I am not 'I'

I am not the Body

I am not the Mind

I am not the Ego

I am the Divine Soul

I am the Divine Energy

We must Live as a Yogi

100 REALIZATIONS that will SOLVE

THE SPIRITUAL JIGSAW PUZZLE

and Lead us to Enlightenment

God is Within

The Soul is God

By

AiR

Atman in Ravi

I will Never Die

What is our Ultimate Goal?

Death is Not the End

Every 'Body' will Die

Nothing is Ours!

Life has a Purpose

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Ravi V. Melwani

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PREFACE

Are you seeking Enlightenment? Are you trying to discover the ultimate purpose of life? Are you in search of eternal happiness and everlasting peace? You have a jigsaw puzzle, a Spiritual Jigsaw Puzzle in your hand that will lead you to the Realization of the Truth. It will enlighten you with the purpose of life that will give you peace, unknown to the common man.

I too struggled through life for over 40 years, going from one success to another, chasing achievement with the hope that I would be happy. Of course, I was excited and thrilled but my need was overtaken by my greed. I wanted more and more. I realized that I was chasing a shadow, an illusion. My Spiritual Master, Dada J. P. Vaswani, helped me start my quest. Little did I realize that it would not only give me happiness beyond achievement and fulfilment, but it would also liberate me from all suffering. I found my life purpose as I was enlightened with several realizations. In this book, I will share my spiritual journey.

It all started with my quest. I wanted to find answers to the questions about life and death, God and heaven, problems of life and happiness, the Soul and reincarnation. I knew nothing, except that I would not stop till I Realized the Truth. I took with me dozens of books, went through the works of many philosophers and scanned the scriptures of almost

every religion. I wanted to find out the secret, the real Truth. As I read and investigated, I found little pieces of myths and superstitions chip off the block of the rock that I was sculpting. All the fairy tales and lies that I believed in, fell off piece by piece, and then as if by magic, I found within the beautiful image that I was seeking. I Realized the Truth! While chipping my false beliefs piece by piece, the image of the Truth did not appear as a monolithic realization. It came to me as several pieces of a jigsaw puzzle. I had many spiritual realizations but I was still not enlightened with the Truth.

Then came the final challenge. Piece by piece, I put my acquired knowledge together. With the grace of the Divine and the guidance of my Guru, I was blessed on the night of 31st of August 2014. I got my Spiritual 'Aha!' I Realized the Truth!

In this book, The Spiritual Jigsaw Puzzle, I have put together the 100 Realizations that led me to Enlightenment. Enlightenment is not some fancy and unique honour or qualification. It is that state of being 'awakened' where one removes their spiritual cataract as they open their real eyes, to Realize the Truth. Just like we switch on the light in a dark room and are amazed to see the treasure, Enlightenment is switching on the light within and discovering who we truly are and why we are here. This light shines brightly to overcome the darkness of ignorance in which we were enveloped. Then, we are liberated from all misery and sorrow. We live in the Consciousness of Truth experiencing the Divine in one and all and enjoy the ecstasy of bliss and peace that we only dreamt of before.

INTRODUCTION

The ultimate goal of life is Enlightenment. It is not an easy destination. Less than 0.0001% of humanity attains the goal and this is because only 1% seeks Enlightenment. And out of that 1%, only 1% Realizes the Truth. It is from this group that 1% is enlightened, liberated, and united with the Divine.

Unless one is passionate to Realize the Truth, one will be controlled by their ignorance, their own Mind and Ego, ME. They will live and die, only to be born again and again. Everybody who is born experiences suffering. Nobody can escape from the triple suffering of the body, mind and ego. Only the one who is enlightened with the Realization of the Truth is liberated, not only from the suffering while alive on earth but also from the continuous cycle of death and rebirth.

Liberation is only possible through realization and realization is possible only through overcoming ignorance. To reach this state of Enlightenment, one must go through many realizations. One must Realize the Truth of – 'Who am I?' and 'Why am I here?' What is the purpose of life on earth? Who is God and where is God? In my quest for the Truth, I set out with 9 important questions that needed answers for me to overcome my ignorance about life. The 9 questions covered life and death, God and heaven, Karma and reincarnation, the Soul and Enlightenment, and the purpose of life. I read hundreds of books and spoke to dozens of Spiritual Masters.

Every few days, I had a Realization – first, that I was not the body. Then, that I was not the mind either. I realized that we are all Divine Souls. I realized that God lives in the temple of our heart. I also realized that death is certain. Many such realizations quenched my thirst for the Truth, but still, I could not see the clear picture. I found all the pieces of the puzzle, but I could not see the Truth.

One day, on the 31st of August, 2014, I took all these pieces of my realizations of the life puzzle on a flight with me. Air France AF 192 took off from Paris to Bangalore. Normally, I would have eaten on the flight. On this blessed flight, I told them that I wanted nothing, except some beverages to keep me hydrated and awake. I started putting pieces of the Spiritual Jigsaw Puzzle together. Before I realized it, over 8 hours had passed and with the Divine Grace, the Truth of life was staring at my face. I experienced my Spiritual 'Aha!' The ecstasy, the joy, the bliss I felt, I had not experienced before. I realized who I was, and why I was here. I had found answers to all my questions. I had Realized the Truth!

In this book, I will share the 100 Realizations that led to my Enlightenment of the Truth. Each of these 100 Truths, when put together like pieces of a jigsaw puzzle, will fit in to reveal the true picture of life. As long as these pieces of knowledge that we possess are jumbled, we will not see the light of Truth. The Enlightenment Jigsaw Puzzle is in your hands. Put the pieces together, solve the spiritual puzzle and Realize the Truth!

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100 REALIZATIONS THAT WILL LEAD US TO ENLIGHTENMENT

In this book, I have shared 100 Realizations that will open our '*Real Eyes*' to Realize the Truth. Each of these 100 Realizations will lead to Enlightenment, that state wherein we will realize the Divine in the temple of our heart.

As long as there is only 'knowledge' about these 100 Realizations, we cannot even start with the Spiritual Jigsaw Puzzle. First, we must 'Realize' each of these 100 statements. Not only should we know what each one means and believe in it, but we should also accept these Realizations without any doubt, making them a part of our life. The moment these Realizations become our life philosophy, then we have the pieces of the Puzzle in our hands.

In any jigsaw puzzle, we cannot see the real picture until all the pieces of the puzzle are put together. So is it in this Spiritual Jigsaw Puzzle. When our 100 Realizations get woven into the fabric of our life, we will overcome all ignorance and be enlightened with the Truth.

This will lead us to liberation from all misery and sorrow. It will take us to the ultimate peak of happiness. Finally, we will be liberated at death and be united with the Divine. This is our ultimate goal, but we can only realize it when we realize that we are the Divine Soul. Absorb each realization into your life and put all these 100 Realizations together. You will experience *Ananda*, a state of eternal peace and everlasting happiness!

REALIZATION - 1

LIFE HAS A PURPOSE

Why have we come to planet earth? Why have we been given this human birth? Are we here just to live and die? No! There is a purpose. It is to find out – Who am I?

Most people don't realize that life is not a joyride. They don't stop to understand the meaning of life. While it seems that they live, the truth is that they just exist! They float downstream in the river of life like a dead fish. If we look around us, we will find a beautiful world with mountains and trees, rivers and seas, butterflies and bees. But what is it that differentiates all this from you and me? Human beings are special. They are the most evolved of all living organisms. They are Conscious beings who are blessed with an intellect. They can discriminate black from white, choose not to do what is wrong but what is right. Therefore, while there are so many living creatures, our pet dogs, beautiful birds, fluffy rabbits, only we human beings have a purpose to discover.

This should be our first Realization – to discover the purpose of life, to find out who am I in reality and what the purpose of my existence is. Once we realize that life has a purpose, we will be on our way to Enlightenment. If we don't, we will be like the herd of humanity that is consumed by the material world, only to die and to be reborn again and again. We will experience pleasure and pain, loss and gain, again and again. Our first Realization - Life has a purpose!

REALIZATION - 2

THERE IS A WAY TO ETERNAL HAPPINESS AND PEACE

Life is like a merry-go-round. Every day, we experience a cycle of happiness and unhappiness. We are glad and we are sad. Such is the journey called 'life'. Every human being born on earth, suffers. Either we suffer physical pain of the body and cry with our aches and pains or we experience the misery of the mind, living with fear, worry, and anxiety. If not, we are anguished by the agony of the ego, and we live with hate, anger, revenge, and jealousy. Every 'body' who lives, experiences this triple suffering. Have you observed that when a child is born, it arrives in this world screaming and crying, not giggling and laughing. Is this a sign to make us realize that this world is full of suffering?

Of course, this world has many pleasures to offer us and many of us sink in desires and passions, as we crave till we reach our grave. Life is a bouquet of roses and thorns, and we experience bliss and stress in cycles. What we must try to discover is whether there is a way to escape from all this unhappiness. The good news is - there is!

There is a way to everlasting happiness and eternal peace, but till we realize this, we will continue to live like a yoyo, going up and down, climbing peaks of bliss and dropping into valleys of gloom and doom. We must realize that there is a way to ultimate bliss, without any unhappiness. We will realize this state of being when we realize that we are not the body, mind and ego that suffer. We are the Divine Soul.

REALIZATION - 3

WE SUFFER BECAUSE OF IGNORANCE

Why do we suffer? It is because we don't know who we truly are. That is the reason we experience misery and pain. Suppose my leg is fractured, will you experience pain? Why will you? It is my leg! Because you realize you are not me, you don't suffer. But you suffer the misery of the mind, fear, worry, anxiety and you burn in anger, hate, revenge, and jealousy, because you think you are ME, the Mind and Ego, which you are not. The moment you realize you are not the body, not the mind and ego, you will be liberated from all suffering.

Somehow, from the time we are born, we are covered with layers of ignorance. We believe in fairy tales, superstitions, and myths, and we live with all this. Thus, we suffer. The moment we Realize the Truth, once we overcome our ignorance, we can be liberated from all suffering.

No doubt the body suffers physical pain, but today, there is a way to eliminate physical pain. We can kill the pain before the pain kills us. Instead, we suffer from pain. We think we are the body, and we accept the pain and suffering as ours. We don't realize we are not the body, mind and ego that suffers. We are the Divine Soul. We must realize that this body started as a single-celled zygote and one day it will die, and we will move on. We are not this body. We are not even the mind, where it is - we cannot find. Once we realize that we are not the Mind and Ego that says, 'I', we can overcome all our suffering.

REALIZATION - 4

WE CAN OVERCOME IGNORANCE AND REALIZE THE TRUTH

While every human being who comes to earth suffers, there is a way to overcome this suffering. It is called Realization. When we Realize the Truth, the myth that we believe in, will disappear. But until we open our real eyes, we will continue to be Spiritually blind. There is a way to overcome our ignorance and we must find that. Otherwise, we will continue to suffer, as we live, and we die. Most of us don't realize this. We are ignorant about our ignorance, and we continue to live blissfully in this world of illusions because we think ignorance is bliss. Although we suffer, we don't realize that there is a way out of all human suffering. There is a way to overcome these layers of ignorance that create a dark blanket, that stop us from seeing the light of Truth. Layer by layer, we must sweep out the ignorance that imprisons us in rituals, superstitions and dogmas. One by one, every myth that we have lived with, must be shot down as we realize that it is not true.

Unfortunately, nobody has told us that what we have learned, must be unlearned. It is as if the beautiful crystal glass of life is full of muck and we have lost sight of this treasure called 'life'. We must first empty our glass of life which is full of myths to experience *Ananda*, eternal peace and bliss. It is not easy, because the mind acts like a tap that is constantly pouring lies into our glass of life. We must shoot down the mind with the arrow of Realization. This is our life purpose, our way to Enlightenment.

REALIZATION - 5

THE QUEST WILL LEAD US TO ENLIGHTENMENT

How will we Realize the Truth? How will we overcome our ignorance? The only way is to Ask and to Investigate. We must ask questions about our existence. Who controls our birth and our death? What is our purpose on earth? Are we the body that was born on our birthday or are we the Soul that was alive many weeks and many months before? Unless we Ask questions and we Investigate, we will never Realize the Truth; we will never be enlightened.

The best way to find answers to our questions is to go on a Quest. We must go in search of the Truth. For this, we must renounce the world for a while. Unless we let go of this material world, we will not Realize the Spiritual Truth. Therefore, seekers must go in quest for answers to their questions.

Some people retreat into the mountains with several books to introspect. There are others who shut themselves off from the world and maintain silence for weeks. Whatever be the method, the quest must lead us into a passionate search for the Truth. We must not stop till we realize who we truly are and why we are here. Unless we go on a quest, we will not realize that our beliefs are a myth. We will never Realize the Truth. If we want Enlightenment, we must go on a quest. It is the quest that will open the doors to our ultimate destination.

REALIZATION - 6

WE CAN'T REALIZE THE TRUTH AFTER WE DIE

Those seeking Enlightenment and yearning to Realize the Truth, are blessed with a very profound Realization. It is this – if we want Enlightenment, we must attain it when we are alive. There is no possible way to be enlightened after we die. Once we die, our body will be cremated or buried and will return to ashes. Therefore, the only time we have to attain Enlightenment is between now and our last breath. After death, it is impossible to be enlightened.

Those seekers who Realize this Truth, don't waste a moment of life. They realize that the time is now. They must search for answers today. There is no guarantee of tomorrow.

What is a dead body? It is nothing! It is incapable of doing anything. We say that the one alive has 'passed away', 'departed' or 'moved on'. The body of our dear one becomes so useless that we quickly want to dispose it. Can this dead body be enlightened? Can our mortal remains Realize the Truth? This contemplation itself leads to the Realization of the Truth, that we are not the body that dies. We are the one that is liberated at death. We are that very breath.

While it may take time for a seeker to realize that we are that Power which gives us breath, this Realization is instant that we cannot be enlightened after death. Therefore, the seeker wastes no time in picking up the pieces of the Spiritual Jigsaw Puzzle, trying to put them together to be enlightened.

REALIZATION - 7

WE MUST BE LIBERATED FROM *SAMSARA*

This world is often referred to as *Samsara*. It is like a humongous stage. We are actors, we come and we go. But we are all caught in the cycle of *Samsara*. We live and we die, only to be born again, based on our actions or Karma. Everybody who arrives on earth experiences *Dukkha* or suffering. However much good we do, those deeds will return to us as rewards but will be interspaced with misery. Such is this *Samsara*, this world! What is the way out of suffering? It is Liberation, freedom from Karma, freedom from rebirth after death. This is our ultimate goal.

While there is a way to be liberated from this cycle of death and rebirth, from the suffering on earth, we must first realize the importance of such liberation. Once we realize that our ultimate goal is to realize we are the Soul, to be liberated and united with the Divine, then, we will go in quest of the Truth. There are several methods that will take us to Realization or Enlightenment. But first comes the resolve. Most of us are so attached to this world and its allurements, the physical pleasures that bind us, the people whom we are attached to, that we do not make it our purpose to be liberated from the world and united with the Divine. We spend our life consuming this world without realizing that in fact, we are consumed by it. If we want to be free from misery and attain eternal happiness and peace, there is only one way – we must be free from rebirth. We must not sink in the quicksand of *Samsara*.

REALIZATION - 8

REALIZATION LEADS TO LIBERATION FROM SUFFERING

What is the way to be free from suffering on earth? We all experience the suffering caused by physical pain, we are tormented by the misery of the mind, and we are anguished by the agony of the ego. Is there a way to be liberated from suffering? Yes, there is.

When we realize that we are not this body that suffers physical pain, that this body is just a vehicle that encapsulates us, we can be free from suffering caused by physical afflictions. We can be free from fear, worry, stress and anxiety caused by our mind, when we realize that we are not the mind that becomes miserable. So also, we can be free from anger, hate, revenge and jealousy, if only we realize that we are not the ego that becomes angry. To be liberated from the suffering of the body, mind and ego, we must Realize the Truth that we are none of these. We are the Divine Soul.

Realization is Enlightenment. It reveals the Truth of who we truly are and liberates us from the mistaken identity that we have been living with. We human beings are ignorant about who we truly are, and thus we suffer. Realization of the Truth frees us from living as the body, mind and ego, as it liberates us from all suffering on earth. The Realization that we are the Soul, not the ME, the Mind and Ego that carries Karma to the next birth, liberates us from the constant cycle of rebirth and the suffering we experience with it.

REALIZATION - 9

REALIZATION OF THE TRUTH IS ENLIGHTENMENT

What is this Realization all about? Realization of the Truth is overcoming ignorance that envelops us in the layers of false beliefs that create a dark blanket and stop us from seeing the light of Truth. Realization of the Truth is Enlightenment. What is the Truth? The Truth is that death is certain. Every 'Body' has to die. Neither do we accept it nor do our actions show that we realize it. Nobody can escape Karma. Still, we do not sow the seeds of the destiny we seek. Bad things can't happen to good people. But when something unfortunate happens, we do not accept it. We look up at the sky, cry and ask 'Why?' We can take nothing with us. Still, we spend our entire life in greed, trying to earn more and more. We know that we were alive, much before our body was delivered on earth. We see images of the scanned embryo and know that our organs were formed months after our life was conceived in the womb. We also know, that at death, that life energy will depart and the body which we are not, will be burnt to ashes.

We know all of this, but we do not Realize the Truth. We see it, but the Truth sinks into our vision as our mind does not interpret the reality. We have to transcend the mind, open our *real* eyes, overcome the myth that we have lived with to Realize the Truth. The moment we do, we are enlightened. Enlightenment is not knowledge. It is the wisdom that comes from an inner intuitive experience of the reality of life.

