonfire and celebrated the communion with the dead. This is said to have Christianized as All Saints' Day. It is believed that at this time, some date it as 31st of October, the spirits of the dead mingle with the living. All these mysteries have created a culture around the world to declare holidays based on the theme of the Soul and the dead.

Taoism believes that the human Soul is made up of many different spirits. The Yang aspect of the Soul is made up of the three Hun, the intangible parts of a person – the Spirit, Consciousness, and Intelligence. The Yin aspect of the Soul is made up of the seven 'Po' and forms a person's physical Soul. The 'Po' are attached to the body, and remain with the corpse after death, dissolving with the body.

According to Shintoism, humans are born pure and share in

the Divine Soul. Shintoism with its system of ancestor-worship also implies a conviction of the immortality of the Soul, a belief that was held by the ancient Japanese. According to Shinto belief, a 'departed' Soul still has its personality and is stained with death 'pollution' immediately after death. When the bereaved perform memorial rites, the Soul is purified, which leads to the removal of all malice, and consequently, the Soul takes on a peaceful and benevolent character. In time the ancestral spirit rises to the position of an ancestral, or guardian, deity.

Practitioners of Shintoism believe that the spirits of the dead go to the mountains, above the sky, below the earth, or beyond the horizon. Kami—Divine beings and other supernatural beings also dwell in these places. Living beings from this world may visit those from the other worlds in borderlands, which include cliffs, caves, and coastlines. The Japanese welcome these Souls back to their homes in August at the Obon festival.

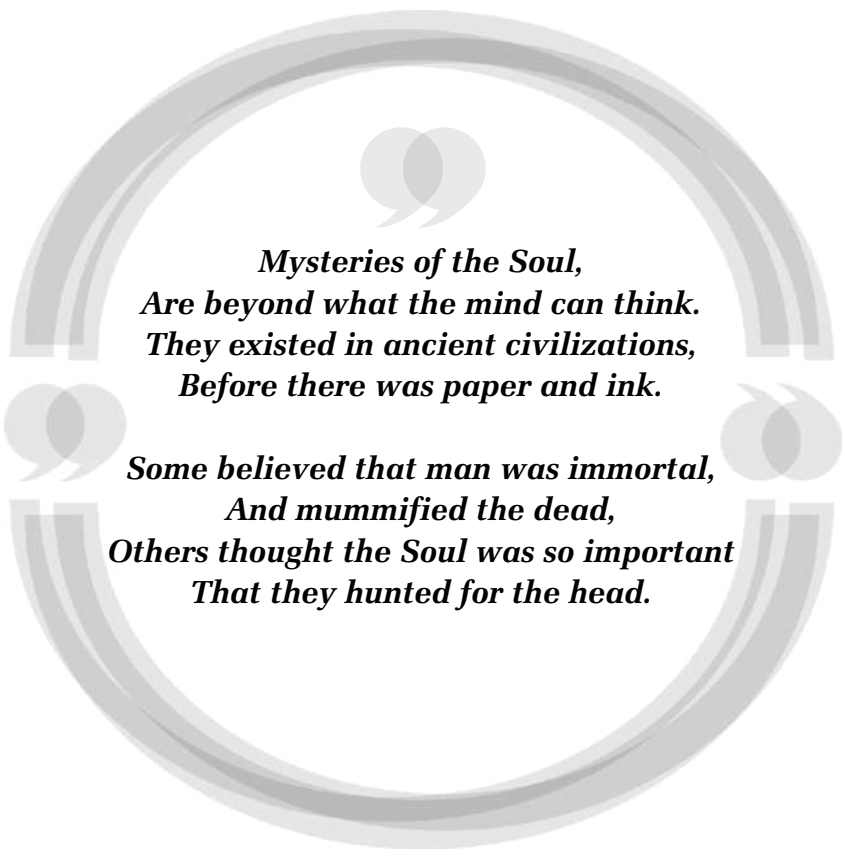
So many special days have been commemorated, dedicated to the Soul. Halloween, All Saints' Day, and All Souls' Day are just some of these. People perform rituals and believe in superstitions that are beyond common understanding.

They give alms as prayers for the dead, intending to assist those in purgatory—a state in which the Souls that have sinned, are believed to pass through so that they can be purified before going to heaven.

As if all this myth is not enough, to add fuel to the fire, people even today believe in ghosts or apparitions. What are ghosts supposed to be? They are considered to be the Souls of the dead that appear before those who are alive. The obsession with ghosts has continued past so many civilizations and modern man, though it seems strange, accepts their existence to such an extent that many global films take up the theme of ghosts and *Tantric* practices, exorcism, fairy mythology, haunted places, and spooky and sinister wandering Spirits. It plays on the fantasy of our mind and we tend to believe in the existence of ghosts. Even the slightest rustle of leaves in the breeze is considered to be ghosts moving somewhere. The fluttering of a flag somewhere in the middle of the night makes people think that a ghost is floating in the air. Time has passed and the world has modernized and progressed but man continues to live with the myth that surrounds the Soul. It is only because we are ignorant that we don't know what the Soul really is, that we are carried away by these weird fantasies.

THE MYSTERY OF THE SOUL

The body can be touched and felt. Nobody can deny the existence of our body. But the mind can only be experienced. We cannot find the location of the mind. While we can see our eyes and nose, and the presence of our heart and brain can be confirmed through an X-ray – the mind is a subtle, invisible part of the body. Along with the memory, the intellect and the ego, we experience the presence of the mind and together consider it to be our subtle body. But what about the Soul? While we know and not just believe or seem to guess that we have a Soul, what the Soul truly is, remains a mystery!



*Mysteries of the Soul,
Are beyond what the mind can think.
They existed in ancient civilizations,
Before there was paper and ink.*

*Some believed that man was immortal,
And mummified the dead,
Others thought the Soul was so important
That they hunted for the head.*

TAKEAWAYS

THE MYSTERY OF THE SOUL

- For thousands of years, the Soul has continued to remain a mystery.
- Does the Soul actually exist? Has anybody seen the Soul?
- What exactly is the Soul? Is it the same as the Spirit?
- Some people even believe that there is no Soul, it doesn't exist.
- Will our Soul go to heaven one day, and are there 'good' Souls and 'bad' Souls?
- There are so many myths about the Soul like 'Soul hunting', dual nature of Soul, three parts of the Spirit, tangible and intangible Soul, hierarchical levels of natural beings having three different degrees of Soul.
- Celebration of festivals related to Soul like Samhain and Halloween have also diluted the truth about the Soul.
- To the world, what the Soul truly is, still remains a mystery!



02

**IN SEARCH
OF
THE SOUL**

What is the Soul? Despite all the mystery and confusion, is the Soul actually something so mysterious, so unknown? Is there a conflict around the world about the Soul or are people just saying things differently about the same thing? Let us see what the various religions of the world, famous philosophers of the past and of the present have to say about the Soul.

Zoroastrianism is one of the world's oldest religions. Zoroastrians believe that the main constituents of a human being are body and Soul. The body lives only for a limited time in the world. The Soul is immortal. At the time of death, the body perishes and the Soul goes on to live its second existence. Zarathushtra, the Persian prophet and founder of Zoroastrianism is said to be the first to introduce the idea of an afterlife that was based on morality, with rewards for the good and suffering for the evil.

According to Zoroastrian beliefs when a person dies, his or her Soul leaves the body, though it remains close to the body for three days and three nights, suffering from anxiety and distress caused by the sudden separation. During this period, the archangels prepare an account of the good deeds and the sins of the Soul, to be used later to decide its fate in the spiritual world. On the third night, the Soul leaves the material world and enters into the spiritual

world, led by an angel. There it stands on the Bridge of Judgement where the deeds of the Soul are reviewed. Good Souls are led to paradise and evil Souls are led to the world of punishment. The Souls will remain in their respective abodes until the end of the current cycle of time. At the end of it, there will be a Judgement Day, when God will revive all the Souls and review their actions once again to reward with an eternal heavenly life or sentence them to a world of torment permanently.

Christians believe that each Soul created by God will ultimately be judged by their Lord in heaven. When people die, as per their scripture, they would be judged and accordingly will go to heaven or hell. Some believe the unrighteous Souls will cease to exist, while true believers will inherit eternal life in heaven or the kingdom of God. The blessed ones will enjoy eternal fellowship with God. Today, there are different branches of Christianity and there is diversity in their beliefs. Some believe that if one has not repented for one's sins and not trusted in Jesus as the Lord and Saviour, their Souls will go to hell and suffer eternal separation from God. Some Christians also believe that the Soul in human beings is not the same as animals.

Some of the common Christian beliefs about the Soul are that human beings are immortal living Souls. There are two

primary realities in the universe – the unseen, immaterial, spiritual realm and the visible, physical, material world. Even when our bodies die, we live. It is the Soul that animates the body. While the Soul does live without the body, the body cannot live without the Soul. When a Soul returns to a lifeless body, the body is said to “rise from the dead” or to be “revived”. We are living Souls, and our Souls are “seen” in this physical world when they are united with, and animating, our physical bodies. All Souls return to God. The spiritual world is the realm of God and therefore, the moment we cease to live in the physical world, we will be living in the spiritual world with God. Also, Souls have experiences and they can communicate with each other in the spiritual realm. However, heaven and hell are two separate spiritual realms.

In Judaism, it is believed that God gave the Soul to Adam, as mentioned in Genesis. Followers of Judaism relate one's following of the commandments to the quality of one's Soul. Many Jews who believe in life after death advocate that the Soul will return to God. Some suggest that there will be a future judgement where some will be rewarded, and others punished. The religion teaches that the body and Soul are separate, but still indivisible in human life.

In Islam, there are diverse interpretations of the Quran

amongst various sects. Among Muslims there is a school of thought called Sufism. It is famous due to its saint, Rumi. The Sufis talk of the immortal 'Ruh' that drives the mortal 'Nafs'. Ruh is considered to be an entity that differs from the physical body. It is a subtle, ecclesiastical, enlightened living and moving essence in every cell of the body. As long as these organs remain able to accept the impressions of this subtle body, the 'Ruh' remains attached to these organs and provides them with feeling and movement. But when these organs perish because of the dominance of diseased elements upon it, and they are no longer able to accept the impressions of the Soul, it leaves the body and heads towards the world of the Soul.

In contrast, Hinduism, the original ancient Hindu Faith or *Sanatana Dharma*, believes that all living beings from the smallest bacterium to the largest of mammals are nothing but the Soul or the *Atman*. We are the *Jivatman* who appear as physical beings but in reality, we are the Soul. The external body is only an appearance for the sake of experiencing past Karma or actions. *Atman* refers to the inner Spirit or the life energy within a living being. Upon death of the 'physical gross body', the Soul merges with the Cosmic Consciousness or the Soul that is everywhere. The 'subtle body' comprising the Mind, Ego, Memory, Intellect - MIME, takes re-birth based on its Karmic balance. The

ultimate purpose of *Jivatman* is to attain Moksha and unite with the Divine or *Parmatman* by transcending the cycle of death and re-birth. However, modern-day Hinduism is quite different from its ancient origin. The original faith believed that everything is a manifestation of the Divine. Slowly, Hinduism developed Gods with name and form and while both versions believe that the ultimate goal is *Moksha* or Liberation, modern-day Hinduism talks of *Swarg* or heaven and mixes a large amount of mythology with the original belief of the Soul. *Swarg* is seen as a transitory place for righteous Souls who have performed good deeds in their lives but are not yet ready to attain *Moksha*, or elevation to *Vaikuntha*, the abode of Lord Vishnu, considered to be the Supreme Abode. *Naraka* is the Hindu equivalent of hell, where sinners are punished and tormented after death. It is also the abode of Yama, the God of Death. It is described as located beneath the earth.

In Buddhism, there is a concept of *Anatta*, or 'no Soul'. This doctrine states that there is no substance inside a human that can be called a Soul. This is the fundamental difference between Hinduism and Buddhism. However, Buddhism believes in Karma and rebirth. Therefore, some philosophers believe that Buddha neither affirmed, nor denied the existence of the Soul. What they imply is that the Buddha focused on other more relevant and tangible subjects like the

4 noble truths and the 8-fold path which would liberate humanity from suffering. Since the Soul is universal life energy, the Buddha did not identify it as a part of an individual's existence.

Another popular Eastern religion—Jainism, on the contrary, believes that the Soul is the principal substance forming the universe. They call the Soul *Jiva*, meaning, the living being. They differentiate the body from the Soul and believe the body to be just an inanimate container and the Soul or *Jiva* to be the life force that creates consciousness in it. The Jains believe the Soul to be either pure or impure, and the pure ones get liberation. The Jains also go on to state that the Soul or the *Atman* is identical as God or *Paramatman*. The Jains believe that the Soul exists forever and that each Soul is always independent, responsible for what it does and experiences the consequences of its actions. The Soul can be liberated from the cycle of death and rebirth but not all Souls can be liberated as they are incapable of achieving this. The Soul can evolve towards that liberation only by following specific principles of behaviour.

In Sikhism, the 'Atma' or Soul is an entity or 'Spiritual spark' or 'light' in our body because of which the body can sustain life. Following the departure of this entity from the body,

the body becomes lifeless and no amount of manipulations to the body can make the person make any physical actions. The Soul is the power in the body which makes the physical body alive. Sikhism considers Soul to be part of God. Various hymns are cited from the holy book *Sri Guru Granth Sahib* that suggests this belief – "God is in the Soul and the Soul is in God." The same concept is repeated at various pages of the holy book. For example: "The Soul is Divine; Divine is the Soul. Worship Him with love" and "The Soul is the Lord, and the Lord is the Soul; contemplating the Shabad, the Lord is found."

There is also another belief called Animism, a belief that even plants, rocks and rivers have a Soul. While all the religions of the world talk of a Soul or the essence of life, how is it that there is so much variation in their beliefs? What is the truth about the Soul?

Over the centuries, there have been saints and sages in the East and the West who have their own interpretation of the Soul. Just as the Eastern and Western religions differ in their theology and philosophy, the concept of the Soul has different interpretations from the most respected wise men of the world.

Sri Ramana Maharshi, in his book *Naan Yar?* translated as

Who Am I? has talked about the mind being the Sukhsham Sharir or the subtle body. What is the mind? Actually, there is nothing like the mind. It is just thoughts. Thoughts arise because of the consciousness of the Divine Soul. When the mind is in deep sleep, there are no thoughts but we are still conscious that we experienced sound sleep. Due to ignorance, we don't realize that we are not the mind but the Divine Soul. But when we enquire, "Who am I?" it will destroy all thoughts of the waker in our conscious life and as the dreamer in our subconscious life. And then comes the ultimate realization of the Self – that we are none other than the Divine Soul which is a part of the Divine Consciousness that we refer to as God.

Sri Ramakrishna Paramahansa, an Indian Hindu mystic, philosopher, and saint has mentioned that though all Souls are the same in their ultimate nature, they appear to be different. Just as puppets dance on the stage when pulled by a wire but they can't move when the wire snaps, so also, we human beings are alive as long as we are gifted with consciousness from the Soul. Man is powerful because of the power of God – the Soul. When it leaves, man becomes lifeless and dies. He, who firmly believes that God alone is the doer and he himself is a mere instrument of the Divine, is a *Jivanmukta* - a free Soul that is alive in a body.

Swami Vivekananda was an Indian Hindu monk, a chief disciple of the 19th century Indian mystic Ramakrishna Paramahansa. He believed the Soul is the real self of man; it is the real manifest, the real seer. That Soul which is behind each mind and each body is the individual *Atman*, and that Soul which is behind the universe as its guide, ruler, and governor, is *Parmatman* or God. "Each Soul is potentially Divine. The goal is to manifest this Divinity within, by controlling nature, external and internal," and we can do this "either by work, or worship, or psychic control, or philosophy — by one or more or all of these methods and be free." He stated that the Soul is beyond life and death. The Soul is never born, and will never die. Birth and death belong to the body only. "The Soul," Swami Vivekananda said, "is a circle whose circumference is nowhere, but whose centre is in some body. The so-called death is only a shift in this centre to another body." God, similarly, is a circle whose circumference is nowhere, but whose centre is in every body. It is only when we can get out of this narrow centre of the body that we shall realize God, that is our true self.

Srila Prabhupada, a great Vaishnava saint of the modern time and an Indian spiritual teacher further explains, "The *Atman* does not take birth and the *Atman* does not die...and because the *Atman* has no birth, therefore, it has no past,

present or future. It is ever-existing and eternal. There is no trace in history of its coming into being.”

Acharya Rajneesh, popularly known as Osho, was an Indian mystic who became a global philosopher. When asked about the relationship of the body and the Soul, Osho said that in reality, they are one and the same. They are different forms of the same reality just like we have two hands and we consider them to be two separate entities. But when we look closer, we understand that they are two parts of the same body. He further explained that the body and the Soul are not different. The body is a manifestation of the Soul. The body appears only when the consciousness of the Soul gives it life that makes it move, walk and talk. Without the Soul the body is nothing. It cannot exist.

He contradicted the spiritualists who said that there is only the Soul and no body, and he also contradicted the materialists who declared that there is only the body and there is no Soul. He said that both are mistaken and contradictory concepts. The truth is that the body and the Soul are not separate. The Soul is invisible. It becomes visible when it manifests through the body. Therefore, the body is nothing but the Soul appearing in physical form.

