WHAT ARE YOU GOING TO DO WITH 'TODAY'?

By

AiR
Atman in Ravi

WHAT ARE YOU GOING TO DO WITH 'TODAY'?

By

AiR
Atman in Ravi

WHAT ARE YOU GOING TO DO WITH 'TODAY'?

By

AiR
Atman in Ravi
Ravi V. Melwani

Copyright © AiR Institute of Realization 2023
AiR asserts the moral right to be identified as the author of this book.

ISBN 978-93-5813-555-8

All rights reserved.

No part of the content of this publication (except images) may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Printed by: Vel Murugan Binding Works

Publisher: AiR - *Atman* in Ravi (Ravi V. Melwani)
Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017.

CONTENTS

About the Author – 1
Preface – 6
Introduction – 8

C H A P T E R S

01. ‘Today’ Is Yours... You Can Use It Or Lose It! – 10

02. Today, In Thought, Will You Be Caught? – 12

03. Today, Will You Just Think, Blink And Sink? – 14

04. Today, Will You Live With Fear Or Cheer? – 16

05. Today, Will You Be Glad Or Sad? – 18

06. Today, Will You Be In Yoga Or Bhoga? – 20

07. Today, Will You Live With NEP Or PEP? – 22

08. Today, Will You Use Your Mind Or Intellect? – 24

09. Today, Will You Be In Thoughts Or In Consciousness? – 26

10. Today, Will You Live With Bliss Or Unhappiness? – 28

11. Today, Will You Live With Anxiety Or Tranquillity? – 30

12. Today, Will You Live With Peace Or Will Your Peace Cease? – 32
13. Today, Will You Cry Or Live With Joy? – 34
14. Today, Will You Enjoy The Drama Or Suffer Trauma? – 36
15. Today, Will You Pray Or Let Your Skies Be Grey? – 38
16. Today, Will You React Or Will You Respond? – 40
17. Today, Will You Worry About What Others Say Or Make It Your Day? – 42
18. Today, Will You Accept What Comes Your Way Or Cry All Day? – 44
19. Today, Will You Allow Your Mind To Make You Blind? – 46
20. Today, Will You Do Good Karma Or Question The Drama? – 48
21. Today, Will You Seek The Ultimate Peak?– 50
22. Today, Will You Tame Your Monkey Mind Into A Monk? – 52
23. Today, Will You Wonder Or Surrender? – 54
24. Today, Will You Be The Boss Or Let Your Mind Ride The Horse? – 56
25. Today, Will You Just Live Or Will You Give? – 58
26. Today, Will There Be Darkness Inside Or Will You Light The Inner Light? – 60
27. Today, Will You Be Caught In A Rotten Thought Or Will You Stop It, Crop It, Chop It And Drop It? – 62

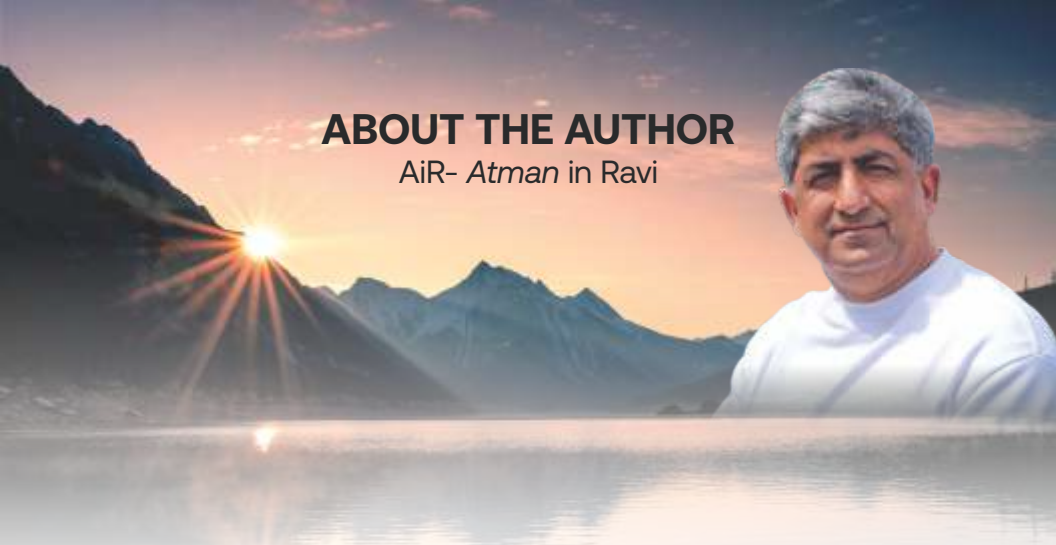
28. Today, Will You Let Pain Make You Unhappy Again? – 64
29. Today, Will You Let Others' Actions Trigger Your Reactions? – 66
30. Today, Will You Be Intoxicated By Wine Or Be Blissful Being In Union With The Divine? – 68
31. Today, Are You Going To Love The One Above? – 70
32. Today, Will You Just Make Money Or Make A Difference? – 72
33. Today, Will You Get To The Root To Realize The Truth? – 74
34. Today, Will You Go On A Quest And Put Every Belief To Test? – 76
35. Today, Will You Make Your Mind King And Let It Cause Suffering? – 78
36. Today, Will You Sleep And Weep Through Life? – 80
37. Today, Will You Live With Confusion Or Make A Conclusion? – 82
38. Today, Will You Be Enlightened Or Imprisoned? – 84
39. Today, Will You Worry Or Enjoy Your Curry? – 86
40. Today, Will You Live Your Life With Purpose Or Make It A Circus? – 88
41. Today, Will You Make It A Celebration Or Live In Desperation? – 90

42. Today, Will You Live With Attachment Or As A Divine Instrument? – 92
43. Today, Will You Be Free From The Body, The Mind And Ego, ME? – 94
44. Today, Will You Cry When You See Somebody Die? – 96
45. Today, Will You Have A Realization That Will Lead To Your Liberation? – 98
46. Today, Will You Believe The Lie That God Lives In The Sky? – 100
47. Today, Will You Pray To A God With Bone And Skin Or To The Divine Within? – 102
48. Today, Will You Realize God Or Let Your Ego Steal The Lord? – 104
49. Today, Will You Experience SIP In Every Chip? – 106
50. Today, Will You Live As The Soul And Achieve Your Goal? – 108
51. Today, Will You Become Nothing So That You Become Everything? – 110
52. Today, Are You Going To Find Out 'Who Am I?' Or Will You Just Wait To Die? – 112

Afterword – 114

Poem – 116

Other Books By AiR – 120



ABOUT THE AUTHOR

AiR- *Atman* in Ravi

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

– AiR

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is 'To help people discover the way to Eternal Happiness through Enlightenment.' He was born in Bangalore on October 15, 1966. At a very young age, he 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 800 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. Post his metamorphosis, he started living as an instrument of God, doing His Divine Will. This led to several Realizations that formed his new mission of life – 'To Help People Realize the Truth about Life and be Enlightened.'

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 65 books, composed and sung about 1400 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, corporates and universities. He conducts webinars every week and 'ASK AiR' sessions every day on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

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

YOU CAN DIRECTLY

Ask AiR

at **8 pm** every day

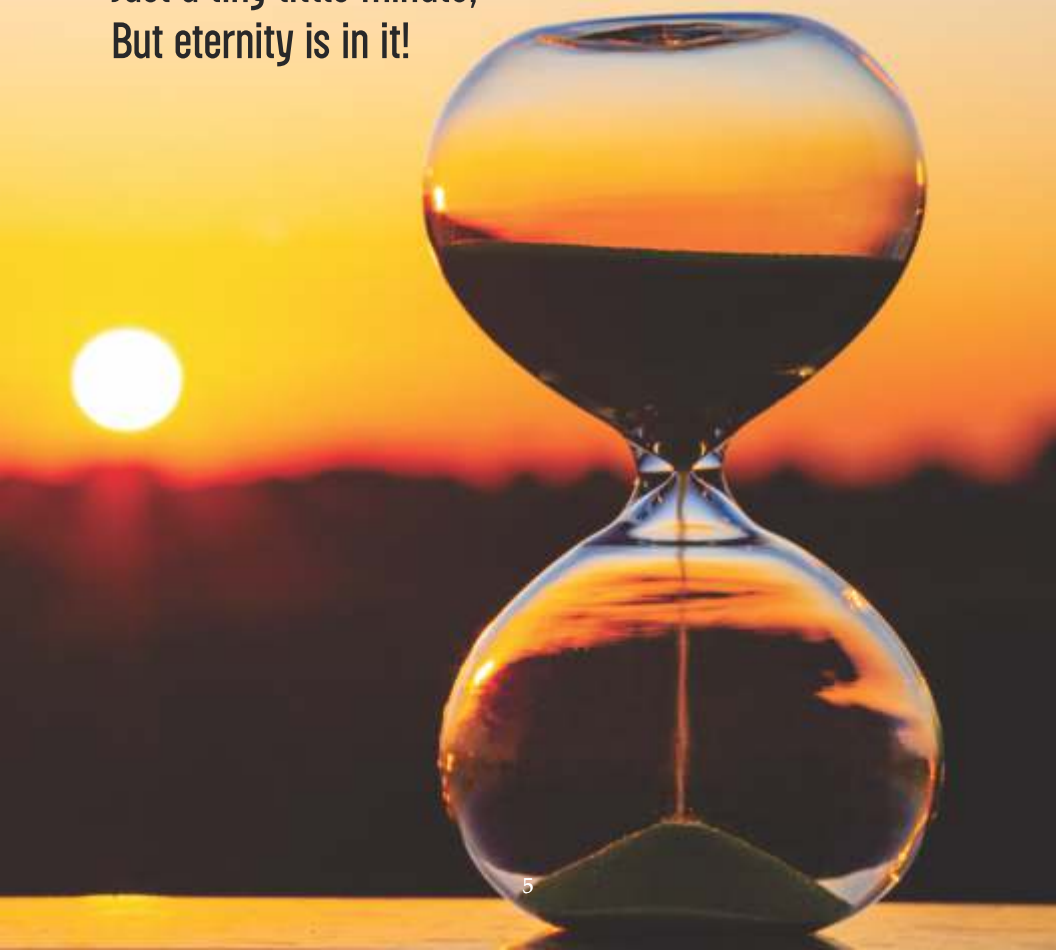
zoom

Meeting ID: 85021104431

Connect with AiR – *Atman* in Ravi at:

- Website: air.ind.in/
- speakingtree.in/air-atmaninravi/
- linkedin.com/company/air-institute-of-realization/
- instagram.com/airatmaninravi/
- facebook.com/airatmaninravi/
- youtube.com/channel/air-atmaninravi/
- in.pinterest.com/airatmaninravi/

Life is just a minute,
Only 60 seconds in it,
Forced upon you,
Can't refuse it.
Didn't seek it,
Didn't choose it,
But it is up to you to use it.
You must suffer if you lose it.
Give an account if you abuse it.
Just a tiny little minute,
But eternity is in it!



PREFACE

What are you going to do with 'Today'?
Are you going to make the Best of it?
Or are you going to let it slip away?

– AiR

Look around. What do you see? Everybody is alive but how many people are truly living their life? People wake up in the morning and they consume the day. But how many people are actually making the best of their day?

This is my 65th book on life, happiness and purpose. As I covered several topics on death and birth and why we all come to earth, I realized that one of the biggest mistakes we make is that we let 'Today' escape us. 'Today', the present, is our greatest gift. Either we can choose to use the day or we can lose the day. The choice is ours. So, on one such special day, I decided to dedicate a month to a book that will help people catch hold of 'Today'.

What is life all about? It is made up of a few years on this beautiful earth. We do not choose our birth nor do we know why we come here. We just live and we die. When something goes wrong, we look up at the sky and ask, 'Why?' because we believe in the lie that there is a God in the

sky. How many of us stop to realize the truth? How many of us go on a quest to discover 'Who am I?' and 'Why am I here?' And because our 'Today' is lost in meaningless pursuits of people, possessions and pleasures, we forget to discover the true purpose of life.

How can we make the best of our life? We can only make our life meaningful if we truly live today. Days create weeks; weeks create months and months create our life. If we make the best of today and we repeat this every day, then we know for sure that we have made the best of our life. But if we let today slip away, then weeks, months and years will slip away and so will our life. When I look back at my life, I spent 25 years chasing achievement. I was fortunate that I had a Guru, a Spiritual Master who inspired me to stop running the race of trying to be an ace. He helped me get out of the maze and I started to live with grace. One day, I decided to stop and to turn around. I started a new journey to discover the purpose of life.

So, I decided to write this book, 'What are you going to do with Today?' Is today going to be just another day you will consume and waste by just existing till ultimately you die? Are you going to let 'Today' slip away or are you going to stop and ask yourself, 'What is this 'Today' meant for? What is the purpose of my existence?' This book will help you change your life outlook. It can lead you to transform your life, if only you make that decision today and if only you realize that you have a precious human life, which is priceless and which has a purpose. If you do not make that decision today to make the best of your life, then you will not only lose 'Today', you will lose your life itself.

INTRODUCTION

Today is Precious. It won't come your way Again.
If you don't Latch on to Today, you will miss the Train!

– AiR

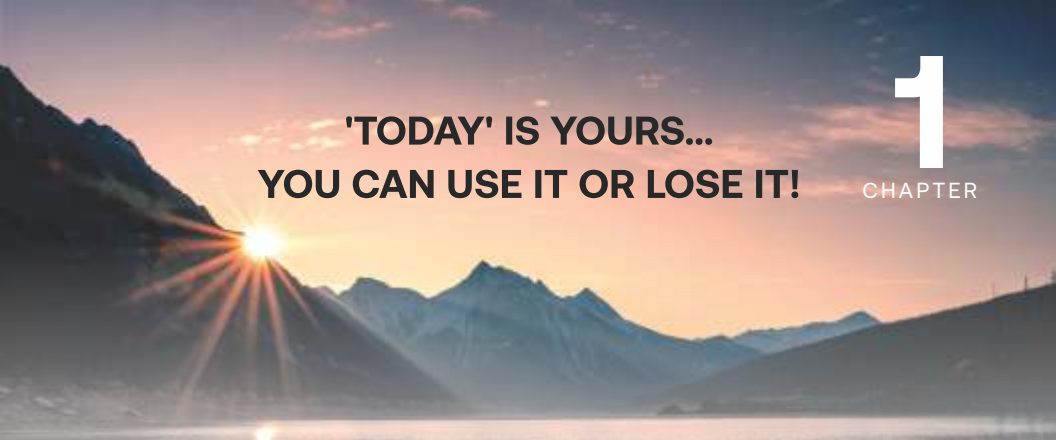
Stop for a moment and pinch yourself. Are you still alive? Chances are that you are still breathing. But you will not continue to be alive forever. One day, this life will end and then, even if you decide that you want to make the best of your life, you wouldn't be able to! You would have lost the opportunity. The opportunity is today. The opportunity is now. But 'Now' just passed away. Moments are coming and moments are going. Time waits for none! But realize one truth that 'Today' is a precious gift in your hands. 'Today' is waiting for you. You can choose it or you can lose it. You can be glad or you can be sad. You can live or you can just exist. You can be caught in thought or you can go on a quest to find out the truth.