REALIZATION - 10

ALL HUMAN BEINGS ARE CHASING HAPPINESS

Look around you. What do you see? The entire world is in the hot pursuit of happiness. It seems like all of humanity has just one goal – to be happy. Whatever people do, their ultimate goal is to attain pleasure and to run away from pain. It may seem that they are chasing success, but in reality, they are not. They are seeking happiness, name and fame, the excitement that comes from success. Every human being wants to be happy – who doesn't? What we don't realize is that happiness is like a shadow. The more you chase it, the further it goes away.

What is happiness? It is that state of *being* happy. But can we be happy in a yesterday that is gone, or a tomorrow not yet born? We can't! Happiness is in the NOW, in the present moment. But instead of being happy now, we are dreaming of what will happen tomorrow and losing our present moment of bliss, just as we live with regrets of the past and lose the treasure of this moment.

From the time we were kids, we were made to believe that life is a race, and we must chase success and happiness, we must become an ace, a champion, a winner! Unfortunately, we get caught in this maze of chasing happiness. Because we are all running behind pleasure, we are miserable with unfulfilled desires and heart-breaking disappointments. We live and die as 'human doings', chasing happiness and forget to be peaceful and blissful 'human beings'.

REALIZATION - 11

HAPPINESS IS NOT PLEASURE THAT COMES FROM ACHIEVEMENT

When will we Realize the Truth that happiness is not momentary pleasure? Of course, we experience happiness in the moment, but soon, it disappears like mist in the morning Sun. This is not *true* happiness. It is just pleasure. Most of us live with the myth that success is happiness. We are excited about our dreams and celebrate our victory. Why then do we descend in a gloom of misery and unhappiness? It is because we do not realize that Success is not Happiness...Happiness is Success.

All through life, we believe that success, name, fame will make us happy. If this were true, then the rich and famous would be living blissful lives and we would not find some of them ending their lives in depression or suicide. If achievement was happiness, then the rich would be glad, not sad. If only we pause to see, we will realize that all successful people are not happy, but all happy people are successful. We do not Realize this Truth and join the herd seeking happiness that comes from pleasures of achievement.

True happiness is something else. No doubt achievement gives pleasure, but this happiness is not bliss that lasts forever. It lacks peace, which is the very basic foundation on which the tower of happiness is built. When will we realize the meaning of *true* happiness?

REALIZATION - 12

HAPPINESS IS BEING CONTENT AND FULFILLED

True happiness is going beyond the pleasure that comes from achievement. It is peace that comes from contentment, bliss that comes from fulfilment. How can one achieve this state of happiness?

If we want to be truly happy, we must take an exit from the highway of achievement. We must not just zoom from our womb to our tomb, seeking pleasure. If we let our greed replace our need, if enough is not enough and we want more and more, if we crave, we will only take misery to our grave. We must realize that happiness does not depend on what we *have*, but rather, happiness is how we *feel*. We must be fully content, fully satisfied. This is the recipe for *true* happiness. Satisfaction leads to contentment and that ultimately leads to the plateau of bliss that comes from fulfilment.

How is fulfilment different from achievement? Not only is fulfilment, contentment, but it also leads us to making a difference, not just making money! We choose peace over pleasure, as we learn to live with love and laughter, free from the greed of the ego. Every moment of our life is filled with faith and enthusiasm, as we build a universal connection with the Divine. Instead of just chasing success, we are inspired to find the true purpose of life as we enjoy life moment by moment, counting our blessings. We live, we love, we accept, and we surrender. Such is the magic of fulfilment, the way to eternal happiness and peace!

REALIZATION - 13

EVERYBODY IN THIS WORLD SUFFERS

Look around you. What do you see? Is there suffering everywhere or do you see somebody who has been spared of pain and misery? It seems quite true that every living being suffers. No doubt, it is a cycle of pleasure and pain, just like there is sun and rain, but everybody suffers.

Right from the time we are children, we experience physical pain, and we suffer as we fall and grow tall. Once we grow, it is the heart, rather than the bones, that starts breaking. Who hasn't suffered a broken heart? Then we grow and weave into the fabric of our lives, fear, worry, stress and anxiety. The suffering may differ, but we all cry and out of ignorance, we ask the question, 'Why?' We don't realize that the moment we are born on planet earth, we are gifted a Pandora's box of suffering. One by one, the suffering unfolds, as the journey of life moves forward.

Isn't it strange that the rich and successful people suffer insecurity and loneliness, while the poor man cries in poverty? The problem is that both of them do not realize that everybody has to suffer. Suffering is a reaction of our own past actions. We can't undo the past, and all the present suffering is the past returning to us. It may come as physical pain of the body or misery of the mind and ego. We realize that everybody suffers, but we don't realize that there is a way out of this suffering.

REALIZATION - 14

WE CAN ESCAPE FROM THE TRIPLE SUFFERING OF THE BODY, MIND, AND EGO

Who suffers? Either it is the body that cries when we burn our skin or it is the mind that creates misery within. If we escape from the body and mind, then the ego gets agonized with hate and anger, or revenge and jealousy. There is a way to escape from this triple suffering of the body, mind and ego.

If only we realize that we are not the body, mind and ego but in fact we are the Divine Soul, we will be free from all misery, all suffering. But as long as we think that I am 'I' and it is 'me', who is alive in this body, we will continue to suffer again and again.

Realization of the Truth that we are the Divine Soul doesn't stop the body from aches and pains. It only makes us realize that we are not the body that is suffering. It is like our car having an accident. It is smashed and damaged, but nothing has happened to us. When we differentiate ourselves from the pain, we can escape again and again. Sometimes, we must kill the pain before the pain kills us. But instead, we choose to suffer in ignorance. When we realize we are not the mind, we are free from all thoughts and anxiety as we live as the witness, the observer of the mind. Finally, we can escape from the triple suffering when we transcend the ego. When we let go of the ego, we also let go of all misery and agony that we otherwise live with.

REALIZATION - 15

WHO SUFFERS PHYSICAL PAIN?

Every human being experiences physical pain of the body. We grow up with scratches and bruises. It is a part of growing up in life. A child continues to grow in height till it reaches that 5-feet mark. But every inch that we grow is not free from some ache or pain. When we play, we are sure to break a bone or tear a ligament and we have all screamed in pain, some time or the other.

While we have cried and suffered physical pain, we have not stopped to ponder on who it is that suffers the pain. We have not learned that the pain is transmitted from the point of hurt to the brain and the signal of pain is transmitted by the pain station for us to suffer. We have not pondered upon the fact - who it is that is actually suffering.

We have learned to take over-the-counter pain killers to overcome a headache or body ache. We are even administered opioids when there is unbearable pain from diseases like cancer. The medication switches off the pain, but we still don't realize who is the one that suffers physical pain. Who is the one that jumps out of the dental chair at the slightest procedure in the tooth? We demand anaesthesia before an excruciating root canal treatment. When the anaesthesia wears out, we experience deep pain and need a pain killer.

Alas, we don't discover that we are not the body that suffers this pain. Thus we live and die, experiencing this suffering. Once we realize who we truly are, we are free from this pain.

REALIZATION - 16

WHO IS MISERABLE AND DEPRESSED?

Isn't it strange that if we try to find the mind, where it is, we cannot find! Still, the mind makes us fear. It creates worry, causes stress and makes us sink into anxiety and depression.

The mind is nothing but a bundle of thoughts. We think a thought practically every second. This makes the mind seem to appear as we are bombarded with up to 50,000 thoughts a day. We became so miserable, but who is the one who is unhappy? It is because we don't realize that we are not the mind, that we find ourselves crying in misery. The miseries of our mind, manifest in our body and we even take medicine to cure depression. Psychological disorders are a common ailment in our society. Unfortunately, we have not been able to discover who is the one that becomes miserable.

While we can relate to physical pain in the hand or head, or a specific part of the body, mental trauma appears as a wave and vibrates to every cell. We feel unwell because of our toxic thoughts, and we submit to the rascal mind, that like a naughty monkey, controls our wellbeing and steals our happiness. The moment we Realize the Truth that we are not the mind, we will learn to overcome all kinds of mental trauma. We must stop and ponder on the mind using our intellect on how our ignorance leads us to mental pain, again and again. There is no need to become miserable, but it is an irony that we seem to choose this misery out of our ignorance because we do not realize that we are not the mind.

REALIZATION - 17

WHO GETS ANGUISHED WITH ANGER, HATE, REVENGE, AND JEALOUSY?

When have you last experienced anger? We burn within and our fumes of terror make us scream and react inhumanly. Anger makes us lose control and we experience this agony throughout life. But have you ever stopped to think who gets angry and why? What is the cause of anger? If somebody does not do what we want them to do, we get upset and angry. The 'I' that gets upset is the ego within us, the ego that separates me from you. Our ego that is caused by ignorance divides us because it thinks we are different entities with different bodies and different minds. We don't realize we are not the ego that gets agonized. We are the Divine Soul. The moment we transcend the ego that differentiate us, we will be free from anger.

It is not just anger, the ego also creates hate. I hate you because I don't realize that you and me are the same Divine Soul. That is why the right leg never kicks the left leg, but I will not hesitate to kick you, because I believe we are different. Why do I want to take revenge on another? It is because of my ignorance that others are different from me. The moment I Realize the Truth, revenge will disappear. So will jealousy disappear when we realize we are not the ego that becomes jealous. The moment we realize that it is the ego, our mistaken identity that is jealous, we can overcome this agony, but first, we must let go of the ego by realizing that it is just an illusion. It doesn't exist.

REALIZATION - 18

DESIRE IS THE MAIN CAUSE OF SUFFERING

What is it that triggers suffering in our lives? Some pain is unavoidable. It is a result of our past actions, our Karma, and we must suffer to redeem our deeds. We have no option! However, we are needlessly creating a lot more suffering in our life because we don't realize what the main cause of suffering is.

Desire is the main cause of suffering. What does it do? At first, it steals our peace of mind by trapping us in greed that is bigger than our need. It creates turmoil and steals our peace and tranquillity. Even if the desire is attained, we experience momentary happiness in that moment, but the fire of desire ultimately burns us with disappointment and defeat.

Can all desires be fulfilled? Most unlikely! Therefore, many of us live disgruntled lives with unfulfilled dreams and desires. This material world allures and attracts us to want more and more. Enough is never enough. We desire and crave, and we take this right up to our grave. Why?

Strangely, we human beings believe that desires will lead us to fulfilment and will make us happy. We don't realize that it is our ignorance that causes us to desire. The fire of desire can never let us quench our thirst. Ultimately, our desire will make us burst. The way to happiness is not to desire. It is living with contentment and fulfilment. Those who live and die without this Realization, live with desires, passions and obsessions. They inadvertently create their own suffering.

REALIZATION - 19

THIS WORLD IS *MAYA*, A MEGA COSMIC ILLUSION

Most of us think that this world is real. We think that everything is real - our house, businesses, family and whatever happens on earth. We know the difference between reality and dreams. Dreams are dreams, they are not real. We may dream that we have been elected as the Prime Minister of our country or have been crowned as the King; we may even dream that a crocodile has devoured one of our legs. But when we wake up from our dream, we realize that the joy or sorrow we experienced was not real, it was just a dream. But life is real - isn't this what we believe and think?

We don't realize that just like our dreams, this world too is *Maya*, an illusion. Everything around us is a part of a Mega Cosmic Illusion. It appears to be but is not. Most people find it difficult to understand how this world can be an illusion because they do not understand the true meaning of this illusion or *Maya*.

What is this illusion or *Maya*? It is something that appears to be real, but in reality, it is not. It is like a mirage in the desert. When we go close to it, it disappears. It is just like a rainbow. We can see it, but we can't touch it. Everything in this world appears to be, but it is not what it seems. At death, we come to realize that this world is an illusion. It is at the point of our departure that we realize that nothing belongs to us. But then, it is too late! Unless we realize that everything that is happening is an illusion, we will never solve our life's jigsaw puzzle and be enlightened.

REALIZATION - 20

EVERYTHING IS A PART OF THE *LEELA*, THE DIVINE SHOW

What is this *Leela*? It is the Lord's theatre that is enacted every day on earth. But we do not Realize this Truth. We go to see a drama and enjoy the actors performing a comedy or a tragedy. We understand that everything in the show is staged, not real. However, we do not realize that this world itself is a huge stage. We are just actors who come and go. Nothing is real. It is just a show.

Whatever is happening in the world today, is a *Leela*, a humongous theatrical performance where 8 billion actors perform their roles along with trillions of creatures, birds, animals and others, who form the backdrop and paraphernalia to add to the special effects. Unfortunately, we don't realize the purpose of us coming to planet earth. We have been given this human birth to perform our role. Neither do we have a choice to control our birth, where we are born, when and to whom, nor do we control our death. We only choose our actions on this humongous theatre called 'earth', moment after moment.

Relationships in this *Leela* are not permanent nor are our possessions. Just like actors perform their roles in a movie, we too are actors who are a part of this cosmic show. This *Leela* is produced and directed by the Creator. He writes the storyboard. We cannot question, 'Why?' We have a choice of how we can act, and we can achieve our goal of being liberated from this show or we can come back again and again in a new role.

REALIZATION - 21

NOTHING IS OURS!

Can we make a list of what all belongs to us? It may be our clothes, our shoes, the money in our bank account, or if we are lucky, even the house that we own. The rich may further add to the list. They say, '*This villa is mine. This is my private jet. This is my luxury yacht.*' Women are proud of their jewellery, their gold and diamonds. Little do we realize that nothing is ours. Nothing belongs to us. We are just actors who come to the earth stage. We perform the show and then, we go. We may think that this is *my* pen or *my* book, but in reality, they are like props in a theatre. We can use them during the show, but we lose them when it is time to go.

Have you seen anybody taking their money, their wealth along with them when they die? They may be millionaires or billionaires, but when they go, they cannot even take a pin with them. Even the body that we think is ours, we leave behind. The Truth is that nothing belongs to us. However, we human beings are enveloped in ignorance, in the illusion of life. We do not realize that nothing is ours! If only we did, we would not suffer. We would be liberated from all attachments, all greed if we were enlightened with the Truth.

Don't we know that we come with nothing? When a child is born, does it come with any gold and diamonds or a chequebook? What a joke! We know we come with nothing, and we go with nothing. We see this but unfortunately, we don't realize that nothing is ours.

REALIZATION - 22

NO RELATIONSHIP WILL LAST FOREVER

Why are we human beings attached to the people we love so much? '*I can't live without my sweetheart,*' we believe. Then one day, the relationship breaks either because of death or because of the departure of one who chooses another relationship. This is the reality of life. Somehow, we human beings live with this illusion that our beautiful relationships will last forever.

What about our parents, our kids? Will those relationships last forever? A mother is so attached to the child she gives birth to that she believes she produced the child; it was formed in her womb. But the question is, will any of these relationships continue for eternity? None of us are immortal. One by one, we leave the earth stage. We have to go from the show called 'life' and relationships end. Because we continue to choose ignorance, we cry when our heart breaks, when we lose somebody very dear to us. Why should we cry? Why can't we gracefully accept the reality of life?

Those who are enlightened with the Truth, realize that no relationship will last forever. They enjoy the bond with those they love, but they are not attached. They are prepared to accept the eventuality of relationships ending. Those who don't, they cry. They don't realize the Truth that this earth is a drama and relationships will last only till we reach the end. Those who realize this, enjoy the show called 'life'.

REALIZATION - 23

EVERY 'BODY' WILL DIE

Will you live forever? Most of us will say, '*No! We will die.*' But we don't Realize the Truth. I realized something very profound – I will never die, but my body will die. There is no doubt that every 'body' has to die. Every living organism that experiences birth, must also experience death. Such is life! Nobody can escape from death. Every mortal body will ultimately be cremated or buried. There is no escape!

Unfortunately, we have not Realized the Truth about death. We have not even Realized the Truth about the body and we have not Realized what life is all about. We are so attached to our body, our skin and everything within, that we do not discover that we are the Power that gives us breath. Without the Power, there is death. The body dies, but the one who was alive, departs. We leave the body at death. That is why, when somebody dies, we say, '*He passed away, departed, moved on.*' We know this is true, but we don't realize it.

If only we realize that the body has to die, that it will be returned to dust, that we are not the body but the life that departs, we will be enlightened. Alas, though we see somebody die every now and then and we know that they have passed away, we do not accept the reality of death. We do not realize we are not this body, nor do we accept that this body will soon die. If we realize that every 'body' will die and we are not the body, we will go on a quest and Realize the Truth that we are the Divine Soul.

REALIZATION - 24

BIRTH AND DEATH ARE IN THE HANDS OF THE DIVINE

How often does the thought of death make us paranoid? What if we were to die suddenly and prematurely? When we hear about the sudden and sad demise of somebody near and dear, sorrow envelops us and makes us wonder when our turn will come. But is death in our hands? Death is certain. Every 'body' must die, but we must realize that our life is controlled by the Divine who has created us. Very few people ponder on the Truth about birth and death.

Did you choose your birth? Did you decide when you will be born, the date, the place where you will be born? Did you choose your parents? Just like we know beyond doubt that our birth is controlled by the Divine, we must also realize that our death too is in the hands of the Divine. If we constantly live with the fear of death, we will lose this precious gift called 'life'.

The Realization that birth and death are not in our hands, but rather, in the hands of a force far greater than us, should prepare us for that moment of death. We must learn to accept death when it comes and surrender to this reality of life. We have no choice. Nobody can help us postpone the moment of death, for even a minute. While we may approach the best of doctors to save our life, we must realize that even the wealthiest of men cannot extend life for even a day. We must surrender our life to the Divine.

REALIZATION - 25

ONCE WE DIE, IT IS GAME OVER!

Have you stopped to ponder about what happens after death? The moment we take our last breath, it is game over. The one who had a name, a family, an occupation and so many possessions, loses everything in a flash. In that moment of death, the game of life comes to an end.

