

AIR - ATMAN IN RAVI

SPIRITUALITY FOR CHILDREN

The Truth About God And This World



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By



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About the Author

AiR - Atman in Ravi



*Started with Nothing,
Became Something...
Achieved Everything, Only to Realize,
we are Nothing!*

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

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

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

His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the Atman, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – Atman in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of God, doing His Divine Will.

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

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

Preface

When we go to school, we read so many books and we learn so many subjects. We start by learning our primary language. Then, we learn Mathematics and Science. We move from a school to a college and we try to acquire a lot of knowledge. We are taught to be successful, to be a champion, a winner. We spend our entire life trying to be an ace and we run in this race. Before we realize it, we are adults. We build our family of children and grandchildren. What are we all seeking? We all want to be happy. We are seeking pleasure and we want to run away from pain. However, we experience both. Sometimes, we are glad and sometimes, we are sad. Then one day, suddenly, we die. It is, 'Game Over!'

How many of us understand what the true story about life is? Where do we go after we die? Who decided our birth on earth? We are told that God is an old man with a long white beard who lives above the clouds, somewhere in heaven but is this the truth? No! It is a myth. It is a fairy tale. God is not a man or a woman. God is a Power but we do not realize the truth.

And because we believe in all the lies, we think that God lives in the skies; we live and we die and we suffer misery and pain. This is because nobody taught us the truth. This is called Enlightenment, switching on the light of the truth and overcoming ignorance. Unless we start learning this truth in school, we will not build the right foundation to live a happy life. We will not discover the true meaning and purpose of life.

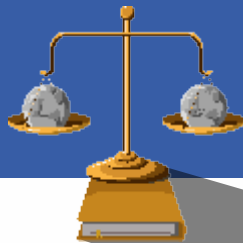


Introduction

Have you ever wondered why apples don't grow on mango trees? Don't you know it depends on the seeds? In the same way, what happens in our life, depends on our deeds. Unfortunately, we think that there is a God who is controlling everything. But in reality, the creator manages this universe through Universal Laws. Who is making the earth rotate, round and round? Why doesn't an apple fly in the sky when you throw it up? This is because of the Universal Laws, like the Law of Gravity. Somehow, the world has not realized the truth. Whatever we are taught, we blindly believe and because of this, we just live and die. We don't discover the truth of 'Who am I and why did I come to this earth?'

A beautiful butterfly is flying. Suddenly, it drops dead. 'What happened?' we think in our head. We don't probe to discover the truth about birth, death, God, life and this universe. We are taught that this universe happened because of a Big Bang. What caused this Big Bang to happen? How did an intelligent being like man get created? What about all the fish, the birds, the animals and the trees?

We go to school and learn. After college, we earn and then, one day, we die. When will we discover the purpose of life? Through stories and examples, this book will help children question what they are taught. It will inspire them to realize the truth about God. It will also help us stop believing in fairy tales and realize the truth about ourselves, our Soul, this world and God.



From Stories To The Reality Of Life

As we grow up in life, we hear so many stories. Some are real and some are fairy tales. Haven't we heard that God lives in the skies? But such stories are lies! We need to learn from stories, let these stories create a good foundation on which our life is built and then, move on.

Life is a precious gift. We listen to so many people. Our teachers in school, our parents, family, as well as our friends. We also learn from books but is every word in every book, the truth? Human beings are the only creatures blessed with an intellect to discriminate between the right and wrong.

In the pages that follow, there are stories that will inspire you to start a quest to realize the true meaning of life. These stories will take your young and fresh minds from a mundane material world to a beautiful Spiritual world. Each story, each analogy and each truth will help you become a better human being.

There was once a speaker who was overconfident. After his talk, somebody from the audience stood up and said, 'Every word that you have spoken today has been copied from a book that I have read.' The speaker was both shocked and offended. 'How dare you?' he slammed back. 'Prove that every word I spoke was in a book and I am ready to do anything and give you any reward.' The man who wanted to teach the arrogant speaker a lesson, walked over to the stage and gave him a big book. It was a dictionary! This story teaches us that we must be humble to learn the truth of life. Those who think that they know everything, end up as nothing! But if we think we know nothing, we will learn everything!



1

WHAT IS THE PURPOSE OF OUR LIFE?

From the time that Rajesh understood the life cycle of a baby, he became more curious and started talking to his teacher more and more. 'Sir, what happens after we are born?' he asked, one day. The teacher explained, 'We grow big and like you, everybody goes to school and then, to a college so that we can learn so many things.' 'Then, what?' asked Rajesh. The teacher said, 'After we learn, we start to earn.' 'Ok wow!' said Rajesh, 'I want to learn a lot and earn a lot. What will happen after that?' 'You will get married and have a family,' replied the teacher. 'Oh yes, just like I am in the family of my parents. But after that, what happens, Sir?' asked the curious boy. 'We grow old and finally, one day, we die,' said the teacher.



Rajesh was a smart kid and asked the teacher, 'Are we born, just to learn, earn, grow old and die? What is the purpose of this life?' Nobody had ever asked the teacher such deep questions but since Rajesh was asking, the teacher explained, 'Most people just live and die, Rajesh. They don't stop and ask the question, 'Who am I and why am I here? Why did I take this human birth? Why did I come to earth?' Only human beings are capable of understanding this. Not a frog or a dog. Not a butterfly or a tree. They are also alive but they don't have a purpose like human beings. Only human beings have an intellect to realize God. Our ultimate purpose of life is to attain the Lord.'

Rajesh had never got such deep answers. 'How can we attain God, Sir? If we go to the temple and church and pray, will we attain God?' The teacher said, 'Yes and no! Yes, that starts our journey to God but attaining God is not so easy. We must first, understand the purpose of our life. So, first, find out, 'Who am I?' Only then, can we attain God!'





2

GREED DESTROYS US

'Spirituality is all about good living. It is about having faith in God and differentiating between good and bad, right and wrong and doing good things.' When a teacher was explaining this in class, Asha and Prema could not understand it. In their break-time, they discussed it further, 'Who is not greedy? Every human being is greedy.' So, they decided to question their teacher.

'What is wrong in being greedy?' they asked the teacher. The teacher narrated a story. 'There was an honest man who made a lot of money in his jewellery business. He used to go from his little town to the city carrying jewels. A gang of four robbers decided to rob him. One day, when he was going to the city, they followed him through the woods. At an appropriate time, they surrounded him, tied him to a tree and stole all his jewels from him. They also blindfolded him so that he could not know their identities.'



'Now that the robbers had all the jewellery, they decided to have food and celebrate. Two of them decided to sort the jewellery in four parts and the other two, went to the town to get food. While getting food, the two robbers became greedy and decided to poison the food, kill the other two and take the jewellery. When they returned, they gave the poisoned food to the other two and told them that they had already eaten as they were hungry. But while these two were gone, the other two had decided to kill them when they returned because they also, were overcome by greed and wanted the gold to themselves. So, while these two robbers returned tired from the town and were resting and waiting for the other two to eat the food, they were killed by the two who had stayed behind and sorted the jewellery. Now, after killing their partners, the other two decided to eat the food and distribute the jewellery into two parts. Soon after eating, they dropped dead too. Thus, all the four greedy robbers died. Greed can destroy us!'

3

FEAR IS A FALSE EXPECTATION APPEARING REAL

Ramesh was always afraid and therefore, he always lacked courage and confidence. In the last few years, he used to wear double and triple masks because of his fear of COVID. Ramesh's father was very bold. He wore a mask when the law directed him to but he had no fear because he had already been infected with COVID twice. But somehow, Ramesh still lived in fear, not just of COVID but also the fear of death.

One day, Ramesh's father explained, 'Son, everybody has to die. Death is in the hands of the Divine. Fear, unlike danger, is not real. Dangers are real. Danger is like being in front of a tiger in a jungle. But every time we hear a rustling noise and imagine it to be a tiger, it is only fear.'

Ramesh's father narrated a story of his friend who had recently





shifted from another town but had come to work in the same office. Everything was good except that every day, when he used to go back home and get off at the bus stop, near his house, a fierce bulldog would chase him for over 200 metres. 'What happened, then?' asked Ramesh. 'I taught my friend not to fear and showed him a way out. The next day, he carried some metal rods in his bag. The bulldog chased him, as usual when he got off the bus. But that day, the man had no fear. So, he turned to confront the dog, taking two metal rods in his hands. The bulldog jumped towards him but as the dog opened its mouth, the man noticed that it had no teeth. So, the man started chasing the bulldog instead.' Ramesh had a good laugh at the story. His father explained, 'The moral of the story is that we must not live with fear. Do the things that you fear and fear will disappear!'

4

LIFE IS A GIFT



It was Raju's birthday and all the kids had come home to celebrate. There was a birthday cake, fun, games and prizes. The kids had a great time. Just before the party ended, they all went into the room of Raju's grandfather to meet him. He was an old man restricted to his wheelchair and hence, was not a part of the festivities but Raju loved him a lot and that's why took the entire group to meet him. 'Tell us a story, grandpa,' Raju said.

Grandpa was a good storyteller. 'Let me tell you about the poor farmer who was digging the field. While digging, he found a big bag full of red stones. He carried the bag and kept it at his lunch table, which overlooked a stream. Vultures would often swoop down there and disturb him while he would be eating. That day, the farmer used these red stones to shoo away the birds. He had thrown away most of the stones, when his wife saw the last two big red stones and said, 'Wow! They are such beautiful stones. Save these. I will give them to the kids to play with.' The



farmer's wife gave the stones to the kids. They were happily playing with these large red stones outside the house when the village chief passed by. He was a clever man and knew that these were not ordinary stones. He gave the children some toys and they exchanged the stones for them, happily.

The village chief, after a few days, went back to the farmer and informed him that those two stones were large uncut rubies. He gave some money to the farmer and asked him if he had any more of such stones so that they could jointly make a profit out of them. The farmer cried and said, 'I threw away all the stones in the river when I shooed off the vultures with them.'

The grandpa then explained to the kids, 'We all are given a bag of precious years. Raju just finished one, today. Many of us throw away our years like the farmer threw away the rubies. We must not waste our lives. Each day is like a ruby that must be treasured!'





5

THE BIG FISH AND THE SMALL FISH

One day, a group of kids went on a picnic. As they were walking around the lake and having fun, they saw a man, fishing. He seemed to be good at his job or he was plain lucky. They saw him catch one fish, then another and still, another one. The kids were intrigued and they stopped to see the man fishing.

The kids observed something. The man was keeping some of the fish in his bag and throwing some back into the water. They asked each other, 'Why is he doing that?' But nobody could come up with an answer to that. Then, Sam walked over to him and asked, 'Mr Fisherman, why are you throwing some fish back into the water? I just saw you catch a big fish. You held it against your palm and then threw it back into the lake.' The fisherman chuckled and said, 'You little boy! You don't understand. In my home, the frying pan is only the size of my palm. If I catch any fish bigger than my palm's



size, I throw it back into the water.' Sam narrated the incident to the picnic group and they all had a hearty laugh.

The teacher in-charge of the picnic stopped the laughter and asked, 'So, who has learnt a lesson from this incident?' Tom was silent but he spoke now. He said, 'The fisherman is throwing away the big fish and keeping the small fish. He could have cut them into two. He is such a fool.' The teacher said, 'Yes! Just like many of us. We keep all the small ideas in our head and throw the big ideas away. We get caught in the tiny projects of life but we don't stop to discover what is our purpose on earth. Why do we have this human birth? Why were we not born as a dog or a frog, butterfly, a bee or a tree? We are all keeping the small things in our head but the big ideas, big questions and the big reality of life, we throw them away just like the fisherman. And ultimately, we are dead! Life is over!'

6

AS YOU SOW, SO SHALL YOU REAP

Rajesh used to live with his uncle in a certain village. His parents lived and worked abroad. He had grown up with his uncle on the farm. After finishing college, Rajesh was all set to go for work in the town. His uncle told him to plant a row of trees on his last day in the village. It was to be the boundary of the entire farm that was in the shape of a square. Rajesh had finished planting trees on the three sides of the farm when his friends came and said, 'Hey! Let's go for a movie.' He said, 'I cannot as I have to finish planting the seeds.' His friends laughed and said, 'How will your uncle know? Just dump all the seeds, here, cover it and let's go.'