This book is a reminder that you are blessed with the most precious gift — a human life. You are blessed with several decades on this amazing earth. You are blessed with years of opportunity to discover your purpose. You are blessed with 'Today'. You are blessed with 1440 minutes each day, not just to live but to find out why you were given this birth,

why did you come to this earth, why you are not a dog or a frog, a butterfly, a bee or a tree. All this you can do today. Today, you can read this book or you can just throw it away. You can make the choice today. Today you can decide to find the way to eternal happiness or you can decide to just live with misery and stress. You can make that choice today, just as you make your life choices every day.

What is important is 'Today', for if 'Today' escapes, then, your life itself will escape. Do you know that life is a drama and most of us live with trauma because we don't realize that everything is happening as per our Karma? We are controlled by our mind and our mind makes us blind. But try to find the mind. Where is the mind? We cannot find! 'Today' is the opportunity. You can continue living your life with thoughts full of junk or you can tame your monkey mind and make it into a monk. Today, you can choose either to worry and wander or to learn the art of acceptance and surrender. Today, you can live in darkness, in ignorance or you can switch on the light and make your life bright. Remember, if you want to make your life the most amazing life, you have to do it today. You cannot go back to a yesterday, it is gone! You cannot do it tomorrow which is not yet born! All you have is 'Today'! What are you going to do with 'Today'?

Isn't it sad that our most precious gift is 'Today', but we let our today slip away! We don't resolve to be happy today and we let fear, worry and anxiety fill our life-sky with clouds that are grey. It is our choice what we are going to do with today because today is in our hands. 'Today' is like the horse we are riding. Either we can be the boss and take charge of our life horse or we can lose command of today and let our mind ride our horse and this will be our biggest loss! Take charge of today! Take charge of your life.



'TODAY' IS YOURS... YOU CAN USE IT OR LOSE IT!

1
CHAPTER

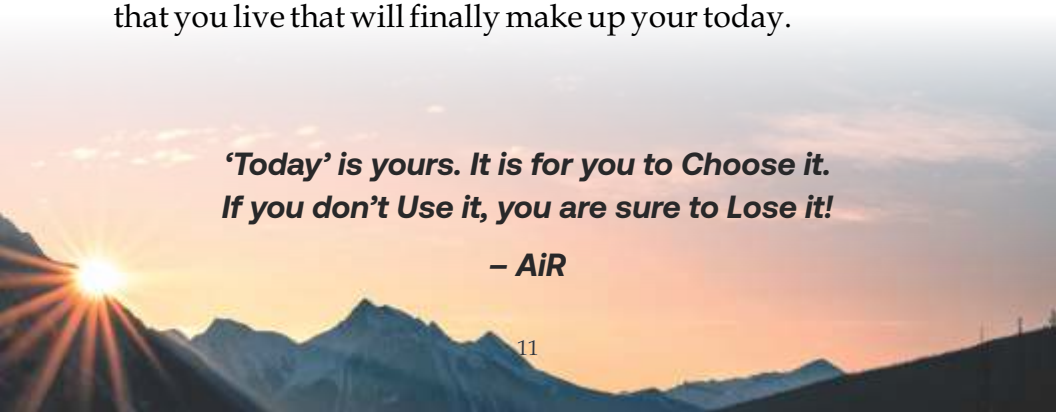
Today is a gift. Is that why it is called the 'Present'? It comes to us with 1440 diamonds. Each minute is a true treasure. Either we can fill it with pleasure or let misery and pain rule again and again. Today is yours. Your day belongs to you, nobody else! Nobody can steal your today. Today is not like money that you can deposit in a bank. You have to live every minute of today. If you don't use the day, you will lose the day. Therefore, you should not let the day escape you.

What are you going to do with 'Today'? You can live or you can just exist. Before you realize it, today will be gone. Stop and reflect on so many 'Todays' that have escaped you. You have no clue as to what happened. But the days are gone! Still, there can be no greater treasure than today because today is life. As long as we are alive, we will wake up to today. The day we are dead, today will be no more.

'Today' has started. Whatever be the time, minutes have trickled by. Of the 24 hours of today, few hours have passed. Did you make the best of each hour, of each minute? 'My day' is my day. You can do nothing about it, just as 'Your day' is yours. If you fail to plan what today will be, then, you plan to fail to make today a great day.

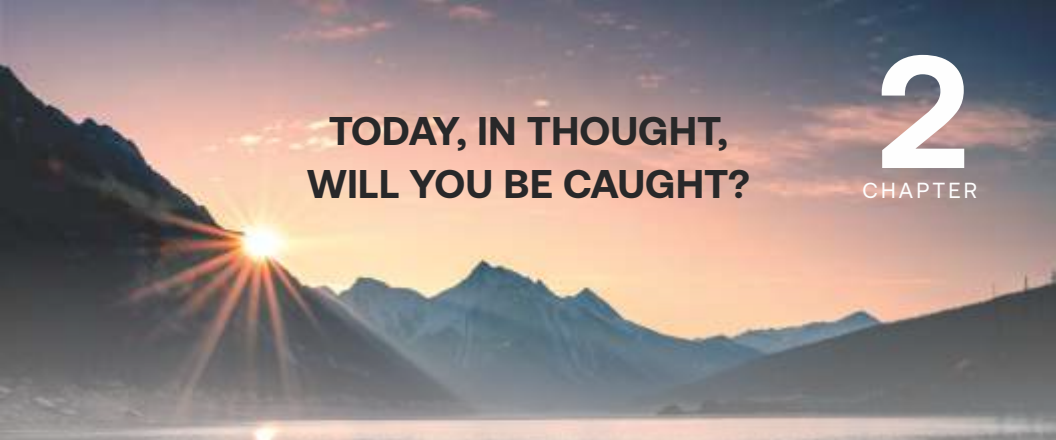
Isn't it sad that many people, when asked what they are doing, reply that they are 'killing' time, 'passing' time! They never realize the value of a day. Each day has 1440 precious minutes, each more valuable than any currency of the world. We can use the day to make our life or break our life. What are we going to do with 'Today'?

We know that today is not going to wait for us but before the day passes away, what are we going to do? Are we going to try to fill it with pleasure so that we can be happy or are we going to live in peace? Are we going to let our today be conquered by our mind and then live with fear, worry, stress and anxiety? Are we going to let anger, hate, revenge and jealousy fill our day? Each day comes to us and we can choose how we want it to be. Many of us do not realize that we are in command of today. We just believe that things will happen and we have no choice but to accept them. Stop! 'Today' belongs to you. You can decide what you want to do. This is absolutely true. Whatever be the time, stop and take charge of today. Decide how you want to live, for you have nothing other than 'Today' that belongs to you. Yesterday is gone, and tomorrow is not yet born. You have no control over that but 'Today' is in your hand. Are you going to use it or are you going to lose it? Of the 1440 minutes that make up today, many have already escaped. Can you do anything about it? You can't! But you can make the best of this minute that is in your hands. It is each minute that you live that will finally make up your today.



'Today' is yours. It is for you to Choose it.
If you don't Use it, you are sure to Lose it!

– AiR



TODAY, IN THOUGHT, WILL YOU BE CAUGHT?

2
CHAPTER

Most of us are caught in thought. Before we realize it, today is lost! We are bombarded with a new thought every second and this creates a knot. We are unable to take charge of the day because of the rascal mind.

The mind is a monkey. It has a tail, the EY, that is Ever Yelling and Ever Yearning. As long as we do not cut the tail of the monkey mind, in thought, we will be caught. The mind thinks up to 50,000 thoughts a day. Thoughts of fear, worry, stress, anxiety and then, we lose our day to the mind. It is very funny that if we try to find the mind, where is the mind, we cannot find. But still, there are thoughts. One after another, the thoughts bombard us and it is these thoughts that create the mind. When there are no thoughts, there is no mind. But we are not taught how to control thought. We are not taught how to still the mind and kill the mind. Therefore, in thought, we are caught.

Just reflect on today. What has happened till now? Are you in command of the day or have your thoughts taken charge of you and your life? In most cases, we lose our day to thoughts. Even without willing it, even without realizing it, we are imprisoned behind bars of thoughts, several thoughts that create feelings and control our mood. Even

though we don't want to be unhappy, we become sad, because in thought we are caught.

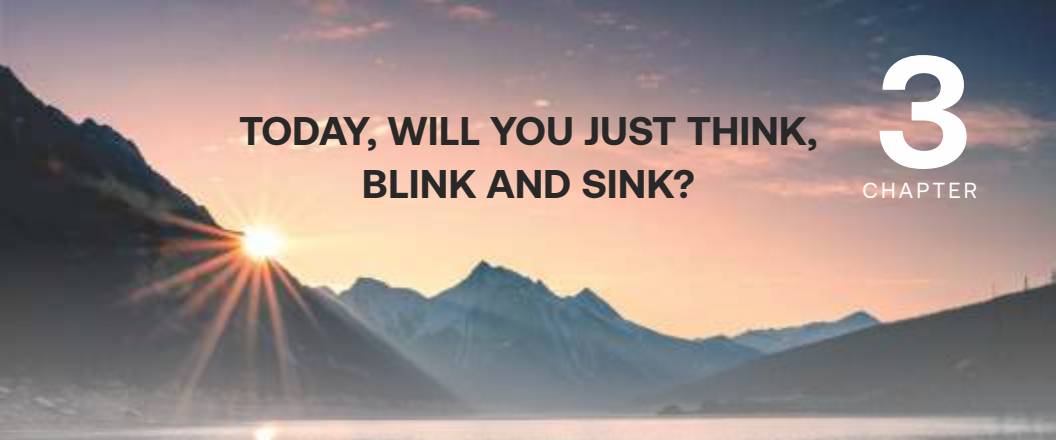
What is the way to be free from thoughts? Is there a way to take charge of our mind and our life? Yes, there is. Just like we can control walking, talking, eating and singing, we can control thinking. But somehow, the mind fools us and makes us believe that we have no control over our thoughts. Therefore, this secret we forgot that we can control thought. We let thoughts control us and by doing so, we let our mind control us.

Very few are blessed. They escape from the mind. They reach that state of thoughtlessness. This is known as a state of Consciousness. It is in this state that the intellect is activated. The intellect is that domain of our subtle existence in which we discriminate thoughts. When our intellect is activated, we are no more caught in thought. Each thought is caught by our intellect which will discriminate between black and white, wrong and right. Then, we are free. We can be who we want to be but if we do not control thoughts, then for sure, thoughts will control us.

Today are you caught by your thought or is your thought caught by your intellect? This will decide whether you will win or lose in this battle called 'Today'. At first, every day will be a battle but once you take charge of your thoughts and your mind, then you will be a master. Then, your today will not be stolen by your thoughts.

If you are Caught in Thought, your 'Today' will be Lost!
Activate your Intellect. Don't lose 'Today' at any Cost!

– AiR



TODAY, WILL YOU JUST THINK, BLINK AND SINK?

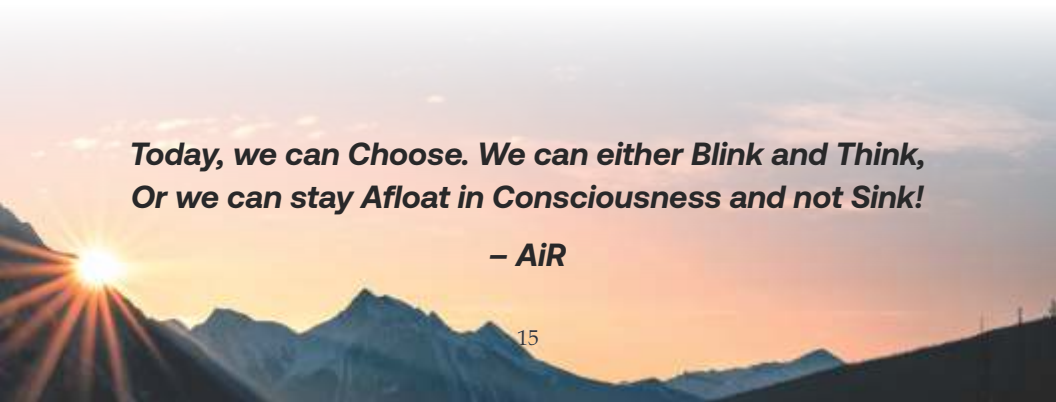
3
CHAPTER

Today is not waiting to start. It has already started. It doesn't need your permission. The clock is ticking. Now, it's up to you. Will you be in that state of awareness as a witness or will you blink as you think and sink?

Why do we think? Thinking is not a choice. Thoughts will appear, either as the mind or in our Consciousness. We can still the mind and reach that state of contemplation where we control thoughts with the intellect. But this is no easy task. Most of the time, as we blink, we think. There are thoughts of fear, worry, stress and anxiety. Soon, we sink! The mind fools us by camouflaging these thoughts with a few positive thoughts. But in essence, the mind is a negative monster. It is toxic. It is our enemy. It wants to envelop us in the darkness of ignorance. Its goal is to stop us from realizing that we are the Divine Soul. Therefore, it creates the ego, that says 'I', 'me' and 'mine'. The Mind and Ego together become ME and the ME is agonized by anger, hate, revenge and jealousy. This is not a mystery. If we look back over our shoulders, we see that it fills our history. Because of the mind and the ego, we sink, because we blink! If only we are able to tame the monkey mind and make it a monk, if only we activate our intellect in Consciousness and stop this monkey mind from its Ever Yelling and Ever Yearning, we cut its tail, the EY, then, we will not sink as we blink and we think.