The game starts at birth. We identify the arrival of a newborn baby and celebrate its naming ceremony. Then the game goes on and on. Ultimately, the game has to be over. It is an illusion, to believe that this is *my* house, *my* car or *my* money. We get attached and say *my* parents, *my* spouse, *my* kids. We get so absorbed in this game called 'life', that we forget - it is only a game. In a flash of a moment, all that we own and all that is known ceases to be ours. In fact, the very body that we consider to be 'me', is destroyed by our own near and dear ones because the game of the one who was alive, is over.

In the game of life, there are no rewind buttons, no replay options. When the game is over, it is over! All we can do is to play this game, the best way we can. We must realize that life is not real. It is just a journey, an experience, a game. Before this game called 'life' is over, we must realize what it is – why were we put into playing this game? What must we do before the final whistle blows? Because once that happens, we cannot get back into the field of life to play. Let us Realize the Truth before the game is over!

REALIZATION - 26

DEATH IS NOT THE END

Most of us think that death is the end. We see a person die, and we realize that the person is no more! The one who was walking and talking, and living as a part of our family, suddenly disappears from the face of the earth. It is not like they are sleeping, and they will soon wake up. At death, they will never wake up. They will not return like they did after a long holiday. We will never see them again, never be able to talk to them, or to love them. We think it is 'The End'!

But death is not the end. It is just a bend. The ones who realize it, transcend life and reach their ultimate destination of Liberation and Unification. But most of us think that there is nothing beyond death. We see the one who was alive, return to dust. At most, we believe that the person who was alive will return in a rebirth, a new life. Little do we ponder on the reality of death and what it is. Little do we discover who is the one that actually dies. Realization of this Truth is a very important piece of the jigsaw puzzle of life.

What do we say when somebody dies? Don't we say that they passed away, that they departed and moved on? Who passed away? The dead body is lying in front of us. Then who departed? While the body is right here, the one who was alive has left. We know this beyond doubt, but we don't Realize the Truth that death is not the end; it is just a bend. Just like we change clothes, we will change our 'Body'. This will happen again and again. When will we Realize the Truth?

REALIZATION - 27

I WILL NEVER DIE

Very few people Realize this Truth about life – I will never die. Sure, the body will die, my name will die, but at death, I will fly in the sky. Without finding this part of the Spiritual Jigsaw Puzzle, one will never decode the mystery of life.

To Realize this Truth, we must first realize – Who am I? Am I the body that returns to dust? Death reveals that I am not the body that died, but the one who departed at death.

Most of the world believes in some concept of an afterlife. While they understand that death is game over, they believe either in rebirth or in the day of judgement in heaven or hell, where we will be rewarded for our good actions and punished for our sins. There is no clarity as different religions advocate different theologies. This makes people adopt their own philosophy and they live with the paradigm that matches their beliefs. But does anybody dispute the reality of death? Does the world still believe that a dead person will return in the same form? In the past, ancient civilizations would mummify the body, probably believing that the life that left will come back. But these fairy tales no more prevail. Either a dead body is cremated or buried. We do not expect life to resume in the dead. While we are absolutely sure about death, nobody really knows what happens to the one who dies. We see the departure of the one alive, but we do not realize that death was only of the body. The 'I' who lived, never died. It only departed.

REALIZATION - 28

WE ARE REBORN AGAIN AND AGAIN

Those who go on a quest to realize the true meaning of birth and death, Realize the Truth that only the body dies. The one who was alive in the body never dies. But they do not know what constitutes the one who departs and where this departed entity goes.

Very few people believe that life is only a journey between birth and death, and that there is nothing beyond! A large majority of humanity accepts that there is something after death, that our actions – good or bad, do not disappear.

Religion has made people believe that while death is the end, we will go to a place called Heaven or Hell, to be rewarded or punished. But as the world has evolved and technology makes us more aware of reality, people question this. Who goes to Heaven or Hell? We destroy the body on earth. Then who will be rewarded or punished? This makes the modern generation choose a more practical belief, rejecting the concept of Heaven and Hell as just a fairy tale. No doubt we must pay for our sins, or be rewarded, but Heaven and Hell are not somewhere far away in the stars. There is no mysterious way for one to be transported there. At death, we experience Heaven or Hell right here on earth, through what is known as rebirth. The body dies, but the one who was alive, the Mind and Ego, ME, carries its past actions or Karma and is born again in a new body. This cycle continues again and again till we are enlightened and liberated.

REALIZATION - 29

THE ME, MIND AND EGO, CARRIES ITS KARMA FORWARD

Who is reborn? Some people imagine that the one who dies – body, mind, Soul is reborn. But how is this possible? Don't we see the body disintegrate into dust? Then, how can the same body return? With the progress in the world, we know that once a body dies, it does not reappear anywhere on the planet as the same person or with the same appearance.

This conclusion leads us to further investigation. Neither can a body go to Heaven or Hell after it perishes, nor can the body be reborn. It is the ME, the Mind and Ego, that was alive in the body, that takes rebirth along with its Karma or past actions.

Even when we are alive, the body acts only as an instrument of action. It follows the direction of the Mind and Ego, till it is alive. The Karma, therefore, belongs not to the body, but to ME. Thus, the Law of Karma explains that it is the Mind and Ego, ME that is reborn.

Have you ever wondered why a little child is born blind, deaf or dumb? Is it because the Creator is cruel? No! While the body is that of a young infant, the Mind and Ego that will suffer this life on earth that is about to unfold, is carrying its Karma or its past actions. Otherwise, why is one child born blind while another in a palace, in luxury? This is not fate. It is the Law of Karma unfolding. Those who Realize this Truth, strongly believe in the Law of Karma, and live their life abiding by the rules of the Law.

REALIZATION - 30

KARMA IS A UNIVERSAL LAW

Many people are aware of Karma, that there is some phenomenon that controls our destiny. But not many people realize that Karma is a law. It governs everything that happens in the world. Nobody can escape this law. It applies to everybody, across all nations, to all religions and cultures, all genders and ages. Every human being who performs an action, performs Karma. The action will have an equal reaction. Whatever you do, will come back to you. What you give is what you get. Karma is the law of the boomerang. What goes around, comes around. Everything that happens in our life, is not happening by luck, fate, chance or serendipity. It is our own action that is causing this reaction to unfold as circumstances in our life. Whatever is happening today is just an effect. The cause is our own past action. It may be good, or it may be bad. Whatever we do, will ultimately come back to us. Such is the Law of Karma.

Those who don't understand the Law of Karma, cry and ask 'Why?' whenever something happens. They blame God and question why bad things are happening to good people. They don't realize it is Karma. Karma makes no mistake. Even if the body dies, Karma travels along with the one who was alive, the Mind and Ego, ME, and is carried forward into our next birth. Birth after birth, our Karma accumulates to become a corpus that decides our destiny. Without realizing the Law of Karma, one cannot be enlightened. Therefore, this piece of the Jigsaw Puzzle is crucial.

REALIZATION - 31

KARMA DECIDES OUR BIRTH

Who decided where we were born? Who decided our parents, religion, gender, and our fate? Neither is it luck nor is it the Creator who, we think, is sitting in a distant heaven, and who controls the birth of billions of people. The Creator has instituted several Universal Laws to preserve and govern the Universe. Karma is one such Law. While the Creator can intervene in the wellbeing of His creations, it is not practical for the Creator to be controlling what grows on each tree. Just as the seed that we plant decides the fruit on the tree, the deeds that we plant decide our destiny. It is an automatic law that decides the fate of our next journey on earth. Whether we will be born in poverty or wealth, in sickness or in good health, Karma decides it all.

Therefore, those who realize the power of the Law of Karma, realize that our destiny is in our own hands. Whatever will unfold in our life tomorrow, depends on our actions of today and those past actions that are still not settled. They also realize that whatever is happening in our life today is our Karma unfolding. Just as our birth depends on our past Karma, so will everything else that happens in our life, including our death. Birth and death are in the hands of Karma and Karma is controlled by the Creator or the Divine. This Realization is important to liberate us from our actions, from our Karma. As long as we are not liberated from Karma, we have no option, but to experience rebirth on earth, again and again. Realize the Truth that you are who you are because of Karma.

REALIZATION - 32

OUR GOAL IS TO BE LIBERATED FROM REBIRTH

What is the way to escape from the cycle of Karma, often known as *Samsara*? How can we escape from taking rebirth on earth? As long as we perform actions, we create Karma. Whether the actions are good or bad, it hardly matters. The moment there is an action, the Karma is recorded. It has to be settled. Either it will be settled in this life, and if it is not redeemed, it is carried forward to our next life.

Whoever is born on this planet, must suffer. While there is pleasure, nobody can escape from pain. Therefore, the goal of life is Liberation. It is freedom from all suffering when we are alive and freedom from the cycle of death and rebirth. How can we escape? Every human being must perform an action and every action becomes a Karma that ultimately causes us to be reborn. How can we escape this paradox of life?

The only way to escape rebirth is to escape from Karma. If we don't escape from Karma, there is no way to escape both from suffering when alive and experiencing another life on earth.

Therefore, our ultimate goal is to realize that we are not the body that does Karma, we are not even the ME, the Mind and Ego, that directs actions. Our goal is to realize that we are the Divine Soul. The moment we realize this, we are enlightened and liberated from the cycle of rebirth.

REALIZATION - 33

LIBERATION COMES FROM TRANSCENDING KARMA

The seekers of Enlightenment realize that there is one step that is even beyond Enlightenment. Once we Realize the Truth and are enlightened, then we need Liberation. What are these two steps that will lead us to Unification with the Divine?

The first step is Enlightenment. It is realizing that there is a Law of Karma. It is realizing that nobody can escape Karma and that if we want to transcend Karma, Realization is not enough. We need Liberation. But how can we escape Karma? Nobody can escape from the Law.

We can attain Liberation only when we realize that we are not the doer of action. We are neither the body, that is an instrument of action nor the ME, the Mind and Ego that is the Director of Action. We are, in reality, the Divine Soul that gives the body, mind and ego, the power to perform action. The moment we realize we are that Power, the Soul, then the Karma does not belong to us. The Karma belongs to the body, mind and ego, which we are not. Therefore, while there is no freedom *from* action, we can achieve freedom *in* action. Realization makes us the instrument of action and not the doer of it. The moment we realize this, that the action or Karma is not ours, then we transcend Karma. We drop all our Karma as we realize that we are not the ones who perform Karma. This Realization liberates us from the cycle of death and rebirth.

REALIZATION - 34

I AM NOT THE BODY

Who am I? Am I the legs and hands and body? Of course, I am. What about my eyes, nose and ears? They too are mine. My brain, my heart, my kidneys, my lungs? They are my critical organs. I need all of these to make the 'I' that I am. Can I be 'I' without the skin, and all that is within – blood, flesh, nerves and bones? I would not exist unless all these are present.

What makes a car, a car? The body, the seat, the wheels, the engine, the steering wheel, the brake, the accelerator and the fuel tank. If all the parts of a car are assembled, then the car is said to be ready to be delivered to us. We can list the parts of a car that make it a car. But can we assemble the human body? Everything that I said I am, can be virtually dismantled and kept on a table. But the moment this is done, the 'I' that I am, will cease to exist. Then, even if we reassemble all the parts of the body and stitch back the skin, the 'I' will never return.

Somewhere in the virtual experiment, the 'I' escaped. Even though the body is intact, after reversing the virtual experiment, and my body looking exactly like it was, my family will say that I am no more! I departed, I expired, I moved on. Therefore, I am not the body that I appear to be. In fact, I was alive much before my body came into existence. When two cells of my parents merged in a fusion, I was born. Then, around that single cell, the zygote, the embryo formed, and my body developed. I know for sure I am not this body that I appear to be. I am something else!

REALIZATION - 35

I AM NOT THE MIND

In a computer, there is hardware and software. We human beings are also very much like a human-computer. The physical body is the hardware. But there is also a software. It is an operating system that makes the hardware function.

What is the mind? It is a thought factory that is constantly producing thoughts. While we think the mind includes intelligence and memory, the reality is that the software of the human-computer, is not just the mind, but the 'inner instrument' that comprises the Mind, Intellect, Memory and Ego.

Very often we say, 'I wonder,' or 'I am just thinking.' Sometimes the mind says, 'I am devastated,' or 'I am depressed!' Who is this 'I' that is saying it? Is it the mind or is it the ego? Just like we cannot deny the software or operating system in our mobile phones and laptops, we cannot deny the existence of the human software that we call the 'mind'.

But am I the mind? While the mind seems to be me, few people are lucky to realize that in reality, the mind doesn't exist. It is just a bundle of thoughts! Therefore, while I can find everything from my nose to my toes and can see all my critical organs through an X-ray or scan, where is the mind, I cannot find! How can I be the mind which is nowhere to be seen? This leads me to the question 'Who am I?'

REALIZATION - 36

I AM NOT THE EGO

If I am not the body, and I am not the mind, but of course, I am, then who am I? Am I the ego that constantly says, 'I, me, mine?' From the time we grow up, the most common word we use in life is 'I'. 'I want to be successful, I want to be rich, I want to get married, I want to go to New York' – but who is this 'I', that wants this and that? It is the ego.

The ego is also that part of the inner instrument that seems to exist along with the mind. But just like the mind, it is something we cannot find. No doubt the ME, the Mind and Ego exists, but I am neither the mind, nor the ego.

How can I not be the body, the mind and the ego? This seems so strange to somebody who comes across this for the first time. Of course, I am the body, mind and ego – who else am I? As long as we do not Realize the Truth of who we truly are, we will live and die with a false identity. We will not discover the Truth of this 'I'.

We human beings are clear about the computer. We know what the hardware is and how different it is from the software. Neither can the hardware work without the software nor can the software exist without the hardware. But even if hardware and software are available, the computer cannot be switched on without the power supply. Those who Realize the Truth, realize that I am not the ego, but the Power that makes the ego live in the body-mind complex.

REALIZATION - 37

I AM THE DIVINE SOUL

While I am sure that I am not the body, I am not the mind, I am not even the ego, I am sure beyond doubt that I am. I exist. My existence is called 'life'. I come alive from the moment of my birth and remain alive till my death. At death, my existence is over. The body that I seem to be is burnt or buried. The mind and ego are nowhere in the scene. Even my name which was given to me, will cease to be the 'I' that I always thought I was. All these years, I told everybody a lie! 'I am John. I am happy! This is my house. These are my parents.' At death, the body of John is in the house, but where is John? He is no more! He is not this dead body, nor the Mind and Ego that he always thought as 'me'. He was that Power that made him Conscious, whether he was awake or asleep.

A very few amongst us, who go in quest of the Truth, to find the answer to the question, 'Who am I?', realize that I am not the body, mind and ego. I am the Divine Soul. We may call this Power the Soul, the Spirit, the *Atman*, or anything else, but I am that Power that came alive even before I was delivered on planet earth. I came alive at conception, 9 months before. Around me the body was formed. When this body dies, I will leave the body and merge with the Supreme Soul, the Power that is everywhere. I am That, the Divine Soul, not this body, mind and ego. This is my ultimate goal, to realize who I am not so that I can realize who I truly am.

REALIZATION - 38

I AM NOT 'I'

The seekers of Enlightenment who go on a quest, start finding pieces of the Spiritual Jigsaw Puzzle. Just like any puzzle, unless a few pieces are put in place, we cannot find the rest of the pieces. In the Spiritual Jigsaw Puzzle, these Realizations are most important. I am not the body. I am not the mind. I am not the ego. But I am. I exist. Who am I? I am the Divine Soul. Unless I first realize I am not the 'I' that I always thought I was, I will never realize who I truly am.

Enlightenment is all about finding an answer to the question – Who am I? Most of humanity lives and dies, thinking they are the name and the title that appears on their visiting card. They think that they are the photograph on the ID card. They see this picture every day in the mirror, but they don't realize that who they see in the mirror is not 'I'. When our school friends show us a very old picture that was taken in class, don't we ask the question, 'Where am I in the picture?' Then, they mysteriously point out to where we were standing. From the time we are kids, till the time we die, we live as this 'I'. Alas! We do not Realize the Truth- I am not I.

If I am not I, but I am, then who am I? It is easy to realize who I am not, but very difficult to realize who I am. The moment the pieces of the Spiritual Jigsaw Puzzle fall into place, the Truth will be revealed. I will realize the Truth of who I am. I am that Power that makes me walk, talk and live. Who is this I?

REALIZATION - 39

THE SOUL IS THE DIVINE ENERGY

Unless we do not realize who we are not, we will never Realize the Truth of who we truly are. We know for sure that we are not the body that will die. We are not even the mind that we cannot find. Even the ego that says 'I' is not I. But then, who am I? I am sure that I am. If I was not, then I could not walk, talk and move. I am alive, and now I realize I am that Power that gives Consciousness to my body and mind to live. I am not this that I appear to be. I am *That* – the Power.

Somehow, I easily understand the hardware, software, and power supply in a computer. But is it so difficult to understand that there is a power supply in the human-computer? The Power comes alive at conception and departs at death. We have no doubt about this. Without the Power, there would be no conception and as long as the Power exists, we are alive. When the Power leaves, we are dead. What is this Power we call the Soul, the Spirit, the *Atman* that we now realize we truly are?

The Soul is Energy. It is a Power that is in you, just as it is in me. It is this Power of the Soul that we call 'life'. It is just like the electricity that makes the bulb glow. We cannot see the Energy until the bulb is switched on. If we want to feel the electricity, we can put our hand into the filament, but we dare not! We know the Power that is outside us, but we have not realized the Divine Energy, the Power that is inside us. I am that Divine Energy.

REALIZATION - 40

SELF-REALIZATION LEADS TO GOD-REALIZATION

Many of us want to find God. We want to see God, meet and talk to God. We hope, wish, and pray that one day, the Divine Master will appear and bless us. But this is a fantasy. We cannot find God. We have to *realize* God. Just like air exists, but we cannot see air, God is invisible. Just like electricity powers our lights, our gadgets, God powers our life. But we can only experience God. We can't see the Power. We have to Realize the Power. How is this possible?