Rajesh got carried away and after doing a good job of planting three sides of the farm, he dumped all the remaining seeds in a pit and went to enjoy the movie with his friends.

Time passed and after many years, Rajesh returned to visit his uncle in the village where he had grown up. He had forgotten





was. As they kept walking, they reached a particular point where the beautiful row of trees ended as a marsh, a jungle. Rajesh stopped going further. His uncle asked him, 'What happened, Rajesh? You planted all those trees so beautifully but what happened here?' Rajesh covered his face with his hands in shame. He cried and narrated the story to his uncle.

In life, we can fool people. But we cannot fool Karma. The Law of Karma is very powerful. It records every action of ours – good or bad. And then, what we do, comes back to us. The Law of Karma makes no mistake and we cannot escape from this law. Rajesh learned the biggest lesson of his life. He felt sorry that he had been wrongly influenced by his friends.



7

THE FOOLISH BLIND BEGGAR

Astha was very close to her class teacher. The teacher was spiritually inclined and he used to always tell her that we must overcome our 'ignorance'. While Astha understood the meaning of the word ignorance, she did not understand what her teacher meant. One day, her teacher narrated a story of how we all are blind. We are running after the little things of life and in doing so, the big things, we miss.

‘Once, there was a beggar. Every day, he would keep a box in front of him and beg. He was blind and could not see anything. People used to feel sorry for him and soon, his box used to be full. Every night, he would take all the coins from the box and throw away all the papers that had filled the box. One day, a kind passerby saw the beggar doing this. The man asked the beggar,



'Why are you throwing away all the notes and taking only the coins?' The beggar was shocked. He said that he did not realize that the papers were valuable currency notes. He thought they were just pieces of paper. The beggar was enlightened with the truth and from that day onwards, he was able to gather much more money.'

The teacher explained, 'Many of us are like this beggar. We are blind too. We cannot see the big things of life and are just picking the petty coins that attract us. We are throwing away the valuable things in life without even realizing, what we are doing.' Astha was surprised to hear the story. She learned an important lesson - We should open our eyes, our 'real eyes' and 'realize' the truth about life. She decided that she will not live like the blind beggar. She was grateful to the teacher who taught her an important lesson of life.

8

WHY IS THE DOG GROANING?



The teacher entered the class and surprised the students with a story that morning.

'One day, Victor went to meet his friend. As he was talking to his friend, he could hear the sound of a dog, moaning and groaning. He asked his friend, 'Why is your dog crying?' His friend said, 'Oh don't worry about him. He is just sitting on a nail. That is why, he is groaning.' 'Oh! What happened?' exclaimed Victor. 'Why is he sitting on a nail and crying while he can get up and move to another place?' His friend replied, 'It's simple. It's not hurting so much.'

The entire class had a good laugh at the story. Asha said, 'That's a great lesson, ma'am. Many of us are moaning and groaning through life.' Robert added, 'We have a choice to move but we don't.' Rajesh stood up and clapped. 'We must learn from this dog story, not to choose to be unhappy.' Mary stood up and said,



'I will not accept pain, again.' Sam said, 'Wow! We should choose not to cry.' Astha chipped in and said, 'Aren't we all like this groaning dog? We groan and moan through life just because it's not hurting us so much.'

The teacher was pleased that the class had benefitted from the story that she had narrated. She went on further and said, 'Life is a precious gift. We can choose either to just live and die or we can find out - Why are we here and who is this 'I'? What is the cause of our pain? And will we return to this earth, again? Each one of us is blessed with an intellect. We must question, learn and live. Otherwise, we are no better than that dog. We will just groan through life and ultimately, will die.'

The students were very happy and requested the teacher to tell more stories about life.

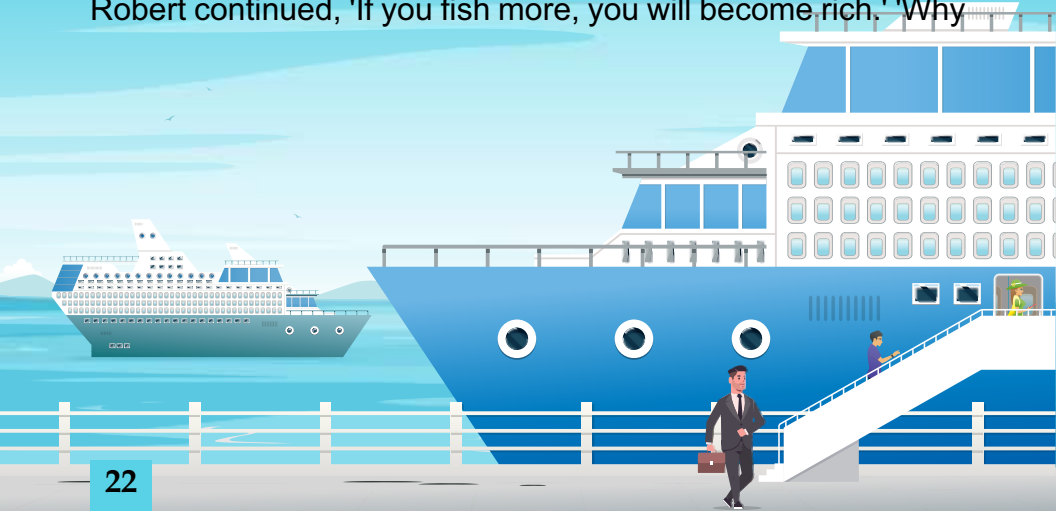
9

ROBERT TOLD TOM, 'YOU CAN BE RICH!'

Robert was a rich businessman. He had built a huge business of imports, exports, real estate, retailing and also, fishing. One day, as he returned from sailing on his expensive private yacht, his assistant introduced him to Tom, who was playing with his child near a little fishing boat tied to the harbour. 'Tom is our best fisherman,' said the assistant. Robert was a great motivator and started speaking with Tom.

'Hi Tom!' said Robert. 'What are you doing? I hear that you are amongst our best fisherman.' 'Thank you, sir,' said Tom. 'Why don't you go and catch some more fish?' asked Robert. Tom said, 'I was fishing all morning and I am done for the day.' He continued to play with his child and threw the ball so that his son could catch it. The boy caught the ball and was waiting to play as Tom continued the conversation with his boss. The child now, threw the ball and waited for his father to return to the game.

Robert continued, 'If you fish more, you will become rich.' 'Why



should I become rich? I have enough,' said Tom. Robert said, 'You can buy a boat and earn more from it.' Tom asked, 'What will I do with a boat?' 'You can appoint a few fishermen and earn more and more,' replied Robert. Tom smiled and asked, 'What would I do if I earn more and more, sir?' Robert said, 'You can be rich like me. Do you see that building?' pointing at a skyscraper, 'That is mine. The Mercedes in front of this harbour is mine and do you know who, the yacht that I just got down from, belongs to?' Tom smiled and said, 'But sir, why should I get the building, the car and yacht?' Robert replied, 'Tom, then you can be happy.' Tom gave a broad smile and said, 'Well sir, I am already happy. I am very happy. I don't need to waste my entire life making more money to buy things that will give me pleasure when I already have Peace and Bliss, which is greater than any other Happiness.'

Robert was shocked at Tom's words and went away learning a lesson.





10

THE BLIND MEN AND THEIR ELEPHANT

Once, a teacher who taught English, asked the children in her class 'Children! Do you know who is God, where is God, and what is God?' Smith stood up and said, 'Of course! God is Jesus.' Radha raised her hand and said, 'My God is Krishna.' Gopal immediately said, 'But the real God is Shiva.' The class started having fun as the conversation became a debate. Rahul said, 'I pray to Hanuman.' Vishal said, 'I pray to the Lord of Hanuman, Lord Rama.' 'Just a minute, guys,' said Sonya. 'The God in my temple is Ganesha.'

The teacher said, 'Very good, children. I am very happy at all your responses.' She started narrating a story.

Once, there was a circus in a little town where six blind men lived. The six blind men decided to go to the circus but they



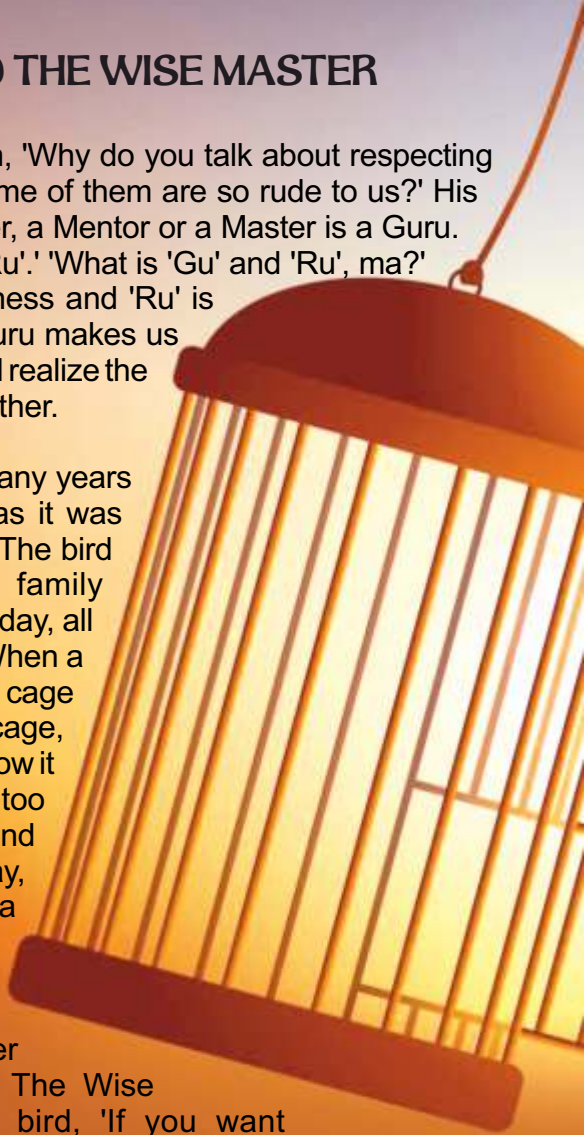
couldn't see anything. On a special request, they were allowed to come in front of an elephant and each of them had to describe what they thought the elephant felt like. The first blind man caught hold of the tail of the elephant and said, 'The elephant is like a rope.' The next blind man grabbed the leg of the elephant and said, 'What are you talking? The elephant is like the trunk of a tree.' The third blind man walked head-on to the body of the animal and said, 'The elephant is like a wall.' The fourth one jumped and caught hold of the elephant's ear and said, 'This elephant is like a fan.' The fifth blind man grabbed the trunk and said, 'Oh my God! The elephant is like a thick snake.' The sixth blind man happened to touch the tusks and said, 'You all are wrong. The elephant is like a spear.'

The teacher then, explained, 'All of us are like those six blind men who imagine the elephant to be something different. None of us has seen God but we imagine God to be what we are taught. God, in reality, is beyond definition or human comprehension. God is a Power, like electricity that cannot be seen.'

THE BIRD AND THE WISE MASTER

Rohan was asking his mom, 'Why do you talk about respecting teachers so much when some of them are so rude to us?' His mother explained, 'A teacher, a Mentor or a Master is a Guru. They take us from 'Gu' to 'Ru'.' 'What is 'Gu' and 'Ru', ma?' asked Rohan. "Gu' is darkness and 'Ru' is light. A Wise Master or a Guru makes us overcome our ignorance and realize the truth,' explained Rohan's mother.

She told Rohan a story – Many years ago, a bird was very sad as it was living in a cage in a house. The bird saw its companions and family struggle in the cage, till one day, all of them died, one-by-one. When a bird died, the owner of the cage would open the door of the cage, pull out the dead bird and throw it away. This bird knew that it too would meet the same fate and so, it was saddened. One day, the Guru of the owner gave a discourse in the house. After the discourse, when everybody left, this little bird cried to the wise master and explained its sorrow. The Wise Master whispered to the bird, 'If you want



freedom, I'll tell you a way to attain it. Tomorrow morning, when your owner wakes up and comes to feed you like he does every day, pretend to be dead.'

The bird followed the advice of the Wise Master. In the morning, the bird acted dead and the owner, thinking that the bird was dead, threw it out of the window. The bird then, opened its wings and flew away.