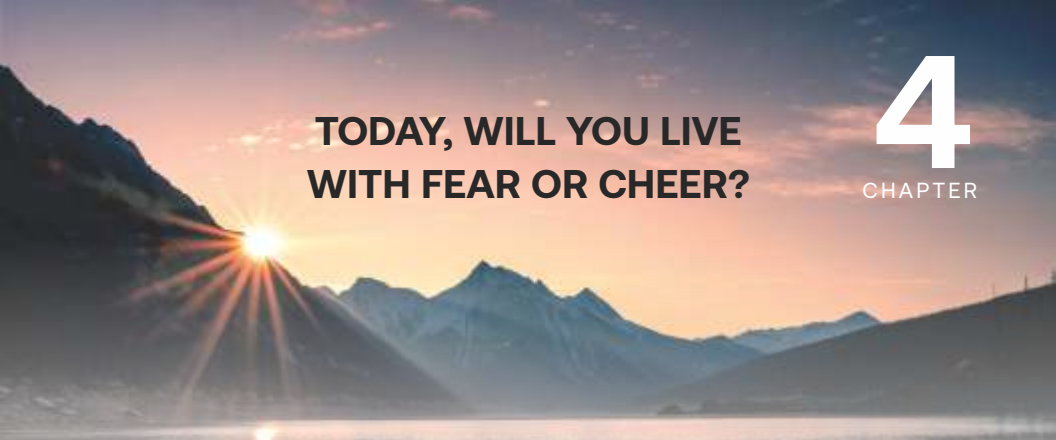
Today, you have a choice. Will you just sink in fear and anxiety, or will you stay afloat this ocean of misery and will you float in that state of Divine peace and tranquillity? 'Today' belongs to you and you can choose. Either you can blink in confusion or you can be in Consciousness and reach a conclusion. Today, you can let thoughts become the mind and kill you or you can still the mind and kill the mind! Then, thoughts will not pour like rain, again and again. Thoughts will not make you sink. If you choose to kill the mind, if you choose to live in Consciousness, then you will be in command of your thoughts and your thoughts will not be able to make you sink.

Most of us are a slave to our thoughts, our mind. Because in thought we are caught, we are unable to discriminate. We are the only living creature who is blessed with willpower, the power to choose. Unfortunately, because we lose control of our life to our mind and its thoughts, we get washed away in a barrage of thoughts and ultimately we sink. We live and we die, and the mind does not let us find out, 'Who am I?' Then we return to earth in a rebirth again, with the gift of today in our hands. Stop and reflect. Do you want to think and sink or do want to connect a link with your Consciousness? It is your choice, and you have to choose today and now. If you don't, you are sure to sink into misery and sorrow.



Today, we can Choose. We can either Blink and Think,
Or we can stay Afloat in Consciousness and not Sink!

– AiR



TODAY, WILL YOU LIVE WITH FEAR OR CHEER?

4
CHAPTER

What is your mood today? Are you in command of your mood or is your mood in command of you? Today, are your moments full of fear or are they filled with cheer? Life is all about moments. Each moment comes to us, moment by moment. But sometimes, these moments seem to bombard us because of the mind. More often than not, when we are miserable and unhappy, it is because of fear and worry caused by the mind. Little do we realize that we can choose, whether we want fear or we want cheer.

What is fear? F E A R is a False Expectation Appearing Real. There is no danger. It is just a fear. But the mind makes fear appear as a danger. By bringing in fear, it steals our cheer. Fear makes us worry. We become anxious and soon, our beautiful day disappears in gloom and doom. We all face fear and we have experienced losing our cheer.

Today, are you going to live differently? Are you going to stop fear from entering your thoughts? Are you going to put a 'No Entry for Fear', signage in front of your 'Today'? If you do, you will find that your today is full of cheer. We have to make a conscious choice. Otherwise, by default, the mind will create fear. Even though there is no reason to fear, the mind will make us fearful. But we have a choice. Instead of being fearful today, we can flip over and be cheerful. We

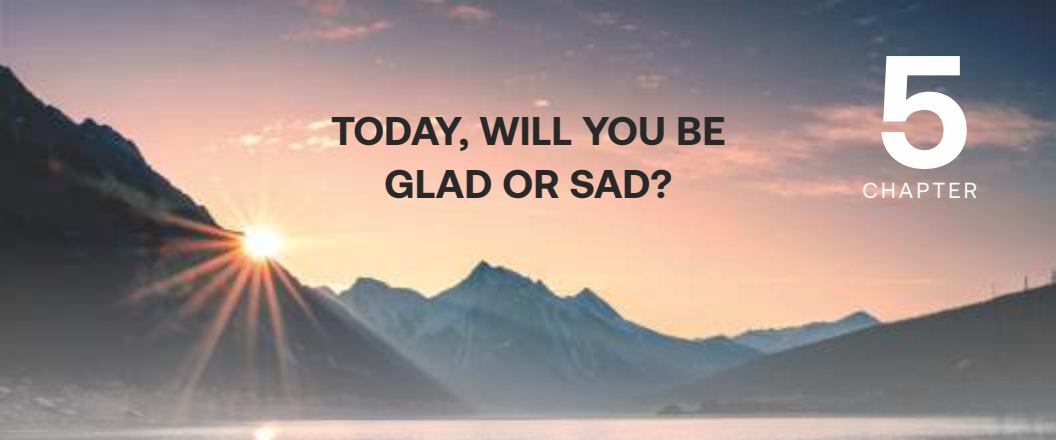
must remember that whatever will be, will be. We have to learn to accept and not protest. Of course, we must do our best and not ignore dangers that will harm us. But having done so, we must be cheerful and surrender in Consciousness.

'Today' is a precious gift. 1440 precious minutes are ticking away and if we lose them in fear, then we will be deprived of joy and cheer, which can fill our today. In the last 3 years, the world drowned in fear. A virus emerged and conquered the cheer of billions around the globe. We have seen countries shutting borders and families locking themselves in their homes in fear. In reality, it was not the fear of the virus but rather the fear of death that stole our happiness. After months and years of turmoil, the world has woken up to the truth that it was fear that stole their cheer. Enough is enough — resolved many countries. Can we put a mask on our face and get caught in this maze of fear forever? Cheer has won over fear but after a long battle.

Every day, some fear will attack us and it is up to us whether we will let fear dominate our life or we will eliminate fear and fill our day with cheer. You have a choice. Look at the weeks and months that have passed by. You lived in fear. Where has this got you? Can we stop death from happening? Death will come at its appointed time. There is no need to fear death. Of course, we must take precautions, but if we let fear take charge, then, we will panic and we will lose 'Today' and our life itself.

Today, are you going to Live with Fear or Cheer?
If you let Fear enter, your Cheer will Disappear.

– AiR



TODAY, WILL YOU BE GLAD OR SAD?

5
CHAPTER

Happiness is a choice. But most of us don't realize this. We are waiting to *become* happy, instead of just *being* happy. Today you can make a choice. You can be glad or you can be sad. If somebody chooses to be sad, they are mad! We all want to be happy. Unfortunately, we have not learned the art of being happy in the 'now'. I have made a vow. I will not let a moment pass in misery, in negativity. I have decided to live my life moment by moment, with bliss and peace.

Today, you have a choice. You can become unhappy by letting other people's actions control your reactions or you can be in Consciousness and respond peacefully. After all, things will happen. We have no control on what happens. Everything is unfolding as per Karma, actions that are already done. Now, we can either react and be sad or respond and be glad. Whatever new Karma we do will become the seeds for the future that will unfold. If we plant seeds of positivity, our destiny will be positive. But if we continue to be sad, and plant seeds of negativity, misery will fill our destiny.

Happiness is a choice. You can have everything and be unhappy or you may have nothing but still be happy. Happiness does not depend on possessions, pleasures and people. It depends on our state of mind. If thoughts continue

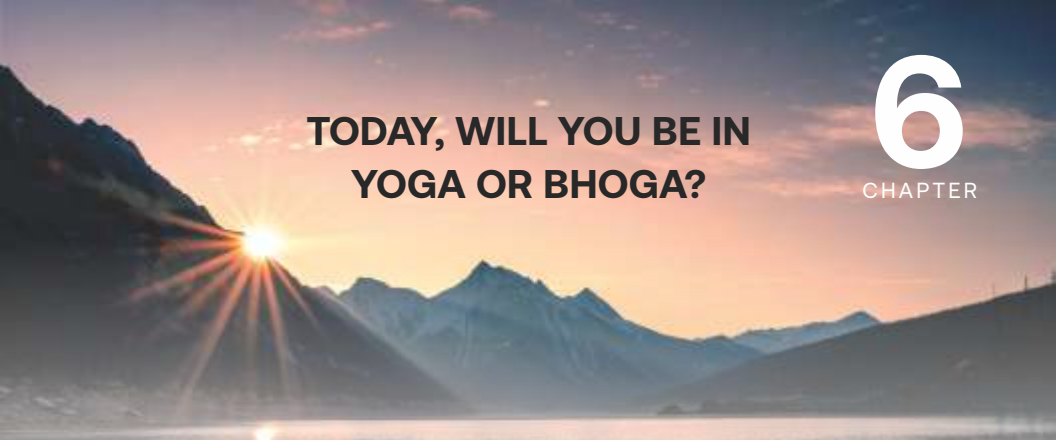
to drill us, they can kill us. They can create fear, worry, stress and anxiety and we can lose our bliss. But if we choose to live with peace and tranquillity, if we decide to live with contentment and fulfilment, then this peace becomes the foundation of our happiness.

Look around you. There are people who are joyous, just as there are people who are crying. What makes some people glad and some people sad? It is their 'Today'. It is their present moment. By filling their 'Today' with thoughts of unhappiness, they lose their peace and bliss. Then, this continues. They may have a few happy moments but soon, misery will overtake these moments of bliss and their life will be filled with unhappiness. Therefore, it is a choice.

What are you going to do with your 'Today'? Are you going to be happy or unhappy? Are you going to be glad or sad? Are you going to be joyous or miserable. Remember, it is your choice. Despite what happens, you can be happy. If only you make up your mind to be. Either you can eliminate negative thought or in fear and worry, you can be caught. It is your choice. But remember, what you choose today, will unfold as your life. If you make it a habit to be sad in your 'Today', you will never be glad in your life. But if you choose to smile and laugh, if you forgive and forget, if you are kind and compassionate, and love all those around you, your life will be a fountain of joy. And this is a choice. What are you going to do 'Today'? Are you going to fill 'Today' with bliss or unhappiness?

Today, you can Choose to be Glad or to be Sad.
If you Choose to be Sad, you are Mad!

– AiR



TODAY, WILL YOU BE IN YOGA OR BHOGA?

6
CHAPTER

What is Yoga? Most people think it is some kind of union between the body, mind and Soul. But this is not true. Yoga means '*Yuj*' or union and true Yoga is the union between the Soul and the Supreme. It is a constant connect between the human being and the Divine. It is a bond between man and God. If man is connected to his Lord, he is in Yoga. But if he is disconnected from the Divine, then he sinks in this world of pleasures and gets immersed in the material world, in a state called *Bhoga*.

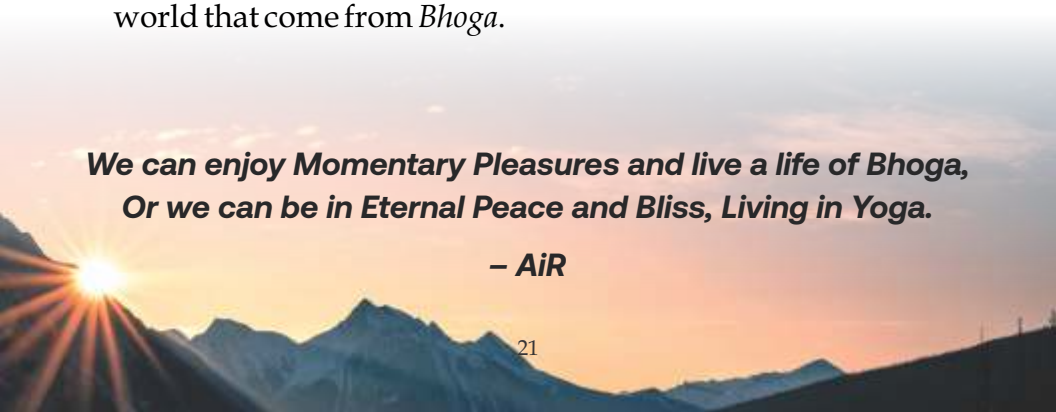
We all have a choice. We can be a Yogi and live in union with the Divine or we can be a *Bhogi* and sink in the world, in people, pleasures and possessions. Those who live in *Bhoga*, enjoy the temporary pleasures of the world but these are ephemeral. These pleasures are momentary. The ones who live in Yoga, live with peace and fulfilment, in tranquillity that creates eternal happiness. This is because Yoga kindles the light of the Soul and liberates us from the triple suffering of the body, mind and ego. We experience a state of Divine bliss.

How does one live in Yoga? Just like a good SIM card that does not lose connection with the satellite. No matter where we go, we don't lose the network. The SIM card is ever-united with the service provider. When we are in Yoga, our yearning for God or the Divine is so strong, so deep, that we

never get disconnected from the Divine. It is only when the SIM card gets disconnected from its network that it roams into other networks and loses connectivity. As long as we are in Yoga, we don't lose our connection with the Lord. Neither can the allurements of the material world nor passions for material pleasures drag us into *Bhoga*.