Those who go on a quest, realize that the way to God, to Realize God, is first, Self-realization, and then God-realization. Unless we realize God within, unless we experience the Power of life that is throbbing in our heart, we will never realize God.

Self-realization means I am not the body. It is realizing that I am not even the mind and ego. I am the Divine Soul. Realization is not knowledge. Anybody who reads this, therefore, should know it. But knowing is not Realizing. When we open our *real* eyes and discover the Power within, this is Self-realization. This starts our journey to God-realization.

God-realization is only possible after Self-realization. Once we realize we are the Divine Energy manifesting as the body-mind complex, we not only realize we are the Divine Soul, but also realize that all living beings are alive because God is within them. This is God-realization.

REALIZATION - 41

THE SOUL IS A GOD PARTICLE

What is the Soul? The Soul is a particle of Energy. This Energy is nothing but Divine Energy. Therefore, the Soul is nothing but God. If we are not the body, mind and ego, but rather the Soul, then we are a particle of God Energy. This means we are the Energy of God, manifesting as a body of over 30 trillion cells. Our mind will not let us Realize this Truth easily. But this Realization is the way to Enlightenment.

We start this journey of life as a single cell, as a zygote in our mother's womb. Then the cells multiply to become the embryo that is finally born on earth. This is accepted by science as it is monitored through scanned images of a pregnant woman. Science has gone one step further to take the smallest particle of a human cell and discover that the cell is in essence Energy. Self-realization will make us realize that we are the Divine Energy, that appears as the human body. We are the Soul, the Divine Power that is God appearing as us. Just as the wave appears from the ocean, the Soul is just an effect of the cause. It is a manifestation of the Divine Power. Unless we realize this, that we are not the body that we appear to be, we are the Divine Soul, we will never realize the Self and God. However, the moment we Realize the Truth, the moment we are enlightened about who we are, we can begin to see a glimpse of the picture of the Spiritual Jigsaw Puzzle. We have to put a few more pieces in place, a few more Realizations. But we have already got a peek at what we went out to seek.

REALIZATION - 42

WE ALL ARE THE SAME SOUL

Many of us wonder where do these billions of Souls come from, where do they go? We are not able to Realize the Truth that the Soul is everywhere.

If we take a dead balloon and blow air into it, the balloon starts bouncing with life. If we burst the balloon, where does the air go? The air in the balloon merges with the air that is everywhere. So does our Soul. Just as we cannot retrieve the air that was in the balloon because it becomes one with the atmosphere, the Soul that kept us alive merges with the Universal Supreme Soul that is present everywhere. It is very difficult to understand this. We have to realize it.

How do the lights in your house switch on? They are powered by electricity. The same electricity powers the television and your gadgets – your hair dryer and kitchen equipment will not work without the power. Although it appears as they are different gadgets, lights and electrical equipment, the power that makes them function is the same. So also, we human beings may appear to be different entities, where you are different from me, but the Power in you and me that makes us live, walk and talk, is the same. If you and I were to die at the same time, the Power in us would leave the body and merge. Imagine, if that were to happen in a room that was airtight and sealed, what would happen to our Souls. The Soul in you and me seems separate, but in reality, it is the same Energy of God.

REALIZATION - 43

I AM NOTHING, GOD IS EVERYTHING

What do all these Realizations lead to? These Realizations lead us to discover the fact that in reality, we are nothing! We are just the Energy of the Divine that manifests as the human body. The Energy of God creates life in us as we are conceived and born. It is the Energy of the Divine that makes us live. The moment the Energy leaves, we will experience death as there would be no breath.

What are we without Divine Energy? What are we without the Power of the Soul? We are nothing! We come from God, and we go back to God. Our source is God. Because we continue to live in ignorance covered by layers of myth, this becomes a thick blanket that envelops us in darkness. We think we can make the impossible possible, but we don't Realize the Truth that without the Divine Power, even the possible will become impossible.

This is Enlightenment. Realizing the Power of God in you and me will make us realize the Divine presence in everybody and in everything. However, not everybody can solve this Spiritual Jigsaw Puzzle. Most of us fumble to see the real picture, although we have all the pieces of the Spiritual Puzzle in front of us. Only those who are sincere seekers will go in quest of God. They will find the true purpose of life as they realize who they truly are and why they are here. They are the ones who will solve the puzzle and be liberated from all suffering.

REALIZATION - 44

GOD IS WITHIN

Why do we search for God in a temple or a church? From the time we grow up, we are taught that God is a mysterious and mystical being who lives in heaven. We are shown images of God, and we are taught to seek God. Nobody ever tells us that God is within. God is not far away, in the stars. God is very near to us. God is in the flowers. God is in you. God is in me. It is God's Divine presence that makes us live. Man does not realize that his life does not depend on the beats of the heart, but rather the grace of God. Have you ever touched your chest to feel the Power that is pumping inside? Have you ever stopped to contemplate the Power that makes you see, makes you talk, makes you walk? Because we do not realize the presence of God within, we continue searching for God. But the moment we realize that God is the very Soul that makes us live, we are enlightened about the Truth of life.

Somebody who is not on the Spiritual journey, will scoff at the idea that God is within us, that we are nothing. We are, in reality, God appearing as man. We are the Energy of God that manifests as the 30 trillion cells of the human body. This is the Truth. We cannot deny it. God is in you and me. Because we are Spiritually blind, we don't realize the Divine presence within. If a blind man questions the existence of the Eiffel tower, as he stands in front of it in Paris, does it mean that the tower doesn't exist? So also, those who are Spiritually blind are unable to experience God within.

REALIZATION - 45

GOD IS EVERYWHERE, IN EVERYTHING

Why do we teach our children fairy tales about God? Why do we tell them lies that God lives somewhere in the stars? It is because we are ignorant. We don't know God. We have not realized God. Those who Realize the Truth, realize that God is everywhere, in everything. In fact, everything that we see, is God appearing as you, me, the beautiful flowers and the trees, the butterflies and the bees, even the mountains and the seas. Every particle of existence on earth is God.

Thousands of years ago, Spirituality claimed that God was the one reality, and everything else, an illusion, just an appearance. Man could not understand this. But today science has put together a principle that states that every particle of matter is nothing but Energy. What is this Energy in you, me and everything? It is the Energy of the Divine.

However, without Enlightenment, without the Realization of the Truth, we will continue to believe that God is an old man, with a long white beard sitting somewhere in the clouds. We will not Realize the Truth that everything that appears so beautiful around us, is nothing but God. The Truth is God is everywhere, in everything. We have to Realize this Truth. Knowledge is not enough for us to experience God. The Sun that glows, the water that flows, the wind that blows, are all due to the Divine Power. Unfortunately, we grow up believing in the Gods of our religion and we never Realize the Truth. We live, we die, and we return to earth again.

REALIZATION - 46

GOD IS NOT A STATUE OR A SAINT

Who is God? Where is God? What is God? We may not know the answers to who, where, what God is, but we know that God is. Unless we Realize God, we will always be confused about the one we call God. As kids, we are taught to go to a temple, or a church. We are never taught that for God we must search. We imagine God to be a statue or a saint that lived long ago. We believe in all the fairy tales about God, but never Realize the Truth that God is not a statue or a saint. God is a Power that no human being can paint.

As long as we live in ignorance and don't Realize the Truth about God, we will always be mystified and think of God as one with the elephant head or who looks like a monkey. Isn't it sad that we give God such forms and beautify Him sitting and riding on animals, living somewhere on top of mountains or in the distant oceans, or high up in the skies? Realization will make us realize that God is not made of bone and skin. God is a Power that lives within. Still, we want to see God, we want to find God! It is this ignorance that stops us from realizing God. A devotee once pestered his Spiritual Master to reveal God. The Master tried very hard to explain that God was a Power, but the devotee was not convinced. How can it be? One day the Master got a chance. 'Come, I will show you God,' he said. He broke a bulb and asked the devotee to put his hand in the filament. Spontaneously the devotee did it, only to jump in agony shouting, 'Ahh…..!' Just like this Power, God must be experienced, must be realized.

REALIZATION - 47

GOD IS NOT IN A DISTANT HEAVEN

Because we live in ignorance, it is very easy to believe in the fairy tale that God lives somewhere up in the stars, or on a planet like Mars. Because we do not solve the Spiritual Jigsaw Puzzle, we do not Realize God in the flowers. If you stop for a moment, you will experience the Divine all around you. But instead of being Spiritually connected to God, if we are connected to the material world, we will live with the fear of God rather than with faith in the Divine.

It's a pity that people still believe that one day, after they die, they will come face to face with God. There will be a day of judgement, and they will be rewarded or punished based on their sins. They do not stop to Ask, Investigate and Realize the Truth. How can we go to God when our body dies, and we are returned to dust? We become nothing! Then, who will go to God in the distant heaven? The fairy tales about heaven and hell are packed with untruths, but unfortunately, because of our ignorance, we believe in them.

God lives in the temple of our heart. The kingdom of God is within you. All scriptures talk about God being with us all the time. They talk about God being the Power that gives us breath, without which there would be death. The scriptures even state and explain that God is very close to us. He is with us wherever we are. He is in our every breath. Because we do not interpret the scriptures correctly, we do not Realize the Truth.

REALIZATION - 48

SCIENCE HAS DISCOVERED THAT EVERYTHING IS ENERGY

Many years ago, science recorded the Law of Conservation of Energy, also known as the first law of Thermodynamics. The Law states that Energy can neither be created nor destroyed. Energy can only be transformed from one form to another. This is a scientific principle, not just some spiritual jargon.

Recently, when scientists were experimenting, they took a human cell and put it under a microscope. They saw everything within the cell till they went deeper and deeper to discover what they called the Quark. It is the tiniest elementary particle of matter, much smaller than protons, neutrons, and electrons that finally build up into an atom that we are familiar with. In one such experiment, the scientists found that the Quark suddenly disappeared. They related it to the Law of Conservation of Energy and realized that actually, the particle of matter had transformed into an energy wave. As they were recording their observations, the particle reappeared. It was a great discovery for science – that a particle of matter is nothing but a wave of energy. They called it Wave-Particle Duality.

What has this scientific discovery got to do with Enlightenment? This only proves that we human beings are millions of cells made up of atoms and Quarks that are in reality, nothing but energy. We may appear to be a mass of cells but even science endorses that we are nothing but energy. What is this Energy? It is Divine Energy.

REALIZATION - 49

EVERYTHING BEAUTIFUL IS DIVINE

We are so enamoured by beauty, but we have not realized the source of true beauty. While material products may excite us, the beauty in nature creates an ecstasy in the heart of man. But where did this beauty come from? Who created all this beauty? Haven't you seen a stunning sunset where the colours reflect in the sky and linger on till it is dark? Have you stopped to see the beauty in a tulip, a rose or a water lily? Does your heart dance in the morning when you wake up by the singing of the birds? If you look around, there is so much beauty. The joy that one gets with the wagging of a pet dog's tail is priceless! A newborn baby rabbit is sure to bring a twinkle to the eye. The list is endless. Playful dolphins, cute penguins, and the beautiful underwater world that dazzles with colourful fish, can all be stunningly beautiful.

We are familiar with the beauty. But we are ignorant of the fact that it is the Divine that is the cause of all this beauty. There is a Power that has created all this. All this beauty is a manifestation of the Divine. But we are so caught in this material world that while we sometimes capture the beauty, we do not realize that it is the Divine.

The Truth is God is Beautiful. The Truth is that when God departs from the most beautiful of living beings, a woman, a butterfly, a bird, a flower, the beauty disappears. Because we have been taught the myth, we don't Realize the Truth. We must unlearn what we have learned. Only then, will we be enlightened and experience God in the beauty all around us.

REALIZATION - 50

GOD DOESN'T CONTROL EVERYTHING THAT HAPPENS

Isn't it commonly believed that God is controlling this universe? When somebody becomes helpless, and there is no solution to their problem, they turn to God. We believe that God can solve any problem, is capable of any miracle. What is the Truth?

Of course, God controls everything, but God does not micromanage everything that happens on earth. Imagine 8 billion people, each performing hundreds of actions every day, being monitored by God on a minute-to-minute basis. How could this be possible?

God governs the universe through Universal Laws. Aren't we familiar with the Law of Gravity? When we throw something up in the sky, does it fly away? A power pulls it back to the centre of the earth. If this gravitational force was not present, then all of us would be flying and so would our mobile phones, laptops, tables and chairs! Even science accepts through inference, the presence of the Law of Gravity.

Who controls the earth's rotation that happens precisely once in 24 hours, causing day and night? Who controls the revolution of the earth around the Sun, once in every 365 ¼ days? The Creator controls everything that happens on earth through Universal Laws. There are several such laws, by which our world is governed.

REALIZATION - 51

BAD THINGS CAN'T HAPPEN TO GOOD PEOPLE

Have you ever seen apples grow on mango trees? Why not? Because of a Universal Law – *As you sow, so shall you reap*. Just like the fruit on the tree depends on the seed that we plant, our destiny depends on our deeds.

Bad things can't happen to good people. Whatever happens, is just a reaction to our own action. Such is the Law, the Law of Action and Reaction, popularly known as the Law of Karma. If bad things are happening, it is only because a bad deed has not been settled. The Universal Law will make sure that every deed, good or bad, is redeemed. If it is not in this life, then Karma will settle the deed in the next life. In fact, it is our Karma that causes our birth. It is not luck, fate or serendipity. Everything that is happening in our life, is nothing but Karma, our own action that is coming back to us.

If only we Realize the Truth about the Universal Law of Karma, we will not regret and cry whenever an unfortunate episode happens in life. We would accept it gracefully and joyously, knowing that our bad Karmas have been written off. Unfortunately, we have not Realized the Truth about life, about Karma, about God, about the Universal Laws. Because we are not enlightened with the Truth, we not only believe in all kinds of fairy tales but we are also controlled by superstition, rituals, dogmas that make us miserable as we continue to live in ignorance, under the influence of ill-founded beliefs and traditions.

REALIZATION - 52

THE MIND IS OUR BIGGEST ENEMY

Isn't it strange, we think our mind is king, we think our mind is everything, but in reality, it is a monkey? It is a naughty rascal. It steals our peace. It is our biggest enemy! Not only does the mind make us live with fear, worry, stress and anxiety, it also stops us from achieving our ultimate goal. It stops us from realizing that we are the Divine Soul.

The mind is a thought factory. It produces a thought practically every second. This can be up to 50 thoughts a minute – a whopping 50,000 thoughts a day! What do these thoughts do? They create layers of ignorance and make us sink in the Cosmic Illusion. The mind fools us into believing – I am this body, I am the mind. It is the cause of our ego. It stops us from overcoming ignorance and Realizing the Truth. It stops us from Enlightenment.

What does every human being seek? We seek happiness. Happiness is a state of being that is built on the foundation of peace. Without peace, there can be no happiness. Peace is within us. But the mind is a thief. It robs our peace! Therefore, it is the biggest criminal and it does not let us realize this. It makes us live as the body, mind and ego and accumulates Karma. Then, the body dies, but the mind doesn't leave us. It returns along with the ego in a new body as per its Karma and it makes us suffer, again and again, life after life. We must kill the mind before the mind kills us. But how can we, when we can't even find the mind?

REALIZATION - 53

THE MIND CAUSES FEAR, WORRY, STRESS, AND ANXIETY

What is the cause of fear? Fear is not a real danger. It is FEAR- a False Expectation Appearing Real. Who makes us fear? It is our mind. It senses a danger when there is none. This steals our peace of mind. The mind bombards us with thoughts again and again and creates a phobia. We become paranoid and our life escapes us as we live in fear. Not just fear, the constant thinking of our mind makes us worry. The mind makes us imagine so many things. First, it jumps to the past that is gone, and then later, into a future not yet born. We all experience hurts, but the mind creates thoughts that make us nurse, curse and rehearse our hurts. Then, our thoughts make us worry about what is going to happen. Although we have the capability, the courage and the resources to face the future as it unfolds day after day, the mind destroys our peaceful moments by creating stress. It behaves like an automatic gun that riddles us with a barrage of thought bullets that can be more dangerous than a weapon. Haven't we experienced imaginary anxiety attacks? Who causes all this? Who makes us depressed and dejected? Who is the cause of our misery that even leads us to thoughts of suicide? It is the rascal mind! It steals our Consciousness, the ability to be still, to be peaceful and blissful. It stops us from our contemplation of the Truth and confuses us about the true meaning of life. Not only does the mind trouble us when we are awake, but it also doesn't spare us even when we are asleep as the mind dreams nightmares.

REALIZATION - 54

EGO CREATES ANGER, HATE, REVENGE, AND JEALOUSY

While the mind creates fear, worry, stress, and anxiety, it becomes even more dangerous when it joins the ego and becomes the ME, the Mind and the Ego. The ME is what makes us live with the feeling that I am everything. It robs us of our humility. It creates anger, hate, revenge, jealousy and many more evils, as it fools us into believing the lie that we are this entity of body and mind.

What makes us agonized and anguished? It is the ego. What is the cause of us flaring up with anger? *Because I wanted something and you did not fulfil my expectation, I got upset!* If there was no ego, there would be no 'I'. But for this, we need Enlightenment. Because we are not enlightened with the Truth, we hate people, because we consider them to be different from us. Their religion is different, their nationality is different. We not only create poisonous thoughts because of our hate, but we also want to take revenge to settle a score. All this is caused by our ignorance, led by the ego and fuelled by the mind. It is the ego that experiences the agony of jealousy. Otherwise, why would we be bothered about what others have? It is the ignorance of the ME, the Mind and the Ego, that stops us from Realizing the Truth that nothing belongs to us. The Mind and Ego, ME, fools us into believing the myth as it conceals the Truth about life. Unless we stop the mind from its thoughts and transcend the ego from its feeling of 'I', 'my', 'me' and 'mine', we will continue to be miserable and suffer.