Rohan was amazed at the story. 'What a wise bird, ma!' exclaimed Rohan with joy. 'It was not the bird that was wise, Rohan. It was the



Wise Master, whose advice the bird followed. So, you see, we should always respect our teachers, mentors and Masters,' said the mother. Rohan's mother further added, 'In life, only those who are fortunate to get a Guru or a Spiritual Master, realize the truth and are liberated from all suffering. The rest just suffer and die like the other birds in the cage.'

12

'YOU MUST BE A WINNER, PETER!'

Peter's mother used to spend hours with him every day, teaching him and coaching him. Peter was a brilliant student and he would either be in the first or the second position in his class but his mother was never satisfied. She wanted him to be in the first position always. This put a lot of pressure on Peter and he could not understand why it was so important to attain first rank, always.

One day, he asked his mom, 'Why do you push me so much to come first? How does it matter if I come second or third?' His mother said, 'This life is meant for us to succeed. Success is happiness.' Peter was an intelligent boy and he asked his mother, 'There are so many children from successful and rich families in our school but their parents never look happy, mom. They are always shouting and fighting. They are so miserable. Why should we be successful, mom? What is more important, mom? To be successful or to be happy?'





Peter's mother had no answer. She knew that whatever Peter was saying was right, but everybody in this world is chasing success. Ultimately, one day, everybody has to die. Nobody will live on this earth forever. Is our purpose just to learn, earn and then, die as a successful person? Or is there a greater purpose for us on earth?

From that day, Peter's mother stopped pushing him to attain the first position in his class. Instead, she started talking to Peter about the meaning of life. Together, the mother and son tried to discover the truth about God, the Soul, Spirit, life and death. The two of them started living a happier and more peaceful life, without any pressure of achievement.

13

WHY DID THE BUTTERFLY DIE?

Ram and Mary were playing in a garden. They were chasing butterflies. The beautiful butterflies created so much excitement that they enjoyed the butterfly chase more than anything else. Suddenly, they saw a butterfly drop to the ground. Mary, who was younger, asked Ram, 'What happened to the butterfly?' Ram, a bit wiser, told her that the butterfly had died.

'What do you mean?' asked Mary, 'I want it to fly.' 'But it can't,' replied Ram. 'It is not alive.' Mary questioned, 'Why? It was flying just now!' She picked up the butterfly and threw it into the sky hoping it would start flying but it just dropped down. It was dead. Mary started to cry and Ram started to laugh. 'Why are you crying?' he questioned. 'Why did this beautiful butterfly die?' Mary asked. Ram said, 'Everybody has to die.' 'But why?' questioned Mary. Ram said, 'I don't know.'

Mary went back home, crying. She asked her father, 'Why did the butterfly die?' Her father explained, 'Every living creature, whether it be a butterfly or a bee, a frog or a dog, you or me, we



all have to die.' Mary questioned, 'Why?' Her father tried to make her understand, 'This is how God has made the world.' 'Who is God?' she asked, 'I want to ask him why is he so cruel. Why does he make the beautiful butterfly die?'

While it is true that every living creature will die, not many of us understand, 'Why?' Not many of us understand what happens after we die. Where do we go? And because we don't know, many of us just look at the sky, we cry and we ask, 'Why?' Continue to read this book and you will find answers to all your questions.



14

THE MYTH OF SANTA CLAUS



Peter was no more a baby. He grew up to realize that the 'Santa Claus Story' was a lie. He asked his mom and dad, 'Why have you been fooling me all these years and telling me that Santa had brought gifts for me? I was with dad when he bought those toys for my baby brother, Jim and you packed them all and put it under the tree. Then, you told Jim that Santa Claus brought the toys. You have been fooling me all these years! Why did you do that? When there is no Santa Claus, why do you make us believe in this lie?'

While Peter's parents were embarrassed and had no answer, intelligent Peter bombarded them with a few more questions. 'You always say that God lives in heaven. Where is heaven? I

want to talk to somebody who has been there.' 'No, Peter,' said his mother. 'You cannot go to heaven because you are alive, not dead.' 'But mom, Mary's grandfather passed away and he did not go to heaven. He went into a coffin. And she told me they buried him under the soil. Is this also another lie that we will go to heaven? Mom, who is God, in reality? Where is God, I want to talk to God. I want to meet God. I want to ask God, 'Why do our parents tell us all these lies?' Peter's parents had to hide their chuckle. They didn't know what to say. He was speaking the truth but they had no answer as to why they were teaching children a bunch of lies and telling them that God lives in the skies. They encouraged Peter to search for answers, to overcome the myth of fairy tales and to realize the truth of what the real answer is, to all these questions.



15

‘WHERE IS GRANDPA, MOM?’

Raj belonged to an orthodox and religious Hindu family. Everyone in his family was a devout Hindu, following all the rituals prescribed in the religion. Only a year ago, Raj's beloved grandpa had passed away. On the first anniversary of his death, his mother told Raj, Please go and give this vegetable biryani to the priest in the temple. Raj was confused. He questioned his mother, ‘Why should I give vegetable biryani to the priest?’ The mother did not know what to tell this little brat. She told him, ‘When the priest eats the biryani, it will reach your grandpa in heaven.’ Raj was puzzled. ‘Why are you sending vegetable biryani, when grandpa's favourite was butter chicken?’ The mother was puzzled but spontaneously replied, ‘When the priest eats this biryani, your grandfather will get butter chicken. When Raj asked her what kind of magic this was, she just hustled him out of the house.



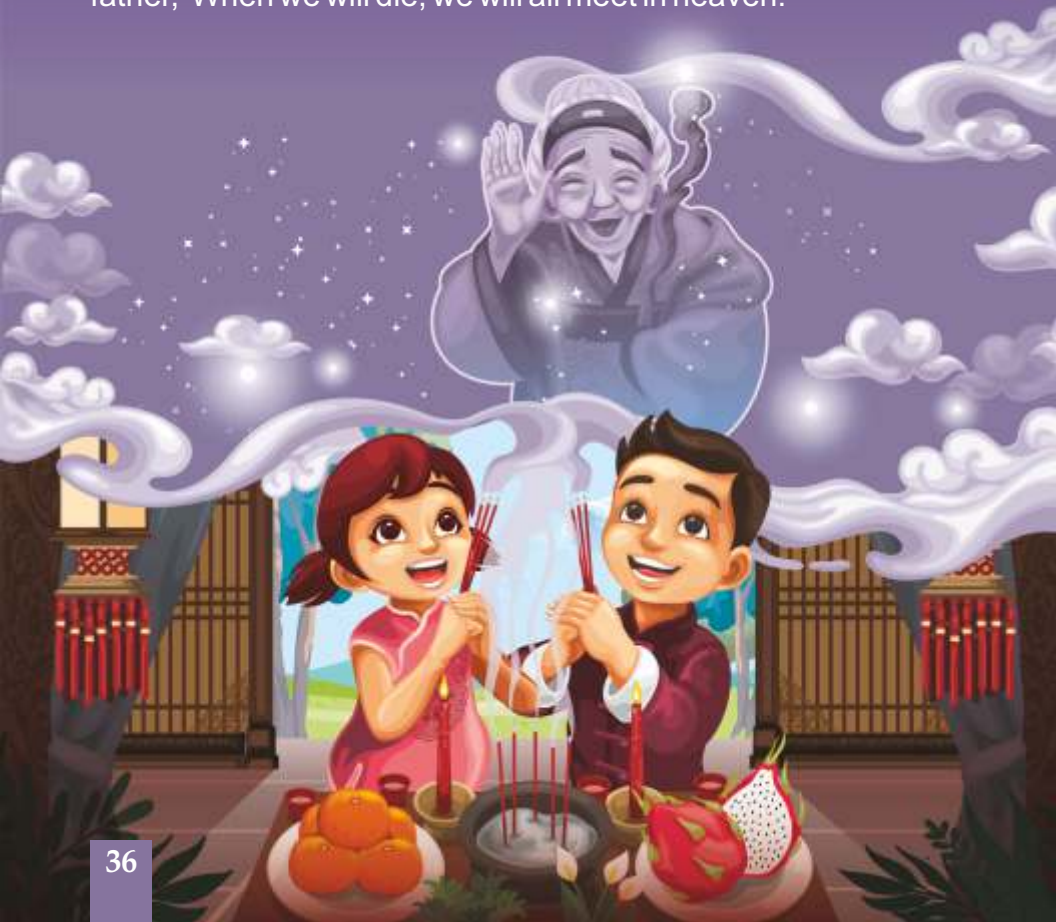
Raj was at the temple but the priest had gone for some ceremony. He met an old, wise man and told him why he had come here. Talking to the friendly uncle, Raj asked how this magic was possible, that the priest would eat the biryani on earth and his grandfather would get butter chicken in heaven. The old man explained, 'There is no magic trick involved. Unfortunately, we believe in the myth and don't realize the truth. Heaven and hell are not located somewhere else; they are right here on earth. Once a person dies, based on their Karma, either they come back to earth in a rebirth or if they have realized the truth that they are not the body but the Divine Soul, they attain Liberation from the cycle of death and rebirth as they transcend Karma, and become one with SIP-the Supreme Immortal Power.'



16

WHY DO WE PRAY FOR OUR ANCESTORS?

Gurpreet used to ask his father, 'Dad! Why do we pray for grandma who died many years ago? Why is her photograph put up on the wall? Why do we put a garland on the picture and light incense sticks in front of it?' Gurpreet's father explained to him that this was the way to pray for the well-being of his grandmother who was far away in heaven. 'One day,' said his father, 'When we will die, we will all meet in heaven.'



Gurpreet was an intelligent boy. Although he had just entered his teens, he knew very well that dead bodies are burnt and they become ashes. So, he questioned his father, 'How is it possible for grandma to be in heaven when you burnt her body yourself? You told me so. Is it not a lie that all our ancestors are having a party in heaven?' Gurpreet's father knew that his son was talking sense but what could he tell Gurpreet? This was what he had been taught and he believed in. He was passing on his teachings to his son but Gurpreet did not want to accept the lies and blindly believe that his grandma was up in the skies. He refused to light the incense sticks or offer flowers to the photo of his dead grandma.

Gurpreet was inspired by a teacher in school who had explained, 'Most of us just follow the herd. We don't ask questions. We are told that it is a sin to question our religion. And so, we don't realize the truth about life and death and about God.' Gurpreet was determined not to continue to be ignorant, believing anything that he was told. He wanted to discover the truth, no matter what.





17

GOD IS IN EVERYTHING

Mary looked forward to Christmas. She looked forward to Santa bringing gifts and putting them under the Christmas tree. In fact, she was in love with Santa. She had pictures of Father Christmas decorated all over her room. Even her pencil box was that of Santa Claus.

Mary was walking with her mother when on the street, passed by a Sugar Candy Christmas Cart. Mary got excited. She told, 'Mumma, I want Santa Claus candy.' They walked across the cart and saw a boy buying the Santa Claus candy. Mary excitedly told the candyman, 'I want the same.' He said, 'Sorry, my dear, no more Santa Claus Candy, today.' It was Christmas eve and everybody was picking up the Santa Claus sugar candy. He displayed the Snowman candy, the Christmas tree



candy, Rudolf - the Reindeer candy and many more shaped like angels and fairies but Mary was not interested in them at all. She wanted only Santa and began to cry. The mother got very angry. 'Be quiet, Mary! Don't you scream on the street.' 'Mumma, but I want Santa candy,' said Mary. Mumma explained, 'My dear, Rudolf and Snowman are made of the same sugar as Santa, and Rudolf looks nice too.' Mary began to howl. Her mother was upset with Mary for misbehaving but patiently explained to the little girl that all the candies were the same sweet in different colours and shapes. But Mary continued crying for the Santa shaped sweet. Her love for Santa was not going to be compromised.

Just like little kids don't understand that all the candies are made of sugar, adults don't understand that every cell of our body is made of God. Every life or Spirit or SOUL is none other than God. Soul is a Spark Of Unique Life, which is a part of SIP, the Supreme Immortal Power that we all call, God. This is the truth but it is very difficult to realize this truth.