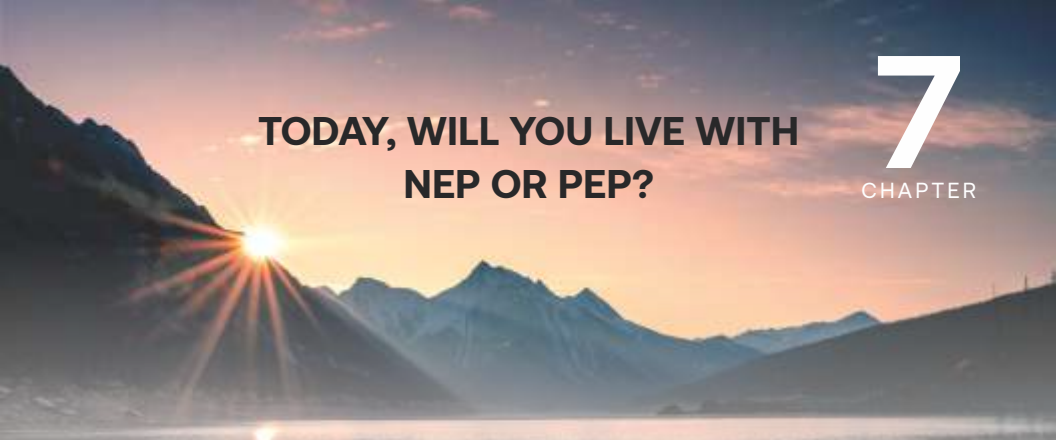
Today, are you going to be in Yoga or *Bhoga*? Are you going to be grounded with the truth or are you going to let the material world uproot you, distract you and distort your Realization? The truth is that nothing is ours. Nobody is ours. We come empty-handed and so will we remain empty-handed when we depart from this world. If we live in *Bhoga*, not only will we suffer on earth but we will return in a rebirth. The way to live is to be in Yoga, and this is a choice. If you are not in Yoga, you will automatically sink into *Bhoga*. Either you can cling to the Divine or end up suffering. It is your choice.

We all want to be happy, but we do not realize that true happiness does not come from *Bhoga*. We do not experience *SatChitAnanda*, the bliss that comes from living in the Consciousness of the truth. The Yogis of this world are free from attachments and passions because they have realized that these do not give true happiness. As long as we do not taste the bliss that comes from *Ananda*, experienced by being in Yoga, we will always be attracted to the pleasures of the world that come from *Bhoga*.



We can enjoy Momentary Pleasures and live a life of Bhoga,
Or we can be in Eternal Peace and Bliss, Living in Yoga.

– AiR



TODAY, WILL YOU LIVE WITH NEP OR PEP?

7
CHAPTER

Today, you have a choice. Are you going to be positive or negative? It will all depend on whether you choose PEP or NEP. PEP is Positive Energy Power. NEP is Negative Energy Poison.

PEP is a set of emotions that we choose to live by — emotions like faith, hope, belief, trust, enthusiasm, love, compassion, kindness, courage, confidence and optimism. If we choose these positive emotions that are PEP, then, they become the raw material for our thought factory that is producing thoughts. If we consciously choose PEP, then, not only will our thoughts be positive, but so will our mood, our feelings and our actions. Unfortunately, if we don't choose PEP, then our mind will fill our life with NEP.

NEP is a set of negative and toxic emotions that fill our thoughts, our feelings and our actions — emotions like fear, worry, stress, anxiety, anger, hate, revenge, jealousy, disappointment, depression and pessimism. When we permit NEP to become the raw material of our mind that is manufacturing thoughts, then there will be toxic destructive thoughts that will fill our life.

PEP or NEP, it is our choice. Unfortunately, we try to be positive and think positive but we can't! It all depends on our choice of PEP or NEP. If we choose PEP, then

automatically, we will have a positive attitude and positive thoughts. But if we choose NEP, there is no way of escaping from a negative attitude. We will react negatively with anger and hate, with fear and worry because these emotions have filled the inner sanctum of our life. They become the cause and our negativity is just an effect of this cause of NEP.

Today, we have a choice. If we want to have positive thoughts and a positive attitude, we can choose positive emotions. If we don't, then we are inadvertently opening the doors of our life to NEP. These messengers of misery will steal our happiness, as they rob our peace and tranquillity.

Today, you have a choice. Either you can live with fear or you can live with faith. You can choose optimism or pessimism. You can choose to forgive or take revenge. You can choose to live with worry, stress and anxiety or rather, you can choose peace and tranquillity. Today, you have a choice. You can choose the emotions that are going to fill your 'Today'. These 'Emotions' are the Energy in Motion that will fill your today. This is how your today will unfold. Today, your thoughts, feelings, attitude and actions, all will depend on whether you choose NEP or PEP. Once you choose, then you lose control of your today. Either PEP or NEP will become the director of your life. But this is your choice. You decide who you want to be the director of your today and your life. Will you choose NEP or will you choose PEP?

Is your 'Today' going to be Joyous as you Fill it with PEP,
Or are you going to be Miserable, as you lose control to NEP?

– AiR

TODAY, WILL YOU USE YOUR MIND OR INTELLECT?

8
CHAPTER

Today, you have an opportunity to be fooled by the mind or instead, you can activate the intellect and discriminate thoughts. What are you going to do today? Are you going to be caught in thought and live with fear, worry, stress and anxiety? Or are you going to control your mood, your feelings and your decisions by being in Consciousness, by activating your intellect and by choosing what is right? We have a choice, but if we don't choose, then we will lose the battle.

Most of us don't even realize the difference between mind and intellect. We think both are the same. But they are NOT! The mind is a thought factory. It constantly produces thoughts. It can practically produce a thought every second. This can be up to 50 thoughts a minute and this aggression of thoughts can make us drown. A man can't be wise if he is a slave to his thoughts. Unless we still the mind, we are most likely to make wrong decisions, purely because the pace of the thoughts of the mind makes us incapable to discriminate. Further, the mind is not the tool of discrimination. Discrimination is the work of the intellect and the mind does not want the intellect to be activated because the moment the intellect is activated, then the mind loses its battle! Because we do not realize the difference between the mind the intellect and we think of both of them as two sides of the same coin, we innocently consider the mind to be our best

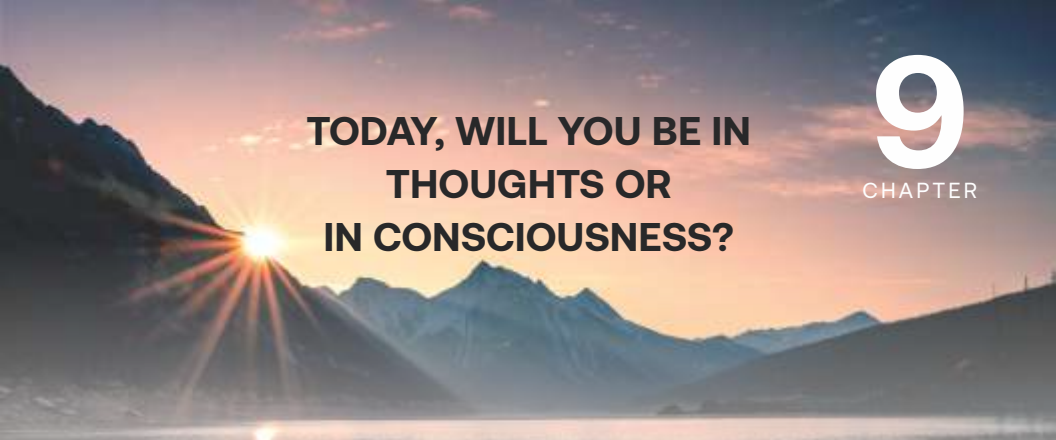
friend. Thus we talk of a creative mind and a powerful mind. But those who are enlightened with the truth realize that the mind can neither be creative nor powerful. It can only be destructive. Its objective is to stop us from overcoming ignorance. It doesn't want us to reach that state of Enlightenment where we realize the truth. The moment we activate our intellect, it takes charge. It does not let the thoughts of the mind become feelings and actions. The intellect discriminates every thought and chooses what we must do.

Today, you have a choice. You can use your mind to think and be a slave of your mind as it makes wrong decisions or you can choose to activate your intellect and discriminate thoughts. Today, you can let thoughts pour like rain and push you down the drain or you can let the intellect stop this shower of thoughts and let each thought appear like a snowflake, gently into your Consciousness as you choose to do what you think is right. Blessed are the ones who are able to still their mind and activate their intellect. But not everyone is blessed. Most of us fall prey to thoughts of the mind. Therefore, we lose control of our thoughts, our actions and our life.

Today, you have a choice and the way to exercise this choice is to still the mind. Just like you can stop singing or walking, you can reduce the thinking pace and get out of the maze. In this state of thoughtlessness or Consciousness, you activate your intellect and take charge of your life.

Either you can Grind as you give over your Life to your Mind,
Or you can Celebrate as you let the Intellect Discriminate.

– AiR



TODAY, WILL YOU BE IN THOUGHTS OR IN CONSCIOUSNESS?

9
CHAPTER

As we learn to choose the intellect over the mind to discriminate thoughts, we must also make another choice to move from a state of thoughts to a state of thoughtlessness known as Consciousness.

Most of us think of Consciousness as a state of being awake, of being alive. No doubt, this is Consciousness but Consciousness is not just being alive. Sure, we are not dead but if there are thousands of thoughts in our head, then, we are no better than dead. Thoughts kill us. We don't realize the mind drills us and kills us with thoughts. It creates such aggression that we can get into a state of depression. Some people even contemplate suicide because of thoughts that create fear, worry, stress and anxiety.

We have a choice. It is not necessary to live in the mind state. No doubt, we cannot escape from thought. As long as we are alive, there will be some thoughts. But it is different from living with an active mind. The active mind has an MTR – a Mental Thought Rate of up to 50,000 thoughts a day. Then, while there is Consciousness in terms of being alive, there is no Consciousness in terms of being aware and awake. Until we still the mind and control thoughts so that they can enter the ocean of our Consciousness like little fish, we will be doomed to disaster. When thoughts appear as a barrage, they become like a gushing river that pushes past

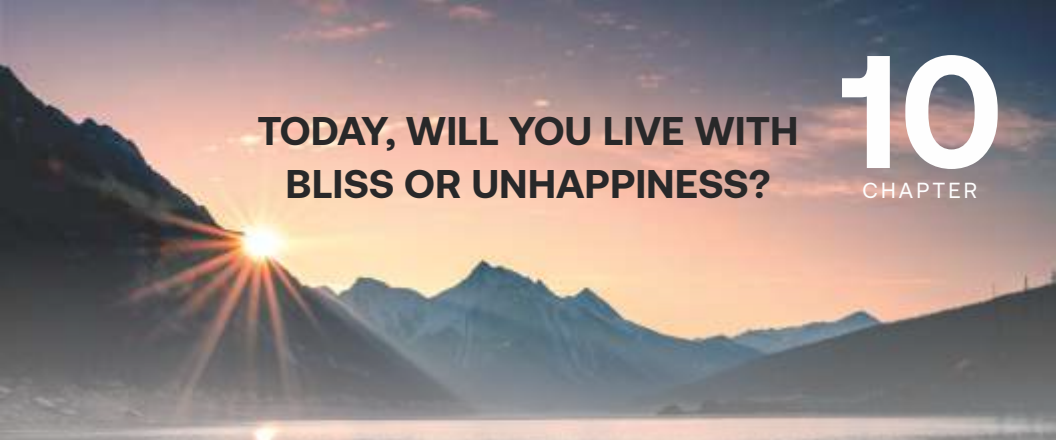
the gates of the dam to flood us with misery. We need Consciousness, a state of thoughtlessness, also known as mindfulness. Only then can we activate the intellect and discriminate. Otherwise, we will be a slave till we reach our grave.

Today, what state are you in? In this very moment, are you peaceful in Consciousness, with a control on your thoughts or in this very moment, have your thoughts robbed you of your Consciousness? Remember, it's a choice. Unless you activate your intellect in Consciousness, the mind with its thoughts will enter and take charge of your life. It is like a vacuum that is quickly filled in by air without invitation. So, thoughts will not knock at your door. They will come uninvited and slam you on the floor. You have to push the thoughts out and lock the door to enjoy being in that state of stillness, of blissful Consciousness. This is a choice you must make. If you do not make the choice of being in Consciousness, it only means you have surrendered your life to the mind and its thoughts. *Once in thought you are caught, then Enlightenment you forgot!* You might as well forget bliss, peace and joy, for they will be destroyed by your own thoughts.

Very few people are aware of the need to be in Consciousness. They practice meditation and try to still the mind. There are many who say that they meditate, but this is a farce, for they are not in Consciousness.

Today, will you be in Consciousness as you Control Thought,
Or in the Thoughts of your Mind, will you be Caught?

– AiR



TODAY, WILL YOU LIVE WITH BLISS OR UNHAPPINESS?

10
CHAPTER

Who doesn't want to be happy? Everybody wants to be happy. But is everybody truly happy? We all enjoy pleasure, just as we try to shun pain. But isn't it true that we experience misery again and again? Is there a way to be free from misery and pain? Is there a way to live in bliss, away from unhappiness? The good news is, there is.

It is normal to experience both happiness and unhappiness. Life is like a merry-go-round and we go round and round. We experience pleasure and pain, loss and gain, sun and rain and this happens again and again. Little do we realize that there is a way to eliminate pain. If we want to remove suffering from our life, we have to identify who suffers. It is the body that suffers physical pain, it is the mind that becomes miserable with fear, worry and anxiety, and it is the ego that gets agonized by anger, hate, revenge and even jealousy. If only we realize that we are not the body, mind and ego, we can be free from this triple suffering as we live on earth. Without this Realization, there is no option but to suffer pain of the body, misery of the mind and agony of the ego.