REALIZATION - 55

WE MUST LET GO OF THE EGO

What is the way to Enlightenment? What is the way to peace, joy, and bliss? It is overcoming our ignorance about who we truly are. We are not this body that starts as a single cell and ultimately dies. We are not even the mind that we cannot find. Then, who is this ego that is constantly saying 'I'?

The ego is born out of ignorance. It is caused by the Cosmic Illusion. We are taught that we are the name that we are given when in reality, that is not our true identity. We are taught to compete, to succeed, to earn, when in reality, nothing will belong to us. We are made to believe that we are this body and mind, and this ignorance stops us from realizing we are the Divine Soul. We develop an ego that is born out of ignorance. The ego separates us from each other, and it is this difference that we create that is the cause of our misery. What is the solution?

We must let go of the ego. We must realize that we are nothing! We are not this body that we appear to be. It will return to dust. We are not even the mind and ego that says, 'It is ME'. When we realize this, when we let go of the ego and transcend the mind, we will be enlightened with the Truth that we are the Divine Soul. This will lead us to a state of eternal bliss and everlasting joy. But how can we let go of the ego when it is refusing to let go of us? This is our life's biggest challenge! Unless we let go of the ego, we will never Realize the Truth. We will continue to suffer.

REALIZATION - 56

THE ME, MIND AND EGO, TRIES TO DEFEAT REALIZATION

Not only does the mind bombard us with thoughts and make us suffer, it also confuses us about the Truth that otherwise stares at us in our face. We know that we come with nothing, and we go with nothing. We know that death is certain. We know that there is no need to worry. What stops us from realizing what we know? The mind joins the ego and tries to defeat the Realization of the Truth. If we Realize the Truth, the Mind and Ego, ME, will cease to exist. We will attain that state of Consciousness and we will transcend the ME. Therefore, the mind and ego try very hard to stop us from Realization. It is ME, the Mind and Ego, that is the real enemy of Enlightenment.

As we try to put the pieces of the Spiritual Jigsaw Puzzle together, the mind and ego try to trick us and confuse us. Although we know we are the Divine Soul, not the body, the ego makes us believe that we are ME. It creates attachment and greed and tries to defeat our Enlightenment. As long as the mind and ego are dominant and we make them the rulers of our life, we will suffer the pain of the body, the misery of the mind, and the agony of the ego. The moment we realize we are not the body, mind, and ego, we are free from this triple suffering. But the mind and ego create a war within. Every Realization is defeated by thoughts of fear and worry, and feelings of 'I'*ness* and 'my'*ness*. If we want to be enlightened and Realize the Truth, we must go beyond the Mind and Ego, ME, which we are not. What is the way to live as the Divine Soul, in peace and bliss?

REALIZATION - 57

WE ARE NOT THE MIND AND EGO, ME

Even after reading this a hundred times, that we are not the mind and ego, we still don't Realize this Truth. This is the central piece of the Jigsaw Puzzle. This is the essence of our Spiritual success. This is the key to our Enlightenment. We know we are not the Mind and Ego that is ME, but we do not realize it. How can we be sure of this?

The moment we realize we are not ME, the Mind and Ego, our life will be transformed. Somebody who says, 'I am not the ego, I am not the mind,' does not necessarily realize who he truly is. Enlightenment is all about Realization. We must open our real eyes.

The biggest challenge in this world is to still the mind. It is more difficult than becoming the richest man in the world or becoming the President of the world's largest country! Unfortunately, we don't know anything about the mind. We don't even know where it is! If we go in search of the mind, where it is, we cannot find.

Once we are able to still the mind, we have to transcend the ego. Who is this 'I'? Is it the body? But the body was just a single cell, a zygote before the embryo formed all the organs and we were born on earth. Is this 'I' that tiny baby that grew up? One day the body will die, and we will not realize that it was the ego that made us believe that we are the body that we are not.

REALIZATION - 58

WE MUST TAME THE MONKEY MIND

What is the way to Enlightenment? It is as simple as taming the monkey and making it a monk! However, this becomes impossible when the monkey is none other than the mind! One who tames the monkey mind achieves the ultimate goal of life.

The whole world is talking about meditation. What is meditation? It is the ability to silence the mind. It is the ability to be Conscious, or thoughtless. It is this state of thoughtlessness that becomes the state of 'Mindfulness' or 'Consciousness' that leads us to Enlightenment.

As long as the monkey mind is jumping from thought to thought, our knowledge will never become Realization. The mind fills our life with junk, and the only way out is to make the monkey mind a monk! Spirituality teaches us the art of taming the monkey mind. It leads us to master the art of meditation. Meditation is not sitting in a fancy position and letting the mind wander from thought to thought. True meditation is becoming the witness, the observer of the mind. Once we do this, the mind becomes Conscious and becomes still. It is in this stillness that we can contemplate and Realize the Truth. We all experience the monkey within. We are thinking of something, and in a flash, we lose sight of that thought. It is this monkey that robs our Enlightenment. To Realize the Truth, tame the monkey and make it into a monk. Otherwise, our life will be full of junk!

REALIZATION - 59

THE MIND IS DIFFERENT FROM THE INTELLECT

Most of us think that the mind and the intellect are the same. We don't realize that the intellect is different from the mind. We do not discover the true treasure of the power of discrimination that is needed for Enlightenment.

The mind produces thoughts. These thoughts make us sink in this world of pleasures and possessions. It is the mind that traps us in the Cosmic Illusion. How do we escape from the influence of the mind? Every human being has been gifted a unique domain in the subtle body. This power within us is not the brain or the mind, it is the intellect. We often confuse the mind and the intellect because both are subtle and invisible. Along with the memory and the ego, they form our subtle body, also known as the 'inner instrument'.

The job of the mind is to produce thoughts. The responsibility of the intellect is to discriminate, whether the thought should become an action or not. If we do not activate the power of the intellect, the mind rules over it and stops us from the Realization of the Truth. A few amongst us are fortunate to develop and activate our intellect. We make the intellect control the mind. Not only do we discriminate every thought, but we also use the power of our choice and our willpower to control the monkey mind. It is this treasure of the intellect that is our hidden key to Enlightenment. Unfortunately, very few people differentiate between the mind and the intellect and make the intellect a master of the mind.

REALIZATION - 60

THE INTELLECT MUST CONTROL THOUGHTS

Why have we human beings been given intelligence? It is to be able to choose, to differentiate, to discriminate, what is wrong from what is right, to separate black from white. The mind is a thought factory. It continues to produce thoughts incessantly. It does not gives a chance to the intellect to discriminate. Inspired by the 5 senses of the body - our eyes, ears, nose, tongue and skin, the mind is producing a new thought every second. If these thoughts are not controlled, they become feelings and then actions. These actions become our Karma and we will bear fruit for each uncontrolled action that is born from our thought. We must use the power of the intellect to control our thoughts. Thinking is an important faculty, but it must be controlled by the intellect. It is the uncontrolled mind that becomes a monkey and destroys our Realization. When the intellect directs the mind and discriminates thoughts, it becomes the controller of our life. This is our challenge. To be enlightened with the Truth, we must not let the mind influence and control our life. We must put the intellect in charge. Those who do not have a well-developed intellect, become slaves of their mind and their thoughts, and they helplessly perform actions that make them sink in this material world. They do things that they do not want to do because they fail to use their power of discrimination, which is a gift that only human beings are blessed with. That is why an intelligent man is the only creature who is capable of being enlightened and liberated . If he does not use his intellect, man too will live and die like an animal.

REALIZATION - 61

THE MYTH IS DIFFERENT FROM THE TRUTH

From the time we were children, we were taught fairy tales. We are told about heaven and hell, and how after we die we will go to either one based on our actions. This is not the Truth. It is a myth and though, many of these myths are meant to help us evolve on the path of right action, they actually make us sink in ignorance and stop us from being enlightened with the Truth.

What is the Truth? Every 'body' must die. The body returns to dust. It is the end for that living being. The ME, Mind and Ego, takes a new birth. The power within is none other than God. God is the very Soul, the Spirit, the *Atman*, that is inside each one of us. This is the Truth. Unfortunately, because of the myth, the Truth is shadowed, and the myth is highlighted.

We believe God to be a statue, a saint, in a temple or church, living somewhere far away in the stars. Myth makes us believe that our ancestors are still alive, in the same body that they lived, although the Truth is that their bodies disintegrated into dust, in front of our eyes. It is the myth that makes us believe that it is my house, my money and my children, when the Truth is nothing is ours. We come with nothing, and we go with nothing. We all know the Truth, but we are brainwashed with the myth. We let the myth become mythological stories that we not only believe in but also teach our children. This is the biggest sin we commit. We must separate the myth from the Truth. This is the only way to Realization and Enlightenment.

REALIZATION - 62

MY BIRTHDAY IS NOT MY REAL BIRTH DAY

Don't we celebrate our birthday every year? We think it is the day we were born. But this is the biggest lie of our life. It is a myth that continues to make us remain in ignorance till our death. Every time we celebrate our birthday, we fool ourselves into believing that we are this, the body, who has completed one more year of life on earth. This is not true. The body was formed after we were conceived in our mother's womb. We are not this body that starts as an infant, grows up and ultimately dies. We are the Power that is throbbing within every cell. We are the Divine Soul. Unless we find this piece of the Spiritual Jigsaw Puzzle, we will never realize who we truly are. We will never reach that state of Self-realization that will take us to God-realization.

One of the first challenges of our life is to realize we are not this body and celebrating our birthday takes us in the opposite direction, away from Enlightenment. Those who are told, 'Your birthday is not your 'birth' day,' are flabbergasted initially. When they are told that everything in their ID card is fake, they are bewildered, that not only is their date of birth wrong, but their name is also not their true identity. It is just a name. Their permanent address is not their permanent address! And their photograph on their ID is a body that they are wearing. It is not their true self. A few fortunate ones who Realize this Truth, move towards solving the Jigsaw Puzzle of life. They are the ones who are liberated from all misery and sorrow.

REALIZATION - 63

WE SHOULD NOT PRAY FOR PEOPLE WHO ARE DEAD

Why do we pray for our ancestors? Somebody lived and died. We burnt their body and even dropped their ashes in the river. Then, we come back home and put up their picture in a frame, garland them and light incense sticks. This is the height of ignorance! We pray for their Soul to rest in peace when their Soul has already merged with the Divine Soul. They are non-existent, but we continue to pray for the dead and fill garbage in our head. When we are having a cup of coffee and the coffee is over, do we continue to sip the coffee from the cup again and again? Do we wake up the next day and sip the same cup which has imaginary coffee? The coffee was over yesterday. We human beings are intelligent enough to understand this. Why then, do we ignorantly pray for the dead?

Those of us who fool ourselves into believing that this is love and respect for our ancestors, must Realize the Truth that all that love and respect should have been expressed when they were alive. There is no use in praying and performing rituals for somebody who does not even exist. When we live with memories of the dead, we are stealing away moments of our life. Not only are we losing valuable time, but we are also programming ourselves with the wrong software that will take us away from Realization and Enlightenment. Instead, we should spend our time to Ask questions, Investigate and Realize the Truth about life. We must not just live and die, believing in the lie.

REALIZATION - 64

ONLY THE MIND AND EGO, ME IS REBORN

After we die, will we be reborn? Yes, we will. But who will take another birth? Will the same body come alive? We know for sure that all those who have died, never return in the same body. That person with his name, his body, his possessions, his relationships, finishes his life journey. Who is reborn? It is his Mind and Ego, ME. His gross body, made of bone and skin, returns to dust. His subtle invisible body that drove him to act, carries those unsettled actions and comes alive in a new body. Such is the Universal Law! Every action must be settled with an equal reaction. When the body dies, the one who was alive carries unsettled actions and is reborn in a new body. Whether we have committed sins, or have good deeds to our credit, the body will suffer or enjoy them only till death. Death is not the end. It is just a bend. *I will not die, only my body will die. I will come back to settle my actions, my Karma*.

How can we believe that such a law exists? Through inference! Just like we believe in gravity because the ball we throw up in the air is pulled back, so also, we believe in Karma, because a young innocent child is born blind. The Creator is not cruel. This child is blind because of its Karma, its past actions. The body of the child is new, but the Mind and Ego, ME of the child is that of somebody who lived before. The ME is reborn with negative Karma that needs to be settled and thus, the ME, Mind and Ego, returns to earth as per its Karma. This is not a fairy tale, it is a Universal Law.

REALIZATION - 65

IGNORANCE CAUSES REBIRTH

Why is it that we must be born on earth again and again? Although we know that everybody who is born on earth will suffer, why do we return to earth in a rebirth? It is because of ignorance. We do not realize the cause of rebirth. We do not realize that it is Karma or our past actions that bring us back to earth to settle our past deeds. If there was no Karma, then there would be no rebirth. But how is it possible for a human being not to have any Karma? We must Realize this Truth.

As long as a human being is alive, he will perform actions. There can be no freedom *from* action. But what we don't realize is that while there can be no freedom *from* action, we can have freedom *in* action. What does this mean? Although this body and mind is performing actions all the time, I am not performing the actions. I am not the body that is performing the actions, nor am I the ME, Mind and Ego that directs the action. I am the Divine Soul. The moment I realize this, then, I am free from Karma and free from rebirth.

Unfortunately, we live in ignorance. We do not realize who we truly are. Therefore, we accumulate Karma and because of this Karma, good or bad, our actions bring us back to earth. If only we overcome our ignorance, we will disown all Karma. We will not carry the burden of Karma on our head and being free from Karma, we will become free from the constant cycle of death and rebirth. This is Liberation that comes from Enlightenment.

REALIZATION - 66

EVERY REBIRTH IS SUFFERING

Every time a human being is born on earth, the baby arrives crying. Is there a remote possibility that this child already knows that it has to suffer? Buddha, known to be the Enlightened One, the Awakened One, made this profound statement that this world is full of *Dukkha* or suffering. Although life is like a merry-go-round, and we go round and round passing both pleasure and pain, loss and gain, sun and rain, no human being can escape from suffering.

Every human being has one simple goal – to be happy. We spend our entire life trying to be happy, but not many of us learn the art of happiness. We think success is happiness, and we desire and crave achievement. No doubt we experience moments of pleasure and happiness, but we also suffer physical pain of the body, misery of the mind and agony of the ego. No human being likes to suffer. But somehow, we are taught from the time we are children, that suffering is a necessary part of life, that it is an unavoidable evil, that everybody has to live, suffer and die. The secret of how to be liberated from suffering is not revealed to us. We are taught fairy tales that make us believe in the myth, in rituals and superstitions that make us suffer, again and again. We do not Realize the Truth that there is a way to escape from suffering, to escape from this cycle of death and rebirth. It is through *Moksha,* Enlightenment, or *Nirvana.* This is escaping from rebirth and from suffering again. This is our ultimate goal.

REALIZATION - 67

WHY DOES A LITTLE CHILD SUFFER?

Have you ever stopped to wonder why a tiny, innocent infant is born blind? Why is a baby delivered to earth handicapped, physically or mentally? While most of us are born normal, in body and mind, some young children are born with a defect in the heart. There is no end to the number of maladies that a little child experiences. What is the cause of these tragedies?

Those who Realize the Truth understand that whatever is happening in the life of that child is the unfolding of Karma. The little child is a new body. But the one who is alive in that child is a ME, Mind and Ego that is carrying the unsettled action or Karma of a previous birth or births. It is this mind and ego that is suffering, taking the form of the child.

The suffering continues throughout our life based on our past actions. As long as we do not settle all our past deeds, misery will continue to unfold. Such is the Universal Law. Once our past actions are settled or redeemed, the suffering will cease. However, the actions we perform in this life, good or bad, get added to the carry-forward actions that we have brought into the world. Therefore, we are able to control our suffering through our present actions. We can add to the suffering, or we can settle our past sins and be free. Those who do not understand the Law of Karma, feel sad when they see a little child cry and they ask the question, 'Why?' as they look up to a God in the sky.

REALIZATION - 68

DID YOU CHOOSE YOUR BIRTH?

Did you choose your birth? Did you decide which place you will be born, to the parents that you now have? Did you decide your date of birth, your gender and your religion? You didn't choose your birth. While it seems like somebody else chose our birth, the Truth is that we are born based on our past actions or Karma. We human beings imagine that our parents gave us our life, they decided our birth. But deep down in our heart, we know that our parents had a very small role to play. Our parents can't create life!

Everything seems to be happening automatically, without any human intervention. Two cells of our parents merge to become one zygote and it is at that moment, that our journey starts. In the beginning, we are nothing, just a dot, a tiny little cell. It is around this life in that tiny cell, the zygote, that our body is formed in the womb of our mother. Though we know this is the absolute Truth, we do not realize that we were alive much before our birth. It is through the Divine Universal Law of Karma, that we arrived in our mother's womb, to adorn a new body. While there is no proof of all this, there is no doubt that this is true if we use our intellect to infer life and death on earth. We can't deny birth just as we have to accept death. This is not a magic show! We have to understand the logic of how we are born. This will lead us to Enlightenment.

REALIZATION - 69

EVERYTHING IS CONTROLLED BY THE UNIVERSAL LAWS

Everything in this world happens by design, not by default. Everything happens by choice, not by chance. As long as we don't Realize the Truth, we don't understand how this universe is governed by a GOD – Governor Of Destiny. While God is in control of everything that happens in the universe, God does not micromanage the show on earth. Everything is controlled by the Universal Laws. Just as our birth and death are controlled by the Law of Karma or the Law of Action, there are several other Universal Laws instituted by the Creator to govern and ensure order on our planet. Those who Realize the Truth not only accept these Divine Universal Laws, but also surrender to them.