Swami Chinmayananda, a Hindu spiritual leader and a

teacher, believed in the immortality of the Soul and our oneness with the supreme reality, "Only in the silence of a quiet mind can you realize your oneness with the supreme reality — *Brahman*. The Soul is unborn; only the body is born. The body equipment must perish, but not the Soul."

Adi Shankaracharya, an early 8th century Indian philosopher and theologian who consolidated the doctrine of Advaita Vedanta believed in the unity of the Soul, the *Atman* and the Nirguna Brahman "Brahman without attributes". In his text *Upadesasahasri*, he discourages ritual worship to God because that assumes the Self within is different from the Brahman. The "doctrine of difference" is wrong, asserts Shankara, because, "he who knows that Brahman is one and he is another, does not know Brahman." However, Shankara also asserts that Self-knowledge is realized when one's mind is purified by an ethical life that observes disciplines such as *Ahimsa* or non-violence to others in body, mind, and thoughts and rites such as *Yajna*, a fire ritual. All these, asserts Shankara, can help draw and prepare the mind for the journey to Self-knowledge.

'Atma Shatakam' or *The Song of the Self* is a composition by Adi Shankara. It is said that when he was an eight-year-old boy and was wandering near River Narmada seeking to

find his guru, he encountered the seer Govinda Bhagavatpada who asked him, "Who are you?." The boy answered with these stanzas, which are known as *Nirvana Shatkam* or *Atma Shatkam*. Swami Govindapada accepted Adi Shankara as his disciple. The verses are said to be valued to progress in contemplation practices that lead to Self-Realization.

*"I am neither the mind, nor intellect, nor ego
Nor the reflections of the inner self.
I am not the five elements - Earth, Air, Water, Fire, and Space
I am That! The Life Energy, the Soul. God is inside me.*

*I am without any attributes and form.
I am present everywhere as Consciousness, beyond all the sense organs.
Neither do I have an attachment with the world, nor am I freed.
I have no wishes for anything because I am everything, everywhere, every time.
I am indeed that pure, eternal, blissful Consciousness;
I am the Divine Soul!"*

Rumi, the 13th century Persian poet, Islamic scholar, theologian, and a Sufi mystic considered the Soul as a person's guide in and after life through specific stages of

development, ending in Divine union. He spoke of our inherent Divinity. He believed that the body is not our identity, "Know then that the body is only a garment. Go seek the wearer, not the cloak. Everything in the universe is within you. Ask all from yourself. There is a force within that gives you life – seek that."

In Masnavi, he says, "Just as an arrow forgets the Archer, the heart forgets the Giver of conscience. In such a state we are like a rider who thinks he has lost his horse while he is speeding down the road. We go mindlessly from place to place searching for our horse, unaware that the horse is under our thighs. Spirit is so obvious and immediate that we do not see It. We see colors, but those colors become veils and we do not recognize the Light. Light itself makes perception possible, yet we are unaware or even in denial of the Light. Light allows us to perceive both the outer forms, as well as inner thoughts and states."

St. Francis of Assisi was an Italian Catholic friar and preacher. He carried out the work of Jesus Christ when he said, "Your God is of your flesh, He lives in your nearest neighbor, in every man." He believed that nature itself was the mirror of God. He called all creatures his "brothers" and "sisters," and even preached to the birds and supposedly, according to a legend persuaded a wolf to stop attacking

some locals if they agreed to feed the wolf. "All things of creation are children of the Father and thus brothers of man. God wants us to help animals, if they need help. Every creature in distress has the same right to be protected." He believed that not only man, but all living beings have Souls and that physical death does not end our life - as living Souls, we will be judged by God after we die. "Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given: a full heart, enriched by honest service, love, sacrifice, and courage."

In Christian theology St. Augustine spoke of the Soul as a "rider" on the body, making clear the split between the material and the immaterial, with the Soul representing the "true" person. However, although the body and the Soul are separate, it is not possible to conceive of a Soul without its body. In the Middle Ages, St. Thomas Aquinas went back to the Greek philosophers' concept of the soul as a motivating principle of the body, independent but requiring the substance of the body to make an individual.

From the pre-historic period of mythological religion to modern-day Spirituality, post the era of Enlightenment, there has been a sea-change and the difference of opinion on the Soul has narrowed down to just a few concepts. As

the world has become more practical and realism has overtaken rituals and superstitions, the mystery of the Soul has largely been demystified. However, the world still considers the Soul to be a mystery.

What do modern-day philosophers, authors and true seekers of the Soul believe? An interesting session of Oprah Winfrey with many popular spiritualists reveals an interesting synergy of what the Soul is.

Gary Zukav, an American spiritual teacher and the author of four consecutive New York Times Best Sellers, says, "The Soul is that part of you that existed before you were born and that will exist after you die. It's the highest, most noble part of yourself that you can reach for."

Iyanla Vanzant, an American inspirational speaker, lawyer, 'New Thought' spiritual teacher, author, and television personality states, "The Soul I believe is the fingerprint of God that becomes the physical body. It's the fingerprint-like you put on a piece of paper and it is unique to everybody - unique in its own development and expression but filled with the Divinity that is the essence of all that is."

Deepak Chopra, the Indian-American author and alternative-medicine advocate says, "The Soul is the core of

your being. It is eternal; it doesn't exist in space-time. It's a feel of infinite possibilities, infinite creativity. It is your internal reference point with which you should always be in touch."

DeVon Franklin is an American Hollywood producer, best-selling author, renowned preacher and motivational speaker. He is best known for the films - *Miracles from Heaven*, *Heaven Is for Real*, and the New York Times best-seller book *The Wait*. According to him, "The Soul is the Spirit. It is the connecting line to God. I believe the Soul is where the Holy Spirit resides. I believe literally, when you pick up the phone and you have the 4G network, the Soul is the 4G network - right to heaven."

Daniel Pink, an American author says, "The Soul is, I think, our capacity to see that our lives are about something more than simply day to day and that we are here for a purpose. It can be connected to religion or not, but that there is a purpose of your being here."

Debbie Ford was an American self-help author, coach, lecturer and teacher, most known for the New York Times best-selling book *The Dark Side of the Light Chasers*, which aimed to help readers overcome their shadow side with the help of modern psychology and spiritual practices. Debbie

said, "To me, the Soul is a part of us that never dies. It is who we are at our core and carries all the messages and the lessons that we have learnt in the past and will carry all the lessons and the messages that we will carry into the future."

Eckhart Tolle is a spiritual teacher, best known as the author of *The Power of Now* and *A New Earth: Awakening to Your Life's Purpose*. Eckhart says, "The Soul is your innermost being, the consciousness that you are beyond form, that is the Soul, that is who you are in essence."

Michael Singer is a bestselling author, a meditation center founder, and a former software programmer. He says, "The in-dwelling Consciousness that watches the mind come and go, that watches the heart come and go...the emotions of the heart and watches the world pass before you. You, the consciousness, the centre of being is the Soul."

Wayne Dyer, a well renowned American self-help author and a motivational speaker, says, "The Soul is the birthless, deathless, changeless part of us, the part of us that looks out from behind our eyes and has no form. The Soul is infinite so there is no IN or OUT of it. It is everywhere, there is no place that it is not."

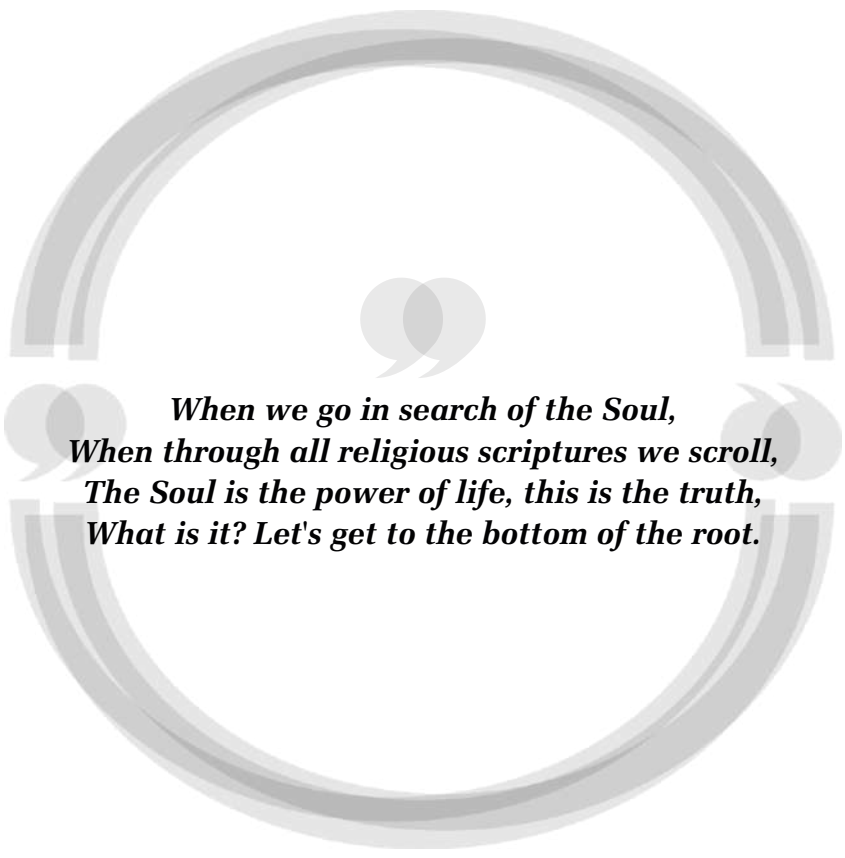
Marianne Williamson is an American author, spiritual leader, politician, and activist. According to Marianne, "It's the truth of who we are, the light, the love which is within us...goes by different names, but the truth of us. Inside is the being that God has already created. Some call it the Christ, the Buddha mind, the Shekinah, the light, the Soul. Our job is to get rid of this excess, useless fear, thought forms of the world that actually hide the light of the Soul."

Llewellyn Vaughan-Lee is a Sufi mystic and lineage successor in the Naqshbandiyya-Mujaddidiyya Sufi Order. He is an extensive lecturer and author of several books about Sufism, mysticism, dreamwork, and spirituality. He says, "Soul is the Divine part of ourselves, it is our Divine nature. It is part of us, it is one with God. Everybody has a Soul. It is the immortal, eternal part of ourselves. Soul never dies, it's immortal, it belongs to God."

Jean Houston is an American author involved in the "human potential movement." Jean says, "I believe that the Soul is the essence of who and what we are. I personally believe that it transcends our leaving this mortal coil and I think it comes with codes and possibilities and the next layers of who and what we may yet be. It is often a pain in the neck because it says 'wake up, it's time to wake up! Don't go to sleep.'"

IN SEARCH OF THE SOUL

While ancient civilizations and religions, sages and the saints that humanity has seen and the most intelligent of modern-day philosophers have shared their thoughts about the Soul, the Soul is something that can't be defined in words. It needs to be experienced intuitively. We can continue our quest to understand the Soul, but the ultimate challenge is to experience it and then to realize the truth about it.



***When we go in search of the Soul,
When through all religious scriptures we scroll,
The Soul is the power of life, this is the truth,
What is it? Let's get to the bottom of the root.***

TAKEAWAYS IN SEARCH OF THE SOUL

- What is the Soul? Is it actually something mysterious?
- Different religions advocate different interpretations of the Soul.
- Many religions talk of the Soul going to heaven or hell as per the judgement of God.
- The Eastern religions believe that our goal is to be liberated from the cycle of death and rebirth.
- Over the centuries, saints and sages believed the Soul to be a part of God – God itself.
- Modern-day philosophers too have evolved in their beliefs to realize the truth about the Soul.
- Whatever be the Soul, they believe that it can't be defined in words.
- We must realize the truth about the Soul.

A piece of paper with a torn, irregular edge is centered within a light gray rounded rectangle. The paper is white and features bold, black, sans-serif text. The background is a solid light gray.

03

**LET'S DO
SOME SOUL
SEARCHING**

LET'S DO SOME SOUL SEARCHING

After acquiring an understanding of the mysteries associated with the Soul, and then demystifying the myth considering intelligent interpretations by religions, philosophers and authors, let us move on to do some 'Soul-searching'.

It seems to be quite clear that the Soul exists. It is an energy that is Divine and seems to have some connection with the Creator. While it probably arrives at birth and departs at death, during our existence as a human being on earth, we need to ratify this in our search for the Soul. Let's start.

Do you think you have a Soul? Most of humanity thinks that the Soul exists, but what is the guarantee of it? We human beings are essentially a body-mind complex. Have you seen a human being without a body? Ridiculous! Everybody has a body. It is the body that defines our existence. We are born as a baby and then we grow into an adult and finally, we die. This is in short, the journey of the body.

What else are we? Are we just skin, flesh, muscle, blood and bones or is there something else inside us? If we break the bones, there will be bone marrow. We can virtually take apart every cell of the human being and keep all its constituents on a table. We can define each organ – the heart, the brain, and several other organs that make our

body function. Science has gone forward to understand how the body functions. The heart pumps blood to the millions of blood vessels as it supplies fresh oxygen needed by the body to live. We breathe in air through our lungs that provides oxygen to the heart. We eat food that is digested within us and gives our body energy to act. There is also a digestive system that not only breaks down food to provide energy but also ejects all waste matter. The human body itself is a marvel, but are we connected to some kind of a machine that makes all this happen? Our eyes see, our nose smells, the ears hear, the tongue can taste the most delicious food and the skin can touch, feel and even love. What makes all this happen?

We often think that the physical body is driven by the mind. What is the mind? Have you ever seen your mind? Sure, you may have seen an X-ray of the brain or a picture of it, but the mind? The mind is an invisible part of our existence. While we have a gross physical body, we seem to have a subtle body, one that can't be touched but we can experience it.

The subtle body seems to have 4 aspects of existence – the mind, the memory, the intellect, and the ego. The mind is a thought factory, it produces thoughts. Every human being thinks, unless one is like a vegetable in a state of coma, in

which case we are not sure about the presence of thoughts. Some philosophers believe that thinking is the cause of our existence. René Descartes said – I think, therefore I am. But is it only thinking? No! We have the power of the intellect. While it is not identifiable in our gross body, we all know that we are blessed with the power to choose. We can discriminate right from wrong, black from white and the truth from the myth.

Some people confuse the brain to be the receptacle of the mind and intellect. But scientists have not been able to discover this. Our thoughts, in fact, appear from all parts of the body as our senses trigger thoughts in the mind. While the brain is a central processing unit, scientists have agreed that it is different from the mind. That is why we are unable to connect our brain through wires and transfer its memory on to a hard drive. This is because the third aspect of our subtle body, the memory is not physical.

Along with these three, there is the ego – one which appears to say, “I am Smith. This is *my* house, this is *my* wife and that car is *mine*.” It is the ego that defines our existence, our relationship with people and claims possession of things. But where is the ego in the body? It doesn't have a physical existence. The world has accepted the presence of the subtle body-mind, memory, intellect, and ego to be part of the

body-mind complex that creates a human being.

It seems like we are like a computer that needs both hardware and software to function. If your laptop had no software, it wouldn't work and without the hardware, the software has no meaning. Both hardware and software are needed for the gadget to function. But what about the power supply? If there was no battery or electrical power, would your laptop work? While we have discovered the body's hardware and software, we have not paid attention to its power supply. What is the power supply that creates life in the human body? Some would do away with this question by saying it is food that gives energy to the body. But then, one day why does the body stop working suddenly? It dies. They would argue that it is just like a machine, but their argument fails because a machine can be restarted. But a dead body can't!

There is a power inside us human beings that seems to depart at death. It is the same power that is said to arrive at birth. What is this power? This power is the Soul. Therefore, we are not just a body and mind that moves around from birth to death. We are body, mind, and Soul!

While we can differentiate the gross body from the subtle body, the body from the mind, why is it so difficult to define

the Soul? Some things in life are known by proof, but others are known by inference. You know that you have a nose on your face. You can touch it and feel it! You breathe through it, just as you smell with it. You can see it in the mirror. But can you see gravity? How do you know that the Law of Gravity exists? When we throw an apple up in the sky, why does it not fly away into the clouds? It is drawn back to the earth and we infer that this is due to the Law of Gravity. We can't prove gravity exists, unlike our nose, but we believe in its existence through inference.

So also, the Soul exists. It is that life that makes us live from birth to death. When the Soul departs, there is no breath. That is death! It is very different from sleeping. We sleep every night, but we wake up. However, when our Soul leaves us, we never wake up.

The world, by and large, understands this and talks of the 'departed Soul'. We say, "May his Soul rest in peace." We believe that the Soul has 'moved on' leaving the body to be cremated or buried. Without the life inside us that we refer to as the Soul, we are nothing. The Soul thus seems to be the essence of our existence. If the Soul was still within a person, would we cremate or bury that person?

How true is this belief that we are body, mind, and Soul?

There will be those who argue that there is no mind and Soul, we are just the body. They even question the existence of the mind as they say, "Where is the mind, I cannot find!" We know we have a mind, don't we? It worries and it wanders. So also, while some may deny the existence of the Soul, how can we argue about the very life that is inside us, the life that makes our eyes blink and makes our mind think? It is that power, that life, that we call the Soul.