Today, you have a choice. You can fill your life with unhappiness, suffering with pain of the body or you can go beyond the pain of the body and not suffer as you realize

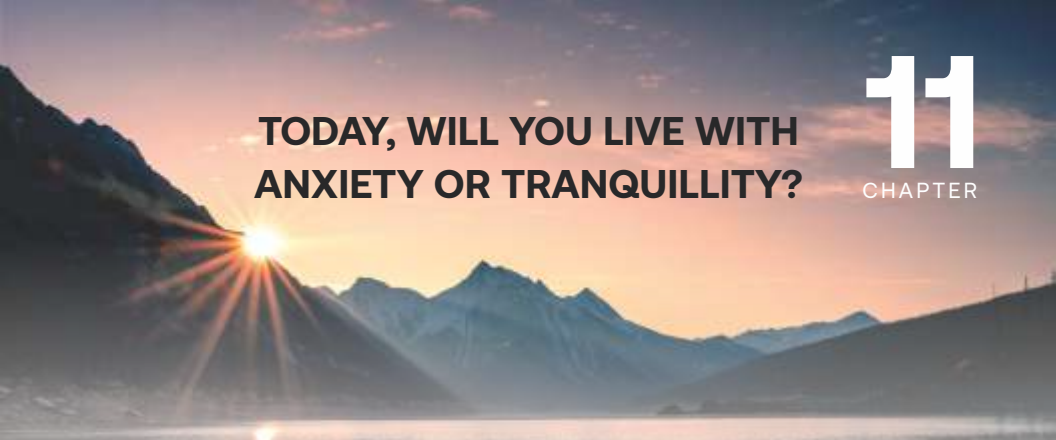
that you have a body, you are not the body! Then, though the body may experience pain, you won't suffer. Today, you can let your mind make you miserable as it creates thoughts that are negative and toxic, or you can eliminate these thoughts of fear and anxiety. It is you who have to make the choice. If you do, you will replace your unhappiness with bliss. So also, you can live as the ego and burn in the agony of anger. You can be agonized by hate or you can stop the ego at the gate. You can become conscious of the Divine Soul that you are and be in eternal bliss. If only we realize that this world is a show, we are actors who come and go, we can fill bliss into a life that is otherwise full of unhappiness.

What are you going to do today? Are you going to continue your routine life of pleasure and pain, again and again, or are you going to stop and flip over? Are you going to realize the truth and be conscious of this Realization? Are you going to go beyond the one that suffers, the one you are not and live as the Divine SOUL, that Spark Of Unique Life that is your true existence? This is the only way to be liberated from all suffering and this is a choice. But are you going to make this choice today?

What are you going to do with your 'Today'? Your today is like a mug and while you know how to pour coffee or tea into a mug, are you going to pour bliss into the mug of your life and stop it from being filled with unhappiness? Remember, this is a choice, a choice only you can make!

Your Mug of 'Today' is in your hands, you can fill it with Bliss,
Or live as the Body, Mind and Ego and Experience Unhappiness!

– AiR



TODAY, WILL YOU LIVE WITH ANXIETY OR TRANQUILLITY?

11
CHAPTER

We all experience anxious moments in life. It is a part of the life journey. But some people just live with anxiety. Anxiety becomes the very fabric of their existence. Worry and stress are knitted into every second thought. So, their life is full of misery and sorrow. Is this necessary?

We have a choice. We can live with peace and tranquillity or with worry and anxiety. But unless we make a conscious choice, the mind is an expert in popping toxic thoughts. The mind is like a popcorn machine. It need not be told to produce thoughts. The function of the mind is just that. And just like we wake up, we eat, drink and breathe, we also think. But what we think is a choice. If we feed the mind with worry and stress and other such negative emotions, without doubt, the mind will produce depressing thoughts. But if we change this and feed the mind with thoughts of courage and confidence, then, we can replace our anxiety with tranquillity.

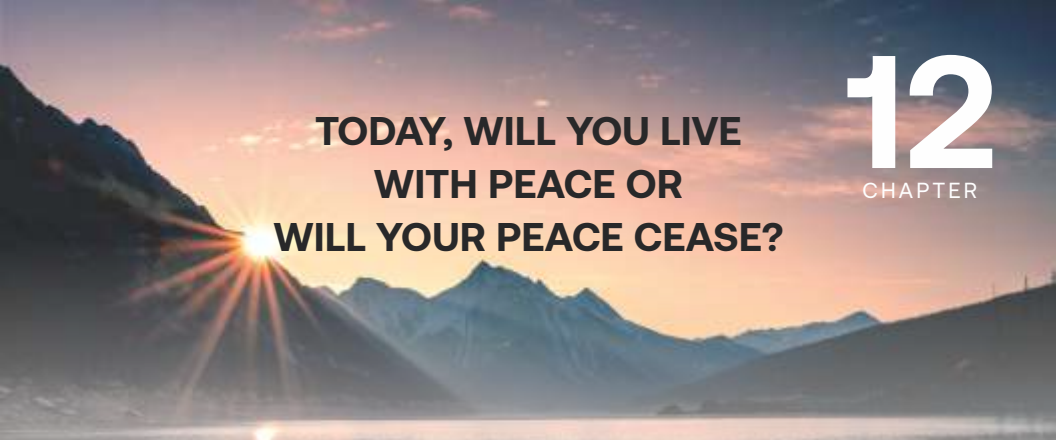
Look around you and you will notice that some people are living jittery lives. They tiptoe to their graves with depression. They are always worried. They live with the constant fear of the future. They don't realize that most of their fears are baseless, just as their worries and anxieties are. In fact, it has become a habit for them to jump from the past to the future. Therefore, they do not enjoy peace in the present moment. Something is over and though they can't

change it, they are still anxious about what is already done and dusted. If that is not bad enough, they jump to some distant, fairway anxiety that is still around the corner. They imagine the anxiety. They create it. Nothing has happened yet but they worry so much thinking that something bad will happen. Such worry destroys their life, their peace and their tranquillity.

Today you have a choice. You can live with anxiety or you can live with tranquillity. You must remember one thing, if you let one enter, the other will exit. If you make it a habit to live with tranquillity, you will eliminate space for any anxiety. But if you permit anxiety to fill your thoughts, then there is no scope for tranquillity to enter your life. What are you going to do today? When an anxious thought arrives, are you going to open your doors or are you going to flush out every worry, every anxiety that comes close to you? What method are you going to use to stop these toxic thoughts and emotions? If you are going to fill your life with peace and tranquillity, then how are you going to do it? You can't wish away anxiety, just as you can't pray for tranquillity to be your guest. You need to make this happen. First, you must be aware that you have to make this choice. Next, you have to consciously fill your life with tranquillity, just as you have to consciously flush out anxiety. And this, you must do every day, otherwise, your life will stink. Imagine not flushing your toilet for a couple of days. Even the thought is disgusting! What we don't realize is that not flushing out anxiety is far more disgusting. The former only creates a stink in your toilet, but the latter creates a stink in your life and it's a choice!

Either Fill your Life with the Fragrance of Tranquillity,
Or Suffer the Stink of Stress and Anxiety!

– AiR



TODAY, WILL YOU LIVE WITH PEACE OR WILL YOUR PEACE CEASE?

12
CHAPTER

Now that you have resolved to flush out anxiety and fill your life with tranquillity, the next step is to live with peace and not let your peace cease. How is this possible? What is peace? While peace is the foundation of happiness, where does it come from? Can you go to a supermarket and buy a package of peace or order it online from Amazon? No! Peace, you don't have to find. It is within, just still your mind!

But if your mind is not still, peace will cease because ripples of thoughts will create a typhoon within. Then, instead of having peace, there will be a cyclone, a hurricane or a tsunami that will ruin your life!

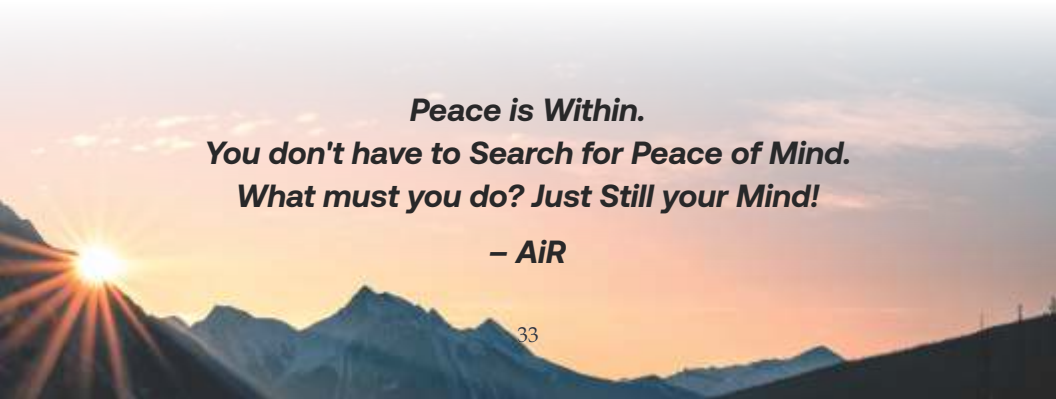
You have to make a choice today. Do you want peace, or do you want your thoughts to be in a thousand pieces, going all over the place? Peace is stillness. It is thoughtlessness. It is Consciousness. Peace is an inner journey. It is not about wandering outside. As long as we are yelling and yearning, our monkey mind will steal our peace and our tranquillity will cease. And this is a choice we have to make today.

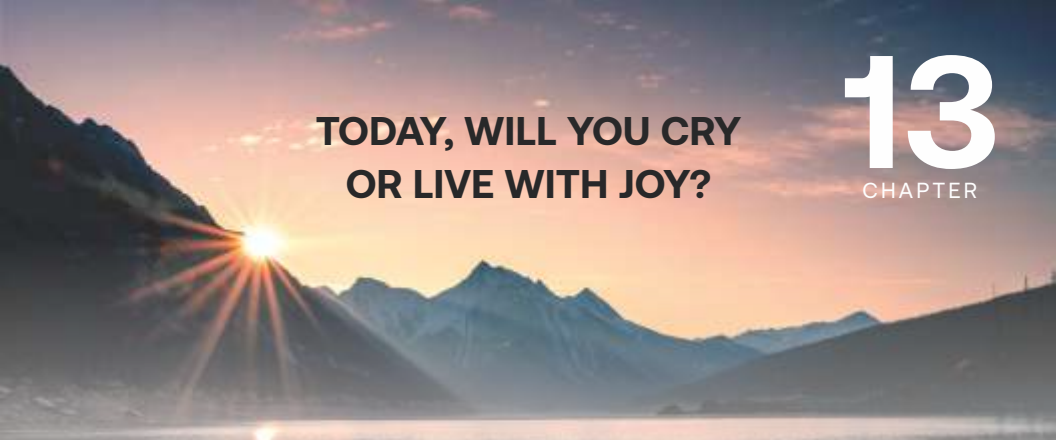
Today, what choice are you going to make? Are you going to live with peace or are you going to let your peace cease? Are you going to give over your life to thoughts or are you going to consciously choose that state of mindfulness,

thoughtlessness or Consciousness. It is not easy because the mind is waiting to bombard us with thoughts. But today, you can choose to watch your mind. It will become still. We must watch it, catch it, and latch it. Then, thoughts will subdue, and peace will be restored. But are you going to make this choice today?

Look at a still lake. It is so peaceful. But what is the cause that there are no ripples? Just then, a motorboat race starts. Boats zoom across the lake and the still lake becomes like an ocean, full of wild waves. This is exactly what happens when we let wild thoughts conquer our peaceful Consciousness within. Somehow, we have not experienced the still lake within and have taken it for granted that our sanctum inside is supposed to be an ocean of disturbing thoughts, rather than a tranquil lake of Consciousness. Alas! We live with anxiety and we die. We don't experience that peace and Consciousness that leads us to discover, 'Who am I?' In peace, we will realize that we are the Divine Soul, not the body-mind-ego complex that worries and suffers.

We can live with peace, or we can let thoughts make our tranquillity cease. Most often, this becomes our habit. Those who are peaceful, are blissful forever. But those who live with stress, continue to fill their lives with unhappiness. We must make peace a habit.





TODAY, WILL YOU CRY OR LIVE WITH JOY?

13
CHAPTER

Vijay never counted his blessings. Despite having everything that one could dream of, he would always look at what was missing in his life. So, he was unhappy. His years were filled with tears because he made crying, his life philosophy. As a child, if it was raining outside, he would cry because he could not go out and play. And when the sun was shining bright, he would complain that it was too hot. When too many friends came to play, he would get frustrated with the crowd and if only a few children were around, he would become lonely and bored. And this crying continued as he became a young man. The problem was with his choice. He chose to cry through life, rather than live with joy. His friend Charlie was exactly the opposite. Whatever happened, he counted his blessings. He was ever grateful to the Divine. His years were filled with grateful prayers and joy became his life paradigm. Whatever was happening around him, he saw everything through joyous spectacles and his optimism overlooked what was missing. He appreciated everything and everybody and he was happy. Both Vijay and Charlie were friends. Both lived in similar circumstances. But one chose to cry while the other decided to fill his life with joy.

Today, what are you going to choose? Are you going to cry or are you going to fill your life with joy? Remember, today whatever you do, this pattern will continue. Your perspective and your paradigm will become your philosophy of life. Either your life will be filled with tears or

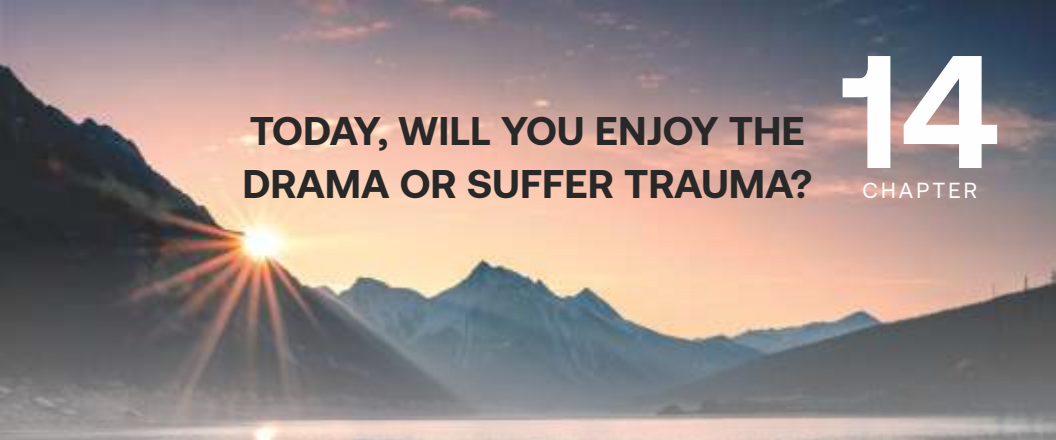
with cheers and this is entirely your choice. Things will happen to you, and you cannot control them from happening, but you can choose your reaction and cry or live with joy.