18

THE HUMAN COMPUTER

Gurpreet and Peter were having lunch in school. Peter asked Gurpreet, 'What is the difference between the brain and the mind?' Gurpreet had heard his father saying the previous evening that the human body was like a computer and thus, as if he was an authority on the subject, he told Peter, 'The human body is like a computer. It is made up of a hardware and a software.' 'Wow!' exclaimed Peter. 'What is our hardware and what is our software?' 'The hardware is the blood, bones and skin, along with all the organs that are within, like the heart, brain, kidneys and lungs.' 'What is the software?' 'The human computer has an operating system. It is the mind, the intellect, the memory and the ego. Just like you cannot see the software in a computer, you cannot touch and feel the software of the human being. It is like a computer program that makes the human computer work.' Peter was intrigued. 'This is fascinating,' he said. 'The human being is like a computer. Wow! With a hardware and a software.'

Then, Gurpreet pulled Peter's leg and said, 'Can the computer work without the power supply?' Peter was puzzled. 'What is the

power supply of the human being? We don't have a wire that we plug into some socket. Do we have any battery that we need to charge?' 'No,' said Gurpreet. 'The power supply is the Soul. The Soul is what gives energy to the human being, to walk and talk, to sing and do anything.' Peter was excited. He made notes and said, 'I am going to tell my mother about what I learned today, once I go home. I am sure she will be proud of me.' Peter couldn't stop thinking of the hardware, the body, the software, the mind and the power, the Soul. All this made the human body, whole!



19

WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE?

Rajesh was Sam's neighbour. Sam lived with his parents and a little sister whom he loved very much. One day, Rajesh found Sam crying when he went to meet him after school. Sam told him, 'My little sister just died.' Rajesh was horrified. He had experienced some deaths in his extended family and he knew of it to be as something quite unpleasant. This meant Sam's sister was gone forever. Rajesh went back home to his mother and cried, 'Why is God so cruel, mom? Why did he take away Sam's





little sister. Sam is such a good boy and his parents are so kind. They feed the street dogs and every Sunday, they go to the blind school and old age home and serve food. Then, why did God take away their little baby? Why did Sam's sister die so early, mom?'

Rajesh's mother was a mature woman. She explained, 'Son, birth and death are controlled by Karma. All we know, is the principle - 'As you sow, so shall you reap. Just like the seeds that we sow, decide the fruits on a tree, the deeds that we do, decide our destiny. God does not control all this, rather, it is all automatic and governed by universal laws. When we will be born, how we will be born, how and when we will die - nobody knows these things. Only Karma knows.'

She further explained, 'If bad things are happening to somebody, it only means that they have done something bad. Otherwise, bad things cannot happen. Whatever you do, comes back to you! What you give, is what you get.' Rajesh was not fully convinced but he believed in his mother and agreed that apples won't grow on mango trees. 'So, how does this Law of Karma work?' he thought. 'Who controls this Law of Karma?'

20

WHY WAS THE LITTLE CHILD BORN BLIND?



Rajesh did not let the matter end when Sam's little sister died and his mother told him that it was the Law of Karma at work, not God. Rajesh refused to accept but he kept quiet for the moment. Then one day, all of a sudden, Gurpreet was blessed with a baby brother. Rajesh was all excited and he took sweets to greet Gurpreet but he found Gurpreet in tears. 'Why are you crying?' asked Rajesh. Gurpreet was too shocked to reply. 'God has been so cruel to us,' he said 'My little baby brother is born blind.' 'What?' asked Rajesh in shock. 'It is impossible. How can that be? God cannot be that cruel!' said Rajesh and started howling with tears.

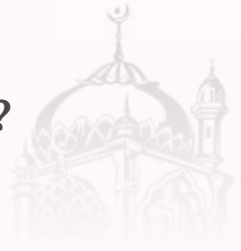
Rajesh went back to his mom and questioned her. 'You said that Sam's family must have done some bad Karma and that is why, their little baby girl died. What wrong has Gurpreet's little baby brother done? He was born just today but he is blind. He has not done any bad Karma. Then, why has God been so cruel to that baby?' Rajesh's mother was still and quiet. She couldn't find the



right words to explain what had happened. How would little Rajesh understand that Gurpreet's brother was born blind only because of Karma. The only difference was that the Karma had been performed in the past life. She tried explaining, 'When a person dies, only the body dies and the Mind and Ego, ME, leaves along with its Karma. All our good deeds and sins are recorded by Karma. If we have too many sins in our account, then we can be born blind or deaf or dumb or can be born in a poor family in a slum. But if we have done good deeds, then, we can be born as a prince or princess in a family that is blessed. All this is controlled by the Law of Karma.'

21

WHEN IS GOD'S BIRTHDAY?




Seema used to go with her father to the temple. One day, she was told that it was God's birthday. Seema was a very curious girl. She asked her father, 'Only last month, we celebrated God's birthday.' Her father explained, 'That was another God.' 'Wow,' said Seema. 'How many gods are there?' 'There are many gods,' her father told her. Seema was a bit confused. Her curiosity took her to the next question, 'Does God have parents?' Her father did not want to complicate the subject. He said, 'Just like you have parents, God also has a dad and mom.'

Seema grew up with this belief but as she entered her teens, she couldn't digest it anymore. 'Where is God?' She asked her father. Her father tried escaping her questions because he did not want to give her a wrong answer but when she confronted him, he said, 'God lives in heaven.' 'Where is this heaven? How can I go there? I want to meet God.' 'No, you can't go to God, just like that. God will come and meet you when he wants.' 'But I pray so hard, every day. I want to see God, to meet God. Otherwise, you take me to him.' Her father did not know how to make Seema understand that one cannot go to heaven, just like that. Seema

was very disappointed. In her misery, she went to her teacher who was her best friend and asked her, 'How can I go to heaven? I want to meet God.' The teacher was patient and kind. She gave Seema all the right answers. She explained, 'We believe in many Gods. But God is not a person, God is a Power. God does not live in a heaven. God is everywhere. God does not have a birthday. God is birthless and deathless.' Seema knew that she had many questions for her father as she wondered why he had told her so many lies.





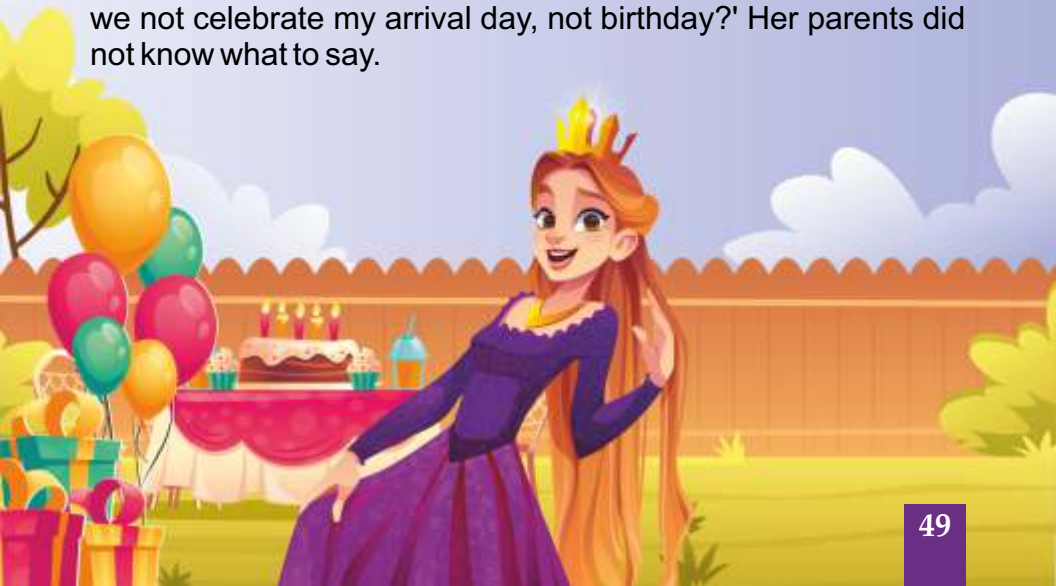
22

WHY DO WE CUT A BIRTHDAY CAKE?

Seema's parents had planned a big birthday party for her. The house was beautifully decorated and the cake had arrived. There was so much excitement in the house. Everybody was waiting for Seema to come back from school. Normally, she would have taken a holiday but there was an exam that she had to take. So, the only thing missing in the party was Seema. Because it was her birthday, Seema had worn her fancy birthday dress to school and everyone was wishing her in school. She was excited because her birthday cake was in her favourite chocolate flavour. Suddenly, Seema was confronted by an unfamiliar teacher, who said something rather strange.

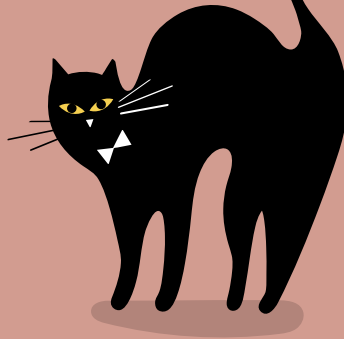
The teacher told Seema, 'Today is not your birthday. Why are you going to cut a cake? Your birthday is fake!' Seema could not understand. The teacher said, 'Ask your mother. You were alive in her stomach for many weeks before you came into this world.' Seema got puzzled and asked, 'Why, then, are we celebrating my birthday, today?'

When Seema reached home, she could hear the music playing and feel the excitement in the air. Her parents came running to her and started singing, 'Happy Birthday to you!' But Seema was filled with the thought that today was not her birthday. So, she told her parents, 'Isn't it true, that I was born nine months before today? This is what my teacher told me.' Her parents were honest but shocked with the birthday girl's statements. So, while they admitted that she was created nine months before, the journey of her life only started on her birthday. 'But mom,' said Seema, 'When was I actually born?' Her mom said, 'Nine months before this date.' 'So, dad, why are we cutting a cake, today?' 'Because my darling, you arrived today.' 'Then, should we not celebrate my arrival day, not birthday?' Her parents did not know what to say.



23

A BLACK CAT JUST CROSSED MY PATH



Shyam grew up in a house that believed in too many rituals, dogmas and superstitions. Just recently, he had asked his father as to why they were breaking all the doors of the house. His father told him that as per Vaastu, the doors were causing a lot of bad luck and so, they had been advised by a scholar to change all doors. Shyam could not understand as to how one could change the luck of the family by changing the position of the doors in the house. Being somebody who was just entering his teens, he didn't argue with his father because he did not

know the answers himself. That evening, Shyam went with his mother to the supermarket.

They were just about to cross the road when a black cat ran across their path. Shyam continued to walk but his mother pulled his arm and said, 'Wait! This is a bad omen. A sign of bad luck. If we cross the path that the black cat took, something really bad will befall us.' Shyam could not understand, what was the connection between a black cat running across and his luck in life. To him, this was ridiculous and he started to argue with his mother, 'Who told you all this nonsense, mom? Why do you believe in it?' His mother explained that even her grandparents and great grandparents used to believe in these and Shyam was not supposed to argue with the age-old traditions and beliefs. Shyam boldly walked over the path of the cat. His mother was horrified. 'How dare you do that!' she said. Nothing happened to Shyam but his mother slipped, fell and sprained her ankle. Shyam had just one thing to question his parents and the myth that they had grown up with, 'If a black cat crossing our path was a bad omen, then I should have fallen and got hurt rather than mother who refused to walk further on the path.'



24

WHO CONTROLLED MY BIRTH?

Asha had always wanted to be a boy. She hated being a girl. She used to ask her mom very often, 'Why did you make me a girl? I wish I was a boy. Boys are so lucky. Why did you and dad decide to make me a girl?'

Asha was 12 years old and her mother tried to explain to her that it was God's decision, not hers. Asha decided to question God. She went to the temple and sat there for a long time, questioning God, 'Why did you not make me a boy?' Asha's father decided to explain to her. 'My dear baby, God does not sit and decide our birth. Our birth is controlled by our Karma. It is an automatic





process. This world is managed by God through certain universal laws, like Gravity. If you throw a ball up, it automatically comes down because of the Law of Gravity. Similarly, the Law of Cycles causes the earth to complete one rotation exactly in 24 hours. So also, there is the Law of Karma. Your mother and I did not decide that you should be a girl. It was your Karma that you were born as our child. One day, we all will die. We have to leave this earth. Even death is in the hands of Karma. We have no control over birth and death.'