When does the Soul come and when does it go? We seem to know the answer to the latter, and even science endorses that at death, in a flash the life leaves our 30 trillion cells that make up the human body. However, when does this life enter our body? We celebrate our birthday when we are delivered on earth. But were we not alive one day before when we were in our mother's womb? Were we not kicking, and did we not have the energy months before we were actually born? When were we actually born? We were conceived about 9 months before when two cells from our parents were destined in a fusion and went on to become a zygote. Later, came the embryo and finally, the magic of a human being. But when did the Soul actually come into the picture? Did the energy appear in us the moment we were out of the womb or did the energy appear when the two cells fused to become one? One theory states that when research was carried out by doctors on the subject of the

Soul, a foetus was scanned somewhere around the fourth month of conception and a spark in the brain was observed. It was presumed that this indicated the presence of the Soul. But this is just a theory. Though there is no doubt that the energy or the Soul did come into our being, either at conception or somewhere in between, scientists are unable to find concrete answers. Mother Teresa, for instance, was against abortion as she believed that life enters at the time of conception. We don't know for sure, but probably, when two cells of human beings merge and life is created, the Soul has already entered. The real answer is known only by the Divine. However, scientists do not deny the existence of a power that they call 'life' which is nothing but the Soul.

Thus, we are not sure of the timing of the Soul's arrival, and further, we are shrouded in darkness when we ponder over where the Soul comes from and where it goes at death. Those who do not want to believe or decipher the truth can continue arguing till their life is over. But the true seekers understand as they compare it with air. Air is everywhere, isn't it? But you can't touch and feel it. However, if you take a dead rubber balloon and blow into it, you have taken some air from the universe and filled it into a balloon. The balloon now comes to life because of the air inside. If we deflate the balloon, can we retrieve the air that was inside it? Impossible! The air inside the balloon merges with the

air that is everywhere. So does our Soul!

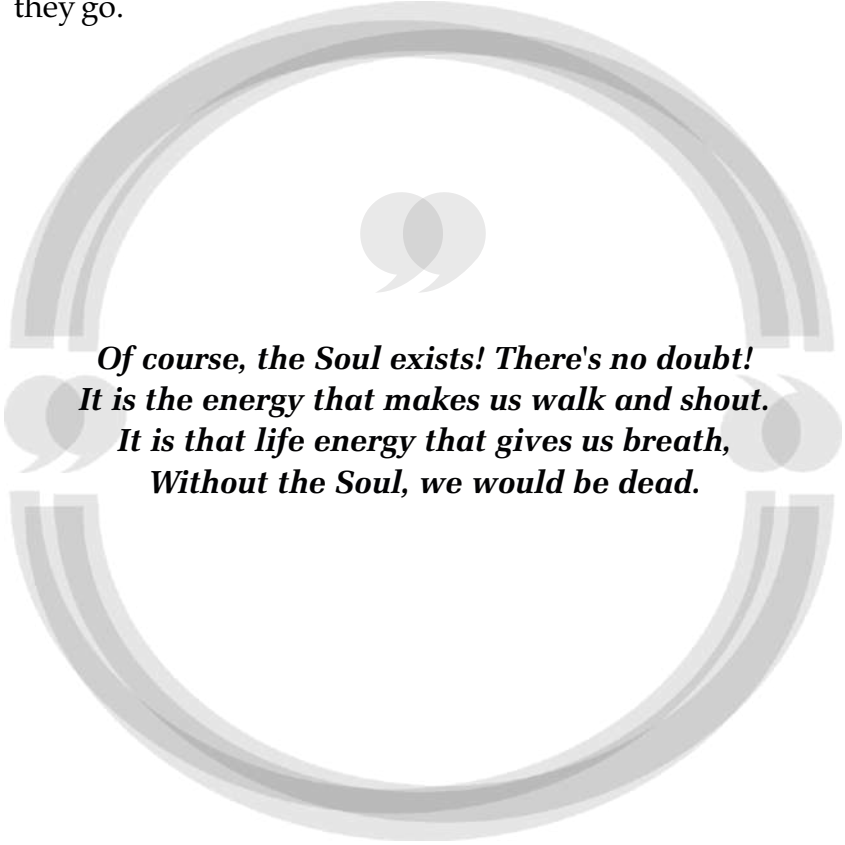
The Soul seems to be the energy that gives life to human beings from birth to death. It has a universal presence and is beyond human comprehension. It appears from the cosmos and goes back into the cosmos. Although we cannot see it, touch it or feel it, we know of its existence through inference and realization.

While a seeker who wants to realize the truth about the Soul may do such Soul searching and come to know of the existence of the Soul, there are others who will refuse to accept such a simple definition of the Soul. They will raise a thousand questions and complicate the understanding of the Soul. Unfortunately, they do not realize that we human beings have only been given the power of certain perceptions. We can see, smell, hear, taste and touch, but we have not been given the power to comprehend the Soul. This is a long journey and only a few are blessed to realize the truth. It starts when we go in search of the Soul, and our quest leads us to understand the body and mind. To realize the presence of a life that is the Soul, we must ponder further to realize the truth.

The truth can't be known. The mind cannot think about the Soul, nor can the intellect discriminate and define it. It is for that very reason that the mystery of the Soul has remained

LET'S DO SOME SOUL SEARCHING

undiscovered for thousands of years. It is only those, the fortunate few who surrender themselves to this journey and to the presence of the Divine, who get to realize the ultimate truth of the Soul, which is also the ultimate goal of human life. The truth is that the SOUL is the Spark of Unique Life. It is unique as long as it is within us but all our Souls have one source from where they come and where they go.



***Of course, the Soul exists! There's no doubt!
It is the energy that makes us walk and shout.
It is that life energy that gives us breath,
Without the Soul, we would be dead.***

TAKEAWAYS

LET'S DO SOME SOUL SEARCHING

- A quest for the Soul reveals that it exists. It is Divine life energy.
- It arrives at birth and departs at death.
- We human beings have a body, mind, and Soul – just like a computer has hardware, software, and a power supply.
- The Soul is a life power within each one of us. That is why at death we talk of the departed Soul.
- The Soul is beyond human comprehension. While it exists, it cannot be proved. We have to realize its existence.



04

**THE JOURNEY
OF
THE SOUL**

While we are now quite sure about the existence of the Soul, that it is the very life that is inside us, it would be interesting to study the journey of the Soul. Where does the Soul come from and where does it go?

We human beings are conscious of our birth and death, but we have paid little attention to the Soul. What happens to the Soul when a human being experiences death? The body dies, but we are quite sure that the body is only the corpse –the dead body of the one who was alive. Thus, we say that the deceased has 'departed' or 'has passed away'.

What do we understand about the phenomenon of death? There is one major confusion still that makes the Soul's journey even more mystical. Who has departed at death? Suppose Roger died. We say, "Roger has moved on," when in reality, Roger is right here in front of us. We deny that the body before us is Roger and we believe this is only the mortal remains of Roger. Where did Roger go? Will Roger come back again? Because we fail to track the journey of the Soul effectively, we remain in a state of confusion.

Who was Roger? Was he just the body? If Roger was just the body we would not say at his death that he passed away. In our search for the Soul, we realize that there were two aspects other than the gross physical body – the first was his

THE JOURNEY OF THE SOUL

Antahkarna - inner instrument or 4 aspects of his subtle body comprising the Mind, Intellect, Memory, Ego - let's refer to this as MIME and the second is the Soul, or the life power that kept Roger alive. Both of these aspects seem to be missing at death.

We human beings confuse the mind and Soul to be one. We often believe the Soul to be a part of these 4 subtle aspects. The mind and Soul are different and unless we understand this difference, we will never understand the journey of the Soul. One who is trying to understand the MIME - Mind, Intellect, Memory, Ego may sometimes be confused with the ME - Mind and Ego as both are used interchangeably. We should not be confused with ME and MIME as both are part of the same inner instrument or the subtle body.

When Roger died, is it game over for Roger? Yes and no! For the one who the world knew as Roger, it is game over! That Roger will never come back again. To his friends, his family, Roger is dead and gone forever, never to return. But what about the one who was alive in Roger? What about the mind and the Soul of Roger?

The Soul that gave Roger life was a power - a power that gave life to each and every cell in Roger's body. A human being is said to have over 30 trillion cells. Each cell is alive with the power of the Soul. At death, the Soul departs,

making every cell of the human body lifeless. The Soul leaves and moves on.

What happens to the mind? The mind and ego, along with the memory and the intellect does not die. Roger died. When the Soul departed, the life energy inside him escaped and the world pronounced him dead. While the Soul moved on, even the MIME left Roger. All along, Roger was just the gross body that was following orders of the MIME that was driving him to live and to act. Every action of Roger got recorded as per the universal law as his Karma. There is a law referred to as the Law of Karma. It is the Law of Action and Reaction, the Law of Cause and Effect. It works like a boomerang. The law states—*What we give is what we get! What goes around, comes around.* If Roger did good deeds, he would be blessed with the fruits of his actions. *As you sow so shall you reap*—based on this Roger kept on experiencing the result of his previous actions or past Karma just as his present Karma would be responsible for his future, his destiny.

Roger has so many deeds and actions that have not been redeemed or settled. These may be good or bad. These actions, also known as Karma, are recorded and must come back to Roger. However, the physical body of Roger has finished its journey. It will not return. The Karma belongs to

the MIME or the subtle body of Roger. At death, not only does the Soul depart but also the mind and ego of Roger laden with his Karma, leaves the body. The MIME has unsettled Karma that needs to be redeemed. How does this get settled?

Every MIME has a carried forward Karma, not just of the life that just ended, but often, of several previous lives. The MIME might have been Roger who just died, but earlier to Roger, the MIME might have been Simon. The Karma of Simon along with any previous Karma created by that MIME together is the cause for it to be born as Roger. Now the MIME is liberated from the body of Roger, carrying a fresh account of Karma of all previous lives including that of Simon and Roger.

The Soul has nothing to do with the Mind, Intellect, Memory, Ego - MIME. Its function is just to give power or life, just like it gives power to you and me. It is the same power that gives life to us all. Just as in our home, there may be lights, air conditioners, microwaves and heaters; the appliances and gadgets are different, but the power that is supplied to all of them is the same. Somehow, because we misunderstand the true meaning of the Soul, we tend to confuse the Soul with the mind. We even divide Soul as 'good Souls' and 'bad Souls' without realizing that the Soul

is one and ultimately belongs to the one Divine Universal Power or Universal Soul.

It is important to understand the journey of MIME of a person, before we can understand the journey of the Soul. Both the MIME and the Soul are invisible and intangible, but they are specifically different entities. The Soul is Divine Life that powers a human beings' journey from birth to death. The MIME is the subtle part of the human being that drives the body to act. It doesn't die! When the body it occupies dies, it carries the Karma of its past actions and is reborn in a new body. This happens when the Universal Soul gives life to the new body once again.

What do we understand about the Soul's journey from this revelation about the cycle of death and rebirth of a human being? It reveals many facts. First of all, that a human body is nothing. It is just skin and bone that starts as a single fusion called a zygote that becomes a new-born baby, that finally grows old and dies. The life energy is already present in the sperm and in the ovum. When the zygote is formed with the fusion of the life energy of the male and the female and when a life is created the Soul is already manifested. It is the Soul that creates the life in the fertilized cell to become a zygote. If at any stage during the development of the zygote, the Soul leaves, life ends. But

the MIME doesn't die. It only changes bodies, just like we change our clothes. It is the ME—Mind and Ego that experiences triple suffering—suffering of the body which it drives, misery of the mind and the agony of the ego. The Soul is free from this suffering. The Soul is an observer, the source of power, that is the real cause of our existence. But because of our ignorance, we do not realize this truth.

Where does the Soul come from? The Soul is Divinity. It appears from the Divine and creates life. At death, it leaves the body-mind complex and merges with the Divine. It once again gives life when the MIME is reborn.

Because of our ignorance about the Soul, we think that the Soul is inside us when in reality, the Soul is everywhere. It is not only inside us but also outside us. We think that the Soul is in us, but we don't realize that in reality, we are in the Soul. To explain this seemingly complicated statement, let us understand what happens when we take a rubber balloon in our hand. We have the balloon, but there is no air. Now we blow air into the balloon. Suddenly we feel that there is air inside the balloon. While we are absolutely right, we don't realize that there is air everywhere. Not just inside the balloon, but even outside the balloon just as there is air above and below the balloon. Just like the air is present everywhere, the Soul too is omnipresent but we are unable

to realize this. Birds in the sky may not realize, but air is everywhere. Fish in the water may not realize, but there is water everywhere. So too, we human beings do not realize that the Soul is everywhere.

The power that is the Soul is omnipresent, present everywhere. However, when it becomes our Soul at conception, it is contained in our body as a unique power that will give us life till our death. Thus the SOUL is the Spark of Unique Life. It appears from a Universal Power at conception and at death, it merges back with the Universal Power. As long as it is within us, it is a unique power that drives our life forward.

We will never understand this, the journey of the Soul, till we go deeper and realize the truth about the Soul. What exactly is the Soul? Does the Soul even have a journey? It is our limited understanding that confuses our journey of our life with the journey of the Soul.



***Where does the Soul come from and where does it go?
We know it's a power that makes us walk out of the door.
While Karma creates rebirth for the ego and the mind,
The journey of the Soul is of a different kind.***

TAKEAWAYS

THE JOURNEY OF THE SOUL

- By now we are sure that the Soul exists. We are also aware of its journey.
- The Soul appears at birth and departs at death. But where does it go?
- While our Mind, Intellect, Memory, Ego - MIME is reborn based on our Karma, the Soul is not reborn.
- The Soul's function is to give life. It is a Divine Power.
- The Soul appears from the Divine and goes back to the Divine.
- In reality, just like air is everywhere, the Soul too is omnipresent.

A piece of white paper with a torn, ragged edge is centered on a light gray background. The paper is slightly wrinkled and has a soft shadow beneath it. In the center of the paper, the text '05 SOUL POWER' is printed in a bold, black, sans-serif font.

05

**SOUL
POWER**

It takes a lot to realize the truth about the Soul. But if we contemplate the Soul Power within, we may be blessed to realize the truth about the Soul. Each human being has over 30 trillion cells and each cell, from head to toe, is alive and has the power of the Soul in it. The human body is a machine beyond comparison. If we discover how each part of our body works, we will be surprised at the true power of the Soul. Let's take our eyes for instance. It is with the power of the Soul that we can see. The moment there is no life in the eye, we become blind. If we take out our eyes and keep them on the table, can they see? They become disconnected from the Soul Power that is in us.

Each of our senses is powered by the Soul. We hear and we smell. We taste and we touch because we are blessed to be alive. If the power that gave us life left, all our senses would become 'sense-less'. Even our organs function so meticulously because of the power of the Soul.

Just imagine the power of the heart. It is said to provide so much energy in our body that it can drive a truck for 30 kilometres every day. We breathe over 20,000 breaths each day. This needs a very powerful energy to make it possible. One gets flabbergasted when they get to know that we have several billion skin cells just as we have billions of neurons in the brain. All these are powered by the Soul. Each human

SOUL POWER

body is said to have over about 40 billion blood vessels. How can such an amazing body remain alive and live? It is all because of the Soul Power. Without the Soul Power, our brain that is said to hold information of about one quadrillion or one million billion bits, would stop functioning and make us a vegetable! Think about it! It is the Soul Power that makes us think, not just a few thoughts, but up to 50,000 thoughts a day. This is no mean task. Food for thought! If there was no Soul, could the mind think? Could the body move and work if there was no Life Energy inside?

Without the power of the Soul, our muscles, our joints, our bones would be lifeless and incapable of any movement. We walk and talk, we sing and play, all because of the power within. But we don't stop and ask that if we take out our heart and keep it on the table, would it still function the way it does inside our body? No! It is the Soul Power that makes the heart beat and if the heart fails, large sophisticated machines need to be connected to our body to keep it pumping blood to all the parts. Some human beings take pride in science and consider it to be a great achievement when they fix an artificial heart, or other organs to make the body function. But can we give back life to a dead person, once the Soul departs? We human beings are far from realizing the true power of the Soul!

By now, at least we know what the Soul is not. It is not the physical body, not even the mind and ego. It is the life power, the energy that is within us. It is the Soul that gives energy to the 8 billion people alive in the world. It is not 8 billion different Souls, as some of us may think. It is one power that enlivens all of humanity. Not just humanity, it is the very life in animals, birds, fish, and even plants. The Soul exists in every living being. That is what makes us mortal. We live and we die! But the Soul is immortal. It is a power that gives life.

While it is not so difficult to comprehend this Soul Power, it becomes difficult to equate this Soul Power to everything in nature that has energy. The Sun glows, the water flows and the breeze blows. What causes this power? We may argue that this power of nature is different from the Soul Power in human beings. We may also argue, only more vehemently, that the Soul in a human being cannot be the same Soul in a butterfly, a bird or a tree. How can the human Soul be compared to these ordinary living beings?

Humanity is slowly coming to terms to realize that the Soul is a Universal Power. There is no difference in the Soul that is in me or in you. The Soul in you and the Soul in me is capable of giving us the same power to live. We do not realize that the same power is present in all other living

beings too. In every animal, insect, bird, tree and plant there is the same power. The mystery of the Soul continues to baffle us and until we ponder on this power, we will not overcome our ignorance and realize the truth about the Soul Power. Chinese or Japanese, Indians or Americans, we all have the same Soul Power. However, we are like that little child who went to the park and asked the man who was blowing gas into the balloons. The child was fascinated as the man filled helium gas into a red balloon, then tied it to the tank, making it sway in the wind. He then tied a yellow balloon, a blue balloon and went on till he had all colours including white to attract the children in the carnival. The intelligent child walked up and innocently asked him, "I don't see a black balloon up in the sky. If you fill a black balloon, will it also fly and blow in the wind?" The gas balloon man laughed and replied, "Of course, it will. It is not the colour of the balloon that matters. It is what is inside it that matters." We, like that innocent child, remain ignorant of the truth that the Soul Power in all of us is the same Universal Power.