What causes things to happen? Nothing happens by chance. Just like the seed we plant will decide the fruit on the tree, the deeds we plant will decide our destiny. Everything that is unfolding in our life is due to our Karma, our past actions. It is based on the law of action and reaction. So, we have no choice but to accept. If we protest, we will cry. But if we accept, we will live with joy. Some people surrender and accept whatever is happening, knowing that they are responsible for the life that unfolds. They do good deeds so that good fortune befalls them. But those who are miserable, those who cry, continue to hold grudges through life and their negativity makes them do deeds that further lead to a negative destiny. How does one change this? Instead of crying and complaining, we must 'Accept without Protest'. Then we must 'Do our Best' in whatever way we can. And finally, we must 'Surrender in Consciousness'. This is the way to live in joy and not to cry.

Today, you can make your choice. If you cry, nobody will cry with you. But if you live with joy, there will be many who will come to share your laughter, for when you smile, the world smiles with you but when you cry, you cry alone. Make your choice today!

Today, you can Live a lonely Life as you Choose to Cry.
Or the World can Laugh with you, as you Live with Joy!

– AiR



TODAY, WILL YOU ENJOY THE DRAMA OR SUFFER TRAUMA?

14
CHAPTER

This earth is a stage. Life is a show. We are actors who come and go. If we don't realize that everything that happens in life is a drama, then we will suffer the trauma of this illusory world.

How many of us realize that this world is a drama? We *understand* the truth about life but we don't *realize* it. When we go to a hotel room, we admire and enjoy the comfort of the bed, the toilet, the television but when we check out, we don't take the television and other things with us. They do not belong to us. We are guests in the hotel and everything in the room is ours to use. But we cannot take the kettle and the mugs with us. We know this very well and we decently check out of hotels. But we don't realize this about life. In fact, the drama of life is even more strict. We can bring nothing with us and take back nothing with us, not even a pin. When we come, we do not even bring this body. We start as a single-celled zygote and ultimately, at death, not only do we leave behind all our money, wealth and possessions, people and relationships, we also leave behind our body when we depart. Such is the drama called life!

Because we do not realize that life is a drama, we suffer the trauma of life. We live with attachments and experience disappointments and heartbreaks. We don't realize that it is just a drama. It is not real, and we come here with a purpose

to discover who we are and to be free from the cycle of death and rebirth. But we don't realize this and we suffer the triple suffering. If only we realize that life is a drama, we would not suffer the trauma.

We go for a movie or to a theatre and we see some people cry when their favourite actor dies on the screen or the stage. Why do some others laugh at them? Because the others know that there is no need to cry. Actually, the actor does not die. But while we may realize that the drama is just a drama, we don't realize that life is a drama.

Today, you have a choice. You can suffer the trauma of this drama called life or you can enjoy the drama, realizing it is just a show. We are actors who will one day go. If we don't enjoy today as an amazing drama, we are losing the opportunity to live life to its fullest. If we are suffering the trauma of the body, mind and ego that we are not, it is our foolishness, because we are not realizing that in the end, it is just a drama. Nothing belongs to us. Nobody is ours. One day, we will leave everything and go when the show ends. Today, you can realize this truth and start enjoying the drama or you can continue to suffer the trauma. It is your choice, and you have to consciously choose this, otherwise, you too will be one who will just cry and ultimately die without realizing, 'Who am I?'

Those who do not Realize that Life is just a Drama,
They will be Agonized and Suffer the Trauma!

– AiR

TODAY, WILL YOU PRAY OR LET YOUR SKIES BE GREY?

15
CHAPTER

Why do our skies become cloudy and grey, stealing our sunshine away? It is because we do not pray. Because we live lonely, secluded lives, we live with fear, worry, stress and anxiety. But just compare this with somebody who has faith and who lives with devotion, somebody who believes, trusts and lives with enthusiasm. Such a person lives a joyous and cheerful life. Such a person realizes that he is nothing, he is just a speck of Divine energy, having a human experience on earth. It hardly matters if life is gloomy because he realizes that eventually, there is a Power that is stronger than everyone and that takes care of everything. He surrenders to this Power and accepts the Divine Will. He prays and lives with peace and joy, all day.

Today, you have a choice. You too can pray. You can build a powerful connection with the Divine. Whoever be your God, your Lord, that hardly matters. What matters is that you pray. What matters is that you build a connection with the Supreme. For if you do, then, though there may be storms in your life, though there may be problems that seem impossible to deal with and though there may be challenges, you will still be strong because prayer makes you stronger than your biggest problem. Today, you can choose to fold your hands and bow down to the Supreme Immortal Power, whatever be the name of your God. You

can choose to pray or let your skies be cloudy and grey. It is your choice!

What happens to those who do not pray? What happens to those who do not build a Divine connection? They live with fear and anxiety. They lack FAITH – Full Assurance In The Heart. They have no HOPE – Having Only Positive Expectations. They do not live with TRUST – Total Reliance and Unconditional Surrender to The Almighty. Thus, they live fearful lives, often filled with depression. When something goes wrong, they have no anchor to hold on to. They just sink into their miseries. This is their choice.

Today, you have a choice. You can build a strong relationship with your Lord, or you can be cut off from the Divine. People pray for different reasons. Some pray because they have problems, others pray for pleasure and still others pray for peace or to discover the purpose of life. It hardly matters what you pray for. What matters is bowing down to the Creator, a Supreme Power beyond definition and comprehension, for this makes us more powerful. This gives us strength. It might or might not make our problems lighter, but it will surely make our shoulders stronger. We only have to choose to live by faith, hope, trust and enthusiasm!

Today, choose to pray. Say something to the Divine and when you look up at the skies, you will not feel gloomy when you see clouds that are grey. You will have peace, joy and bliss that fills every moment of your day.

Today, you can Choose to Pray, several times in the Day.
Or you can be Miserable, as your Skies seem Cloudy and Grey!

– AiR

TODAY, WILL YOU REACT OR WILL YOU RESPOND?

16
CHAPTER

As we live, things are happening around us. We meet people just as we communicate through mobile phones or through e-mails. The world has evolved, and we are constantly communicating with people. Sometimes, we respond and sometimes we react. What is the difference? When we are impulsive and we are in a state of mind, we immediately react. But if we are in a state of Consciousness, then we do not react. We pause, reflect and then respond. When we react, it is the mind and when we respond, it is our intellect. This is a choice.

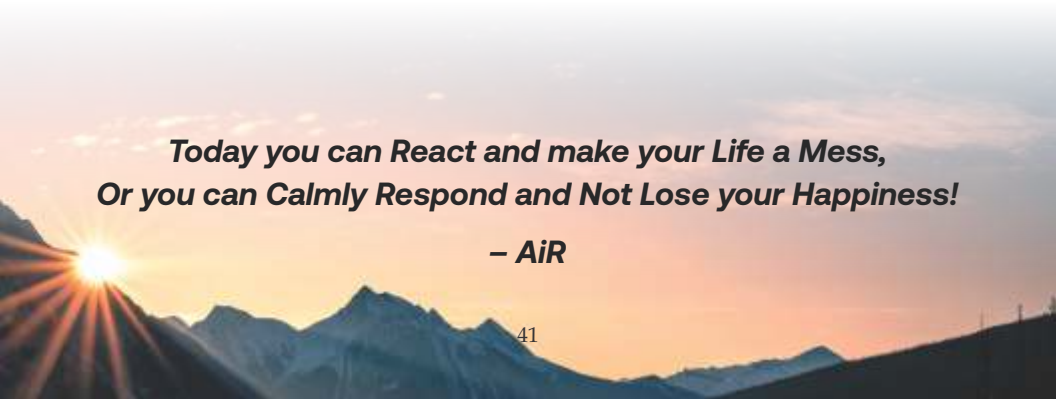
Can we control other people's actions? Most often, we can't. Their action is their action but we can control our reaction because it is ours. When we react to their action abruptly or in a negative manner, we only spoil our moment of peace because our reaction will upset us more than the one it is meant for. Therefore, we must choose to respond rather than react.

Roger always used to react. When somebody called him, even without listening to the whole conversation, he would get agitated. Reacting was his habit. When he would be in a restaurant and the waiter would be serving him his food, he would scream and ask, 'Where are the drinks?' when the drinks were right there on one end of the table. Even though there was no need to react, Roger always reacted. What was the result? He always lost his peace of

mind. He was living like a nervous wreck, impulsively reacting to everybody and everything around him. He just needed a trigger to react. Sam was the opposite. Sam would never react. Even if he got a serious legal notice, he would be calm. He would read it and intelligently question what was needed to be done. Then, he would respond in an intelligent manner. Sam never lost his patience, whether it was in a restaurant or standing in a long queue. Unlike Roger, he would not just curse and lose his bliss. He lived a life of peace.

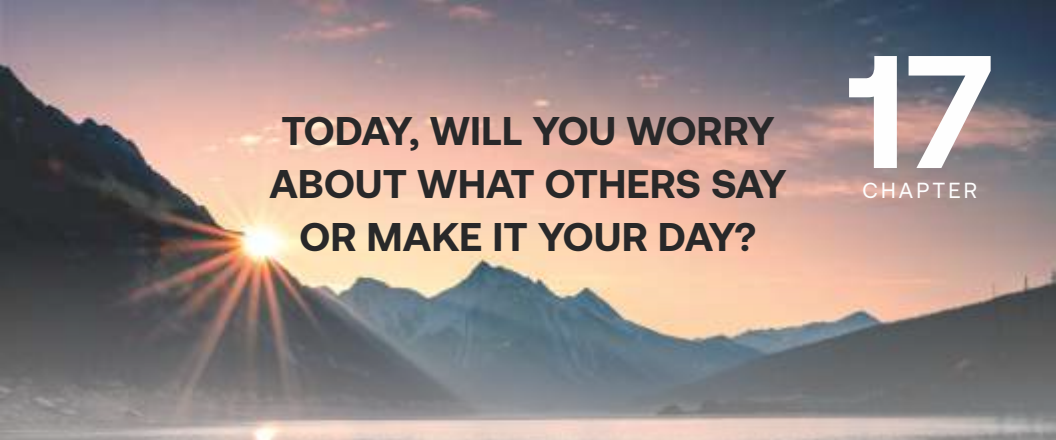
Today, you have a choice. Either you can be like Roger and react to everything that is happening around you and lose your peace and bliss or you can be like Sam and not react. Rather you could choose to respond intelligently and peacefully to everything that is happening around you. You can learn to accept things that cannot be changed and courageously deal with those situations that need action, but not a reaction. More often than not, a reaction will worsen things, just as an intelligent response will solve any problem.

Today, you have a choice. React or respond. React and create more problems for yourself or respond and solve the problems of your life. Problems will continue to pop up and we have to either react or respond. We cannot wish away the problem, but we can react and inflate it or respond and deflate it. It is our choice.



Today you can React and make your Life a Mess,
Or you can Calmly Respond and Not Lose your Happiness!

– AiR



TODAY, WILL YOU WORRY ABOUT WHAT OTHERS SAY OR MAKE IT YOUR DAY?

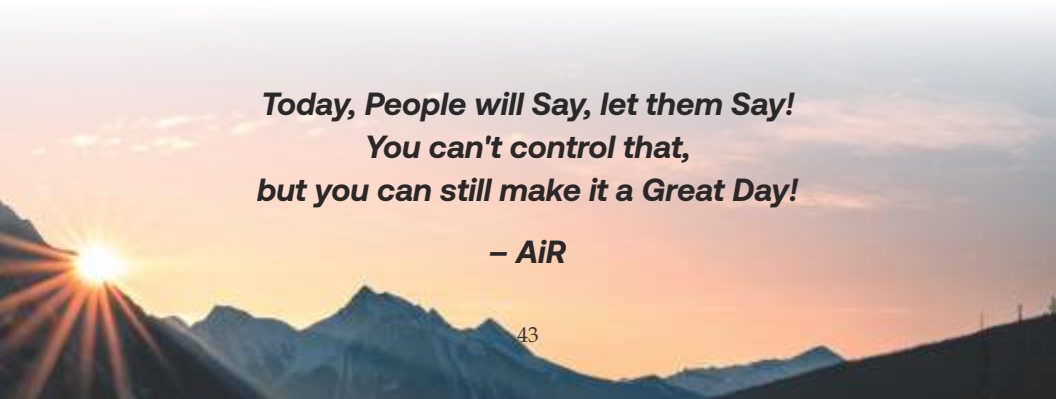
17
CHAPTER

Today is your day. You can't control what people say. But are you going to let it spoil your day? If you let others spoil your 'Today', you are handing over your life to them. Other people's opinion doesn't have to be your reality. Different people will say different things about you. But how does that matter? You know best, who you are and what you are. Still, you can't stop people from having an opinion about you. How you are going to live is your choice. As you start your day, each day of life, you will have many people making allegations. There may be good opinions and unjust allegations, accusations that you are mean, unfair, unreasonable and unkind. Are you the opinions that they have about you? As per you, you are none of these. But still, they opined you to be these. What is the way forward? Should we brush aside all opinions about us or must we listen to criticism in a fair and conscious manner? If we don't, we shut the door to improvement in our life. Therefore, we must be open-minded in listening to various opinions. But should we let those opinions be our reality? That would be a disaster!

The other aspect of life is this, perception is reality. What people perceive of us becomes the reality. So, we have to be careful of how we are perceived. We must not come across in a way that gets us labelled as somebody. Having said all this, what are we going to do today? You have a choice. You

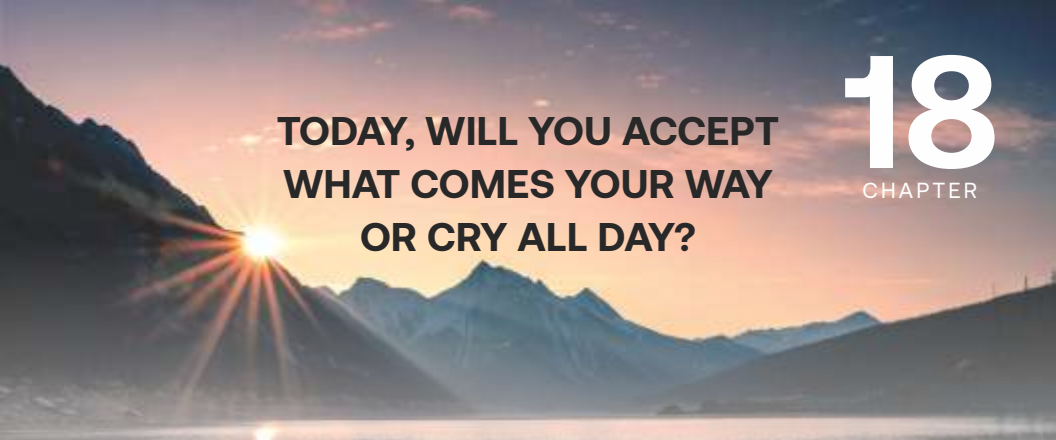
can continue to worry all day about what people say or you can reflect and resolve to make changes that you think are needed. Then continue your day to be happy in every way. You can let other people's opinions about you spoil your mood and your day. But why should you? If that is just an opinion, you can brush it aside. If possible, you can try to change that opinion. But in today's fast-paced technological world, it is not very easy because information spreads like a packet of feathers that is thrown from the top of a mountain. You cannot collect the feathers back. It is impossible! But you can continue to be a good person and make your day a great day. That is your choice!