What makes the earth go round and round exactly once in 24 hours? What makes it revolve around the sun in 364 and ¼ days? This is not happening because of the whims and fancies of a magician sitting somewhere in the stars. All this is controlled by a Power we call God. It is the Law of Cycles that causes day and night, just as it causes the seasons that govern life on earth. Most of us are ignorant about these Laws. At most, we are familiar with the Law of Gravity. We realize that gravity exists because every time we throw something up in the sky, it is pulled back to planet earth. We have no other option but to believe, through inference, that there is a force called 'gravity' that operates in a manner that everything is pulled down to the earth. Otherwise, we would all be flying in the sky.

REALIZATION - 70

WHY LOOK UP AT THE SKY, CRY AND ASK 'WHY?'

What do we do when something happens and it is out of our control? A pandemic strikes the world and people who are near and dear succumb to it! We look up at the sky, call out to our God, and cry. Then we ask 'Why?' If only we realize that 'I' will not die, then we will not cry. If only we Realize the Truth that only the body dies, that death is certain, that nobody can escape it, we would not question God, 'Why?' If only we know that God lives in the temple of our heart, we will not search in a temple or a church for that God who could solve our problems, nor would we look up at the sky. We would accept whatever unfolds in our life as the unfolding of the Divine Law.

When apples grow on a tree in our garden, do we question 'Why?' We don't, because we know that the fruit on the tree depends on the seed we plant. Unfortunately, we do not realize that our destiny that unfolds, depends on our deeds. Those who Realize the Truth, do not cry. They do not ask, 'Why?' They go in the quest to find out, 'Who am I?' The realization of this will liberate us from all suffering. The Realization of the Truth will make us overcome our ignorance. As long as we do not Realize the Truth, we will follow the herd. We will believe in the myth and be slaves of fairy tales. We would follow meaningless rituals and believe in superstitions, and our life will be controlled by our ignorance. When we solve the Spiritual Jigsaw Puzzle with pieces of the Truth, we will be enlightened and free.

REALIZATION - 71

OVERCOMING IGNORANCE IS ENLIGHTENMENT

What, therefore, is Enlightenment? Many people find it difficult to understand this term. Enlightenment means to bring in the light. It is overcoming the darkness that makes us blind. From the time we are born, we are covered with layers of ignorance. Layer by layer, this ignorance creates a thick blanket and stops us from seeing the light of Truth. We have to overcome this dark blanket of ignorance, then we will see the light that is within – that is Enlightenment!

We are taught that 'Success is Happiness', that achievement is the way to bliss. This becomes the foundation of our ignorance. Then we are made to believe that God wants our offerings, our money and we think out of ignorance, this will please God. Our ignorance hides the Truth as it projects the myth that we live with. Because we continue to be ignorant, we don't see the light of Truth regarding death and Liberation. Every now and then, when we see somebody die, we realize that they leave everything behind. Nothing belongs to them, not even their body which is buried or burnt, and which returns to dust. Still, our ignorance makes us desire and crave, till we reach our grave. Not just that, after we burn the body of our parents or grandparents and immerse the remains of the ashes in a river, we still believe that they are physically somewhere. This is how deep our ignorance is. One by one, each Realization becomes a piece of that puzzle, which when fitted together, reveals the Truth. This is Enlightenment.

REALIZATION - 72

THE WORLD IS A MANIFESTATION OF THE DIVINE

What is this world? How did it come about? Who created it? What material is it made of - the earth and the skies, the mountains and the seas, the butterflies and the bees, you and me? Because we foolishly look for physical proof or scientific evidence, our ignorance stops us from inference, from Realization, from Enlightenment.

Man's ignorance makes him believe that he evolved from an ape, or he was created by a Big Bang. The seekers of Truth know that this is not the origin. Everything started with the Creator, the Power of the Divine which is beyond human comprehension. This Truth must be Realized.

Today, science has discovered that every particle of matter is nothing but energy. Even we human beings are made up of 30 trillion cells, but ultimately, every cell is energy. Today science agrees with the very ancient belief of Spirituality, that everything in this world is made up of energy. The scientific law based on the principle that energy can be transformed to matter, and that a particle becomes a wave, only endorses the Realization of the Spiritual sages of the yesteryears. What is all this energy? The energy that this world is made up of is Divine Energy, God Energy. This entire universe is not created by God, but rather, it is a manifestation of the Divine. It is God that appears as the world, and as you and me.

REALIZATION - 73

WE MUST RENOUNCE ALL CRAVINGS

What is the way to Enlightenment? What is the way to the Realization of the Truth? What is the way to Liberation from this illusory world? One simple way is Renunciation. We must renounce our passion for the things we desire and crave. When we continue to crave for material pleasures and possessions, we take our ignorance to our grave. The treasure of Enlightenment slips, and we fall into this world and sink into the illusion with our ignorance.

The seeker of Enlightenment realizes the true meaning of Renunciation. To renounce does not mean to give up this world and go into the forest. It does not mean we must leave all our near and dear ones. It does not mean we must give up all our possessions. True renunciation is detachment, which is being able to be free from the attachment of people and possessions. It is living like a lotus in a dirty pond, that still blooms despite its surroundings. It is like being a boat that sails on the worldly waters but does not sink in it till it reaches its destination. Just like the boat needs the water to reach the shore, we too need the world to be able to evolve and transform. Running away from the world may not be the right solution. The right way is renunciation. To renounce is to discipline the body, mind and ego. It is to become a master of our desires and cravings. It is to live with dispassion. It is the Realization that nothing belongs to us. We come with nothing, and we will go with nothing. When we renounce the world, we will find Enlightenment.

REALIZATION - 74

ATTACHMENTS STOP OUR REALIZATION

It needs courage and conviction to walk away from this world. Relationships pull us back and emotions make us sink, as we drink the pleasures of this world. We don't realize that pleasure is not happiness. The Truth is that nobody was ours, and nobody will be ours. Why then are we attached to people and things? It is this attachment that stops us from Enlightenment. It projects the myth and stops us from the Realization of the Truth. The more and more we let ourselves believe that we are somebody's father and son, somebody's beloved, we fool ourselves and this stops us from the Truth. To Realize the Truth, we must know that nothing is ours. Being attached to our wealth and possessions leads us to ignorance that makes us attached and passionate about what we think belongs to us. But in reality, nothing is ours. This Realization will lead to Enlightenment.

It is bad enough that we think ourselves to be the body that we wear and that we are the Mind and Ego that lives as the ME. To add to this bondage of ignorance, when we get attached, we chain ourselves to relationships and possessions that deepen our ignorance. We become prisoners in a jail we create for ourselves and become slaves of our own making. All these add to the layers of ignorance that fill our beliefs with darkness. Attachments create such dense darkness that the light of the Truth can't shine through. The way to Enlightenment is to give up all attachments, to live a life of 'Detached Attachment'.

REALIZATION - 75

WHY EARN FOR OTHERS TO BURN?

Isn't it true that what we earn, others will burn. When we Realize this Truth, we are inspired to see what is eternal and everlasting. Most of us are chasing the shadows of this world. We run after illusions that are not going to be permanently with us. We earn, and we do not spend before our end. We are more worried about others who will live after us, than to realize who we truly are. We live and we die in this ignorance, in this chase for achievement.

Many of us want to make a name and create fame for a false ego that does not exist. When we look back at all the rich and famous who have left this world, not only do we see that they took nothing with them, we also see the memory of their achievement and wealth fade away with time. What did they achieve? Nothing! They lived and they died. But they did not realize the true purpose of life. Most of us are running a race to become an ace. We don't stop to question why we are trying to make more money than we need. Why are we letting greed flog us till our last breath? Instead of living with Contentment and Fulfilment, and moving towards the Ultimate Goal of Enlightenment, we are enamoured by the glamour of achievement, and before we realize it, our life will be over. Stop! We must stop NOW. We must learn the Truth that will enlighten us and liberate us to eternity. Otherwise, we will burn only to return again and again to suffer.

REALIZATION - 76

WE MUST SPEND BEFORE OUR END

What makes us hoard money in the bank, gold in our lockers and treasures in our vaults? It is ignorance. If only the wealthiest of men were blessed with the wisdom to spend before their end, this world would be a paradise. Because of ignorance, the billionaires and millionaires of this world, waste their life by leaving behind their wealth. Because they don't use it, they lose it. Their ignorance stops them from spending what they earn and one day, it is time to go!

We human beings are so indoctrinated with false beliefs that we are busy living our life, first making money that we don't need. Then we live with the worry of losing that money! Then we spend our time protecting this money for others, who don't even care! In the final analysis, we waste our life. Our valuable life gets consumed earning, but then we do not spend before our departure.

A very few people are wise enough to realize this. More people are joining the bandwagon of such learned millionaires and billionaires. They commit their wealth to a cause, they pause, they realize that their life is not just meant to earn, till they burn. Some of them stop and take a U-turn or rather even an exit from the highway of achievement. Either they turn around to give back what they have earned, or they evolve on a new journey that takes them from achievement to contentment and finally, Enlightenment. These are the rare few who achieve the ultimate goal of life.

REALIZATION - 77

WE MUST ACCEPT THE DIVINE WILL

Why are we human beings unhappy? It is because we have not learned the art of acceptance. We have not Realized the Truth that whatever is happening in our life, is happening as per the Divine Will. Whatever is unfolding, is unfolding as per the Universal Law of Karma. This is a Law nobody can escape from. It is the Divine Will and we must accept it.

Because we do not accept whatever happens as the Divine Will, we question it. It is out of our ignorance that we do not realize it is our own Karma, our own action returning to us. Because we have not Realized the Truth about life, we do not realize that death is not the end, that the body dies, but we come back in a new body to settle our Karma.

We question the existence of God because God is a Power beyond human comprehension. We even doubt God's very existence. We don't realize that it is our own mind that creates this confusion. Accepting the Divine Will is thus an important piece in solving the Spiritual Jigsaw Puzzle. It acknowledges various Truths of life and above all, it gives us solace as we live a life of peace and bliss.

We human beings live with the ego, and we want things to happen the way we want things to happen. We don't realize that we are nothing! We don't realize that nothing can stop the Divine Will from unfolding. The only way to live is to learn the art of acceptance.

REALIZATION - 78

WE MUST SURRENDER TO WHATEVER WILL BE

Most of us who do not Realize the Truth about life, live with fear, worry and anxiety. Because we don't know what is going to happen, we assume the worst, and then, we become miserable. Those who are enlightened, learn to live a life of surrender.

When we realize that there is a Divine Power in charge, we live with faith, hope, trust and enthusiasm. We let go as we know that the one we trust will take care of whatever unfolds in our life. We also realize that our past Karma will cause certain things to unfold, and we have no option but to surrender to it. We use our intellect and our free will to make the right choice which will be the cause of our future destiny. Once we do our best, we surrender the rest to the one who controls everything that happens on earth.

Those who live with faith, develop TRUST – Total Reliance Unconditional Surrender To The Almighty. Their FAITH – Full Assurance In The Heart, makes them live with HOPE – Having Only Positive Expectations. All this is possible only when we Realize the Truth that there is a Power that controls everything in this universe, that we are all manifestations of that Divine Power. We are mere actors and this earth, a humongous stage. Everything is part of God's Divine show. We just come and go. Apart from doing our best, as per the Divine Will, we must let go, we must surrender. This is to live as a Realized Soul.

REALIZATION - 79

WE ARE NOT THE SKIN, BUT THE POWER WITHIN

As the seeker of Enlightenment moves forward on his spiritual journey, he realizes many Truths. He realizes that he is not the body that will die. He realizes that he is not the Mind and Ego, ME. He also realizes that he exists, from birth to death, with a name, an identity, that he thought himself to be. But he has one very profound Realization, - we are not the ones who are made of bone and skin. We are the Power that lives within.

Don't we realize that the moment the Power that gives us life leaves, there is death? There is no breath! The priceless body of a human being, with organs that are treasured beyond gold and diamonds, is burnt to ashes. Why? Because without that Power that made our heart beat, we are nothing. Without the energy that made blood flow through our entire body, we are worthless. The bones and skin are considered to be our mortal remains, and they are so useless that even our near and dear ones want to do away with them at the earliest. Why?

The Truth is we are not this body that we always thought we were. We are the Power that gave this body life to walk and talk. Without the Power of the Spirit, the Soul, the Atman, we are capable of nothing. When the Spirit leaves, all our actions, all our functions, everything comes to an end in a flash of a moment. Although we know we are that Power that lives from birth to death, we do not Realize this Truth.

REALIZATION - 80

WE ARE JUST AN INSTRUMENT OF THE DIVINE

What are we in reality? We are not what we appear to be. Realization makes us understand that this body will ultimately return to dust. It is constantly changing. Even the Mind and Ego that has a subtle existence, will end its earthly journey along with the body. If we are not enlightened, the ME, Mind and Ego will be reborn again in a new body and this will happen again and again. But if we realize that we are neither the body, nor the Mind and Ego, we are the Divine Soul, then we Realize the ultimate Truth, that we are a manifestation of the Divine. We are just an instrument of the Creator. God is the cause, we are just effects.

What does it mean to be an instrument of the Divine? It means that we are not the 'me' that we always thought ourselves to be. We are Divine Energy encapsulated in this body, and our purpose is to do His Divine Will as His instrument on His behalf. Our actions are for Him. Unless we realize who we are and why we are here, we cannot live as an instrument of the Divine. Our ego will force us to live as the body and mind and make us create our Karma, which will make us return to earth. However, when we live as the instrument of the Divine, then we act on His behalf. None of the actions are ours. We create no Karma. We are liberated from all suffering as we live in the body-mind complex and ultimately, at death, we will be liberated from rebirth and united with the Divine. If only we realize who we truly are, we can become one with God.

REALIZATION - 81

WE MUST UNLEARN MANY THINGS

To be enlightened, we must wipe out many of the myths we are brought up with. We must clean the glass of our life that is full of mythology and fairy tales. If we don't, we will never be able to Realize the Truth.

Imagine trying to have a glass of water and pouring clean mineral water from the bottle into our used coffee cup. What is the result? The pure water is contaminated by the left-over coffee. Therefore, we are careful to clean every cup before we reuse it. But we don't wash the tumbler that is our life itself. All the pure wisdom that we pour into our life, get mixed up with what we have carried forward as we have grown up.

It is not easy to unlearn what we have learned. This has been learned over many years. How can we suddenly flip over and consider everything we know to be a lie? How can we question our own parents and teachers, our own religion and scriptures? If we want to Realize the Truth, we have no other choice. All along, we have just followed the herd. If we want to be free from the myth and fairy tale of life, we must open our wings and fly like a bird to discover the sky that has always been above us. But we have never had the courage to explore the Truth. We have lived and crawled with all the other creatures on the planet, and like them, we have let ignorance envelop us. If we want Enlightenment, we must realize that it is not possible to learn the Truth, unless we unlearn the lies that we have grown up with.

REALIZATION - 82

HAPPINESS IS A CHOICE

While we all want to be happy, we do not Realize the ultimate Truth about happiness. We do not realize that happiness has 3 peaks. Unless we evolve from the peak of Achievement and cross the plateau of Contentment and Fulfilment, we will never realize that state of eternal bliss and everlasting peace that comes from Enlightenment. We all want happiness, but we all chase happiness instead of learning the art of being happy. We have complicated happiness and made it a product of success and wealth, when in reality, happiness is a state of being. We can be happy if we want to be. Anybody can be in that state of bliss, if only we realize that happiness is a choice. We have been given an intellect to discriminate and to choose, just as we have been given the willpower to do what makes us happy. Unfortunately, if we do not exercise our choice, then we lose this gift of happiness because we did not choose it.

Our mind makes us believe that we must achieve happiness. We get fooled by our mind. We let our need become our greed and we remain unhappy. Realization can liberate us from this ignorance. It makes us realize that actually nothing belongs to us. Neither do we bring anything, nor will we take anything with us. Realization can transcend the desire for possessions. Realization can lead to Enlightenment, the ultimate state that not only gives us contentment and fulfilment but liberates us from the triple suffering of the body, mind and ego. We must choose to be happy!

REALIZATION - 83

WHAT IS OUR ULTIMATE GOAL?

As we keep putting the pieces of the Spiritual Jigsaw Puzzle together, the picture becomes clearer and clearer. The vision of our goal stares at us in our face. Our goal is not success or making money. We will leave everything behind. Wealth and possessions do not belong to us. Even our name and fame will disappear. Why are we chasing these shadows of the material world? Slowly, the picture starts getting clearer. We are not yet enlightened, but we are now passionate in our yearning for the Divine and for Liberation. We give up our goals for achievement and start living with contentment and fulfilment. Still, the goal is far away. Our goal is Enlightenment. We want to transform our knowledge to Realization; we don't want to memorize the Truth, we want to Realize it.

When we started our quest for Realization and Enlightenment, we were looking for Purpose and Peace. Slowly, we found a way to be liberated from the triple suffering of the body, mind and ego and achieve that state of eternal happiness. Still, there is a war within, a war that we have to fight with the ME, Mind and Ego. The goal is to defeat the Mind and Ego, to transcend the ME completely and to live as the Divine Soul. What is this goal all about? It is about being more and more Conscious. It is replacing thoughtfulness with Consciousness. Although we exist in a body-mind complex, our ultimate goal is to live as the Divine Soul.

REALIZATION - 84

THE SOUL IS GOD

We human beings have a faint idea about the Soul. We have learned that somewhere inside us, there is a Soul. But nobody has taught us anything beyond that. Most of us live and die, ignorant of what the Soul truly is.

The Soul is a Power. It is the life energy that starts when it is conceived in our mother's womb about 9 months before we are born. It is the Power of the Soul that creates the organs of our body, as the zygote develops into the embryo. Although science knows and accepts this growth of the embryo, it doesn't credit the Soul for being the source of our existence. Those who are seeking Enlightenment, realize that there is no magic in the creation of this wondrous human body. Every cell of our body is nothing but the Soul Energy. A few of us are fortunate to Realize that we don't have a Soul, but rather, we are the Soul. Every cell of our body is the Soul Energy. This is endorsed by science in the discovery of the Wave-Particle Duality. But what is this Soul Power?