When will man realize the truth about the Soul Power? The first modern solar power cell was patented by Russell Ohl as recently as 1946. Till then, man knew of the power of the sun but was unable to tap it. Man could see water flowing and experienced the power in it. But the first modern water

turbine began in 1882 when the British American Engineer, James Francis developed it. Today, we use coal to create power, but it was said to be first used only in 1880. It is not that man is ignorant about the different types of power, but man has slowly and steadily started tapping into every possible power available. It was as early as 1698 when the first steam engine was invented.

Today, man has become an expert and powers not only jet planes into the sky and submarines under the ocean, but he also propels space crafts into outer space. But man has to go within and discover the power that makes him live. Man gives power to the train and the plane, but he has not discovered the power that comes to his brain.

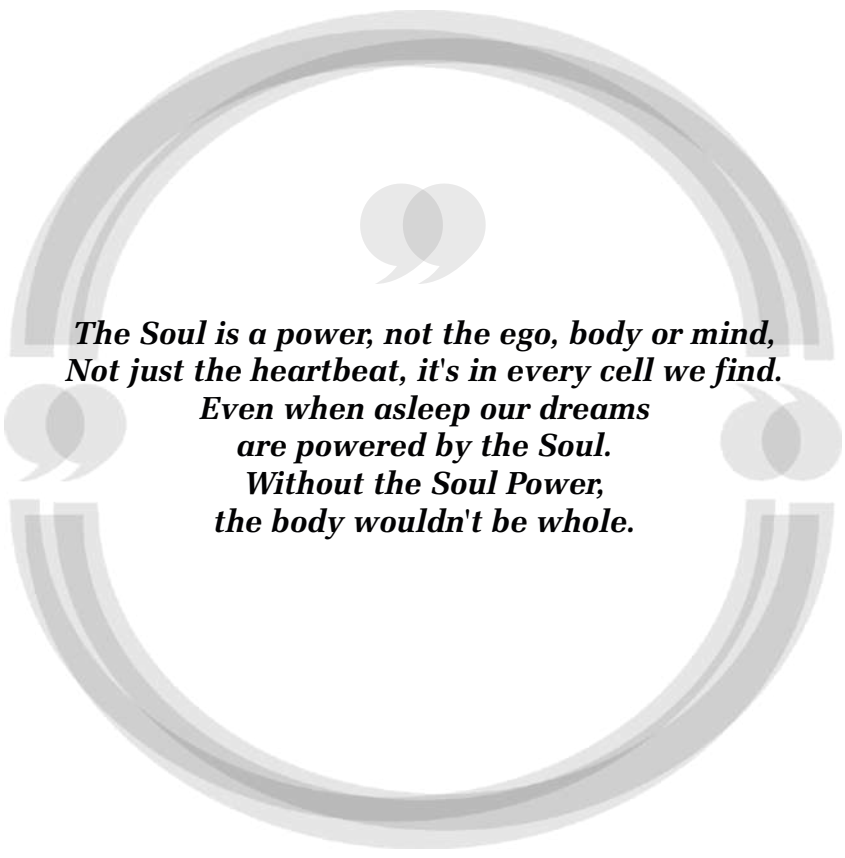
The difference between all the other types of power discovered by man and the power of the Soul is that the Soul Power is 'Life'. It is the only power that gives us energy to live. There is something special about the power of the Soul, but somehow this has escaped man's attention and he is so busy discovering everything else that he has forgotten to realize the power of his Soul.

We human beings are blessed with a Divine Power, a power that not only makes us breathe and live, but it also makes us think and give. The Soul Power creates emotions

and feelings that man is unsuccessfully trying to create in a robot. Man has been blessed with a power that makes him believe that he can make the impossible possible, but man doesn't realize that without the Soul Power he is nothing.

We human beings experience different states of consciousness. When we are awake, the body and mind are conscious. When we sleep, the body is not conscious, but if the mind dreams, our subconscious is alive. When the mind also sleeps, neither body nor the mind is conscious and we experience a feeling of peace in deep sleep which makes us say, "I slept like a log" when we wake up. If we notice we experience the waking state, the dream state, and the deep sleep state. We are neither the waker nor the dreamer nor the sleeper, but the superconscious power that experiences these three states.

It is the power of the Soul that makes man conscious of who he is. It lets man remain awake with body and mind and it is this very Soul that lets the body sleep as it continues to power the mind as it dreams subconsciously. The moment the Soul departs, man loses all his power. He loses his power to be conscious, awake and aware. Without the Soul, man becomes nothing. Man has been unable to discover the power of the Soul.



***The Soul is a power, not the ego, body or mind,
Not just the heartbeat, it's in every cell we find.
Even when asleep our dreams
are powered by the Soul.
Without the Soul Power,
the body wouldn't be whole.***

TAKEAWAYS

SOUL POWER

- We know what the Soul is not. It is not the ego, body or mind.
- The Soul exists in each of our 30 trillion cells. It gives life to all our senses.
- Without the Soul Power, we would be lifeless.
- We realize there is no difference between my Soul and your Soul.
- The moment the Soul departs, man loses all his power, he becomes nothing.
- The Soul is the Power that gives life to all 8 billion people on earth. It is also the power that gives life to all the other species, including plants, animals and birds.



06

**THE SOUL
AND
GOD**

As we move forward in the search for the Soul, we should by now realize that the Soul is a power, an intelligent power. It gives us life, just as it gives life to everything else on earth. If the Soul Power leaves us, there would be nothing. Imagine the world without human beings, without animals, birds, fish, and insects. Now take away the plants and the trees. What would be left? Those who contemplate realize that the entire earth comes alive with the power of the Soul. Where did the Soul come from?

We human beings find it very difficult to put together the mystery of the Soul. It is because it is too vast a subject to fit into our tiny human mind. It is like emptying the ocean into a bucket. However, the wise men of the past, saints and sages of our ancient civilizations had revealed the truth centuries ago.

The Soul that creates everything alive on earth is nothing but a manifestation of the Divine. The Soul is God. It is the Divine that appears as everything alive on earth.

It becomes necessary to immediately clarify that the God we are talking of is not a statue or a saint – the God, the Creator is a Power. It is the Creator that is beyond our comprehension, a power that no human brain can paint. Somehow, our tiny human brain defines God as a person

with name and form. This is a myth, an illusion. It is only those who go on a quest and who achieve a state of self-realization, they are blessed to reach the blissful state of God-realization. They experience God, the Divine in everything alive on earth. Realized Souls do not see human beings as 'you' and 'I'. They see each person as a Divine Soul, appearing in a human form. They see the beautiful birds and butterflies, exotic fish and dolphins; they see everything beautiful as a manifestation of God. This is the truth. But how do we realize this?

While we will go into a detailed understanding of our ignorance and realization of the truth, let us not lose the grasp on understanding how the Soul is the essential cause of a human being. We human beings look like we are 8 billion different entities. But in reality, we are one Soul. We may appear as Indians and Americans, French and Chinese, but that is just the outer appearance. In reality, we are the Soul. The Soul is the cause, we are just effects, just like a ring, a bracelet and a chain look like 3 different pieces of jewellery, but they are made of gold. Gold is the cause, the ornaments are just the effects. Without gold, they are nothing! The jewellery appears to be various forms and pieces of jewels, but it is not. If you take out the gold, there will be no jewellery. So also, we human beings appear to be male and female, black and white, Hindu, Muslim, and

Christian, but in reality, we are all the Soul. If the Soul departs, we die. At death, we become nothing. We return to dust. Therefore, what are we essentially? Just like the ring, the bracelet and the chain are nothing but gold, we too are nothing but the Soul. Just like gold is the cause, the Soul is our cause. Just like ornaments are effects, we too are mere effects. If we remove the cause, there is nothing left.

For thousands of years, spirituality and science were at loggerheads. The spiritual saints always believed that human beings are a manifestation of the Divine. We are not human beings having a spiritual experience on earth, but rather Souls having a human experience. Science would accept none of that. Science is all about proof. Science prides itself on the intellectual and practical study of the physical world through observation and experiment. It does not accept the presence of a subtle body or something that the saints call the Soul.

Over the centuries, science is coming to terms with the reality of our existence. It was only in the early part of the 20th century when Einstein proposed the formula $E = MC^2$ and science coined a new principle on energy and mass equivalence. The principle stated that anything that has mass, has an equal amount of energy and vice versa. This principle was known to the world in the 19th-century itself.

The scientists then coined the laws of thermodynamics. A famous scientific principle known to us is – energy can neither be created nor destroyed. It can only be transformed from one form to another. What does this mean? It means that the energy in a human being cannot be destroyed. It is not mortal. The immortal energy in us is the Divine Soul that comes at birth and departs at death. For the first time, science and spirituality are saying the same thing, but still, scientists around the world do not want to accept their recent discoveries to be interpreted as the Divine Soul in human beings.

Although the work of famous scientists Max Planck, Albert Einstein, and others started centuries ago, it was only Louis de Broglie, a French physicist who in 1923 proposed a hypothesis explaining the theory of the 'Wave-Particle Duality'. This went on to become a scientific principle. This concept in quantum mechanics states that every particle may be described as either a particle or a wave. What is said to have brought about this discovery?

It was when scientists were trying to study the smallest part of a cell, not just molecules or atoms, but even smaller particles than electrons, protons, and neutrons—the properties of a quark under sophisticated microscopes, that they noticed that the particle of matter suddenly

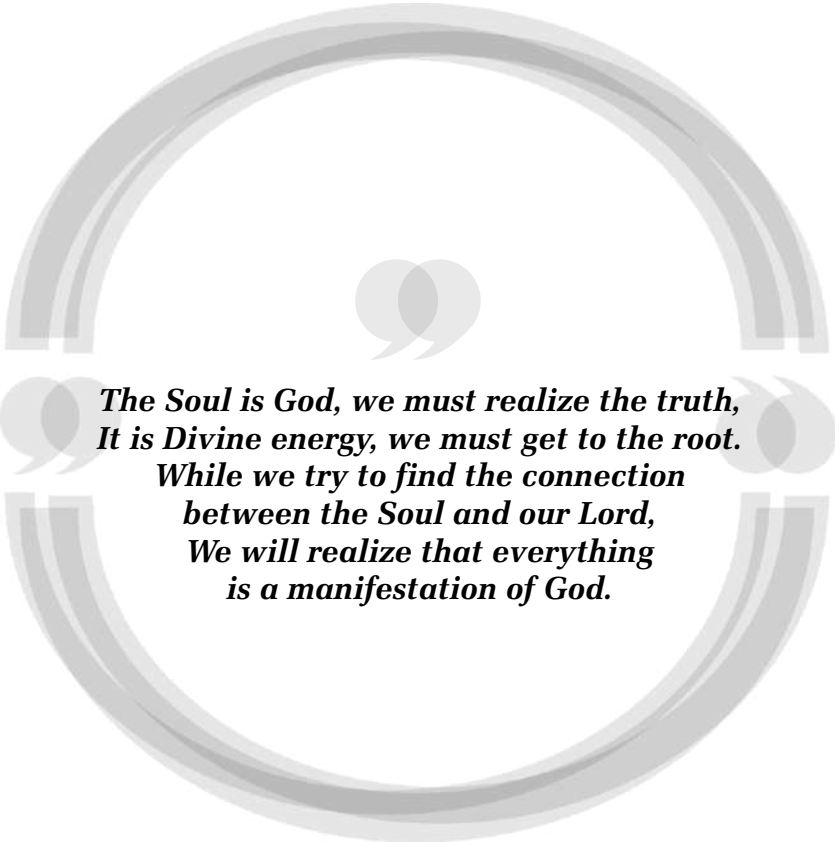
disappeared. Based on the scientists' knowledge, they described it as a particle of mass getting converted into an energy wave. As they were recording their observations, they were flabbergasted to see that the energy returned as the particle. This made them coin a new theory called the Wave-Particle Duality.

In 2012, scientists at CERN, the European centre for Nuclear Research, Geneva, announced that they almost nabbed the Higgs boson, and dubbed it as the 'God Particle'. This was theorized 48 years ago by Peter Higgs and now, practically validated at the Large Hadron Collider. The discovery of this particle explains why everything in this universe has mass. To explain it in common terms, atoms are not just made up of neutrons, electrons, and protons, and the tiniest of them, quark, but rather, all of these are energy. You and me, may look like mass of molecules, but in reality, we are essentially energy. This is what Higgs boson or God particle does. It is a field where energy takes the form of mass. The Higgs boson is the new elementary particle discovered by the scientists at CERN. Their theory was that all of space, everywhere in the universe, everything is filled with the Quantum field of energy and this field came to be known as the 'Higgs field'. Photons or light particles pass through this field, without resistance. But other particles, end up appearing as mass

when they pass through the energy field or the Higgs boson field. Since 1964, this was just a theory, but in 2012, scientists proved the theory in the laboratory in CERN. It took thousands of scientists and engineers from around the world to build this machine—the Large Hadron Collider or LHC. The LHC is one of the most sophisticated machines that humans have ever built. In the LHC, scientists discovered that the tiniest of particles was a collection of these tiniest quarks that were held together by gluons and they actually appeared as they do because of the 'God particle'. This dates back to 1907 or earlier when Einstein and Max Planck spoke of the equation $E=MC^2$. This principle states that anything having mass has an equal amount of energy. It also states that energy can neither be created nor destroyed, but can only be transformed from one form to another.

What does this mean? It means that even as per scientists, you and I are not the trillions of cells that we appear to be. In reality, we are energy!

Keeping all the above in mind, the truth that appears out of it all is that the Soul or Life Energy manifests as everything in this world. The Soul is nothing but energy – Divine Energy. How will we human beings ever realize this truth? It is only possible if we overcome our ignorance.



***The Soul is God, we must realize the truth,
It is Divine energy, we must get to the root.
While we try to find the connection
between the Soul and our Lord,
We will realize that everything
is a manifestation of God.***

TAKEAWAYS THE SOUL AND GOD

- The Soul is a power. It is a power that gives life.
- Our mind is too small to comprehend the power of the Soul.
- The Soul is a manifestation of God.
- The Soul is God-energy.
- God is the Universal Power, the Creator, manifesting as the Soul.
- Quantum physics, through the Wave-Particle Duality, endorses that everything is energy.
- Today science and spirituality, both agree that we are nothing but energy. This energy is Divine energy!



07

**OVERCOMING
IGNORANCE**

"The Soul will go to heaven," so we think! "There are 'good' Souls and 'bad' Souls. After death the Soul will suffer. Souls are reborn." All these beliefs continue to keep us in ignorance about the Divine Soul. Somehow, humanity is enveloped in ignorance when it comes to the Soul. We say, "May his Soul rest in peace" without even realizing what we are saying! "Let's pray for the departed Soul," we say this not realizing that the Soul itself is Divine. Do we pray for the Divine? The mystery of the Soul, the myths that we have believed in for thousands of years envelop us in darkness. When will we realize the truth?

Since time immemorial, the world thought that the Sun revolved around the Earth. However, this was a myth. But it took several centuries for the world to realize that it was the other way around. So is it with the Soul! We think that the Soul is a distinct individual entity just like the body-yours different from mine. We believe the Soul is in some way associated or connected to the mind. Somehow, we have come to believe that the three entities, the body, mind and Soul together form our life and the Soul is within us. While some of our beliefs are true, our misunderstanding of the truth makes us go on to believe that it is the Soul that is reborn to face the actions of the person who was alive.

What is the cause of this ignorance? It is because we do not

go on a quest to find the reality about our Soul. We don't even know who we are and who God is. Our ego makes us believe that it is 'me', the one I can see in the mirror. What we don't realize is that this appearance is fictitious. Every day, our body has cells that are dying and are being reborn. Every 8 to 10 years, we have a completely new body. And one day, this body will eventually die. We are quite ignorant about where we come from and where we will go. We call the day we were born on earth as our birthday, but in reality, we were born much before that. Our existence started in our mother's womb, but we choose to be blissfully ignorant about the truth of our existence. We think we will die, but we are ignorant that death is not the end, it is only a bend and we transcend from one life to another. Who is it that dies and who is it that is reborn? Is it the body, the mind or the Soul?

Our ignorance takes us further into acts of irrelevance. We pray for our ancestors. We put up their photographs and make fervent prayers for their well-being. Who are we praying for? The body that has been cremated or buried, or the Mind, Intellect, Memory, Ego - MIME, that has taken rebirth? Or are we praying for the Soul which we believe is somewhere in heaven or in the skies? As long as we continue to live with ignorance, our actions will be motivated by irrelevance. All this is because of our ignorance about the Soul.

As long as we don't realize that we are not this body and we are not even this mind, we will never realize we are the Divine Soul. Even if we read and believe we are the Soul, this knowledge will never sink into our life due to the deep ignorance that surrounds us. Unless our knowledge evolves to realization, unless we go beyond knowing, we will never realize the truth. To realize the truth, we have to open our 'real eyes' – eyes that look within.

Guru Nanak, the famous Sikh Guru, said something very profound. We human beings are given 9 doors in the human body – two doors of the eyes to see, two of the ears, two nostrils, one mouth, an organ of excretion and an organ of procreation. All these nine doors are looking outside. The Guru says that unless we open the 10th door, the door that looks within, we will continue to live in ignorance.