Some people get very upset and question, 'Why did he say this about me? How dare she make that statement without knowing the facts?' What does all this do? It makes us worry and it spoils our day. But there are many people who spoil their day without realizing the value of this great treasure called 'Today'. 'Today' is priceless. Why should we worry about what people say? It hardly matters. Yes, there are a few people who matter in our life and we must make sure that this core network doesn't have a wrong opinion of us. They should not perceive us as what we are not. But the rest of the world will say, let them say! What do enlightened people do? They forgive them with a prayer, 'Lord, forgive them for they know not what they say!' They don't worry. They just make it a great day.



Today, People will Say, let them Say!
You can't control that,
but you can still make it a Great Day!

– AiR



TODAY, WILL YOU ACCEPT WHAT COMES YOUR WAY OR CRY ALL DAY?

18
CHAPTER

We have no control over what happens around us. It may be inside our home or in our neighbourhood, our city, our country and the world. Can we control everything that happens? We can't! But can we control what is happening within us? Yes, that is entirely in our control. Unfortunately, we are so lost in the outside world that we lose control of the inside world.

What is the cause of people doing what they do? It is their choice. Each one of us has a free will. We can choose to do what we wish to do. But can we control what others do? When we try to control others, we get disappointed and we cry. If this is our paradigm of life, then we will just cry till we die because we do not learn the art of acceptance.

The wise realize that the way to live is to accept without protest. Everything that is happening around us is unfolding as a drama. Whatever is happening is happening as per Karma. We cannot define it nor can we reconcile it. But nothing is happening by chance. We have no choice but to accept. Not only accept but we must also joyously accept whatever is happening because it is redeeming our past Karma and clearing the way for good things to happen. If we realize this and live with acceptance, we will be peaceful and blissful. But if we growl, whine and complain all day

about what is happening or what people do and say, then we will be miserable forever.

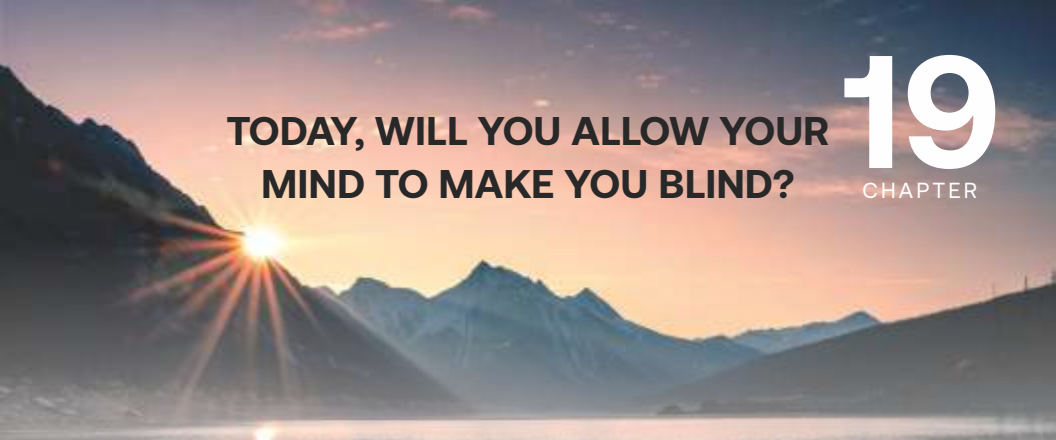
Today, you have a choice. You can learn to accept life as it unfolds and you can do your best and not protest about whatever is happening or you can continue to fight and protest everything that is happening around you. You can lose your peace and tranquillity and question everything that affects you, whether it be in your home or the world. You have a choice. You can learn to accept it. Otherwise, you can cry, till you die.

The day is precious, isn't it? We have complete control of our life. While we cannot control other people's actions, we can control our reactions. If we do not accept what is happening in the outside world, we are making our inside world toxic. But that is our choice. That is completely in our control, just as we have no control over people or the outside world. But we can accept without protest.

When we go to a temple or a religious place, we are given *Prasadam*, an offering from the Divine. Don't we accept it? Do we refuse the *Prasadam* and ask for *Prasadam* of our choice? Whatever is happening in our life is nothing but *Prasadam* that is coming to us from the Law of Karma. We must joyously accept it!

Today, you have a Choice. You can Accept without Protest, Or you can Resist everything and Cause yourself Unrest.

– AiR



TODAY, WILL YOU ALLOW YOUR MIND TO MAKE YOU BLIND?

CHAPTER 19

Your 'Today' is already speeding ahead. By now, a lot has happened in your 'Today'. Either you are glad or you are sad. Either you are enjoying the drama or facing trauma. Either you are living with anxiety or tranquillity. Either you are in Yoga or in *Bhoga*. You have made certain choices today, whether you realize it or not. But do you realize that it is all because of your mind? It is because of your mind that you have become blind!

The mind is a rascal. It appears to exist, although in reality, it does not. What is the mind? It is nothing but a bundle of thoughts. When in thought we are caught, the mind takes over. But when we try to find the mind, where is the mind? We will never be able to find because it doesn't exist! How can we find the mind? It still dominates our life. It attacks us with thoughts at a pace of over 50 thoughts a minute. These aggressive thoughts of the mind make us blind.

When we still the mind, and there are no thoughts, then, we can see through each thought that appears because these thoughts are not from the mind. Each thought appears in a systematic and organized manner, just like cable cars on a ropeway, one by one. Then, we use our intelligence to discriminate whether the thought must be entertained or not. But when we let the mind grind us with thoughts, we become blind. We are unable to see through black and

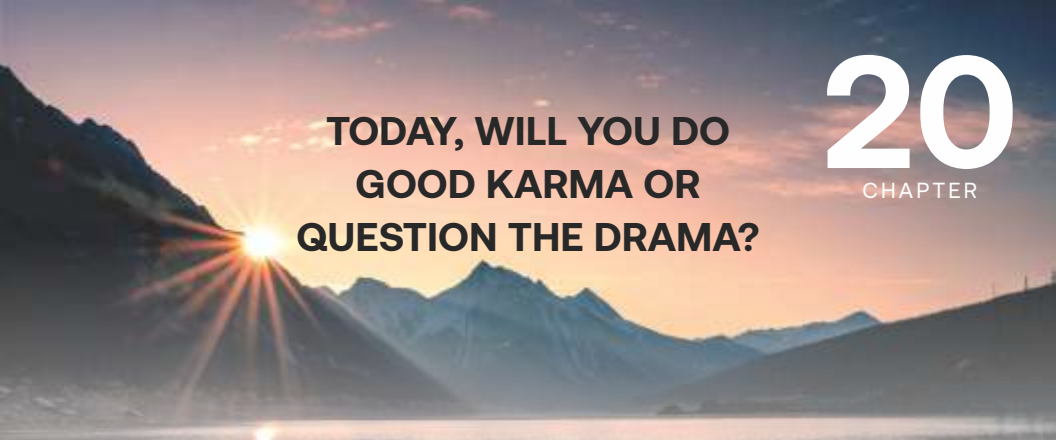
white, wrong and right. Therefore, we make wrong choices and end up with wrong decisions in life.

Today, it is up to you. Are you going to allow your mind to make you blind or are you going to still your mind and find yourself in that state of Consciousness, that state of awareness, where you are in control of thoughts? Many of us do not even realize that it is the mind that makes us blind. The mind appears to be a king, in charge of everything, when in reality it is a monkey that is jumping from 'yesterday' to 'tomorrow'. It is stealing our today but we don't realize it.

For many years, I was a slave of my mind. I was helpless. As my mind was riding the horse, I had no control over where I was going till I realized that the mind was blindfolding me and stopping me from using the gift of the intellect to discriminate. I was losing control of my actions, my habits and even my destiny, because I was letting thoughts of my mind create such a fog that I could not see ahead. Then, one day, I realized that my mind was my biggest enemy. If I didn't kill it, it would surely kill me! I made my mind still and cremated it. Thus I received the greatest gift of life, 'Today'. I lost many 'Todays' to the mind. But enough was enough! I decided I will not lose another day. I would no more be blind because of the irrelevant thoughts of my mind. No more fear, worry, stress and anxiety!

As long as I was caught in Thoughts of the Mind,
I didn't Realize that I was actually Blind!

– AiR



TODAY, WILL YOU DO GOOD KARMA OR QUESTION THE DRAMA?

20
CHAPTER

Karma means action but when we say, 'Karma,' the world refers to it as the Law of Karma, the Law of Action and Reaction. It is based on the principle, '*As you sow, so shall you reap.*' Karma works like a boomerang. What goes around comes around. What you do comes back to you. It is because of this law that we get what we give. Everything that is unfolding in our life is because of Karma. There is nothing like luck or fate nor is it a God who is sitting in a distant heaven, controlling our destiny. *The seeds we plant will decide the fruit on the tree, just as the deeds we plant will decide our destiny.*

Many of us are caught in Karma. The law is very popular around the world. People are trying not to sin so that they can win over Karma. People are doing good deeds, not only to be rewarded on earth but also to get a good rebirth. While this is a great thing to do, we do not realize that there is a better option. Of course, there is no doubt that doing good Karma is far better than doing bad Karma. Every act of ours is recorded in the book of Karma and we have to pay the price, or we will be rewarded for every action. There is no other choice. Therefore, rather than being indifferent about Karma, it is much better to choose to do good Karma than to be caught in the web of bad Karma.

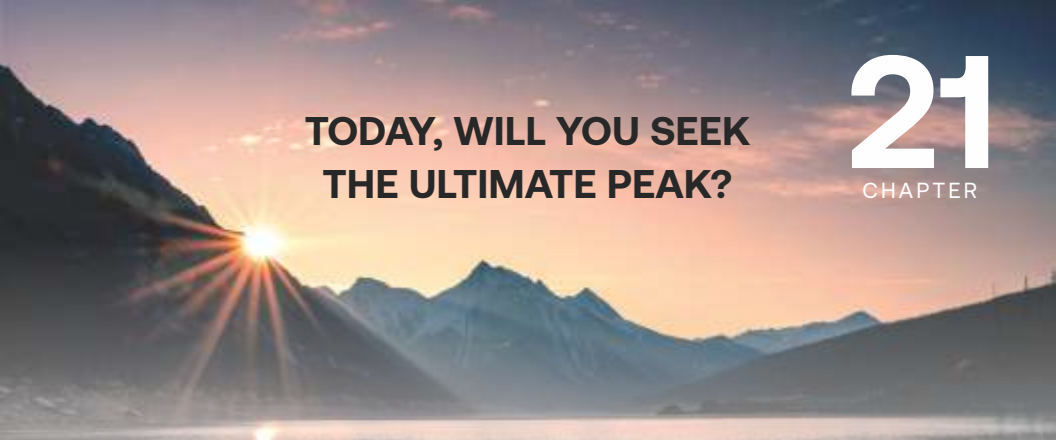
Today, you have a choice. You can choose your actions, good or bad and by doing so, you will also be choosing your future because what is going to happen tomorrow is directly related to what you are doing today. Not only the Karma of today but all our Karma of our past that has not been redeemed or settled, remain in our account and appear in life, one by one. Therefore, today, you can choose good Karma and plant good seeds for a good future or you can question how Karma is affecting the drama of your life.

Life is a drama and this earth is a stage. We are just actors and we come and we go. We did not choose our birth on earth. It was decided by Karma, our past actions. What we don't realize is that as long as there is Karma, good or bad, we will have to return to earth in a rebirth. If we want to be liberated from the cycle of birth and rebirth, then today, not only must we do good Karma but we must also question the reality of this drama. We have to understand that this body will die, but the Mind and Ego, ME, will carry its Karma to its next destiny.

What is the way then, to be free? Should we just continue doing good Karma or realize the truth about life's drama? Today, you have a choice. Just like anybody else, you can do good Karma. It is a good choice. But there is a better option. You can question, 'Who am I?' and 'Why am I here?' You can be enlightened with the truth, liberated from Karma and be free from this drama.

Today, you can Choose to do Good Deeds and create Good Karma,
Or you can go on a Quest and Realize the Truth of this Drama.

– AiR



TODAY, WILL YOU SEEK THE ULTIMATE PEAK?

21
CHAPTER

Everybody wants to be happy. Who doesn't want to be happy? But does everybody know the way to true happiness? There is a way to eternal peace and everlasting bliss. This happens when we discover the 3 Peaks of Happiness.

The First Peak of Happiness is Achievement. We are chasing success, wealth, name and fame because we believe that all this will give us pleasure. We think that pleasure is happiness. We do not realize that pleasures are momentary. They are ephemeral. The happiness from pleasure does not last. Therefore, while it is good to enjoy pleasures, it is just the First Peak of happiness. Joy, on this peak is very shallow. We experience both pleasure and pain, as there is loss and gain and we go through sun and rain, again and again. Most people in the world are trying to scale the peak of achievement, going from one peak to another, not realizing this is not what they should seek. Very few people take an exit from the highway of achievement and they find lasting happiness on the next peak.