'But, didn't you and mom give me life, dad? Did you not create me and my life?' 'No,' said her honest father. 'We did nothing. Your body, your heart, brain, bone, skin and everything is a gift from God. You must be ever grateful to God and accept life happily because it is your own Karma that decides your birth and whatever happens in life. You can choose your actions, your Karma. It will decide your destiny.'

25

WHERE IS MY MIND?

One day, Shyam started a conversation at the dinner table that made everybody completely quiet. He asked his mom, dad, grandmom and grandpa, 'Where is my mind? You keep telling me that my mind is wandering. For the last few days, I am searching for my mind. Where is my mind? I cannot find!' 'What do you mean?' asked his grandpa. 'Your mind is in your head. Don't you know that?' 'Grandpa, that's my brain. That's not my mind. Isn't it, papa?' Shyam's father was shell-shocked. Shyam had a valid point. The brain was not the mind. Shyam continued, 'If my mind is wandering, I want to find a way to bring it back. I don't like you all telling me, all the time, that my mind is



wandering. What should I do to stop my mind from wandering? Where is this rascal mind that makes me jump from thought to thought? I want to study but my mind gets distracted and I go to play and you are all unhappy with my mind. Please help me fix my mind.'

Shyam's mother was intelligent. She made him understand. 'The mind has no physical existence. You can touch your nose, your eyes and you can pull your ears. But, where is your mind? You cannot find. Your mind is just a bundle of thoughts. When there are too many thoughts, the mind comes into existence. We must learn to kill the mind. For that, we must first, still the mind. Can you not stop eating, drinking and singing? Just like that, you can stop thinking too. The moment you stop thinking, there is no mind. When there is no mind, in that silence, when there is no noise, you can hear God's voice. Then, your mind will not wander. There will be no chatter in your head. You can concentrate, you can focus. Learn to control your thoughts. And your mind won't wander.'



26

ISN'T LOVE BAD?

Asha was very disturbed after watching a series on the television. She saw a man cheating on his wife and the wife, crying with a broken heart. She asked her father, 'Why did God create love? Love makes people cry. Is love so bad, papa?' Asha's father was a very intelligent man. He asked her, 'Do you love me?' 'Of course,' she said. 'Does your mom love you?' 'Without a doubt,' was the answer. 'Do you know if I love God?' 'Yes, you have told me many times.' 'Is that bad?' 'No, loving God is very good, papa.' 'Then, why did you say that love is bad, Asha?' 'When I saw that man cheating his wife, I felt very bad,' said Asha. Her dad made her understand, 'Love is not just love between a man and a woman. Love is a Divine emotion. It is between a parent and their child, amongst friends and between





brothers and sisters. The world doesn't understand the real meaning of love. How many colours does a rainbow have, Asha?' 'Seven!' smartly replied Asha. 'VIBGYOR!' 'That's right. VIBGYOR. True love is made of seven colours, my dear. Violet Love is between a child and parents. Indigo Love is between friends. Blue Love is between a boy and a girl. Green Love is when you love yourself. Yellow Love is more when two people talk intellectually. Orange Love is emotional, mostly in women. And Red Love is what you see on the TV. It is physical love between a man and a woman. All these seven colours of love come from God. Love is Divine. When you grow up, you will understand more about love but for now, do not think that love is bad. Love comes from God and it is for God. Love is God. We are all God but we appear different. When we realize this, love becomes Godly. Love becomes Divine!'



27

WHO IS THE REAL GOD?

Gurpreet was taught that Guru Nanak was God. Guru Nanak's pictures were all over his house but he could not understand that his friend Peter believed that Jesus was God and Asha prayed to Mother Mary. Shyam believed in Krishna and Rajesh believed in Shiva. So, Gurpreet asked his father, 'Who is the real God, dad?' Gurpreet's father took the help of Guru Nanak's 'mool mantra' that they recited every day and explained, 'Don't we chant 'Ik Omkar' every day? What is the meaning of 'Ik Omkar'? 'I don't know,' said Gurpreet. 'It means that there is only one God.'


'Who is that one God?' asked Gurpreet. 'All my friends believe in different Gods.' 'Yes,' explained his father. 'That's true. Different religions have different Gods.' 'But why?' he asked. The father



was feeling trapped. He did not know what to say. 'Which God is real?' asked Gurpreet. 'Is it Guru Nanak?' 'All Gods are one, Gurpreet. They are the same.' 'Then, why don't we pray to Jesus, Shiva and Krishna too?' Gurpreet was not convinced. He continued this conversation with his teacher, the next day in school.

'Who is the real God?' asked Gurpreet. His teacher was spiritual. He explained, 'God is not 'he' or 'she'. God is a Power in you and me. God has no name or form and God does not have blood, bone and skin.' 'Then, who is God?' asked Gurpreet. 'God is a Power that gives us life.' 'How can we see God?' 'You can't,' explained his teacher. 'Can you see electricity? No, right? Just like that, God is a Power that is invisible. Just like we know that there is electricity when the bulb glows, we know that God is present in us as the Soul or the life energy, that within us flows. The Soul within, creates consciousness and gives us breath till we are dead. At death, the Soul merges with God, SIP - the Supreme Immortal Power that is everywhere and in everything.'





28

WHY CAN'T MANGOES GROW ON APPLE TREES?

Asha was in love with mangoes. In the mango season, she would have mangoes for breakfast, lunch and dinner. But she was sad that there were no mangoes in her garden. She asked her mother, 'Why is it that we have so many fruits, guavas, chikoos, passion fruit but there are no mangoes in our garden, mama?' Her mother explained, 'This is because your father did not plant mangoes. As we sow, so shall we reap. If we had planted mango seeds, we would have had mangoes. This is the Law of Action and Reaction. It is also called the Law of Karma. Nobody can escape from this law.' 'But what if God wants mangoes to grow on apple trees, mama?' 'That is not possible, my dear. God cannot want that to happen because he made the law. It is his universal law. It is because of this law that everything is happening in this world. Nothing happens by chance. Do you know, why you were born as my baby?' 'It is because you and daddy created me.' 'No,' said her mother. 'Is it because God wished it?' 'Not even that.' 'Then, who decided that I must be your baby, mama?' 'It is Karma, my dear.'



Her mother explained, 'When are we born and where are we born, whether you are a boy or a girl, all of it is decided by Karma. Just like the seed that we plant decides the fruit on the tree, the deeds that we do, decide our destiny. Every action that we do is recorded by Karma. Therefore, we must only do good deeds because if we do bad deeds, we are sure to suffer, we are sure to cry. Such is the way the Creator has created this world.' Asha had started the conversation wanting mangoes in the garden but instead, she had learned the most important lesson of her life.



29

WHY ARE THEY GOING TO BURN MR GUPTA?

One day, Gurpreet saw a huge crowd in his neighbour's house when he returned from school. Curious, he peeped in and saw that people were crying. He asked somebody, 'What happened?' They told him that Mr Gupta had died and they were just about to take his body to the crematorium. Gurpreet was taller and looked more than his age, so, it was explained to him that the body would be burnt. He saw Mr Gupta lying on the floor with garlands and flowers on him. All these days, Gupta uncle used to give Gurpreet, toffees and candies. He was very active. Gurpreet found it strange that he was lying on the floor, so still and silent. Soon, they would burn him. He wondered, 'Why?'

Gurpreet went straight up to his mother and questioned, 'Mom, why are they going to burn Gupta uncle? He was such a nice man.' His mother tried to explain, 'Once we die, our body will be

either burnt or buried.' 'But why?' questioned Gurpreet. 'Because in the moment of death, we leave the body and depart. The body will start to smell and decay if it is not destroyed. Hence, we have to destroy it.'

Death was a new concept for Gurpreet. He couldn't fathom that his favourite Gupta uncle would be burnt. He saw Mr Gupta on the floor and wondered why people were saying, 'He left the body. He passed away.' A little later, his father returned home and explained, 'Every living creature must die. Nobody will live forever. Once we are sure that the person has left the body, we burn the body.' Gurpreet then questioned, 'Who leaves the body, dad? And where do we go? I don't understand. Can you please explain?' 'We are the Soul that leaves the body at death,' his dad replied.





30

WHERE DOES THE SOUL GO?

That night at the dinner table, Gurpreet asked his parents, 'Is it true that Mr Gupta's body was burnt, today?' His mother said, 'Don't ask such questions, please.' But Gurpreet asked, 'What is wrong in asking? Is there any problem? You tell me that Gupta uncle had died and he will never come back. He was such a good man. And you say that his Soul left him and departed. Where did the Soul go? What is this Soul?'

Gurpreet's father wanted to teach Gurpreet the truth. He got two balloons – one blue and one white and started blowing air into the balloons. He asked Gurpreet, 'How come these dead rubber balloons are now bouncing and bubbling with life?' Gurpreet said, 'Because they have air in them.' 'So,' explained his father, 'The human body has life because of the Soul. The moment the Soul departs, there is no breath. This is death.' Saying this, he let the air out of both the balloons and asked Gurpreet, 'Now, where is the air, my son?' Gurpreet said, 'The air has merged with the air that is everywhere.' His father then, explained, 'Similarly, we are that Soul that leaves at death and merges with the Supreme Immortal Power that is everywhere, just like air in the balloons merged with the air that is everywhere.' Gurpreet was convinced. 'Then,' he asked, 'Where does the Soul come from, dad? And where does this Soul go?' His dad was spiritual. He tried to explain, 'The Soul is immortal. It is birthless and deathless. It is a Power that comes from the Supreme, the Lord whom we call, God. In reality, the Lord is not God. God is SIP, the Supreme Immortal Power. At death, the Soul leaves the body and unites with SIP and because we are ignorant, we don't realize this truth that we don't have a Soul. Rather, we are the Soul.'





31

WHO IS THE MOST BEAUTIFUL GOD?

Ram prayed to Krishna. Baby Krishna with the flute was his favourite God. But Shyam used to love Ganesha, the God with an elephant head. Sam was in love with Jesus. One day, while having lunch together in school, they started to discuss, 'Which God is the most beautiful God?' Each child came up with his own imagination. Sam said, 'My God is the strongest.' And Shyam said, 'My God is the wisest.' Ram said, 'My God is the most beautiful God.' As the children were getting into an argument over lunchtime, their class teacher passed by. She decided to join the innocent children in their discussion. She said that the most beautiful God was Lakshmi. She prayed to Goddess Lakshmi for wealth. The children became still and silent. Now, the competition involved their teacher too and they started to wonder how they would find the answer because they all loved their teacher a lot.

The children asked their teacher to explain, 'Which of the four



Gods was the most beautiful?' The teacher was wise and she gave them the answer. She told them that there was only one God, not many Gods. She made the children understand, 'Although, we believe in many Gods and have created so many names and forms but in reality, God is one. God is not made of bone, skin, flesh and blood.' For a moment the children tried to argue but the teacher was very intelligent. She asked Sam to bring a glass of water and asked Ram to bring 'Paani'. Then, she asked both of them, as to what was the difference between the two. The children agreed that it was the same. The teacher then, said, 'Just like these are different names for the same thing – water – we also think of God as Krishna, Ganesha or Jesus, but in reality, God is one. God is not he or she. God is not made of bone or skin but God is a Power within.'



32

GOD IS A POWER

When Ram, Shyam and Sam were having lunch at school one day, they invited their science teacher to join them for a chat. 'Our ma'am told us that God is a Power. Can you please explain, sir?' they asked the teacher. He smiled and asked, 'What do you want me to explain?' Sam said, 'I want to see the Power.' Shyam said, 'I think my God is the most powerful.' Ram said, 'I don't understand, how can God be a Power?'

The teacher took them into the classroom and switched on the light. He asked, 'Why did the bulb glow?' All the three replied in a chorus, 'Because you switched on the Power.' The teacher then, switched on the fan and asked, 'Where did the Power in the fan come from?' The children smiled and said, 'Isn't it electricity, sir?' The teacher said, 'Yes, of course.' He then removed the bulb from the holder and asked, 'Who would like to



put their hand inside and feel the electricity?' The children were shocked because only recently, one of their classmates had touched a live wire and had got a shock. They were scared and did not put their hand inside the socket. The teacher, then, explained, 'You cannot see electricity but you know that the Power exists. It gives light to the bulb, to the fan and to the TV. What gives Power to you and me to live, breathe, walk, talk, sing or do anything? It is the Power of God. The Power of God is everywhere but because we cannot see the Power, we have created various Gods with names and forms and we do not realize that God is actually, a Power. God is not a statue in a temple or a church.' The children were very happy. They were convinced and pleased with the answer and they went out of the class singing, 'All our Gods are one. Our God is a Power.'