What causes this ignorance? Our ignorance is caused due to the cosmic illusion, called Maya. What does this illusion do? It has two powers. It conceals the truth and projects the myth. We human beings sink in this cosmic illusion. We often go for a movie and we get carried away by what we see on the screen. We even feel sad and shed tears when our favourite actor dies in the movie. Why? We know this is not real. It is just a projection. But because of the illusion that is projected, we get carried away and become emotional

believing the projection to be real. By doing so, the truth that it is not real gets concealed by the myth that is projected. Maya does the same for the Soul. Maya projects us to be the body and mind, and as it projects this myth, it conceals the truth that we are the Soul.

This world is a cosmic drama, a drama of the Divine. But we tend to believe that it is real. Thus, we get attached to all our possessions and think that our relationships are eternal. Nothing is eternal. Everything in this movie called Life is transitory. We are just actors, we come, we have to do our part and go. Instead of observing the cosmic drama as a drama, we think it to be real and we do not overcome our ignorance to realize the truth.

A human being has been created in a manner that he believes what he sees when he is awake as real and what he dreams in a dream is an illusion. He doesn't realize that even what he experiences when he is awake is nothing better than a dream. If we human beings borrow some money from somebody, we feel morally obliged that we must return it. However, if we dream that our neighbour has borrowed a large sum of money from us in our dream, when we wake up, will we go to our neighbour and demand the money? Of course not! It was just a dream. How can we demand money borrowed in the dream? We

human beings think that the dream is false and what happens when we are awake is real. This is because we think we are the body, mind, and Soul. We don't realize that the body and mind are a myth, an illusion, a projection of the cosmic drama. When we overcome our ignorance, we will realize the truth that we are the Divine Soul.

What stops us from realizing the truth? What creates this ignorance? Our biggest enemy is ME – the Mind and Ego. It is the mind and ego that makes us believe that we are the body, mind, and ego. It conceals the truth that we are the Soul. Why is this so? It is because the moment we realize that we are the Divine Soul and not the body, mind, and ego that we believe ourselves to be, it destroys the very existence of the ME, the Mind and Ego. Therefore, the Mind and Ego resist the overcoming of ignorance and continue to imprison us in the illusion.

How does the Mind and Ego do it? The mind is producing thoughts. It constantly produces thoughts at a rate of about one thought per second. These thoughts that are popping like popcorn in a machine do not let us contemplate the truth. They make us swing into the past to nurse, curse and to rehearse our past regrets. Then they make us jump into the future and create fear, worry, and stress. Because of this constant shuttling of the mind, from a past that is gone to a

future not yet born, we are unable to remain in the present moment and be conscious that we are the Divine Soul. The ego joins the mind in its efforts by making us believe that we are ME - the Mind and the Ego when in reality we are the Soul.

When we look at our photograph, we tend to identify ourselves as our body which we are not. Then the ego goes on to say, "These are *my* parents and *my* wife and children." It doesn't stop at that. The ego says, "The house is *mine*, the car is mine and the money is *mine*." All this is a part of the universal ignorance. As intelligent beings, we know that nothing is ours. Life is a journey. We come and we go. Everything that we possess is like a trust that we have to return at death. Even the relationships are transitory. Because of our ignorance, we suffer pain, misery, and anguish, apart from losing an opportunity of living a life of peace and bliss as the Divine Soul.

When will we realize that our life on earth is just a drama? In the drama, we may be a king or a beggar. We may fall in love and have children, but once the drama is over, we realize that all that was happening was just a part of the drama. It was not real! Although life is like a drama, we do not realize the truth. Whatever happens in this drama is momentary. It is not eternal.

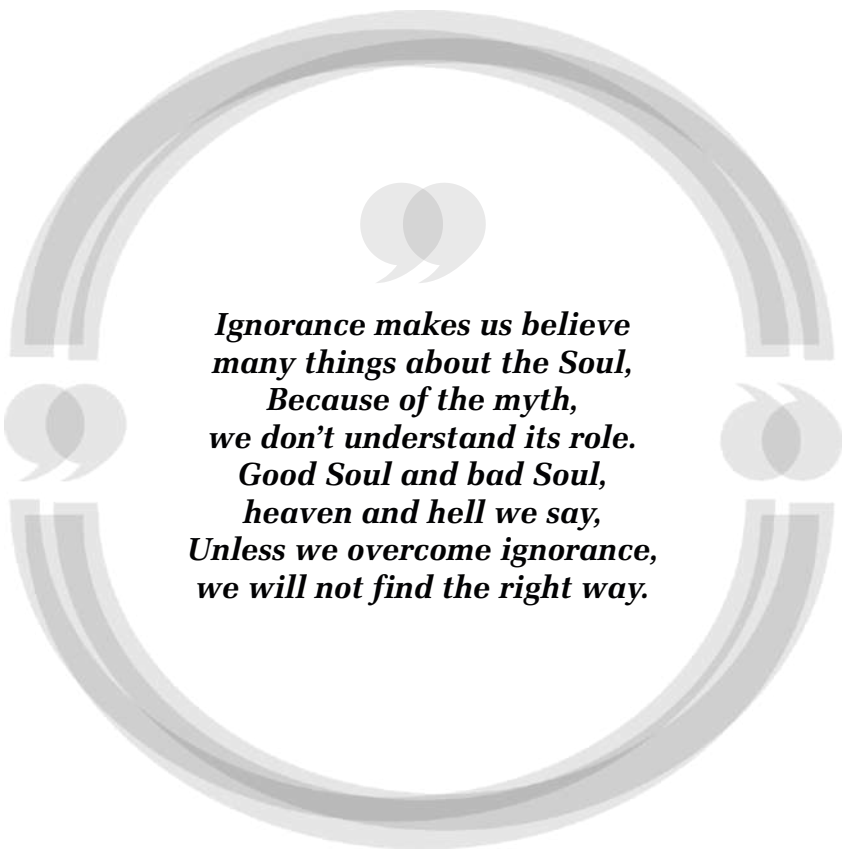
Why is it that we continue to live in ignorance? This is because we do not use our intellect. We human beings are blessed with a subtle body, invisible and intangible, that has four known entities - Mind, Intellect, Memory, Ego - MIME. Most of the time, our ignorance considers all the four to be the mind. But we know, don't we, that we have an intellect? The intellect discriminates right from wrong and the truth from the myth. Unless we become conscious of the intellect, we will never go on a quest to realize the truth. The intellect doesn't just believe in every thought of the mind. It asks questions, it investigates till it realizes the truth. If we don't activate the intellect, we remain slaves to our mind and continue to live a life of ignorance till we die.

What does most of humanity experience due to ignorance? A vast majority is not bothered. They just live, enjoy pleasures of the world and they die. Some of us are intelligent and believe that we are a body-mind complex. The body dies and returns to dust. But our Mind, Intellect, Memory, Ego - MIME, is reborn based on our past actions. This cycle continues life after life and it is said that we human beings are imprisoned in *Samsara*, the cycle of birth and death. This imprisonment in the constant cycle of death and rebirth is because of our ignorance.

Centuries ago, a Hindu prince Siddhartha Gautama stated

that this world is full of suffering. Anybody who is born must ultimately die and before we die, we suffer. We experience triple suffering - physical suffering that arises due to the pain of the body, mental worry due to the wandering and worrying of the mind and we experience the agony of the ego that insists on and continues to live in ignorance of the "I," the "my," and the "mine." The prince renounced his kingdom, his wife and young child and went in quest for the truth, to find a way to escape from this suffering. He is said to have been enlightened and became known as the Buddha, or the Awakened One. He called this Enlightenment, 'Nirvana', a state of bliss, peace, and joy. It is not just a state of eternal happiness in this life but an escape from the constant suffering that is experienced because of the cycle of death and rebirth. The Buddha advocated that we must go within to find the truth, the way to our own salvation. He also said that the only way is to overcome ignorance and realize the truth.

Human suffering is due to ignorance and unless we overcome ignorance, we will continue to believe in the myth. We will not realize that we are the Divine Soul. How can we overcome ignorance? How can we realize the truth? There is only one way. To go on a quest in search of the truth. If we have the help of a Spiritual Master and the grace of the Divine, we may be fortunate to realize the truth.



***Ignorance makes us believe
many things about the Soul,
Because of the myth,
we don't understand its role.
Good Soul and bad Soul,
heaven and hell we say,
Unless we overcome ignorance,
we will not find the right way.***

TAKEAWAYS

OVERCOMING IGNORANCE

- We are ignorant. We don't know many things about the Soul.
- Different religions and philosophers advocate different things.
- Our ignorance makes us get further confused.
- We must open our 'real eyes' to realize the truth.
- The ignorance is caused by 'Maya', the cosmic illusion.
- Our biggest enemy is ME – the Mind and Ego. It causes our ignorance.
- Because of our ignorance, we suffer.
- Unless we go on a quest, we will not realize the truth.
- When we overcome ignorance, we are free from the cycle of death and rebirth.



08

**REALIZING
THE
TRUTH**

What is the truth? The truth is that we are the Divine Soul, not the body that we seem to wear. We are the ones who wear the body. Just like we are not the shirt or dress that we are wearing, but we are inside it, so also, we are the Divine Soul that pervades every cell of the body. But we have to realize the truth. Merely reading this is not enough for us to realize that we are the Soul. Although we know it, we still don't realize it. Such is the mystery of Soul-realization.

How does one overcome ignorance and realize the truth? One needs to go on a quest. One needs to go in search of answers. One must ask questions about life and existence – Who am I? Where did I come from? Where will I go? What is my purpose? What is reincarnation? What is the Soul? Where is God? Where are heaven and hell? Unless we ask such questions, we will never realize the truth.

These questions may have many answers but what is the right answer? We will get to the truth only when we get to the bottom of the root and it is very difficult to do this because of our own Mind and Ego, the ME. Our ME is our biggest enemy. It bombards us with all kinds of thoughts and distracts us from our contemplation of the truth.

While a seeker of the truth may be able to realize it on his own, it is most advisable to seek the help of a spiritual

master, a mentor or guide, also known as a Guru. The word 'Gu' means darkness, and 'Ru' means light, and a true Guru is one who takes us from darkness to light. He helps us overcome ignorance. He has already been on a quest and realized the truth himself. Only such a master deserves to be called a Guru. One doesn't find a real Guru so easily. It is said that we need the grace of the Divine to find the right Guru and to realize the truth.

From where does realization start? It starts with self-realization and the ultimate goal is God-realization. Somewhere in between, we realize the truth about the Soul. To realize the self, the first thing to investigate is "Who am I?" One cannot realize this directly. It needs to start with another question – "Who am I not?" or even "What am I not?" This will start our journey to the Soul.

In a quest to know 'who I am,' a seeker finds the answers when he first eliminates what he is not. Am I the body? No! The body was formed around me in the womb of my mother. I was alive before my body was formed and even after the death of my body, I will still be alive. I am not mortal like the body. I am not the body. Then, am I the mind? Yes, it seems so. I am the one who drives the body. I am the MIME - Mind, Intellect, Memory, Ego. But when I go in quest of the mind, where it is I cannot find.

There was once a king who went to his Spiritual Master and said that he was very stressed out. He wanted help. He told the saint that his mind was full of worry, stress, and anxiety. The saint calmly listened, and then he said, "I have many tasks to finish. Please come tomorrow morning and don't forget to bring your mind with you. Then I will remove all your worry, stress, and anxiety." The King was pleased and went back to his palace. He was looking forward to meeting the Master the next morning. He just remembered what the Master had said. The whole night he tried to locate his mind but to his surprise, he couldn't find his mind. Thoughts seemed to come to him from all parts of his body and he was confused. He kept probing for answers but could not find any. He became worried but still, the next morning he reached the home of his Master.

In a short while, the saint entered the room and asked the king, "So you say that your mind is full of stress, worry, and anxiety. Where is your mind?" The king replied, "I could not find the mind!" The saint smiled and replied, "But you just told me that your mind is full of fear, worry, stress, and anxiety. If there is no mind, then there would be no stress or worry. If they are just thoughts, then stop that thinking." The king understood that the mind itself is an illusion, an imposter. While it appears to 'be', in reality, it is not. It is just a bundle of thoughts that together appear to be the mind and create negative thoughts and make us anxious.

The king was relaxed and relieved. He realized the truth that there was no mind. Until we human beings realize that we are not the body, we are not the mind or even the ego, we will never realize that we are the Divine Soul. We exist, don't we? But the question is, "Who are we in reality?"

When does our existence start and when does it end? We believe that we were born on the day we were delivered. But the truth is that we were alive even before that. We were in our mother's womb for nine months. Did we exist before that? No! That was the earliest possible start of our life journey. When two cells of our parents became one, then that energized ball of human cells grew to develop hands, feet, a face and all the organs. Then it was delivered on Earth. And one day, we will die. Will we live forever? Our body will lie on the floor and people will say that we passed away. But our body is very much here. Then who passed away? Where did we go and how? We started our journey as a Soul that developed a body around it. And when we leave the body, the body finishes its journey but the journey of the subtle body, the Mind, Intellect, Memory, Ego - MIME and of the Soul, never ends until one attains Liberation. Unless we realize this, that we are not the body, nor the mind, we will never realize that we are the Soul.

While it is not so difficult to realize that we are not the body,

how do we realize that we are neither the mind nor the ego but rather we are the Divine Soul? A seeker doesn't realize the truth so easily. There are several methods and any, or sometimes, many of them lead to the realization of the truth. Out of all of humanity, less than 1% goes in quest of the truth. Of this 1% not more than 1% actually, realizes the truth. Therefore, a very tiny fraction of humanity gets to the truth.

When we are awake, the Soul gives power to both body and mind. When the body sleeps, we are not conscious, but the Soul powers the subconscious to dream. Are we the waker or the dreamer? What are we in reality?

There was once a king named Raja Janak. One day Janak woke up and started screaming, "Save me, save me! I am going to die!" The queen realized that the king had just woken from a horrible nightmare. "What happened?" she asked the king and he replied, "They tied me, and they did not give me food and water after I lost the war! Now I am a beggar and I am going to die. Save me!" The queen waited for the king to come out of his trance, but he seemed to be lost. She told him, "Your majesty, you are the king, not a beggar! That was just a dream." The king was spiritually inclined, and he asked her the question, "Am I a king who was dreaming that I was a beggar or am I a beggar who is dreaming that I am the king? What is the truth, this or that?" The king seemed to have got caught in this dilemma and wasn't able to

come out of it. Everything in the kingdom came to a standstill. Whoever met the king for anything, the king had only one question, "Who am I – Am I the king or a beggar?" People were confused and while they told him that he was the king, he did not agree and questioned how he could be sure. One day, a learned sage called Ashtavakra met the king and the king told him about his dilemma. He asked the same question, "Am I the king who had a dream that I was a beggar or am I a beggar having a dream that I am the king?" The wise man gave him a profound answer, "You are neither of the two. Neither are you the king who is awake, nor the beggar of your dreams. You are in reality a Divine Soul." The king realized the truth and got out of his trance.

Very few people realize that we are not the waker or the body. We are not even the dreamer or the mind. We are not even the sleeper who sometimes experiences sound, dreamless sleep. We are the consciousness that experiences all these 3 states of consciousness. The consciousness that is the Divine Soul. Somehow, like the king we live in a trance all our life without realizing the truth.

Ordinary people don't know about the Law of Karma. They just live and die, and they suffer because of their actions. Intelligent people know of Karma, the Universal Law of Action and Reaction. This law states that apples can't grow on mango trees and as we sow, so shall we reap. They

control themselves from sinning because they know that today's actions will become tomorrow's destiny, just as today's life and circumstances are the results of our past actions. The realized ones, however, are far more intelligent. They know they are not the body, nor are they the mind and ego. They get liberated from Karma. They escape from the cycle of death and rebirth because they realize that they are the Divine Soul. As long as they are alive, they live in the body-mind complex and act as directed by the Soul. But once the body dies, they are freed from the illusion that they are mind and ego and they are liberated from the cycle of death and rebirth.

Suppose our eye is seeing an apple. The apple is the object, the eye is the subject. The eye sees the apple. Who knows whether the eye is seeing the apple? It is the mind. If the eyes were removed and kept on the table, they would not see the apple. But because of the mind, they see. The eyes become the object and the mind, the subject. The mind is seeing the eye seeing the apple. Sometimes, although the eye is seeing the apple, if somebody plucks the apple, the eye does not capture it, because the mind is wandering. Who observes the mind is wandering? It is the Soul. The Soul becomes the subject, the mind becomes the object. This is another method of realizing we are the Soul.

We have already spoken about cause and effect. We human beings are just an effect. The Soul is the cause. The moment the Soul departs, our existence comes to an end. Just like mud is the cause, the pot, the plate and the statue are effects. If we remove the mud, there will be no pot, no plate or statue. So also, if the Soul escapes, there will be no human existence.

The Law of Causation has 3 tenets that must be understood to realize the truth.


1. Every effect has a cause.
2. The effect is nothing else but the cause in another form.
3. If you remove the cause, there is no effect.

Gold is the cause. The ring, the bracelet, and the chain are effects. If you remove the gold, nothing is left. We human beings are effects. The Soul is the cause. When the Soul departs, nothing is left.

Another way of realizing that we are not the body but the Soul is to do a virtual experiment. If we lock a human being in an air-tight room with no chance to escape and then virtually peel the human being like an onion, what happens? We can remove the eyes and keep them on the table. The person is blind but still alive. Now we remove the ears, the nose, the teeth, the hair, the hands, and the legs. The person may not be able to move but is still breathing.