Those in quest of God, the Creator or the Divine, realize that God is not made of bone and skin. God is a Power that is everywhere. It is the very God Power that is our Soul Power within. Every cell of our existence is God. Unfortunately, we don't Realize this Truth. We live and we die, and we don't question, 'Why?' If we did, we would realize that we are nothing but the Soul, and the Power of the Soul is nothing but God.

REALIZATION - 85

THE DIVINE SOUL IS ALWAYS IN BLISS

Is there any secret to why deep within in our Soul, there is bliss? Why is the material world that is outside us so full of suffering? What makes the abode deep within us so tranquil, peaceful and blissful? It is because of the presence of the Soul in each cell within us, which is the Power of the Divine. The Power of the Divine is free from all the misery of the body, mind and ego. Therefore, the Divine Soul is always in bliss.

When we lose sight of the Soul, when we lose the Consciousness of the Truth, and we sink in this material world of pleasures and possessions, we lose the bliss or *Ananda* of the Divine Soul, that is the truth of our existence. The Divine Soul is the Power of God. It needs nothing. Its nature is bliss. When it gets enveloped in a blanket of ignorance of the ME, the Mind and Ego, it starts to believe we are the body and our suffering starts. When we overcome this ignorance and realize we are none other than the Divine Soul, we return to that original state of eternal happiness.

Those who do not Realize the Truth, consider the Soul to be an entity and attribute the Soul to being a happy Soul or sad Soul, a good Soul or a bad Soul! This is a myth; the Soul is nothing but energy of the Divine we call God. When we are enlightened with this Truth, that we are a manifestation of the Divine, that we are the Soul, which is nothing other than God, we attain that state of eternal bliss and peace, as we become Conscious of the Truth.

REALIZATION - 86

THE SOUL IS NOT REBORN

As we keep putting the pieces of the puzzle together, more parts fall in place – that we are not the body, mind or the ego. We are the Divine Soul. We realize that the body must die, but the ME, the Mind and Ego will carry its Karma and will be reborn. This cycle will continue. When death happens, the life Power inside us or the Soul, leaves us and the body returns to dust. The Soul gives Power to the ME, the Mind and Ego as it is conceived in a new body to redeem its Karma.

If we realize that we are not the ME, the Mind and Ego that is caused out of ignorance and are enlightened that we are the Divine Soul, then there is no rebirth for the Mind and Ego. Unfortunately, we have been taught that it is the Soul that is reborn, again and again. We have been wrongly tutored that the Soul suffers. The Soul is the immortal and eternal Power of the Divine. It is birthless and deathless. It is only giving Power to the Mind and Ego, to be born and to live in a body. The moment we are liberated from this cycle of death and rebirth, there is no returning in a new life. Enlightenment reveals that the Soul is not reborn and that we, who are a manifestation of the Divine, are lost in this material world by identifying ourselves as the Mind and Ego that lives in a body. We create Karma and we are born again. When we overcome our ignorance and are enlightened with the Truth, we realize we are the Soul which is never reborn and we, the ME are liberated from rebirth.

REALIZATION - 87

THE SOUL DOES NOT SUFFER

Have you not heard people praying, 'May his Soul rest in Peace?' Instantly, at the moment of somebody's death, we mutter – 'RIP' in ignorance. The person is already resting in peace and will soon be in pieces. Then, what is this prayer, RIP for? We go on to say, 'Let us pray for the departed Soul'. Do we even know what we are talking about? No doubt, something departed that caused death. Otherwise, the person would wake up from his deep sleep. But a dead person never wakes up. The life inside us leaves us. Little do we realize that this life, Spirit, Soul, *Atman* that departs is the Divine or God that lived in the temple of our heart. On leaving us, the Soul merges with the Supreme Soul, that is omnipresent, present everywhere. The Soul does not suffer.

As long as we do not Realize the Truth of the Soul, that first of all, we are nothing but the Soul and the Soul is nothing but a particle of God Energy, we will continue to think that the Soul suffers. The Soul only gives Power to the body, mind and ego that suffer. The Soul does not suffer. We suffer when we do not Realize the Truth that we are not the Body and so we experience physical pain. We become miserable when we associate ourselves with the Mind and we get agonized as the Ego, when we attribute ourselves to be the Body, Mind and Ego. All this happens only when we have life, the life that is powered by the Soul. But the power of life or the Soul, has nothing to do with the triple suffering of the body, mind and ego. The Soul never suffers.

REALIZATION - 88

WE ARE DIVINE CONSCIOUSNESS

A human being finds it very difficult to understand that we are Divine Consciousness. As we grow up, we are programmed, educated and indoctrinated with beliefs that inflate the ego. Suddenly, it is difficult for us to reverse our thoughts and to realize we are not the body, mind and ego, but rather, we are the Soul that is the Divine Consciousness of our life.

The Truth is that we are not the body, mind or ego. The Truth is right in front of our eyes, but we are spiritually blind. The Cosmic Illusion hides the Truth and projects a myth. Instead of living in that Soulful Divine Consciousness, with the Enlightenment of who we are, we continue to suffer in ignorance as the body, mind and ego. Our goal is to realize we are the Soul. Our goal is to be liberated from the cycle of death and rebirth. Our purpose is to live as the Divine Consciousness that we are and to Realize we, the Soul, are nothing but a manifestation of the Divine. Unfortunately, we don't achieve this purpose and get trapped in the material world. A few of us who evolve Spiritually, experience the Divine Consciousness that comes from the Realization of the Truth. When we are enlightened about our true self and our purpose, we experience that state of Consciousness that we are a part of the Divine Power that is everywhere. The Soul that we are, is a tiny particle of the enormous energy that is present everywhere in this Universe. We must be enlightened and experience this Divine Consciousness.

REALIZATION - 89

CONSCIOUSNESS OF THE TRUTH LEADS TO BLISS

As we progress on the path of Spirituality, transcending the mind, two things happen – first, we overcome our ignorance and next we Realize the Truth, the Truth that we are not the body, mind and ego. We are the Divine Soul. We also Realize the Truth that death is certain, and nothing belongs to us. The Truth is that God is everywhere and in everything. First, this appears as knowledge, then it crystallizes into Realization.

Realization of the Truth is not enough. The second and the more challenging piece of the Spiritual Jigsaw Puzzle is Consciousness of the Truth. How is this different from Realization? We may Realize the Truth, but we may still sink in this material world becoming slaves to our senses and our mind. But if we develop a state of Consciousness, then we live the Truth that we have Realized. This is only possible if we live in a state of thoughtlessness, often referred to as Mindfulness. Consciousness of the Truth takes us from a transformation to a metamorphosis. Then we enjoy a state of eternal bliss and everlasting peace.

Most of humanity does not experience this Consciousness of the Truth and the bliss that comes with it. They just live with material pleasures and suffer, with the body, mind and ego, enveloped in ignorance. They remain slaves to their mind, their senses and the ego. They miss the 2 essential keys – Realization of the Truth and Consciousness of the Realization. With it, they miss experiencing a state of eternal bliss and peace.

REALIZATION - 90

REALIZATION OVERCOMES IGNORANCE

Those who try to solve the Spiritual Jigsaw Puzzle and attain Enlightenment, often question the importance of Realization. They do not understand that they are covered by layers of ignorance. This ignorance becomes a hindrance in their spiritual journey. There is no way to reach that state of Enlightenment, unless we remove the blanket of ignorance. There are several layers of ignorance, and each layer must be peeled off through a Realization of the Truth. The ignorance in our life is so deeply rooted that it is a challenge to uproot it. The only way to eliminate the ignorance is Realization.

It is easy to enter a dark room and switch on a light. Hitherto, we could see nothing in the room. But switching on the light reveals everything in a flash. But Enlightenment is not so easy. While it is also switching on the light that is within, we are unable to go within, until we peel of all the layers of ignorance. Unless we go on a quest and we Ask and Investigate, we will never Realize the Truth. The moment there is Realization, we will eliminate one wrong belief. Belief by belief, our layers of ignorance will disappear, and we will be able to go within and see the light of Truth. But for this, we need Realization. Each piece of this Spiritual Puzzle is a Realization that overcomes the ignorance of who we are and why we are here. Each piece of the puzzle acts as a light to overcome one cavity of darkness that we suffered with, till ultimately, our Realizations overcome our ignorance and we are enlightened.

REALIZATION - 91

REALIZATION LEADS TO ENLIGHTENMENT

Those who seek Enlightenment must realize that it is not possible to be enlightened without Realization. Realization is not as easy as it seems. First of all, every Realization is overcoming one deep-rooted ignorance. Then, several Realizations together lead to Enlightenment. Each Realization, for instance, is one piece of the Spiritual Jigsaw Puzzle. Even if one piece is missing, the puzzle will be incomplete, and the picture will not be perfectly visible. Therefore, Enlightenment needs all the pieces of Realization to be integrated in the right manner to reveal the Truth.

Many people talk of knowledge of Enlightenment. Knowledge can never lead to Enlightenment. Enlightenment is an inner intuitive experience that comes from the Realization of the Truth. If there is Realization, but there is no Consciousness of it, one may fall prey to ME, the Mind and Ego and fail to be enlightened although there is Realization. It is only when the Spiritual Jigsaw Puzzle has all the pieces properly fitted together that the light of Enlightenment will shine. Otherwise, if pieces of Realization are missing, there may be spurts of Enlightenment, but there will be no Liberation and Unification which is our ultimate goal. Therefore, seekers of Enlightenment must painstakingly work on every piece of Realization and link them together like the pieces of a puzzle to Realize the ultimate Truth about life, about who we are and why we are here.

REALIZATION - 92

ENLIGHTENMENT LEADS TO LIBERATION

What happens once the 100 pieces of the Spiritual Jigsaw Puzzle are fitted perfectly into place? What happens when all our Realizations reveal the true picture? There is Enlightenment of the Truth.

What is Enlightenment? It is the ability to bring in the light of the Truth within and see a clear picture of who we actually are and what the purpose of our existence is. The 100 pieces of Realization when fitted together, actually switch on a light that eradicates the darkness of ignorance. We experience Enlightenment. But is that the end or is there something beyond?

Enlightenment is a rare feat. Less than 1% of the 1% people who go on a quest, Realize the Truth and are enlightened. But of this, 0.01%, less than 1%, go beyond Enlightenment to reach the state of Liberation. This very tiny fraction of humanity attains a perfect state of Realization and is enlightened. Further, they transcend the ME, the Mind and Ego and win the war that wages within. Not only are they enlightened, but they are also liberated from the triple suffering of the body, mind and ego and they live a life of eternal bliss and everlasting peace that knows no misery or suffering. At death, they are liberated from the cycle of rebirth. The rest of the people, who are not liberated, live, carry their Karma or actions and ultimately die, only to be reborn in a new body. Till we are liberated, this cycle goes on and on.

REALIZATION - 93

LIBERATION LEADS TO UNIFICATION WITH THE DIVINE

One piece of the Spiritual Jigsaw Puzzle often goes missing for the seekers on the path to Enlightenment, the piece that talks about Unification with the Divine. First of all, unless the seeker Realizes the Truth about the Divine or the Creator we call God, there can be no Unification. Then comes the challenge of Unification. Unless there is Liberation, there can be no amalgamation of the individual Soul with the Supreme Soul. Going backward, this Liberation needs Enlightenment and Enlightenment needs Realization. But Liberation is not the end. It opens the doors for us to unite with the Divine. How can we do that?

When we realize we are nothing, this body will return to dust. When we realize that the mind is an illusion, then we realize we are the Divine Soul. We further realize that the Soul is nothing but the Divine manifesting as a particle of God. However, as long as this Divine Energy is encapsulated in a body-mind complex till death, we have to overcome the challenge of sinking in this material world, becoming slaves to the senses and the Mind and Ego, ME. Till such time that we are liberated from the human body, there can be no Unification with the Divine.

This important piece of The Spiritual Jigsaw Puzzle leads to the final few pieces of how to live in Yoga, or Union, how to live as a Yogi, one who has renounced the world and how to live in that state of *SatChitAnanda*, a state of Consciousness of the Truth that leads to Bliss, till we are liberated and united with the Divine.

REALIZATION - 94

YOGA IS BEING IN UNION WITH THE DIVINE

The journey of Enlightenment is not like a direct flight from one destination to another. First, one has to go on a quest, overcome ignorance and Realize the Truth. The next journey is from Realization to Liberation. Still, we have not arrived at the destination. The final journey is from Liberation to Unification. How does one reach that Ultimate destination of becoming one with the Divine? The answer is Yoga.

Yoga is grossly misunderstood by the world. It is not merely physical exercises or *Asanas* nor is it just breathing techniques or *Pranayama.* The word Yoga means *Yuj* or Union. It is living in union with our Source. It is being free from the clutches of the body, mind and ego, and becoming one with the Divine forever. When we mix sugar in water, it dissolves and becomes one with the water. But is the change irreversible? If the water evaporates, the sugar crystals are left behind. A human being behaves similarly. He may dissolve into the Divine, but the human existence can destroy his Realization and Liberation and stop him from the ultimate Unification that happens after the death of the physical body. Unless a realized being lives in Yoga or Union, his Enlightenment may be a waste, as he may sink in this world of attractions. The way to dissolve into the Divine eternally is to be ever united, moment by moment, through meditation, surrendered action, devotion or spiritual education. This is referred to as *Dhyana* Yoga, *Karma* Yoga, *Bhakti* Yoga and *Gyana* Yoga.

REALIZATION - 95

WE MUST LIVE AS A YOGI

What is the way of being in Yoga all the time? The way to Unification with the Divine after Enlightenment and Liberation, is to live as a Yogi. A Yogi's life is a cycle that goes from a state of silence and meditation to a state of living as an instrument of the Divine. The Yogi realizes that he is nothing and he surrenders all his actions and thoughts to the Divine, having no expectations of any fruits of the results of his actions. After the Divine assignment is complete, he cycles into a mode of *Bhakti,* of experiencing that state of ecstatic devotion, that comes from the Realization and the experience of the presence of the Divine everywhere. As he is satiated with his love and devotion, he sinks into a state of educating himself further with his deep wisdom of Realization that led to his Enlightenment. A Yogi, till he is alive, tries not to break this cycle of Yoga. Every time the world tries to turn a Yogi into a *Bhogi,* a worldly being, the Yogi withdraws into his cycle of Yoga, just like a tortoise withdraws its head into its shell when it sees an enemy approach.

Our ultimate goal is to fix these final few pieces in the Spiritual Jigsaw Puzzle. There is a definite chance of a realized being sinking back into the material world. Therefore, it is important to live as a Yogi, liberated from the triple suffering, in a state of eternal bliss and everlasting peace. Not many amongst us can even fathom the bliss that comes from this.

REALIZATION - 96

A YOGI LIVES IN *SATCHITANANDA*— ETERNAL BLISS AND EVERLASTING PEACE

What is the need for one to take this arduous journey to Enlightenment? Why should one give up this beautiful material world and go on a quest, Realize the Truth, overcome ignorance, be liberated, be enlightened and united? Why waste our life in this complicated maze of Spirituality? Those who think this, make the biggest mistake of their life.

Enlightenment rewards us with a state of eternal bliss and everlasting peace, that is only experienced by a Yogi. A Yogi who lives in a state of *SatChitAnanda* enjoys a bliss unknown to man. He lives in a state of peace and tranquillity, beyond what a normal man can even dream of.

What is *SatChitAnanda*? *Ananda* is eternal bliss and everlasting peace. It comes from *Sat Chit. Sat* is Truth and *Chit* is Consciousness. When a Yogi lives in Yoga, he lives in the Consciousness of the Truth, overcoming the ignorance that he is liberated from. It is in this Consciousness that he realizes - he is not the body, mind and ego, but the Divine Soul. He also transcends the suffering of the body, mind and ego, and is liberated and united with the Divine as he lives in Yoga. This state of *SatChitAnanda,* eternal bliss and everlasting peace, is only attained by a Yogi who lives in Yoga, enlightened with the Truth. Thus a true Yogi lives in union with God and achieves his life's ultimate goal.

REALIZATION - 97

OUR LIFE PURPOSE IS TO BECOME ONE WITH GOD

Seekers of Enlightenment realize that life has a purpose. It is this Realization that takes them on a quest. They seek Enlightenment because they seek a deeper meaning, a purpose of living on this planet. What is this purpose? The purpose of our life is to ultimately be liberated from the cycle of death and rebirth and to become one with the Divine. How does an enlightened being realize that this is the purpose of our life?

As the seeker of the Truth goes on a quest, he realizes certain things which are absolutely true and where there is no ambiguity. He realizes that death of the physical body is certain. He also realizes that as long as this body is alive, it experiences pain of the body, misery of mind, and agony of the ego. He further realizes that the life energy inside him will depart at death as he sees dead bodies return to dust. Then the seeker also sees an infant, just born, crying, not just for coming to earth but suffering for various reasons. As the seeker goes on a quest, he realizes that nothing belongs to us. We come with nothing and go with nothing, but out of ignorance and ego, we think everything belongs to us. Our ignorance makes us suffer many other things. All this makes a seeker realize life's true purpose. It is to realize who we truly are and why we are here. Once there is Self-realization, then, our final and ultimate purpose is God-realization, becoming one with God. Therefore, the seeker leaves the ordinary world behind and moves on the path of Enlightenment, to be liberated and united with the Divine.

REALIZATION - 98

WE ARE NOTHING, GOD IS EVERYTHING

Before we come to the end of the Spiritual Jigsaw Puzzle, one central piece, one important Realization is this – we are nothing, God is everything! Without this piece in the puzzle, the Spiritual Jigsaw Puzzle will never be completed.