33

ARE GHOSTS REAL?

Rajesh was scared of ghosts. He had read that the Soul will become a ghost after death. So, he imagined what he saw in the movies that the Soul was an invisible ghost that would be hovering over the house or in the sky. One day, Rajesh decided to ask his mother, 'Why did God create ghosts, mom?' Rajesh's mother explained to him that the concept of 'ghosts' was a myth, a fairy tale. It was not true. At death, the Soul departs. The SOUL is a Spark Of Unique Life. 'You have a Soul, Rajesh,' his mother explained, 'Just as I have a Soul. The Soul is a Power of God, who is SIP, the Supreme Immortal Power. At death, the body dies but the Soul returns to SIP. It does not become a ghost. The stories of ghosts are created to scare people. When you were born, Rajesh, first, the Soul appeared in you. As a single cell called zygote, your body developed inside me, by the grace of SIP. Every cell of your body has the Power of the Soul.'



She asked Rajesh, 'If there was no power in the TV, would it work?' Rajesh smiled and said, 'How can it work?' 'So also,' she explained, 'Without the Soul, our body cannot work. Once we die, whatever is our Karma, our good or bad deeds, our Mind and Ego, carry them to our next life, if they are not settled in this life.'

'Don't believe in ghosts, Rajesh because they don't exist. We are all energised by the Divine Power. In fact, we all are the Power. You may not understand now but as you grow up, you'll realize that you are a particle of God, of SIP. The Soul is SIP. It cannot and does not become a ghost. Please don't be scared of ghosts because they don't exist. Horror movies are full of lies and they make us scared of ghosts. Remember, Rajesh, God is inside you. You have nothing to fear.'





34

WHERE DOES ALL THE BEAUTY COME FROM?

Seema was walking with her mother in a park when she saw a beautiful tree with lovely flowers. She also saw a very pretty bird fly and sit on the branch of the tree. The bird started singing a beautiful song. It was the sunset hour and the sky was full of beautiful colours. Seema asked her mother, 'Everything is so beautiful. Even you are so gorgeous, mom. Where does all this beauty come from?'

Seema's mother picked up a dry leaf from the ground and asked, 'Seema, is this leaf beautiful, now?' 'No,' replied Seema, 'It is all dry and crumpled.' Her mother explained, 'It is dry because the life Power of God is no more in the leaf. Look at the same leaf on the tree. It looks so beautiful. It is because of the life Power of SIP, the Supreme Immortal Power, whom people



call, God. As long as there is God's life Power, there is beauty. The moment the life Power leaves, the beauty disappears. This bird is so beautiful but do you remember yesterday, when we saw a dead pigeon in our compound? Was that beautiful?' 'No,' replied Seema. 'Because the life Power of God had left that bird,' said the mother.

Her mother explained further, 'God is a Power that is in you and me. God is a Power that is in every molecule of matter, be it animate or inanimate. Everything in this world is made up of energy - the Supreme Immortal Power or SIP, that we call God. We human beings are all so beautiful because we have the life Power of SIP inside us. The moment there is no life Power or the Soul Power of SIP, there will be no beauty. Although what we feel is lifeless and not beautiful, is still nothing but SIP - the Supreme Immortal Power. The only difference is that it doesn't have the beauty that is created by the life Power of SIP. God creates beauty in everything that is born, till it dies. But SIP is everywhere, in everything.'

35

WHERE IS HEAVEN?

Mary was quite religious. Not only would she go to church every Sunday, she was also very fond of reading the scripture. Mary wanted to meet God. Not only did she believe in God and had faith but she also really loved her Lord. Every day, in her prayer, she would say, 'My Father, Thou art in heaven.' One day, she asked her parents at the dinner table, 'Tomorrow is my birthday and I want a special gift from you both. Promise me that you will give me the birthday gift that I want.' Her parents laughed and agreed. Mary said, 'Tomorrow, on my birthday, I want to go to heaven and meet the Lord.' Her parents were speechless. How could they take her to heaven? They had promised their daughter but now how could they fulfil the promise?



'We can get you any birthday gift you like, Mary but it is not possible to go to heaven.' 'Why?' asked Mary. 'Because we can go there only after we die.' 'I am ready to die,' said Mary. 'No, you cannot die like that. You can die only when God wishes.' 'Then, how can I meet God? I want to see my Lord.' Her parents tried hard to explain but Mary had more questions than they had answers.

'Tell me more. When Grandpa passed away, you put him in a coffin and buried him, then, how would he go to heaven from underground?' Her mother did not know what to say. Her father said, 'The Lord will take us from the coffin to heaven.' Mary was intelligent and she said, 'Ok, then, I want another birthday gift. I want to open the coffin and see that grandpa is not there. Then, I will be sure that he has gone to heaven.' Her parents were shell-shocked. They had no answer. They did not want Mary to see the remains of her grandpa in the coffin and lose faith.





36

WHO IS GOD, IN REALITY?

It was Mary's birthday and while her parents got her a cake and balloons and invited her friends for her birthday party, Mary was more keen to know about God. She wanted to meet her Lord. She was thus, sad on her birthday. Their neighbour, who was a close friend of her dad, was a monk and he was also invited for the party. Mary told him that she was sad because she could not go to heaven to meet her Lord on her birthday. Her neighbour, the monk explained to her, 'Mary, God is not what you think God is. God is not made of bone and skin. God is a Power. God doesn't live in heaven. God is everywhere. So, you don't have to go to heaven to meet your Lord. If you want to meet God, come, I will take you to the Lord.'



He took Mary, her parents and other guests to his farm that was nearby. Mary had never visited the farm before and as soon as she entered, she was overjoyed to see colourful parrots in a room. On seeing the monk, the parrots started singing. He explained to Mary, 'The Lord is in each of these birds. They look like birds but inside them, there is God.' Then, he took the group inside, for a tour of his farm. There was an enclosure full of rabbits. Mary picked up a small baby rabbit in her hands and with joy said, 'This rabbit is so beautiful!' The monk explained, 'There is God's life energy in the rabbit that is causing the beauty.' In the corner of the enclosure, there was a dead rabbit. He pointed out and asked Mary, 'Do you like that one?' Seeing it dead and lifeless, she said, 'No, I don't like it.' The monk explained, 'The rabbit is dead and lifeless because God's life Power has left that rabbit. It has no Soul.'

The monk further explained that God was, in reality, SIP, the Supreme Immortal Power. He also said that God lives in the temple of one's heart, just as the kingdom of God is within each one of these creatures.

IS THE TREE DIFFERENT FROM THE FLOWER?

Asha was looking at some beautiful flowers when she asked her mother a strange question, 'Mumma! What is the difference between a tree and a flower?' Her mother smiled and explained, 'Can you make out the difference between a flower and a leaf, the branch and the trunk of a tree? They are all different parts of the tree but it is one life. If the tree dies, everything in the tree will die.' 'But where does all this come from?' asked Asha. Her mother explained that everything comes from the seed. 'When you plant a seed, it grows roots and then, shoots into flowers and fruits. Everything is part of that seed.' Asha was amazed at how a tiny seed became a huge tree with hundreds of branches and thousands of leaves, fruits and flowers.





Her mother took the opportunity to explain, 'Is your hand different from your leg, Asha?' 'Of course!' said Asha, 'How can my hand be the same as my leg?' Her mother explained, 'Just like the tree appears differently as leaves, flowers and fruits but everything comes from one seed, we human beings also form from one cell.' 'Wow, mamma!' said Asha, 'How is this possible?' 'This is a miracle of the Creator, Asha. We have no role to play. It is the magic of God.'

Asha's mother explained, 'Just like a seed created the tree, leaves, fruits and flowers, you were born as a tiny cell inside me. From one cell, you grew, week by week. Just like the tree created leaves, fruits and flowers, your brain, kidneys and heart were created inside my body. And after nine months, you were born as a little baby. This life that you have is a gift from God and this body that is made up of trillions of cells, started with just one cell, just like this humongous tree that started with just one seed.'



38

WHO GIVES US BIRTH?

Asha was very curious about the magic that happened inside her mother that caused her to be born. She had so many questions, 'Mumma! I thought you and papa gave me birth. Isn't that true?' 'Yes!' said her mother, 'We were responsible to plant the seed but that's all we did. When a man plants a seed for a tree to grow, he doesn't create the leaves, fruits and flowers. It is God's magic.'

Asha asked again, 'But tell me, mumma! All my friends say that their parents gave them life. Isn't it true?' Her mother smiled and explained, 'Life is a gift from God. Nobody can create life except the Creator. You were born as my baby because of God and Karma.' 'Ok!' said Asha, 'I always thought that you and dad created me. This body, these eyes and this hair.' 'No, Asha! Man is incapable of creating a life but we are all ignorant. We do not

realize the truth that birth and death are in the hands of God. We must always be grateful to the Lord. Imagine, if we were born as a dog, a frog, a bee or a tree, how would that be?' 'Oh no, mumma!' said Asha, 'When Tommy has pain, he just barks and cannot tell us anything. It is so sad. I don't want to be a dog.' 'So,' said her mom, 'We must all do good Karma. When we do good deeds, we are blessed by God but if we slip, we will be punished by Karma.'

Asha was lost in thoughts. She always believed that her parents gave her life and never thought that she could have been a dog too. She silently cried and told God, 'Thank you, God, for giving me such an amazing life. Thank you for giving me such wonderful parents. Thank you for everything that you have done and thank you for not making me a dog or a frog. I am sorry, God! I did not know this but from today onward, I will be grateful to you, every day for this gift of life.'



39

GOD IS IMMORTAL

Seema was confused about God. Yesterday, people were celebrating God's birthday but they were celebrating the same two months back too. 'How many birthdays does God have, mom?' Seema asked her mother. This led her to another question, 'How many Gods are there, mom? What is the truth about God?'

Seema's mother was a spiritual woman. She tried to make Seema understand. 'My dear, God is birthless and deathless but because we don't know the real meaning of God, we celebrate God's birthday. How can God die?' she explained. She said further, 'If God dies, who will control this world? God is the Supreme Power. He is the beginning of all creation. We human beings are ignorant. We do not realize the truth about God.' 'What is the truth, mom?' asked Seema.

'The truth is that God is not made of bone and skin. God is the Power that makes our heart, beat within. God is not he or she.



God is energy. God is Power. God is SIP, the Supreme Immortal Power. We human beings live and die but we don't realize that we are not the body that will die. We are immortal Souls that leave the body at death. At that point, where there is no breath, people burn or bury the body because life would have already left the body. You know Seema, who leaves the body when it dies? That Power is God. We think it is the Soul – the Spark Of Unique Life but in reality, the Power inside you and me is the Power of God, the Supreme Immortal Power, SIP. We call it the Soul or Spirit or Atman but the Soul never dies. It departs from the body and becomes one with God, SIP, the Supreme Immortal Power.'

40

HOW CAN GOD BE INSIDE US?

Seema went to school and asked her teacher, who was also her best friend, to explain what her mother had told her about God being a Power inside everyone and everything. She was confused as to how God could be inside every human being and every living organism. The teacher smiled and explained.

The teacher asked Seema, 'Do you know Seema, where do the waves come from?' Seema replied, 'Of course Sir, they come from the ocean.' 'And where do the waves go, Seema?' 'They go back into the ocean,' she replied. 'While we understand waves and ocean, we don't realize that God is the Power of life within us. God is the Soul – the Spark Of Unique Life in us. That is why, when the Soul leaves, our body dies.' 'How can God be in billions of people?' she asked her teacher. The teacher explained, 'God is the Soul, not only in the billions of people but in trillions of living organisms too. The Power of God is in every bird, every fish and every tree. In fact, the Power is in every living organism and because of God's Power, we are born and when the Power of God leaves us, we die. Without God, we are nothing.'