We continue the virtual experiment. Now, we peel the skin and empty the blood into beakers, while the flesh and muscles are removed. What is left after removing all the organs of the body? Just the skeleton. Every cell of the human being is inside this room, but where is the one who was alive? Somewhere during the final stage of the virtual experiment, the energy within left the body. If it was so simple to understand that we are that energy, the Soul, then we could put it back in the body as we reverse the experiment. Can we put back the Soul into a dead body? We can't! This must make us realize that we are that Divine Soul which is beyond human comprehension. We are that life energy that comes into our being when we are conceived and leaves our body at death. We are not the body that is born or dies, nor are we the illusory mind and ego – ME that is born again and again as per its Karma. We are the Divine Soul.

Realization is not a gift for the ordinary. Only genuine seekers of the Divine and those who have a passion for a spiritual journey may attain this state. But it is possible for those who go in search of answers to understand that we are the Soul. Maybe we will not realize everything that will take us to the ultimate step, our ultimate goal of Liberation and Unification. A quest for the Soul will change our paradigm about the Soul and create a new perspective of life.



***Not everybody is blessed with
the gift of Realization.
Realizing the Soul will give us Liberation.
And if there is Illumination after Purification,
we will experience Divine Unification.***

TAKEAWAYS

REALIZING THE TRUTH

- The truth is that we are the Divine Soul, not the body that we wear.
- Due to ignorance, we don't realize this truth.
- We must go on a quest and we need the help of a Spiritual Master, a Guru.
- Realization starts with self-realization and goes on to God-realization.
- Upon overcoming ignorance we realize that we are not the body, neither are we the ME – the Mind and Ego. We are the Divine Soul.
- There are many methods to realize the truth including the Law of Causation or the virtual experiment.
- Realization is not a gift for the ordinary. Very few people are blessed to attain Liberation and Divine Unification.



09

**THE TRUTH
OF THE SOUL -
REVEALED!**

THE TRUTH OF THE SOUL - REVEALED!

So, what is the Soul? If the Soul is not the body, and not the mind, does it exist? After overcoming all the myths about ghosts, heaven and hell and 'Soul hunting', what have we eventually realized is the truth about the Soul?

The SOUL is a Power. The Spark of Unique Life. It exists in each one of us. Our existence as ME , the Mind and Ego, is caused by the Soul causing our conception. Our journey of life starts with the Soul and ends with the Soul. Our physical journey from birth to death is empowered by the Soul. Without the Soul, the body is nothing. It cannot grow from a zygote to an embryo and be delivered on earth. The Soul is the power that makes the body live, breathe, eat, grow and reproduce. It is the Soul that is driving the entire life cycle. When the Soul leaves, the body dies.

Is that all? No! When the Mind, Intellect, Memory, Ego - MIME is reborn to settle its past action or Karma, it is once again the Soul that makes it happen. The Soul is the power involved in our life process but is not a part of our life that we experience on earth. It is only a source of power.

The Soul that powers you, me, and the entire universe is the same source of power. It is one Divine Universal Power. It is omnipresent—present everywhere. The Power is not different for different people. Your Soul Power is not

different from my Soul Power, just like the power in the bulb, the air conditioner, and the television is the same power, although the gadgets are different. Our bodies are different and our Souls are unique to each one of us but their Source is the same.

Going one step further, if we are blessed, we realize the truth that everything is a manifestation of the Soul. Because of the Soul, we appear and when the Soul leaves, we disappear. The Soul is the cause, we are just effects. The Soul is the one Universal Power that manifests as everything.

Where does the Power come from and where does it go? The Power doesn't come and go. It is there everywhere like air in the atmosphere. We inhale and exhale air and it seems that the air comes inside us and goes outside. But air is everywhere. So is the Power of the Soul! When it gives us life, it becomes the Spark of Unique Life.

Due to our ignorance, we don't realize we are the Soul. This makes us live and suffer as the body. It makes us suffer as MIME - Mind, Intellect, Memory, Ego that is reborn again and again. The moment we overcome our ignorance and realize the truth that we are the Divine Soul, we are liberated from the cycle of death and rebirth and we are united with the Divine.

THE TRUTH OF THE SOUL - REVEALED!

We must be absolutely clear what the Soul is not. Just like we have an individual body and our own Mind, Intellect, Memory, Ego - MIME, we seem to have an individual or separate Soul, the Spark of Unique Life in us. But the truth is that the Soul Power is one. And when we say that we have a Soul, we need to rethink because we don't have a Soul – in fact, WE ARE THE SOUL. Because we are embodied creatures, we start believing that we are the body, mind, and ego which in reality is just a manifestation of the Soul. Just like a gold ring is nothing, it is just a manifestation of gold - if you remove the gold, there is nothing. So it is with us. We exist because of the Soul. Without the Soul, there can be no existence.

Once we are clear about the truth of the Soul, we will stop believing the myth, “My Soul is different from your Soul.” As long as the Soul is within us, it seems different but it comes from one source and merges back into the same source. We will also overcome the fantasy that there are 'good' Souls and 'bad' Souls, that our Soul will experience either bliss or suffering by going to either heaven or hell. These are fairy tales, and if one realizes the truth, these beliefs will disappear like mist in the morning sun.

Because of our mind, the rascal, which is our biggest enemy, we fantasize about the Soul appearing as a ghost.

Although, we may have just cremated or buried our elderly parents or grandparents, the mind forces us to believe that they still exist, either somewhere hidden on earth or somewhere up in heaven. The moment we become clear that the Soul is everything and is everywhere, and we are just like waves that appear from the ocean and go back into the ocean, we will overcome these fancy myths. Once the wave merges with the ocean, we cannot go back and capture it. So it is with the Soul.

The Soul causes our journey on earth based on our past actions and along with our present actions, it will decide the next birth on this humongous stage called the earth. We are like puppets that come and go, but once we realize the truth about the Soul, we will be liberated and will become one with the Divine.

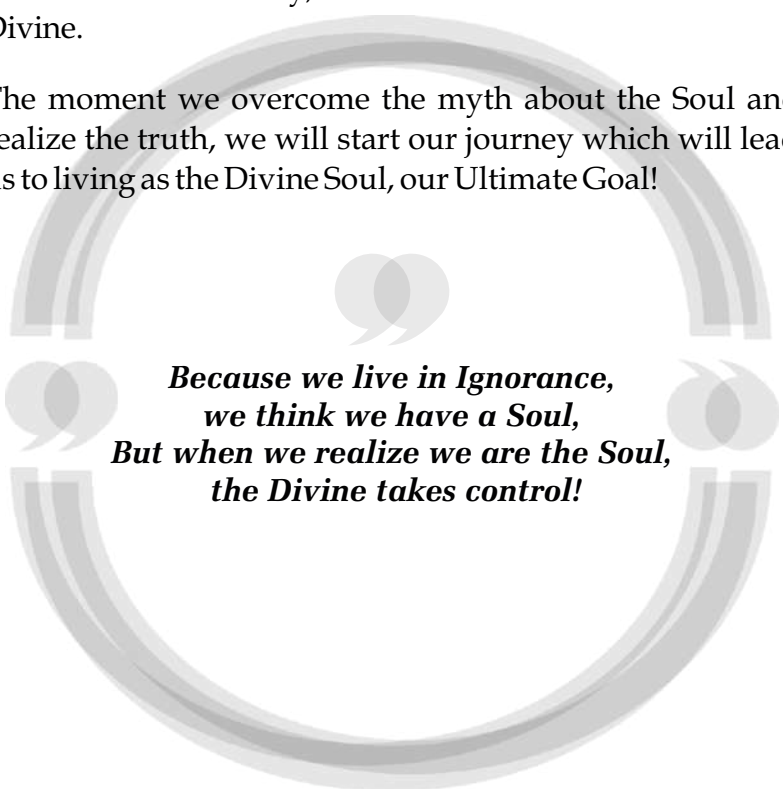
The Ultimate Truth is this—we are the Soul! It may seem like we have a Soul, and there is no doubt that the Soul gives power to each of the over 30 trillion cells of the human body. But the truth is that we are that very power that we think we have. We think we have a Soul, but we forget that we are the Soul. We think we are the body and mind, but in reality, we are neither of the two. We are the Soul that manifests as the body and mind.

What is this power that we call the Soul? We now know that

THE TRUTH OF THE SOUL - REVEALED!

the Soul is everywhere, but what exactly is this power? Those who realize the truth infer that the power that is the Soul is nothing but the Divine that appears as the Soul to us human beings. We human beings have a limited comprehension. We cannot comprehend beyond this. We are not gifted with that sense. But, if we are fortunate and are blessed with the grace of the Divine, we will realize the profound truth that we are the Soul. The Soul is nothing but the Divine. Ultimately, we are all manifestations of the Divine.

The moment we overcome the myth about the Soul and realize the truth, we will start our journey which will lead us to living as the Divine Soul, our Ultimate Goal!



***Because we live in Ignorance,
we think we have a Soul,
But when we realize we are the Soul,
the Divine takes control!***

TAKEAWAYS

THE TRUTH OF THE SOUL - REVEALED!

- The Soul is a Power that creates life in everything on earth.
- 'Your' Soul is no different from 'my' Soul.
- It appears like the Soul comes and goes, but the Soul is everywhere.
- We come and go as we manifest in our human existence.
- The Soul is the Divine that appears as a Power to us. We cannot comprehend beyond this.
- The truth is that we don't have a soul, we are the Soul. Without the Soul, we are nothing.
- To realize the truth about the Soul, we must overcome all the myths that we believe in.



10

**OUR
ULTIMATE
GOAL**

Having come this far, trying to understand the truth about the Soul, going through traditional beliefs, mythological tales, and practically understanding what the Soul is, we should go one step further to understand our goal as the Soul.

If we think of the Soul to be some mysterious unknown entity, then our journey to realize the truth about the Soul comes to an end. The Soul is that Divine Power that is in you and me. In essence, we are not the body, we are not the mind, we are the Divine Soul. All along, we live in ignorance, thinking we have a Soul, rather than realizing we are the Soul. The ego identifies itself to be the form that has a name and is socially connected to people and things. But this is a myth as we have understood now, a myth that we have left behind. Once we become aware that we are the Divine Soul, whether it is just having the knowledge or realizing the truth, it opens the door for us to achieve the ultimate goal of Liberation.

Our quest for the truth helps us overcome the ignorance about the Soul and makes us realize that we are the Life Energy, the Divine Power that causes life. Our purpose on this earth is not just to live and to die. Most people think that the goal of life is to be happy. That is the goal of the body and mind, which we are not. The goal of who we truly are, the Divine Soul is to be liberated. Liberation comes in two

steps. First, liberation from the triple suffering—the physical suffering of the body, the misery of the mind and the agony of the ego. Thereafter, liberation leads to the second step—liberation from the cycle of death and rebirth.

Once we are liberated from this triple suffering of the body, mind, and ego while alive, we live as a liberated Soul or a *Jivanmukta*. What is it to live like a *Jivanmukta*? A liberated Soul lives a life of peace, joy, and bliss. Such a person is conscious of his true existence and doesn't get attached to people and things. Such a person transcends suffering that comes from desires and disappointments, from cravings that lead to heartbreak. A *Jivanmukta* lives a life of detachment and dispassion. He is not a slave to his body senses, but rather becomes a master, not just of the body and its cravings, but of the mind and its constant wandering. A liberated one overcomes misery that is born out of fear, worry, stress, anxiety, hate, revenge, and the like. Such a person realizes that this world is a cosmic drama, and nothing is real. We come without anything and we leave empty-handed. Thus, a *Jivanmukta* lives peacefully and blissfully.

The *Jivanmukta* lives like a *Sthitpragya* as mentioned by Lord Krishna in the Bhagavad Gita. *Sthitpragya* is one who has a steady intellect. The liberated one or *Jivanmukta*

becomes a *Sthitpragya* when his intellect is the master of his mind. The mind will continue to think, to wander and to disturb the liberated one. But a true *Jivanmukta*, a real *Sthitpragya* lives unaffected by the wandering mind. He realizes that the ego is an illusion. It appears every now and then, but it is a myth. In reality, he is the Divine Soul. When one realizes the truth about the Soul, then one is liberated from suffering and this is just the living benefit of the same. It is achieving the first part of the goal, living as a liberated Soul. However, such a liberated one has a larger goal.

Most Eastern religions warn us about getting caught in *Samsara*, the constant cycle of death and rebirth. The Buddha explained it very well when he said that ultimately, anybody who is born on this earth suffers. We cannot escape physical pain, just as it is impossible to stop the mind from wandering. Even a liberated one can fall prey to the onslaught of the senses and the mind. Every living being suffers. Therefore, the ultimate goal is to be liberated from this cycle of death and rebirth.

Normally, we human beings die, and we are then reborn based on our Karma. Our Karma is not just of the life that we just finished but is a cumulative account of all our previous lives that have unsettled Karma. Our next life depends on our carried forward Karma. Some believe that

we can be born only as human beings, but there are others who believe we can be born as an animal or tree. However, one point is very clear that animals and plants do not create Karma. Karma is only created by a conscious intelligent being. It is a result of our thoughts and actions. The 'doer' of action, Mind, Intellect, Memory, Ego - MIME, experiences Karma through the body when alive. If the 'doer' is reborn as an animal or plant, provided this theory is true, then that animal or plant does not create any further Karma in that life. It only redeems its past Karma. Imagine this is true, then we can understand the suffering we would experience if we were born as another living organism that was not a human.

While there are many theories and beliefs about Karma, the world, by and large, accepts the existence of this universal law, which states – *As you sow, so shall you reap*. It is the Law of Action and Reaction. If we have performed certain actions, we cannot escape from the reaction. Death is sudden. It doesn't wait for us to redeem all actions, good and bad. Therefore, since we have actions that are unsettled, we all have a carried forward account which results in rebirth.

Rebirth itself makes us infer the truth that there is a carry forward account. Why else would some child be born blind

and another healthy? Why would some children be born in wealth and luxury, while others are born in poverty? Our birth, parents, gender and many other things are beyond our control – why? It is because of our old carried forward Karma. If we have good Karma, then we are born in fortunate circumstances, but if we have bad Karma, then our birth makes us suffer. Having said so, no human being who is born and is alive can escape from suffering in this world. Therefore, the ultimate goal is *Nirvana* or *Moksha*. It means liberation from the cycle of death and rebirth. This is the ultimate goal of a *Jivatma* – a human being – that is body, mind, and Soul.

How does a *Jivatma* achieve the ultimate goal? As long as we live with the ignorance that we are the MIME - Mind, Intellect, Memory, Ego alive in a body, then our actions create Karma that need to be settled. It may be good or bad. But the moment we create Karma, we become eligible for rebirth. Every human being has to act, and thus, there can be no freedom from action. However, to achieve the ultimate goal, one has to achieve 'freedom in action'. What does this mean? Although we act, the actions do not create Karma because we are not the 'doer' of the action. The moment we realize we are the Divine Soul, not the body, mind, and ego, then, the actions are not our actions. The Soul through the intellect takes command of the body-

mind complex and makes it act as an instrument of the Divine. The ego is transcended. There is no 'I'. Such a realized Soul, living as a *Jivanmukta* and a *Sthitpragya*, lives in the ocean of *Samsara*. Such a person experiences desires of the body and cravings of the mind. But he lives like a boat above the waters of the world. He uses the water to sail towards his ultimate destination but does not sink in the water. A truly liberated Soul is said to live like a lotus in a dirty pond. He is engulfed in the fires of duty, lust, and shame, but he doesn't allow them to drown him in the allurements of the world. It is not easy. All this needs tremendous self-discipline and beyond that, the grace of the Divine. If one has a Spiritual Master who can guide, one gets the additional strength needed to overcome the desires of the world and to transcend ignorance. But this is not an achievement of the ordinary. The one who has realized the truth and is living as a liberated Soul, free from suffering and enjoying Divine bliss, achieves his ultimate goal when he is finally liberated at death.

Though death is certain, the time of death is uncertain. A *Jivanmukta* may live for one day or 50 years. That is the Divine will. But as long as he is alive, he will experience the onslaught of the world. If he is a truly realized one, he will experience the first stage of liberation when alive. But, to achieve the ultimate goal, he must live like a *Jivanmukta* till

his last breath, without losing the battle to the ego, mind, and body.

What, therefore, is our ultimate goal? At death, when the Soul is liberated from the body, there are two possibilities. The MIME – Mind, Intellect, Memory, Ego may come alive in another body. This happens to most of us because we live and die in ignorance. If we have a carried forward Karma, there is no way to escape rebirth. The Soul is not as we imagine. It is not 'my' Soul or 'your' Soul. The Soul is a Universal Soul. It is Divine consciousness that is everywhere. But the MIME is the unit of our existence, that will be reborn as per its cumulative Karma, powered by the Soul. The Soul that powers us seems to be a Spark of Unique Life so long as it is contained in our body from the point of birth to death but ultimately, it is part of the Divine Universal Power.

However, if we have transcended ignorance and realized the truth that we are not the MIME but the Divine Soul, then at death of the physical body, there is no MIME, there is no Karma! The realization of the truth makes us drop all our carried forward Karma into our grave. The body returns to dust as the Soul is not only liberated but is also united with the Divine. This is the ultimate goal of an embodied human being – to be united with the Cosmic Soul, the Universal Soul or the Divine.