As long as man does not realize that he is nothing, he will continue, with his Ego, to go round in circles, first, in the circle of achievement, then with his Karma, in the cycle of death and rebirth. Until man realizes – I am not, Alone Thou Art, man will never be able to overcome the Cosmic Illusion of this world and be liberated from this drama, this show in which he has to come and go. Man has to understand that he is nothing but a manifestation of the Divine. He is not what he appears to be. He is Divine Energy. Every cell of his body is the Power of the Divine. When that Power leaves, a man who thinks himself to be great, falls and dies, only to be burnt or buried into nothingness. Unless man firmly understands that he is nothing, and realizes that he is but a particle of the Divine, man will continue to suffer in this world and not achieve his ultimate goal of Realizing the Truth and being enlightened. Therefore, man must stop and realize that without the Divine Power, he is nothing.

As long as man does not have this Realization, there can be no Enlightenment. As long as man thinks he is separate from God, he can never become one with the Divine. He can never be liberated from the cycle of death and rebirth.

REALIZATION - 99

WE MUST LIVE AS A MANIFESTATION OF THE DIVINE

What does one do after working on this 100-piece Spiritual Jigsaw Puzzle? What must one do after all the Realizations? Being enlightened is not enough. Overcoming ignorance and Realizing the Truth are just steps that will take us to our ultimate destination. The truly enlightened one learns to live as an enlightened being. What differentiates such an enlightened one from the rest?

Seekers of Enlightenment believe that some mysterious powers are bestowed upon enlightened beings. They look for a glow around the head that will form a halo, as they have been taught in mythological tales. These are just fairy tales. A truly enlightened being lives with the Realization of the Truth that liberates him from all suffering. He lives knowing very well that he is nothing, but a manifestation of the Divine. He realizes that every cell of his existence is Divine Energy. Without this Divine Energy, he is nothing. Being enlightened with this Truth, the enlightened one not only lives as a manifestation of God, as God appearing as man but also sees God in one and all. He experiences the Divine presence in everybody and in everything. When he hears a bird sing, he hears God. When he sees a beautiful sunset, he sees God. When he soulfully touches somebody he loves, he feels God. An enlightened being lives as a manifestation of the Divine as he experiences the Divine all the time. This is true Enlightenment.

REALIZATION - 100

LIBERATION, SALVATION, ENLIGHTENMENT, *MOKSHA* OR *NIRVANA*– WHAT IS THE ULTIMATE TRUTH?

While a seeker may seek Enlightenment, one is often confused as to what is the Ultimate Goal of life. Is it Enlightenment or is it Liberation? Some people say it is Salvation. The Buddhist claim it to be *Nirvana*, just as the Hindus call it *Moksha.* What is the Truth? Water is water. The French call it *eau,* the Japanese *mizu* and the Germans, *wasser.* These are different names given to water, but the essence, that is water, remains the same. Just because we give different names like Enlightenment, Salvation, Nirvana and *Moksha,* the state of Realization of the Truth, of overcoming ignorance doesn't change. We human beings may belong to different nations and religions, but we are the same in blood, bone and skin. In each one of us is the same Power that lives within. Whether we live in India or America, Australia or Russia, every body has to die. The Truth of life is universal, just like the Law of Gravity operates in New Zealand or New York, the Law of Karma unfolds in every corner of the world. We cannot escape from the Law of Action and Reaction. Thus, we can't find a place in the world where apples grow on mango trees. The truly enlightened one puts all the pieces of the Spiritual Jigsaw Puzzle together and realizes that Enlightenment is nothing but Salvation, *Nirvana* or *Moksha*.

It's time to put all the 100 pieces of the Spiritual Jigsaw Puzzle together to see the real picture. We will be enlightened with the Truth if the grace of the Divine and the guidance of a Guru is upon us.

AFTERWORD

As I look at The Spiritual Jigsaw Puzzle and the 100 Realizations that fit into the picture of Enlightenment, I realize how very important each piece of this Jigsaw Puzzle is. If I remove a few pieces of the Puzzle, neither will a clear picture emerge nor will the glow of Enlightenment lead one to Liberation from suffering and from the cycle of death and rebirth. Each Realization is profound because like in any Puzzle, its absence makes the picture incomplete.

There may be many more Realizations that can be an addendum to the table of Realizations. But once a true seeker has overcome ignorance and Realized the Truth, then all other Realizations will appear in the glow of the Consciousness of the Truth that comes with Enlightenment. The Mind and Ego will trick us with several mythological stories and illusory myths. However, this will only happen till that moment of Enlightenment. Then, one transcends the ME, and nothing can stop one on the path to the Divine.

Not everybody will be able to solve this Jigsaw Puzzle. Only sincere seekers who will passionately work with discrimination and dispassion, discipline and desire for Liberation, may complete this. Only they will painstakingly Realize one Truth after another, overcome one layer of ignorance after another, as they depart from the clutches of the material world and enter the realm of spiritual ecstasy unknown to the common man. May this Puzzle lead you to Enlightenment!

POEM
THE SPIRITUAL JIGSAW PUZZLE

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

Enlightenment is the Ultimate Goal
Not just to roll in diamonds and gold
Those who are only chasing Happiness
Can end their life in a mess
But those who attain Enlightenment
Go beyond Achievement and Fulfilment

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

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

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

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

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

Then we will live as the Divine Soul
No more books do we have to scroll
For once the Truth we do Realize
Then, no more must we memorize
Realization will make us know
And to the heavens, we will go

Our Ultimate Goal is to attain God
It is to become one with the Lord
For this, there must be Self-Realization
And then there will be God-Realization
With this, we will end our search
We won't go to every temple and church

For God lives in the temple of our heart
Nothing in this world can take Him apart
In fact, only He is, we are not!
But this in Ignorance we forgot!
We always believed God to be a statue and a saint
But He is a Power that no one can paint

The Realizations are from One to Hundred
To overcome our ignorance from A to Z
Each Realization is a Divine Truth
We should have learned them in our youth
Unless every piece we search and find
Enlightenment, we will leave behind

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

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

BY

AiR
Atman in Ravi

ABOUT THE AUTHOR

AiR- *Atman* in Ravi

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

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

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

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

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

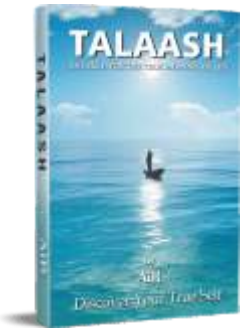
like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

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

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

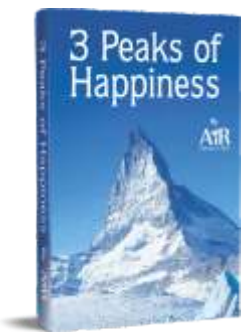
BOOKS BY THE AUTHOR

1. Talaash



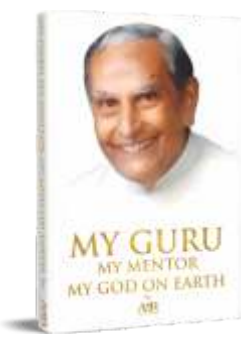
Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.

2. 3 Peaks of Happiness



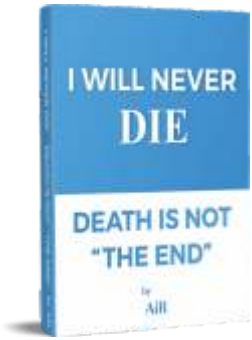
This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and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

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



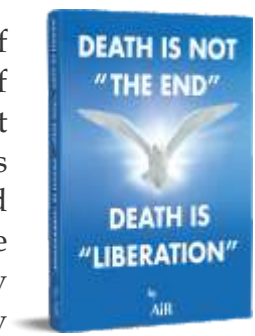
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.

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



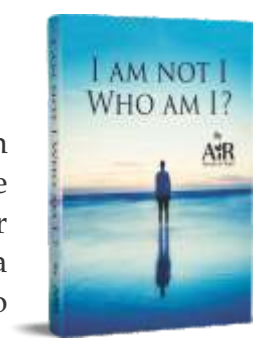
In the journey of his life, AiR Realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.

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



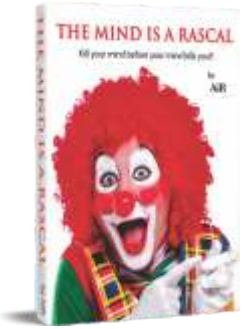
The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind,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

6. I Am Not I. Who Am I?



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

7. The Mind is a Rascal

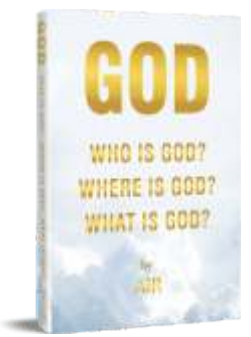


You always thought that the mind is king—it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before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

8. A Cosmic Drama

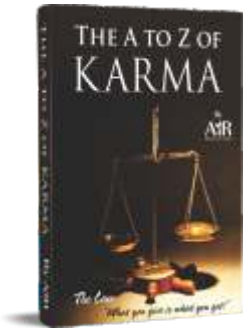
This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

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



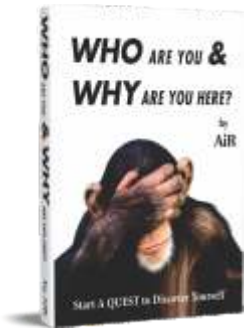
These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.

10. The A to Z Karma



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

11. Who Are You and Why Are You Here?



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

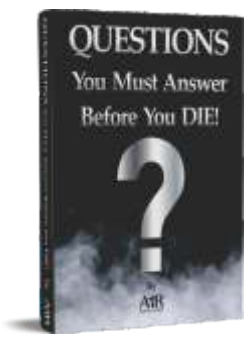
12. The 4th Factor

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

13. Be Happy in the NOW!

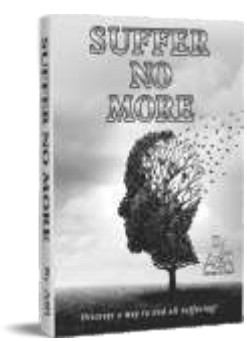
Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of eternal joy, bliss and peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.

14. Questions You Must Answer before you Die!



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

15. Suffer No More



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

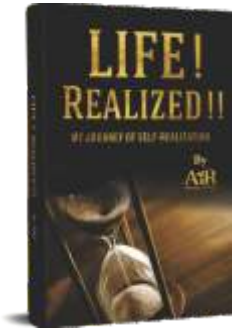
16. Success is not Happiness, Happiness is Success

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

17. God = Happiness

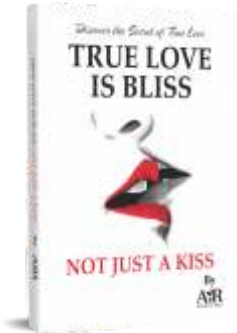
In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life! Realized!!



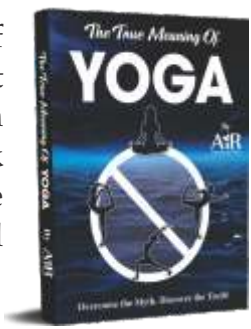
This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.

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



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

20. True Meaning of Yoga

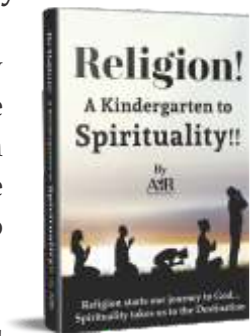


Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.

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

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

22. Religion! A Kindergarten to Spirituality!!

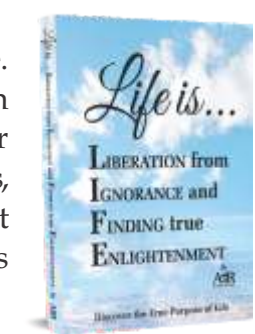


This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.

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

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

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



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

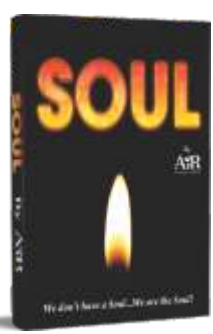
25. The Ladder to Heaven

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

26. FEAR- False Expectations Appearing Real

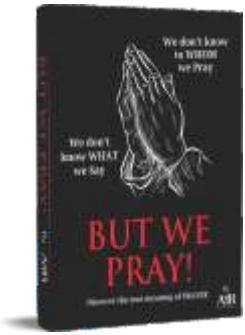
The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.

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



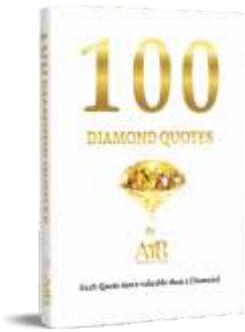
The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!

28. But We Pray!



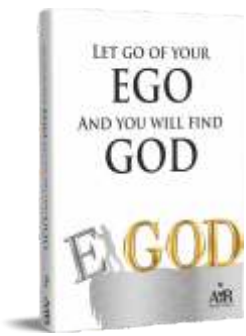
The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.

29. 100 Diamond Quotes



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

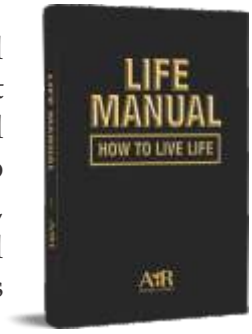
30. Let go of your Ego and you will find God



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

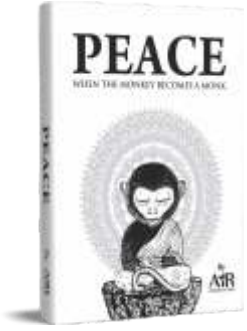
This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego.

31. Life Manual - How to live life?



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

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

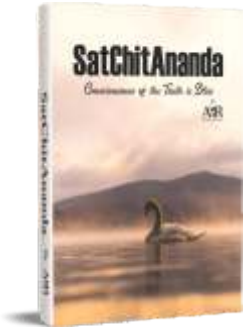


We human beings are enveloped in ignorance. We seek peace of mind but we don't realize that peace is not an external thing; it is our original state. It is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it into a monk, we will never be able to experience true bliss. This book will show us the way.

33. SatChitAnanda - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If

they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of SatChitAnanda and shows us the way to live every moment of life with seamless joy and peace.

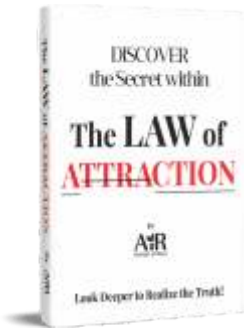


34. Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That

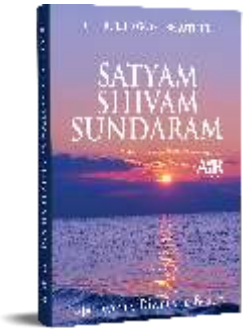
What is the way for a common man to be enlightened and realize the truth? This book reveals the key to opening the door to this profound realization. It is *Neti Neti*, *Tat Twam Asi,* Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am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

35. Discover the SECRET within The LAW of AttraCTION

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

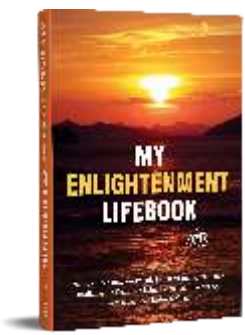


36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty



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

37. My Enlightenment Lifebook



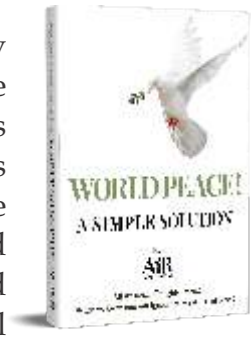
This book is unlike any other book. It is a treasure of crystalized wisdom that is put together in a simplified manner to help one Realize the Truth. It is a book of life. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment where every page on the left is offered to the reader to make notes, jot down thoughts and questions as one progresses on the path of Realization.

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

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

Appearing Real, but when we fear death, we are unable to move. We begin to live with phobias. We become paranoid. Everything we do makes us fear that we will die. And because we fear we will die, we refrain from doing things that otherwise we could do. Unless we overcome the fear of death, we don't really start to live.

39. A Simple Solution To World Peace

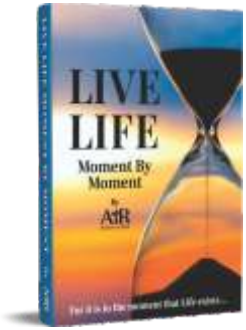


The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! What is the way out of these conflicts? If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will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

40. Many Problems, One Solution

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

41. LIVE LIFE... Moment by Moment



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

And Now...

42. The Spiritual Jigsaw Puzzle

Coming Soon

43. The 4 Quarters of Life

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

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

Zoom Meeting ID: 85021104431

HAVE YOU SOLVED THE SPIRITUAL JIGSAW PUZZLE?

When do we know that our Jigsaw Puzzle is solved? When all the pieces of the puzzle fit into place and we see the entire picture! We get that Spiritual 'Aha!' Then, we realize, 'O my God, I am not the one I thought I was for so many years!'

The ecstasy of Spiritual Enlightenment cannot be described in words. It is an experience that is intuitive and personal. The picture reveals the Spiritual Truth of our life. When the pieces of the Puzzle are put together, it seems like a Spiritual Electricity creates a glow of bright light within. It is more than just *knowing* who we are – we *Realize* it! It becomes real in our experience. Hitherto, we had heard about it and read about it in scriptures and philosophies of Spirituality. Now, we experience this Realization. The Enlightened picture liberates us from the Body, Mind and Ego, and we become free from the Triple Suffering. Our search for God ends. We Realize the Divine in the temple of our heart. We experience the Divine presence of the Creator in the singing of a bird, in a beautiful sunrise or sunset, in the rain that pours from the skies and then trickles down into a stream, dancing through the rocks. The experience of the Divine within and in everything around makes our life a paradise, a heaven on earth. May you solve The Spiritual Jigsaw Puzzle and experience this state of Eternal Bliss!

By

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