Seema took this discussion home to her mother and her mother was happy that Seema was learning Spirituality. It is rare for children to be interested in this subject but Seema wanted to understand more. 'How can God be in all of us, mom? I don't understand.' Her mother filled a bucket of water and took Seema out in the garden. There were about 10 pots that were dry because the sun was shining in the sky. She filled those pots with water and asked Seema to count how many suns she saw. Seema could see the sun's reflection in every pot. She counted 10 suns in the pots and 1 in the sky. Her mother asked, 'So, how many suns do you see, Seema?' 'Just one,' answered Seema but quickly added, 'But many reflections.' 'Just like this, God appears in each one of us. God is one and his manifestations are many,' said her mother.



41

WHO AM I, IN REALITY?

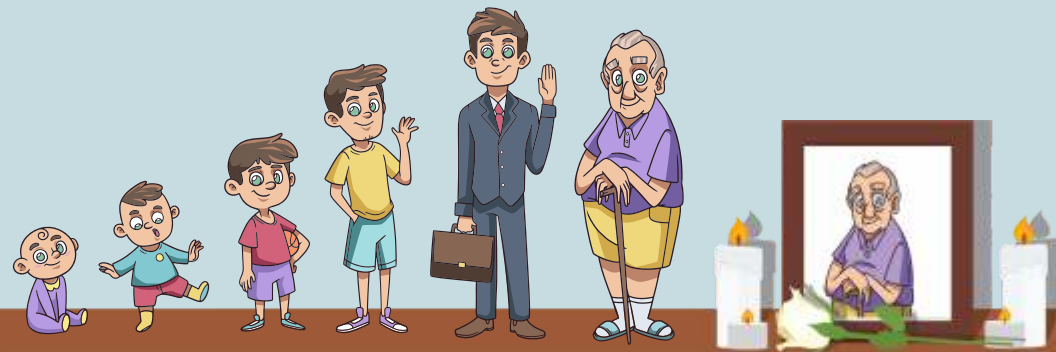
Sam was a naughty boy. His grandfather was his best friend. One day, he opened his grandfather's drawer and pulled out a picture of a baby. 'Who is this, dada?' he asked. 'This is me,' said the grandfather. Sam began to laugh. 'Hahaha! How can this be you, dada? This is just a baby boy.' His grandfather was not amused. 'One day, you will also become old, like me, Sam,' he said. 'No, dada! I'll be like this forever,' Sam joked. Then, on a serious note, he asked his grandfather, 'What next, dada? Will you become older and older and older? How will you look after 100 years?' The old man explained, 'One day, I will die. I will leave this body and go up in the sky.'



'Where will you go, dada?' asked Sam. The grandfather smiled and explained, 'I am the Divine Soul. I am not this body that you see, Sam. This body is born as a little baby, then, it grows up and becomes like you. Then, it becomes an adult like your father and finally, an old man like me. Then, it dies and the game is over.'

Sam could not understand. Although, he was going to enter his teens, yet, he had not understood the meaning of birth and death. The next day, he went to school and asked his teacher, 'Who am I? Am I Sam that I see in the mirror or am I that small baby that was born? Will I become Sam dada, like my grandpa, one day?' The teacher smiled and explained, 'The human body grows from a baby to a grandpa but we are not the body. We have a body. This body will die, one day but we will not die. We are the Power of God. That is our true identity Sam.'

Sam was puzzled. He always thought that he was the body that he saw in photographs. Today, he learnt something new. He rushed back home that evening to talk to his grandfather.



42

AM I THE SOUL?

Sam went to his grandfather after coming home from school. 'Dada,' he said, 'My teacher just told me that I am not Sam. Only my name is Sam. My teacher also told me that I am not this boy that is in the photograph. I am the Soul. I don't understand, dada. Will you please explain to me?' The grandfather sat Sam down and started a bit of a serious conversation, 'Yesterday, I explained to you that I was that little boy in that photograph. You were laughing, Sam. I told you, one day, you too will become old like me. Then, the body will die. After death, we destroy the body because we are the life that was alive in the body. We call that life the Soul or the Spirit or Atman. Soul means Spark Of Unique





Life. Each one of us has a Power inside. That Power never dies. One day, when that Power or the Soul leaves us, the body dies.'

'Sam is just a name that we gave you when you were born. You are not Sam. Only, your name is Sam. This body appears to be you but it is constantly changing. One day, this body will become like dada and it will die. But you won't die Sam. You are the Soul that never dies.' Sam was listening intently, understanding a little bit of what his grandpa said but he could not believe it. He always thought that this was 'I', that he was the body. Today, he learnt that his body was not him. He was the Soul.

The next day, he spoke to his teacher, 'Thank you, Sir. My grandpa taught me the truth. You are right. I am not Sam. It is just my name. I am a Soul. My body will become like my dada, one day but my Soul will never grow old. It will never die. I am that. Thank you sir, for teaching me the most important lesson of my life.' Sam pondered now, about his birth. He was curious about how he came to earth.

43

THE LIFE CYCLE OF A BABY

Rajesh was a studious boy. One day, when his teacher was explaining the life cycle of a baby that is born, he was in a curious mood and wanted to ask many questions. 'Who creates the body, ma'am?' he asked the teacher. His teacher did not know what to say. 'Nature,' she replied. 'The body is created on its own.' 'But,' questioned Rajesh, 'Just like Cadbury makes chocolates, who makes our heart, brain and all the human organs that you are teaching us about, ma'am?' His teacher did not anticipate such questions but Rajesh asked further, 'Who gives life to a baby?'

His teacher tried to explain to Rajesh that when two cells from the parents fertilize, a baby is created in a tiny cell called zygote. 'Is the baby alive, then?' questioned Rajesh. 'Yes,' said the teacher. 'But who gives life? Is it the mother and the father?' 'Neither,' replied the teacher. 'Life is a gift from God.' 'Then, what happens?' asked Rajesh. 'After that, that single cell called zygote, multiplies from 1 to 2 to 4 to 8 and so on, till it becomes billions of cells and we are born.' 'But ma'am,' questioned



Rajesh, 'Did you not just say that we were born nine months before? And now, you are saying that we are born on our birthday. What is the truth?' The teacher clarified, 'In reality, we are born nine months before our birth date. Then, as per God's plan, we develop a body in our mother's womb and finally, we arrive in this world on our birthday.'

Rajesh was amazed at the pictures of the life cycle of a baby. How, from a tiny cell, the embryo developed and finally, the baby arrived out of the mother's tummy. What amazed Rajesh most, was that all of this was like a magic show. We, human beings, do nothing. The Creator creates life and this body. Rajesh's teacher endorsed and confirmed that his understanding was correct.

AFTERWORD

After writing over 65 books on Spirituality, Life, Death, Happiness, Misery, Mind and Consciousness, I realized that there was no good book on Spirituality For Children. When children enter their teens, their formative minds start believing in all the lies, like God lives in the skies. So, I decided to write a book for children. The same Spiritual Truths but easily understandable. In fact, all my books are very simple but this book has stories and analogies and it is presented in a manner that children will find it interesting to read. It is relevant for parents and children alike because the truth is for everybody to realize.

It is unfortunate that we all grow up believing the myth, and so, we don't realize the truth. We believe that God has a head like a dinosaur and body like a rabbit and we even celebrate God's birthday. Why is all this a sin? Because we will grow up chasing success but we will never win the true battle of life. We all go to a kindergarten and then, to a school. And some of us are fortunate to go to university and study. But when it comes to life, many of us remain in the kindergarten of religion. We do not graduate in the university of Spirituality. We live and we die and we don't realize, 'Who am I?' We don't discover that God is within, in the temple of our heart.

I wish parents encourage their children to read this book and I wish young kids be benefitted by this book. May this fresh and new perspective of life help children open their 'real eyes' and realize the truth.

POEM

*We all go to school
But we still remain a fool
We believe in the lie
That God lives in the sky*

*Spirituality is a science
It makes us use our logic
It helps us overcome ignorance
And wipes away the magic!*

*'Who am I?' 'Why am I here?'
Do you know the answer, my dear?
Because if we don't go to the bottom of the root
We do not realize - What is the Truth?*

*Who, Where, What is God?
What is the Truth about our Lord?
Because we believe in all that is history
We are caught in a mystery*

*God is not made of bone and skin
God is a Power that lives within
God is the Life Energy, God is the Soul
To realize this, is our Life-Goal*

*We learn so many lessons in life
Still, we are miserable, full of strife
If we realize the Truth, we can be glad
But we live in ignorance, aren't we mad?*

*Instead of being Happy, fulfilling our Need
We are taught to live with greed
We are taught - Success is Happiness
And so, we end our life in a Mess*

*We are not taught the Law of Karma
As you sow, so shall you reap!
We do not Realize that Life is a Drama
We experience trauma and we weep*

*What is the purpose of our life, on earth?
Why are we given this human birth?
Are we meant to just live and die
No! We must find out, 'Who am I?'*

*We are not this Body, Ego, or this Mind
Where is the Mind, can you find?
When 'Who we are not,' we leave behind
We are the Soul, this Truth, we find!*



*Don't we all cut our birthday cake?
We don't realize that the day is fake
Nine months, it took for this body to make
To this Truth, when will we awake?*

*When something goes wrong, we look at the sky
We question, 'Why?' and then we cry
We don't realize, there is nothing like Luck
What we sow is what we Pluck!*



*The Goal of Life is Realization
It starts with Purification and goes to Illumination
Then, of the Truth, when there is Realization
There will be Liberation and Unification*

*Our Goal is to know that we are not Mary or John
The name was given after we were born
Those who don't realize, they will be reborn
And this will go on and on and on!*

*Our Purpose of Life is not to suffer on earth
Our Purpose is not to return in a birth
We must Realize the Truth before our death
And be Liberated before our last breath!*

OTHER BOOKS BY AiR

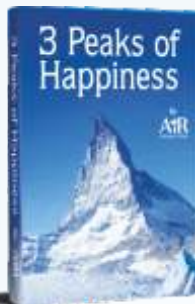
1. Talaash

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



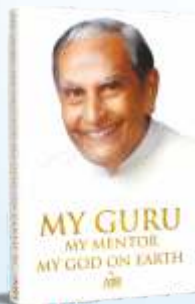
2. 3 Peaks of Happiness

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



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

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



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

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



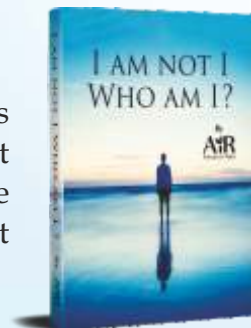
5. Death is Not "The End." Death is "Liberation"

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



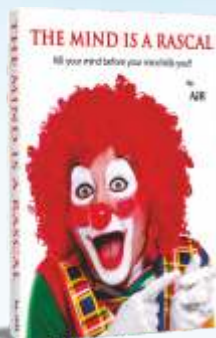
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



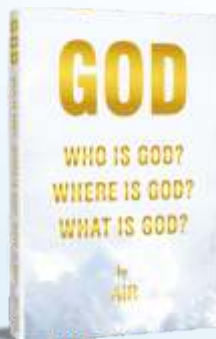
8. A Cosmic Drama

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



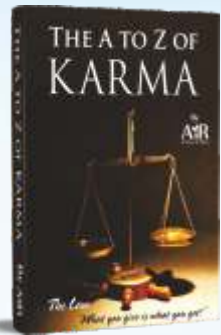
9. Who is God? Where is God? What is God?

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



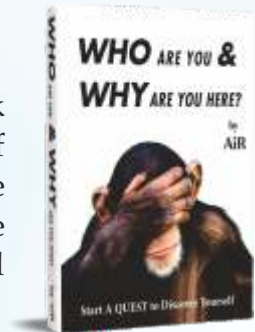
10. The A to Z of Karma

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



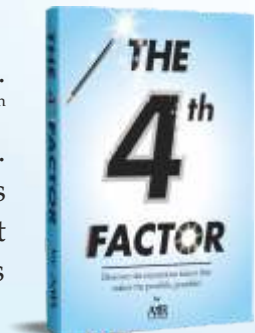
11. Who Are You and Why Are You Here?