We human beings are slaves of our mind. Although we read this truth, the mind refuses to believe it. The mind will trick us and ask us for proof and although through inference, we intuitively realize the Divine truth, the mind stops us from such realization. It makes us live as MIME - Mind, Intellect, Memory, Ego and makes us create Karma, therefore continuing the constant journey of life and afterlife. It makes us suffer. Who suffers? It is not the Soul that suffers. The Soul is the Divine. It is the conscious energy that observes everything. It is the power that gives us life. The Mind and Ego - ME suffers. How can the ME suffer? Only when it is born in a body. Then it experiences the suffering of the body, mind and ego and this cycle continues. Our ultimate goal is to be liberated from this cycle, to realize we are the Divine Soul and thus, to escape from Karma and rebirth, and the suffering that we would otherwise experience life after life.

This entire truth is explained beautifully in the *Kathopanishad*, written thousands of years ago. Without any author claiming the right to the story, the Divine truth in this Upanishad explains the two possibilities at death. It is the story of a young boy named Nachiketa. Nachiketa arrived at the palace of the Lord of death, Yama. Since Yama was not there, Nachiketa waited for him for three days. When Yama returned, he asked Nachiketa for a boon. Nachiketa said, "I want to know the secret of death." Lord

Yama tried to distract the boy in many ways. He offered him wealth, women, pleasures of the world but Nachiketa refused everything. Even after so much dissuasion, he insisted that he wanted to know the secret of death. Finally, Yama explained to him that at death, one of the two things happens. If we live as the body and the mind, the body will die and the mind and the ego will be reborn based on our actions, our Karma. But if we realize the Truth that we are neither the body nor the mind, then we will be liberated and we will be unified with the Divine. This is the boon of realizing who we truly are—the Divine Soul. This is the secret to escape from the cycle of death and rebirth. This is the only way and it is called 'self-realization' that leads to 'God-realization'. But there are very few people who are fortunate like Nachiketa to realize this Truth.

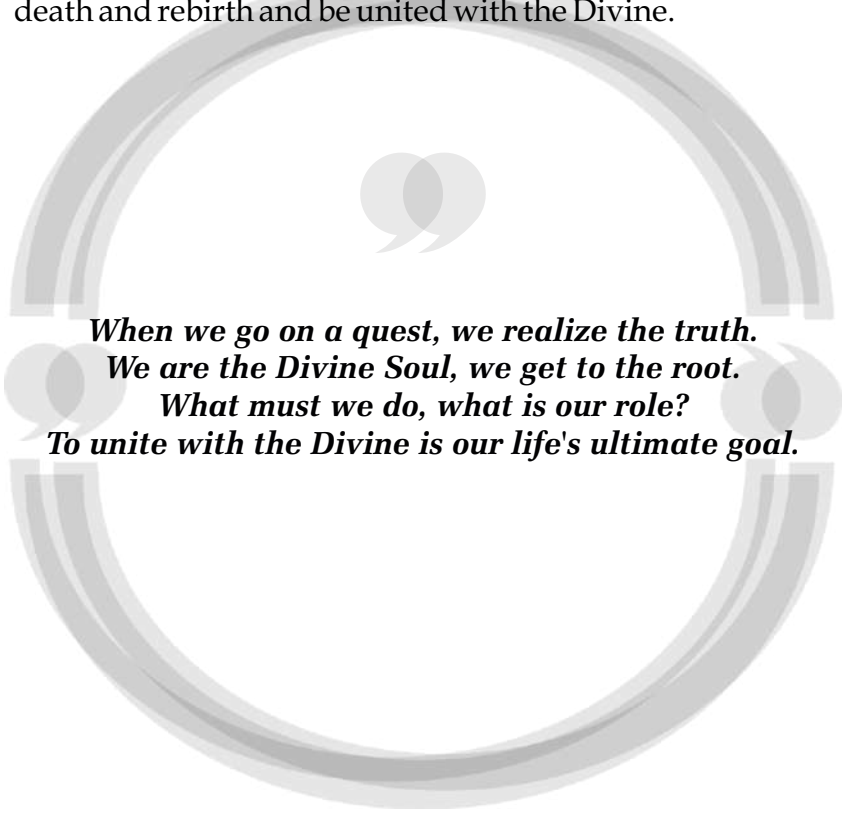
Each of us human beings is blessed with an intellect which can be used as an instrument of the Soul to slay the ME, Mind and Ego, and to achieve our ultimate goal, to realize the truth, to be liberated and ultimately unite with the Divine.

This is the ultimate goal of life, to realize we are not the body, mind, and ego. We are the Divine Soul. Our ultimate goal is very simple – to distance ourselves from Karma and to live as the instrument of the Divine, to live as a *Jivanmukta*, free from all misery. Ultimately, at death, not to be reborn, but for our Soul to be liberated and to unite with the Divine. If

OUR ULTIMATE GOAL

we don't, we the Mind, Intellect, Memory, Ego - MIME will be reborn and we will suffer as per our Karma. Even though we may do good Karma, we will eventually suffer whether we carry positive or negative Karma.

May the grace of the Divine be upon you so that you realize you are the Divine Soul and if it be the Lord's will, at the appropriate time, may you be liberated from the cycle of death and rebirth and be united with the Divine.



***When we go on a quest, we realize the truth.
We are the Divine Soul, we get to the root.
What must we do, what is our role?
To unite with the Divine is our life's ultimate goal.***

TAKEAWAYS OUR ULTIMATE GOAL

- There is really no mystery about the Soul. It is the Divine Power.
- Our quest makes us overcome ignorance and realize this truth.
- We must live as a *Jivanmukta* and *Sthitpragya*.
- Normally, human beings are reborn, but rebirth creates suffering.
- The ultimate goal of a human being is Liberation and Unification with the Divine.
- Once we realize that we are the Soul and achieve our goal, we are liberated from suffering and enjoy eternal peace and everlasting joy.



11

**THE JOURNEY
OF
MY SOUL**

Whatever I have shared in this book is not something theoretical. It is my own personal experience, my quest, my discovery, and my realization. The first 15 years of my life made me live as a child who was very religious and who devoutly believed in God. From the time I was 16 years till I turned 40, my life was full of achievement, success, wealth and there was no time to even think about the Soul. When I was 40, I shut down my business to do what I love—humanitarian, inspirational, and spiritual work. For 6 years, I lived a life of fulfilment—enjoying peace beyond the pleasure I experienced till then. In my 46th year, my Spiritual Master and mentor, my Guru—J.P. Vaswani, whom we fondly called Dada, provoked me to go on a quest, a search for the truth. Personally, I was seeking happiness and I believed that I had transformed my life from achievement to fulfillment that came from contentment. My mentor's provocation made me go further to seek the ultimate peak of happiness which was devoid of suffering, a peak I called Enlightenment.

I left everything and set out on my quest, my *Talaash*. My quest essentially focused on these nine questions:

1. We all know how a child is conceived and born, but how is life created in the womb?

2. What happens after death? The body dies but what happens to the one who was alive?
3. We all believe in God. What is the reality? Who is God? Where is God? What is God?
4. Most people believe in heaven or hell but where are they located? Can we actually go there?
5. Does the Law of Karma actually exist? A law that states that the actions of this life will be the cause of our rebirth.
6. Is rebirth or reincarnation real? Are we really reborn after we die?
7. We talk of a Soul. But what exactly is the Soul?
8. What is the purpose of life for us human beings who live on earth?
9. What is Enlightenment, Salvation, Liberation, Mukti, Moksha or Nirvana? All religions talk of this being our ultimate goal, but what exactly is this?

In quest for answers to these questions, I left the world and went into a retreat alone into the mountains. I was

determined to find the truth and the answers to the questions that I set out in quest for, since I wanted to understand birth, death, God, heaven, Karma, rebirth, purpose, Enlightenment and the Soul. I knew nothing about this, apart from what the world mumbles. I carried with me not just all the scriptures of all the possible religions that I could lay my hands on, I also carried books of philosophers and authors of theology and spirituality that opened my mind to all possibilities. My quest lasted for 2 years. It started in 2012 when I was 46. On the 31st of August, 2014, I experienced my spiritual moment of 'Aha!' By then, I had many perspectives on the questions I was trying to decode. But on this day, it seemed that I had solved the spiritual jigsaw puzzle of my life. All the pieces of my search came together. I realized the truth about the Soul.

My realization made me transcend my body, my mind, and ego. Till then, I believed that I was Ravi Melwani, a successful businessman who had achieved many things in life. My realization impelled me to change my name. I was not Ravi— Ravi was just my name. I was AiR, *Atman* in Ravi. I realized that I was not the body that I wore. I was the Soul who was empowering the body. I instantly gave up whatever I was doing after realizing the truth about life. From 1st September 2014, there was a metamorphosis in my life and I started living as the Divine Soul.

My realization came after 48 years of ignorance and I am grateful both to my Guru, Dada and the Divine, without whose grace I would have continued to wander in ignorance. We are all Divine Souls embodied in this body-mind complex and we suffer due to our ignorance.

The realization of the truth liberated me from the triple suffering of the body, mind, and ego. For over 5 years now, I have lived blissfully as an embodied Soul, conscious of the truth that I am not the one I thought I was for 48 years. As far as my Soul is concerned, it seemed like it was born on 1st September 2014, although all along, it was the very cause of my existence. Since then, I have had only one goal – to live as the Soul and to be ultimately liberated and unite with the Divine. I have been blessed with a mission to do nothing else in life, other than to help people realize the truth. My Soul's journey has been a blissful one. Living as a *Jivanmukta* doesn't excuse me from the onslaught of the craving of the senses of the body. Like anybody else, my eyes see; I hear, smell, taste, and touch. All these create thoughts and feelings, but I have realized that as the Soul, the instrument of liberation is my intellect. I use my intellect to control my mind from producing distracting thoughts, just as I use it to discriminate and choose to do what is right.

Till I was 48 years old, I was a slave to my body senses. I was very passionate, and my life was full of obsessions. When I realized I was the Divine Soul, I used my power of discrimination to live a life of detachment and dispassion, renouncing all those things that would take me back to live as Ravi, not AiR. The reason I changed my name was to become conscious of who I truly was. I was AiR, *Atman* in Ravi – the Soul. I was not what I appeared to be or the one my Identity card identified me as. Though my passport and bank accounts continue to have my birth name, that is not the truth of who I actually am as per my spiritual realization.

My Soul's journey continues to enjoy bliss and peace. It is very different to live as a Soul, not a body-mind that we normally think ourselves to be. Living with detachment and renunciation doesn't reduce our bliss. Rather we enjoy peace and happiness, unknown to the common man. We become free from disappointments and defeats, from petty annoyances like hurts and heartbreaks. A realized Soul lives without fear, worry, stress, and anxiety. I started enjoying a blissful existence as the Soul, like I never did before. How did I live as the Soul? After crossing the 4 doors of discrimination, dispassion, discipline, and desire for liberation, my life as a Divine Soul led me on to live in a state of Yoga.

What is the true meaning of Yoga? Yoga means Union. To live in Yoga means to live as the Divine Soul that is united with the Universal Supreme Soul. Every moment of my life, I try to be in Yoga. It may be *Dhyana Yoga* – a union through meditation, *Bhakti Yoga*, union through devotion, *Gyana Yoga*, union through education and wisdom or *Karma Yoga*, union through action. Whatever I do, whether I remain still in silence, I pray, or I do anything, I try not to lose my Divine connection. This is easiest to understand when we compare it to a good SIM card, that never loses connection with the satellite. The moment it loses connection, we lose the network. It continues to be my earnest effort to always be in the network of the Divine. It is not uncommon for the body-mind to disconnect the Soul from Yoga. But our challenge is to regain the connection as soon as we can. Every liberated Soul who is alive will experience desires of the body and the wandering of the mind. I do not deny this truth. I will be lying if I say that I have no desire or craving. But my Soul makes me realize that these are not my desires. I realize that I live in a body-mind complex and I try to transcend my ego, as I live as the Divine Soul. This helps me overcome all the desires and expectations of a normal human being.

My Soul has travelled forward in these past 5 years and every day is a new learning, a step towards the ultimate

goal. The moment one realizes the truth that we are the Divine Soul, this realization can never be reversed. Suppose, while living in a small rented house, you realize that the house opposite yours, a large villa which has been locked for 3 years and is the most luxurious home one could dream of, actually belonged to you, what would you do? If a lawyer friend brought you a document that showed that the elderly man who owned the villa was actually your grandfather and had willed it to you after his death, would you still live in that small rented house after realizing that the large bungalow opposite your house actually belonged to you? Most likely you would move into your own house once you realize the truth.

So also, once I realized the truth and enjoyed the blissfulness of being the Soul, it made no sense for me to go back and live as the body and mind. However, in this case, it is not out of choice, but because I am embodied, I am dragged into the world that tries to make me miserable. It takes a lot of conviction after true realization to live as the Divine Soul. My mind often plays tricks on me. It confuses me with its thoughts, just as it drags me into losing the bliss of the Soul by pulling me into the world, whether it is through reminding me of my duties, or dragging me into the desires of lust. Even further, it threatens me with shame! The mind is an expert in stopping the realized one

from achieving the ultimate goal of liberation.

So, I live a life with a constant war within. My realized self, battles with the mind and ego and senses of the body. This war is constant and ongoing. It never stops. Unless I live being conscious of who I truly am, I can easily lose the battle. What helps me is my constant Yoga, my Divine connection and what helped me for many years was the grace and guidance of my Guru, who left the earthly abode a year ago, after traversing it for a hundred years. He lived like a Divine Soul and his life was a testimony.

I face a challenge because of my worldly blessings. I am blessed with a lot of wealth, property, name and fame and it is very easy for me to fall in this well of worldly possessions. I am grateful that I do not sink into them. I know I am only a trustee, a custodian of all this. Nothing belongs to me, the Soul that I truly am. All this seems to be owned by the body that I live in and so, I try to be a good caretaker of these possessions. I try to effectively use the wealth that I am blessed with, doing humanitarian and spiritual work – as much as I can. My Guru taught me that I was not one who could run away from all this into the forest. I was born to live like Raja Janak, a king who was a liberated Soul. My challenge is to live as the Soul, despite all the attractions and distractions that surround me.

The journey of my Soul continues. I have just one goal – to continue living as a liberated being, free from the yearnings of the body, mind and ego and to be ultimately liberated at death. That is my ultimate goal. I seek nothing else. Since there can be no freedom from action, I surrender myself to be an instrument of the Divine and I follow Divine instructions that lead to all my bodily actions. If my mind and body are going astray, I immediately try to bring them back. Such is the journey of my Soul. I do everything possible to help people realize the truth and I surrender all the results of my actions to the Divine, knowing that I do nothing. I am just an instrument. Everything is done by the Divine.


Even as I write this book, I know that it is not I who is writing this book. I realize that it is my Soul that is receiving the manuscript as a Divine receptor and then, transcribing it into a book that may be published and that will help people realize the truth. I have written over 1070 *Bhajans*—spiritual songs. I realize that all this comes to me as a message from the Divine. I do nothing. I only receive it and transcribe it. I even sing, but it is the Divine energy that makes me sing. I was never formally coached or trained as others are, in Indian classical singing. Because I live in Divine surrender and accept everything that comes to me as Divine Prasad, I continue to live a life of peace and bliss, knowing that I am

nothing, just a dot of Divine energy encapsulated in this body.

Finally, I am nothing but a wave, a wave that comes from the Divine ocean and goes back into the Divine ocean. Every breath of mine is a gift from the Divine. Every act of mine is controlled by the Lord. I am nothing, I do nothing. I just try to live as a Divine Soul, every moment that I am blessed with, till ultimately, the breath will stop. Then if it be the Will Divine, and if the grace of the Divine be upon this Soul that is embodied in me, I will be liberated to unite with the Divine.

|| Neti Neti || Tat Tvam Asi ||

|| SHIVOHAM ||



***Let me share with you the journey of my Soul.
For 48 years, I was ignorant,
I blindly played my role.
Then, I went on a quest to find,
I was the Divine Soul,
not the body and mind.***

TAKEAWAYS

THE JOURNEY OF MY SOUL

- For 46 years, I was ignorant about the truth.
- My spiritual master, my Guru, provoked me to go on a quest.
- I took 9 questions and went in *Talaash*, in search of the truth.
- My realization made me transcend ego, body and mind.
- I realized that I was the Soul and changed my name to AiR – *Atman* in Ravi.
- The realization of the truth liberated me from the triple suffering of the ego, body, and mind.
- For the last 5 years, I have been living as the Soul in Yoga, in Divine Union.
- I face a constant challenge, a war within. But my realization helps me live as the Soul.
- My ultimate goal is to be liberated and to unite with the Divine at death.
- Till then, I have only one mission – to help people realize the truth that they are the Divine Soul.

A piece of white paper with a torn, irregular edge is centered on a light gray background. The paper is slightly wrinkled and has a soft shadow beneath it. In the center of the paper, the words "SOUL" and "POEM" are printed in a bold, black, serif font, stacked one above the other.