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



12. The 4th Factor

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



13. Be Happy in the NOW!

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



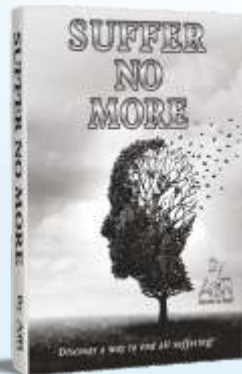
14. Questions You Must Answer before you Die!

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



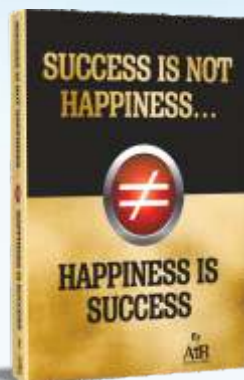
15. Suffer No More

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



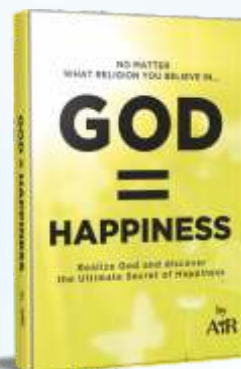
16. Success is not Happiness, Happiness is Success

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



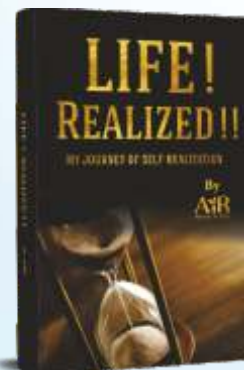
17. God = Happiness

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



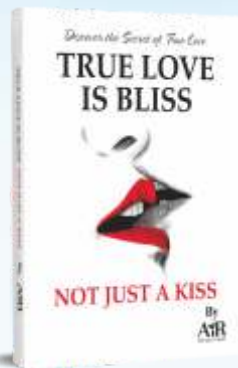
18. Life! Realized!!

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



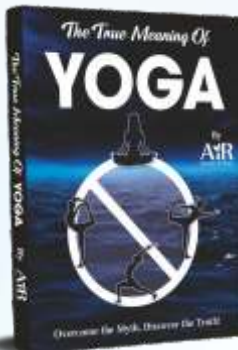
19. True Love is Bliss...Not Just a Kiss

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



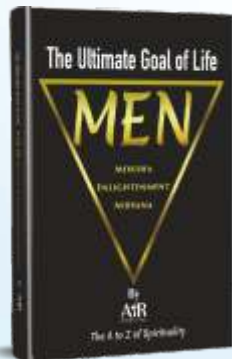
20. True Meaning of Yoga

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



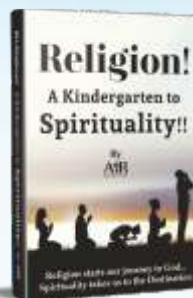
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



22. Religion! A Kindergarten to Spirituality!!

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



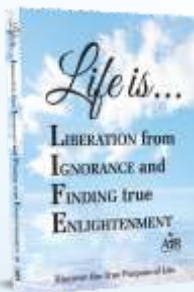
23. Why Bad Things Can't Happen to Good People!

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



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

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



25. The Ladder to Heaven

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



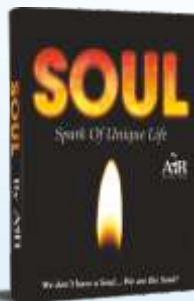
26. FEAR- False Expectations Appearing Real

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



27. SOUL - Spark of Unique Life

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



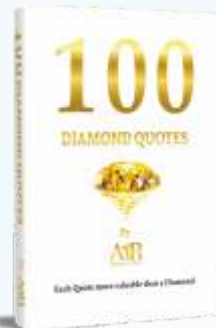
28. But We Pray!

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



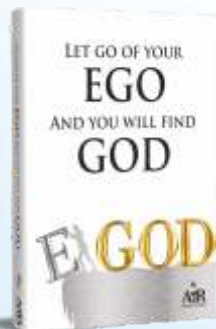
29. 100 Diamond Quotes

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



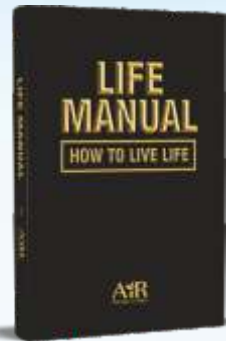
30. Let go of your Ego and you will find God

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



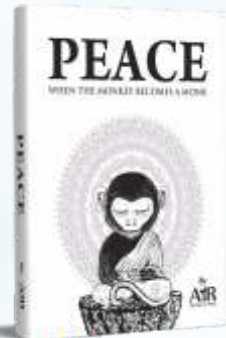
31. Life Manual - How to live life?

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



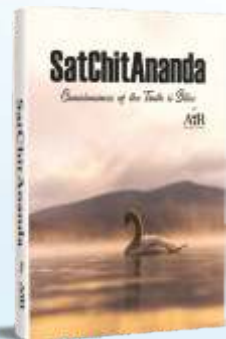
32. PEACE... When the Monkey becomes a Monk!

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



33. SatChitAnanda - Consciousness of the Truth is Bliss

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



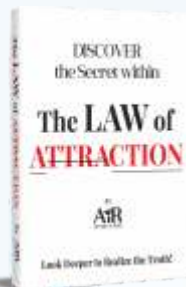
34. Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That

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



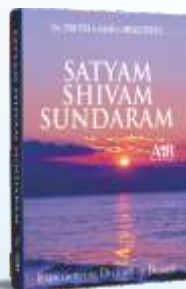
35. Discover the SECRET within The LAW of AttraCTION

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



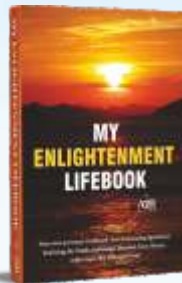
36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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



37. My Enlightenment Lifebook

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



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

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



39. World Peace! A Simple Solution

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



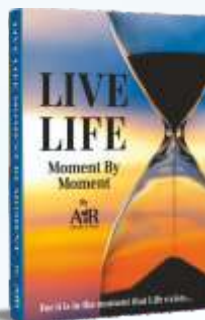
40. Many Problems, One Solution

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



41. LIVE LIFE... Moment by Moment

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



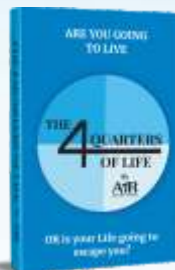
42. The Spiritual Jigsaw Puzzle

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



43. The 4 Quarters of Life

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



44. REBIRTH... The Mystery Solved!

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



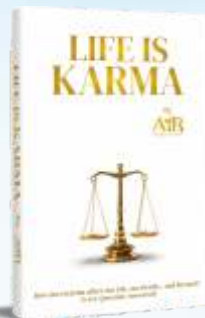
45. How to Live a Spiritual Life in a Material World?

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



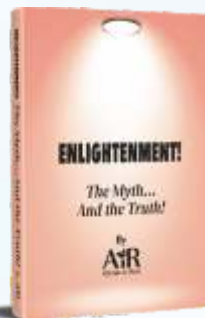
46. Life is Karma

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



47. Enlightenment - The Myth and The Truth

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



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

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

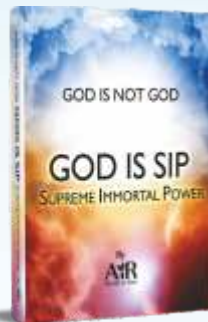
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



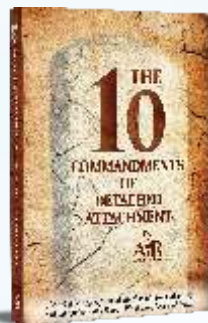
49. God is not God. God is SIP – Supreme Immortal Power

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



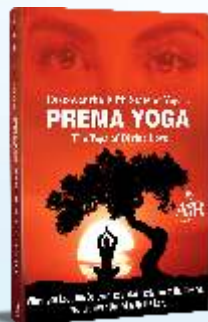
50. The 10 Commandments of Detached Attachment

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



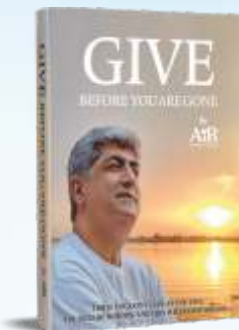
51. The Yoga of Divine Love - Prema Yoga

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



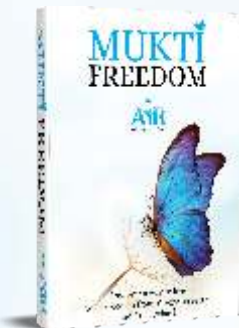
52. Give before you are Gone!

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



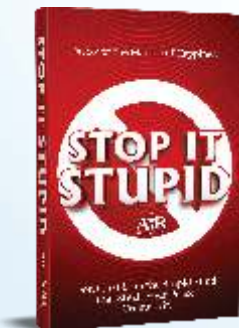
53. Mukti - Freedom

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



54. Stop it, Stupid!

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



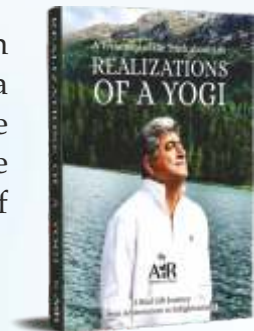
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

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



56. Realizations of a Yogi

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



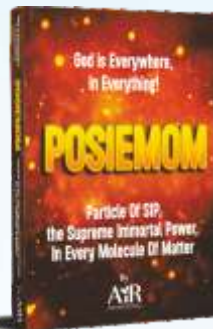
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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



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

To the world, God is lives somewhere far away in the sky. But God is SIP, the Supreme Immortal Power that is everywhere, in everything. SIP appears as the Soul in living beings and also manifests as every particle that fills this universe. Everything is energy. Even science agrees to this.



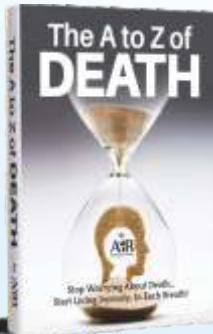
59. Happiness is Success

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



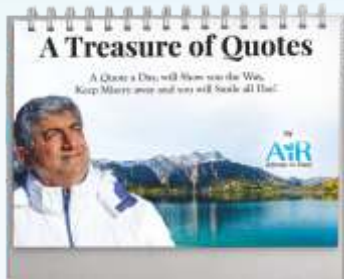
60. The A to Z of Death

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



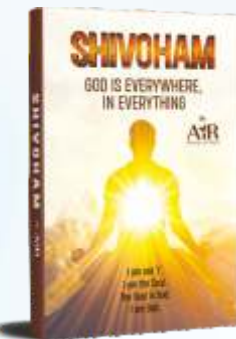
61. A Treasure of Quotes – Perpetual Calendar

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



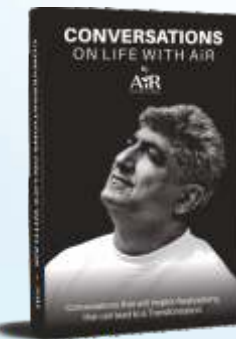
62. Shivoham

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



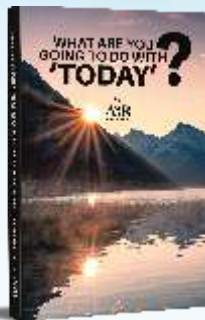
63. Conversations on Life with AiR

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



64. What Are You Going To Do With TODAY?

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



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

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



AND NOW...

66. Spirituality for Children

LATEST BOOKS

67. The A to Z of Happiness

68. 8 Stages Of Spiritual Awakening

69. Our Greatest Sin

COMING SOON...

70. Start A QUEST to Discover the Purpose of LIFE

71. How to overcome Fear, Worry, Stress, Anxiety and Depression

72. DREAM vs REALITY

SPIRITUALITY FOR CHILDREN

The Truth About God And This World

Don't we all think that Spirituality is meant only for old people? Somehow, we believe that Spirituality is not for children. We have grown up believing in this myth and we will live and die with it.

Spirituality is the science of the Spirit and just like we learn so many sciences in school, it is important for children to learn the science of the Spirit. The Spirit or the Soul – the Spark Of Unique Life, is who we truly are. Unfortunately, we live and die and we don't discover, 'Who am I?' and because we do not discover our purpose on earth, we return in a rebirth.

May this book, Spirituality For Children, help young minds overcome ignorance, realize the truth and be enlightened.

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