**SOUL
POEM**

SOUL POEM

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

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

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

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

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

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

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

*The Soul is but a Spark of Life
A Unique Power, mine, different from my wife
And though the Power is from one Source
It appears in each of us as a different force*

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

*But people think that our Soul is one
It is with us till our life is done
What we don't realize is that while it's one Power
The Soul in me is not the same as the Soul of the flower*

SOUL POEM

*The Soul, in fact, arrives nine months before birth
It is that Spark of Power that brings us to earth
It is that Spark of Life that gives us breath
And when the Soul leaves, there is death*

*The Power is one, the Source is one
It is the Supreme Immortal Power in me and my son
But as long as it is within us, it is Unique, not the same
And it will remain different till the end of our game*

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

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

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

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

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

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

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

*The Soul is not mortal, it is Divine
It is not yours, it is not mine
It is the Lord that manifests in and as us
It is one power but in ignorance we fuss*

SOUL POEM

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

*God comes alive in us as the Supreme Immortal Power
It is God that is the Soul, the Unique Life in fruit and flower
It is not just in us humans that God appears as the Soul
It is in every creature, that God makes life whole*

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

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

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

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

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

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

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

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

SOUL POEM

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

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

*I am the Soul, this truth I must know
This truth I must realize before I go
After realizing the truth, I must live as the Soul
Not as the ego, that tries to control*

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

*We 'have' a Soul, that's what we're told
It leaves when the body dies
But the truth is we 'are' the Soul
We must unlearn the myth and the lies*

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

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

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

Books by the Author

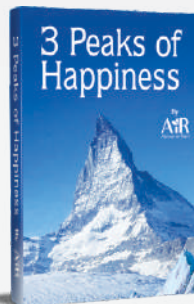
1. Talaash

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.



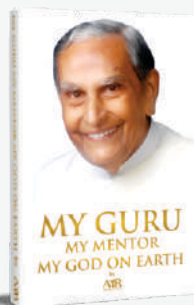
2. 3 Peaks of Happiness

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.



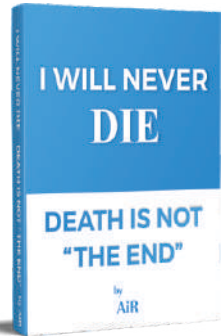
3. My Guru, My Mentor, My God on Earth

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.



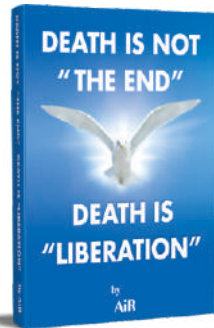
4. I will Never Die, Death is Not “The End”

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.



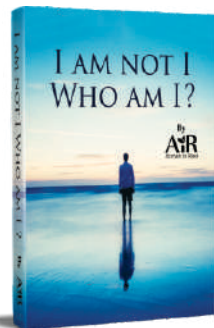
5. Death is Not “The End.” Death is “Liberation”

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.



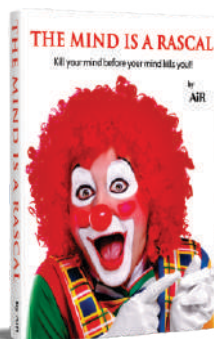
6. I Am Not I. Who Am I?

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.



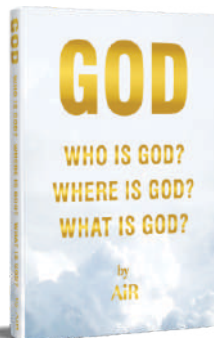
8. A Cosmic Drama

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.



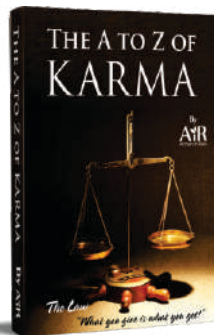
9. Who is God? Where is God? What is God?

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.



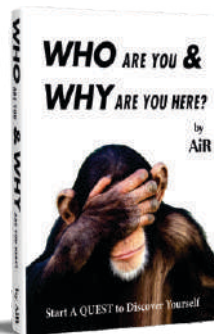
10. The A to Z Karma

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.



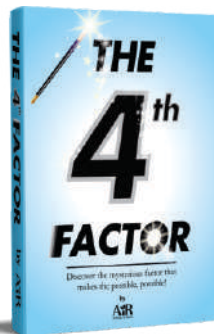
11. Who Are You and Why Are You Here?

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!



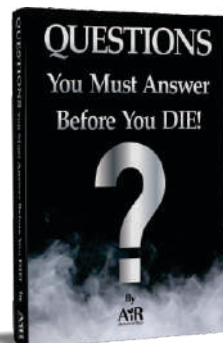
13. Be Happy in the NOW!

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.



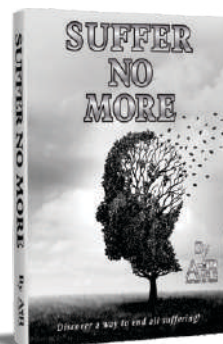
14. Questions You Must Answer before you Die!

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.



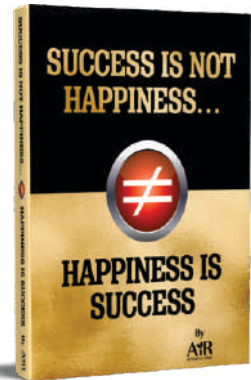
15. Suffer No More

'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.



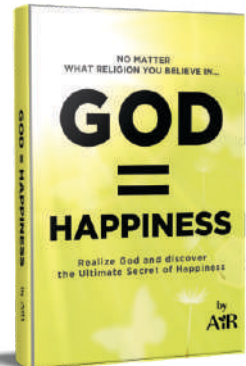
16. Success is not Happiness, Happiness is Success

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.



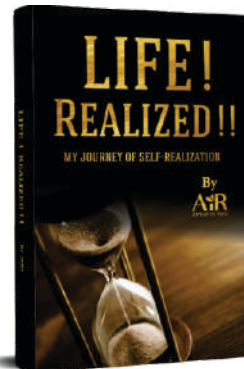
17. God = Happiness

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.



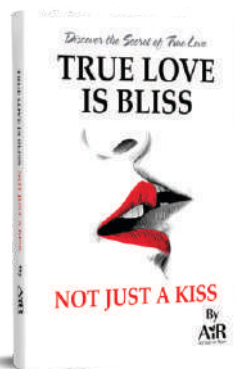
18. Life! Realized!!

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.



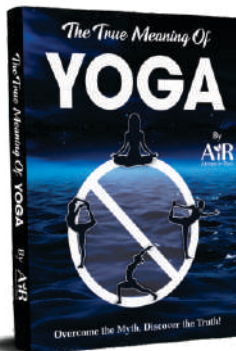
19. True Love is Bliss...Not Just a Kiss

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.



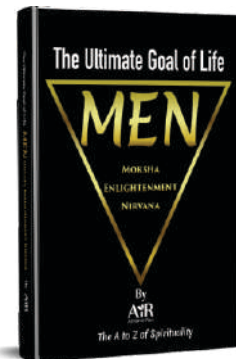
20. True Meaning of Yoga

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.



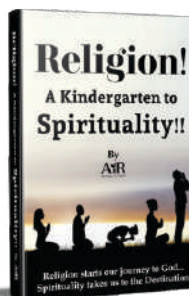
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



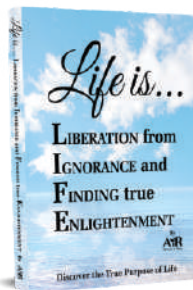
23. Why Bad Things Can't Happen to Good People!

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.



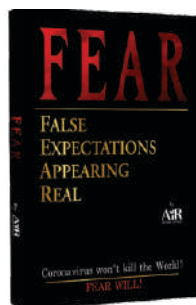
25. The Ladder to Heaven

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.



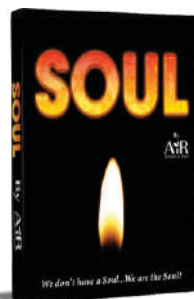
26. FEAR- False Expectations Appearing Real

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.



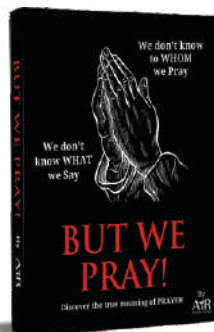
27. Soul – We don't have a Soul... we are the Soul!

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!



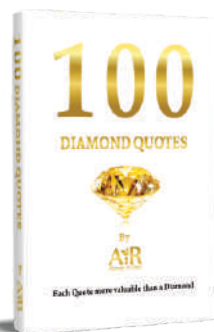
28. But We Pray!

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.



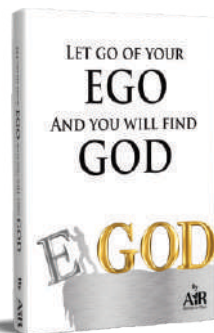
29. 100 Diamond Quotes

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.



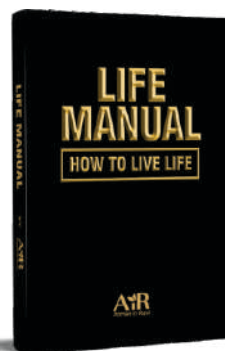
30. Let go of your Ego and you will find God

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



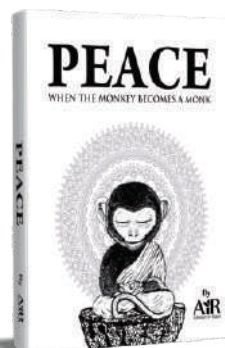
31. Life Manual - How to live life?

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



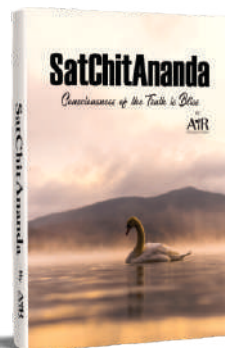
32. PEACE... When the Monkey becomes a Monk!

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



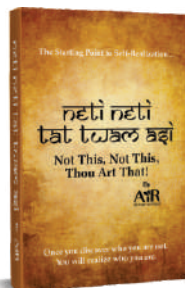
33. SatChitAnanda - Consciousness of the Truth is Bliss

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



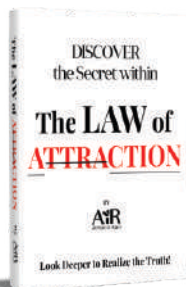
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



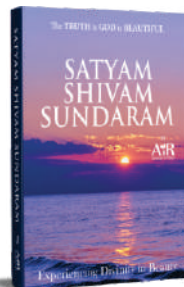
35. Discover the SECRET within The LAW of Attraction

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



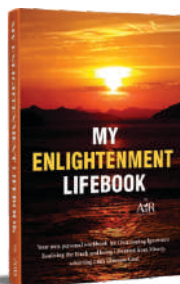
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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



37. My Enlightenment Lifebook

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



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

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



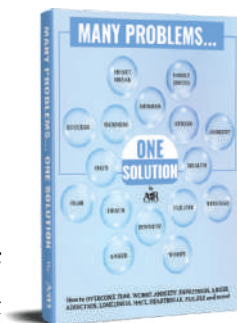
39. World Peace! A Simple Solution

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



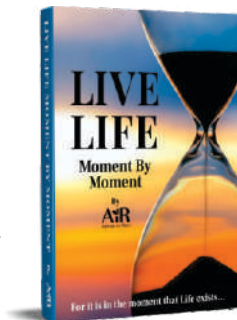
40. Many Problems, One Solution

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



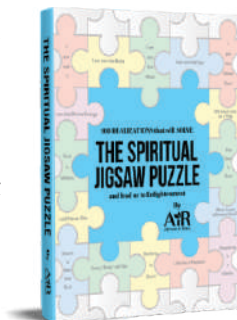
41. LIVE LIFE... Moment by Moment

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



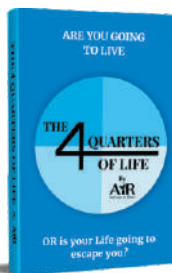
42. The Spiritual Jigsaw Puzzle

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



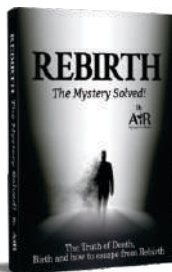
43. The 4 Quarters of Life

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



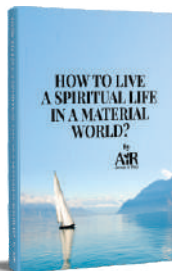
44. REBIRTH... The Mystery Solved!

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



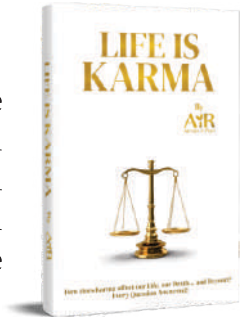
45. How to Live a Spiritual Life in a Material World?

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



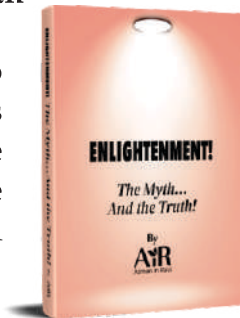
46. Life is Karma

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



47. Enlightenment - The Myth and The Truth

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

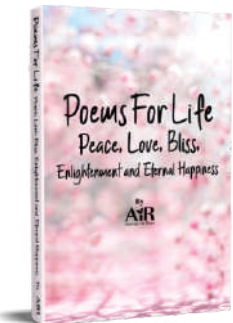


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

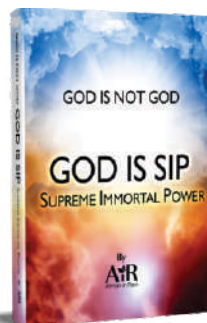
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



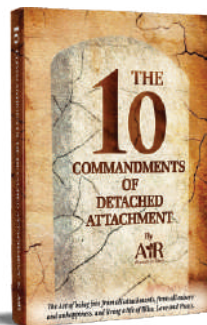
49. God is not God. God is SIP – Supreme Immortal Power

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



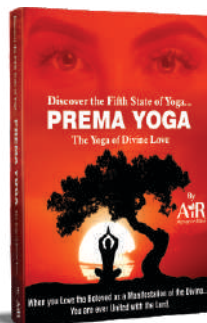
50. The 10 Commandments of Detached Attachment

What are the 10 Commandments which can liberate us from all attachments? It is common for us human beings to get attached to our possessions, to relationships, to the people we love and we become miserable. This is because of ignorance. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.



51. The Yoga of Divine Love - Prema Yoga

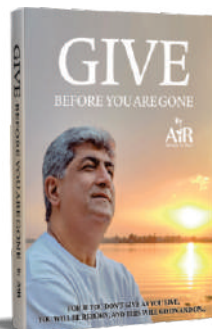
The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine



Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.

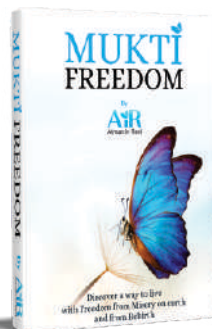
52. Give before you are Gone!

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



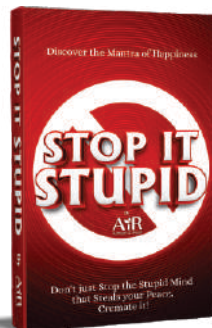
53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from fear, worry, stress and anxiety, or Freedom from all joy stealers, but also Freedom from the continuous cycle of death and Rebirth. Discover *Mukti* and be free from all misery.



54. Stop it, Stupid

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you.



In this book, AiR shares a simple tool that will help you stop being a fool, a Mantra, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic. We human beings are the only ones blessed with the power of the Intellect. We can discriminate, and we can choose. We have been gifted with the willpower to change. However, as long as we are slaves to the Mind and Ego, ME, we will continue to do stupid things. This Mantra is a result of AiR's own personal experience, an outcome of his journey of self-realization.

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

Do you cut your birthday cake? Stop! Awake! Your birthday is fake! You were not born on your birthday. Ask your mother. You were kicking in her stomach much earlier. You were born inside her, nine months earlier. When will we realize that we are not this body that is born on our birthday? We are that Spark Of Unique Life, the SOUL that comes alive at conception.

When will we realize the truth about life and death? The body will die. People will say that we passed away. Who passed away? It is the Soul; that spark. This book can transform your life and help you discover the truth of who you are and why you are here. It will liberate you from the triple suffering on earth and the cycle of rebirth.



AND NOW...

56. Realizations of a Yogi

COMING SOON...

57. Happiness is Success


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A.i.R.
AiR Institute of Realization
Ask Investigate Realize

SOUL

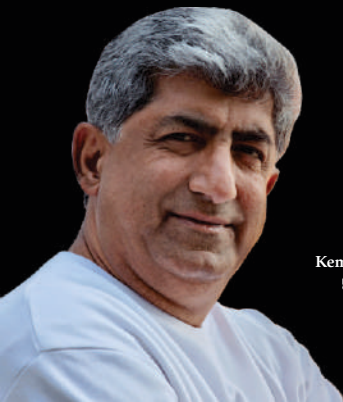
Spark Of Unique Life

We don't have a Soul... We are the Soul!

What is the Soul? Do you have a Soul? Will your Soul go to heaven after you die? Haven't you heard such questions about the Soul? But what is the truth that remains unknown to humanity?

Like any other myth, the myth of the Soul is one of the greatest mysteries in the world and one that most people have not been able to unravel. We live and die thinking that we have a Soul. Most of us believe that our Soul will be reborn. We also think that there are 'good' Souls and 'bad' Souls, but we have not realized the truth about the Soul.

When a person dies, we say, "May his Soul rest in peace" or "Let us pray for the departed Soul." Little do we realize that we are completely ignorant about the truth of the Soul! The truth is that we are the immortal SOUL, Spark of Unique Life which is a manifestation of the Divine Power. Without the Soul, we are nothing.



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