The Second Peak of Happiness is Fulfilment which comes from contentment. Happiness at this peak is not based on pleasure but rather on peace. People on this peak of happiness are fully satisfied. They don't let greed dominate their life as they live fulfilling their need. People on this peak are far

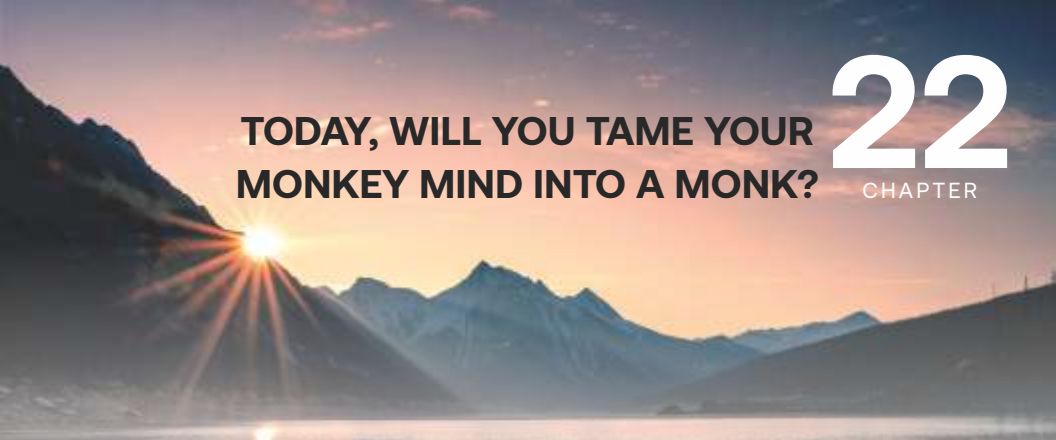
happier than those chasing success and achievement because peace is the very foundation of happiness. Peace is bliss. Where there is no peace, there can be no happiness. Therefore, those who scale the Second Peak of Happiness, Fulfilment, are far happier than those who are caught on the First Peak of Happiness, Achievement.

There is a Third Peak of Happiness, the ultimate peak of Enlightenment. Although we may be living on the Second Peak of Fulfilment, we will still suffer the triple suffering of the body, mind and ego. There will be physical pain, mental misery and agony of the ego. We can overcome this on the Third Peak of Enlightenment. For this, we have to go beyond pleasure and even peace. We have to discover the purpose of our existence. Enlightenment is realizing who I am and why I am here. This is the ultimate peak of bliss, where there is no unhappiness.

Today, what is the peak that you will seek? Will you seek pleasure that comes from achievement and enjoy momentary happiness or will you exit from achievement and scale the peak of Fulfilment? Will you choose peace and tranquillity rather than success or will you seek the ultimate peak that will liberate you from all misery on earth, just as it will liberate you from the cycle of rebirth? Today you have a choice. It is your life and while you want to be happy, you can choose which peak you will scale. Whether it is pleasure, peace or purpose, it is your choice.

Today, you can choose Achievement or Fulfilment,
Or Eternal Happiness that lies on the Peak of Enlightenment.

– AiR



TODAY, WILL YOU TAME YOUR MONKEY MIND INTO A MONK?

22
CHAPTER

Today, you can live a life that is full of junk, or you can live like a peaceful monk. It is your choice! We all have a monkey in our head, the monkey mind. What does it do? It is always jumping from thought to thought. First, the monkey mind jumps to a 'Yesterday' that is gone. Then it jumps to a 'Tomorrow' not yet born. Just like a monkey jumps from branch to branch, the mind jumps from thought to thought and then in thought, we are caught. Every thought creates junk, thoughts of fear, worry, stress and anxiety. But it is our choice. We can let the monkey create junk, or we can tame the monkey mind and make it into a monk.

What is the monkey mind doing? It is Ever Yelling and Ever Yearning. If you look at the word 'Monkey' closely, it has a tail, the EY. It is this EY of the monkey mind that is Ever Yelling and Ever Yearning. When we cut off this tail, this EY of the MONKEY, what remains is a 'Monk'. It is not easy but we can transform the MIND. The mind is full of

M Miseries
I Ignorance
N Negativity
D Desires

And we can become a

M Master of the Mind
O Only in Yoga
N No desires
K Karma is transcended

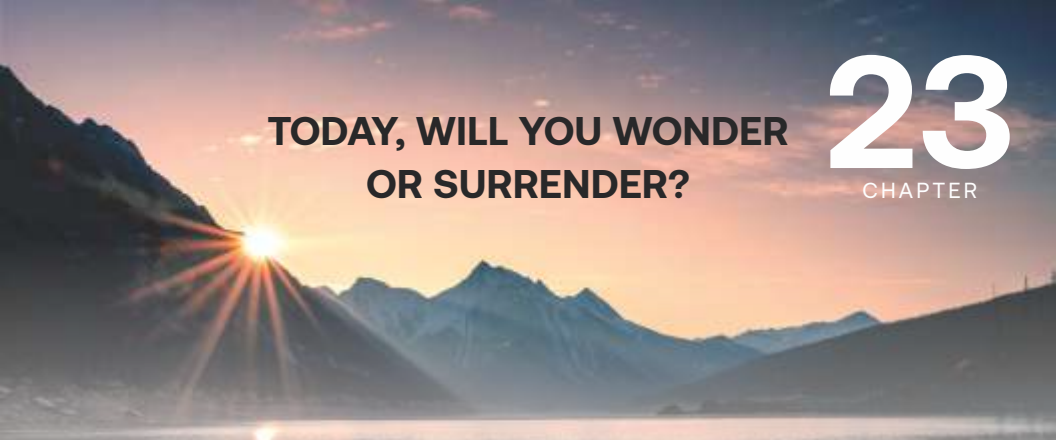
Is it easy to become a monk? No! But it is up to us. We have a choice.

There was once a monkey who jumped into the balcony after seeing bananas in a jar. It put its hand in and picked a banana. But the monkey was greedy. It tried to pick another banana and another and still another. Ultimately, it tried to pull the entire bunch of bananas out. But its hand got stuck in the jar. The owner heard the commotion and beat the monkey with a stick. Our monkey mind too is greedy. If we do not tame the monkey, we will never find peace and bliss.

Today, will you resolve to tame your monkey mind and make it a monk? Sometimes, you will have to kill it, as you will still it. What you do hardly matters. But the goal is to make the monkey into a monk. The mind will produce many toxic thoughts. Will you get caught in that thought or will you *Stop* it, *Crop* it, *Chop* it and *Drop* it? Ultimately, you have to remove the junk. You have to be a monk and for this, you have to go beyond the mind, otherwise, not only will you suffer on earth but you will also create Karma and return in a rebirth. Today, you have to make a choice. Either your mind can remain your biggest enemy or you can end the misery as you tame the monkey mind into a monk.

Today, you can Suffer as you Choose to fill your Life with Junk,
Or you can Tame your Monkey Mind and make it into a Monk!

– AiR



TODAY, WILL YOU WONDER OR SURRENDER?

23
CHAPTER

Every day, life unfolds. As we live, things happen and we have no control over them. There are people all around us, in our homes, our community and in our city. Not only do we interact with people who are physically close to us, but in today's world, we are also connected in a global network with the whole world. Can we control everybody who interacts with us? Can we control everything that happens to us and around us? We get several emails and messages, just as we meet many people. Some things make us happy and sometimes, we are disappointed, irritated and upset. Is there a way to be free from all misery?

Today, try to take charge of your day. Today resolve that you will not wonder at what happens, rather, you will surrender. How will you replace your wonder with surrender? It is simple. Accept whatever happens without protest. When something happens that you think is unfair, you will not cry, look up at the sky and question, 'Why?' You will not wonder. You will just surrender! You will accept whatever is happening as Karma, as a reaction of your past actions. You will not think, blink and sink into the life that is unfolding. You will be still as you accept whatever is happening, knowing beyond doubt that it is all happening as per the deeds you have planted. When you see apples on a tree in your garden, do you wonder why they are not

mangoes? You don't! You surrender and accept the apples because you very well know that you planted apple seeds and not mango seeds.

Today, you have a choice. You can continue to wonder at everything that happens, everything that people say and do. You can choose to be unhappy and upset or you can be peaceful and blissful, as you accept in surrender. Today, not only do you have a choice to accept what is over but you have a choice to surrender to what is going to come. If you choose to surrender, you can live without fear and anxiety.

I used to often sing my favourite song –

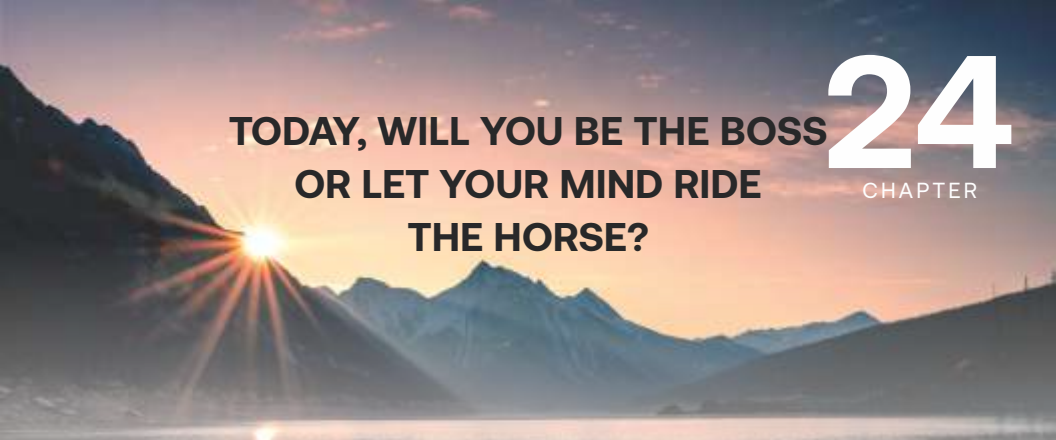
Que sera, sera, whatever will be will be,
the future is not ours to see… Que sera, sera…

Can we control the future? We can't! Can we go to tomorrow? Nobody can! But the mind can. The mind can steal our 'Today' by jumping into a 'Tomorrow'. The mind can wonder what will happen or we can choose to be in Consciousness and live a life of surrender. We have to make that choice.

What are the facts? Can we control what is going to happen? We can't! We can do our best in the present moment, but after doing our best, we have no other option but to surrender the rest. What will be, will be. We have to learn to accept. Therefore, you have a choice, to wonder and to cry or to surrender peacefully till you die. You have to make the choice today.

Today, will you Question everything that happens and Wonder,
Or will you do your Best and just Surrender?

– AiR



TODAY, WILL YOU BE THE BOSS OR LET YOUR MIND RIDE THE HORSE?

CHAPTER 24

There was once a man who was riding a horse. Somebody asked him, 'Where are you going?' He replied, 'I don't know. Ask the horse!'

We are all like the man on the horse. We are all going somewhere. Most of us don't know where. We have given over the command of our life to the horse. We are no more the boss! Few of us live as the boss, where we take charge of our life and decide both our direction and therefore, our destination.

The horse is none other than the mind and the boss is none other than the intellect. It is our choice whether we want our mind to think and let our thoughts become feelings and our mood to create actions that we don't seek to do or rather use our intellect, a faculty that helps us in choosing thoughts wisely by discriminating between what is right and what is wrong. It is up to us. If we do not want our mind to ride our life horse, then we can be the boss. We can control our thought and not get caught. We can be free and not be a slave of the Mind and Ego, ME. We can take charge of our life, rather than let our mind take charge of it.

How can we do this? We have to switch from 'Mind' to 'Consciousness'. Our life should not be controlled by the mind but by Consciousness. We have to become the master

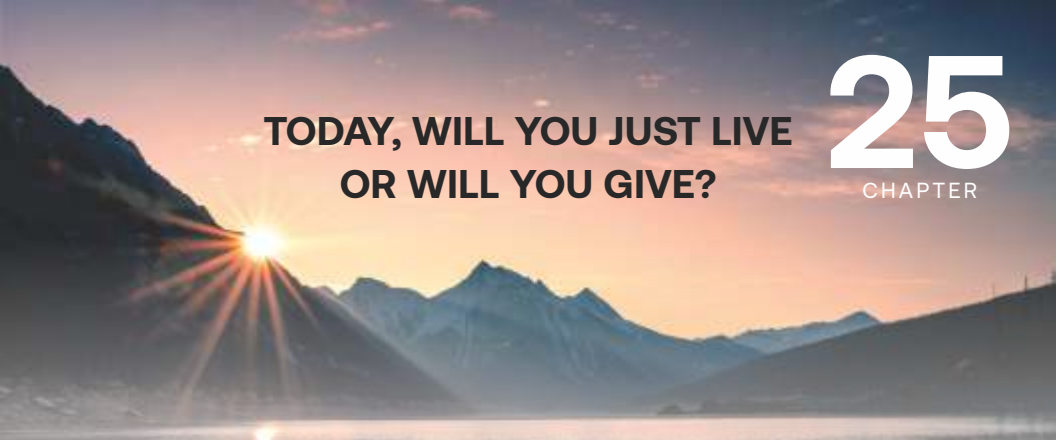
of our thoughts. We have to slow down the mind and find our intellect as we live in Consciousness. When the intellect is activated and we live as a witness or an observer, the mind is no more. This is to take over command.

There is a beautiful analogy of how our life is not about one horse but rather a chariot driven by 5 horses. The 5 horses are our 5 senses. These senses are pulled by the reins which are none other than the mind. We are the charioteer. If we let go of the reins or the mind, then the 5 horses or the 5 senses will go wild and our life will go astray. If we want our life chariots to be under our control, we must control both the reins of the mind and thus the 5 horses, our senses.

Today, you have a choice. You are riding your life horse. You can be the boss or experience a great loss. You can let your life escape you as you live and you die or you can transcend your mind and your ego and live as the Divine Soul in Consciousness. It is all about today. Forget about yesterday. Don't worry about tomorrow. You just have to be the boss today. If you ride your life horse in the right way today, you will be in command. You will be peaceful and blissful, just as you will move towards achieving meaning and purpose in life. But you have to make that choice today. Are you going to lose your life to your mind today or are you going to use your intellect? Take charge of your life horse and become the boss!

We Lose our Life letting our Mind Ride our Life horse,
When we have a Choice to take charge of 'Today' as the Boss!

– AiR



TODAY, WILL YOU JUST LIVE OR WILL YOU GIVE?

25
CHAPTER

How many of us understand the true meaning of life? How many of us realize that nothing is ours? How many of us realize that we must give before we are gone? If we just earn and earn and let others burn what we earn, then our life is meaningless. Not only must we live, but we must give as we live. What must we give? Everything that we have got. It may be material possessions or even knowledge. Whatever gifts we have received in our life, we must enjoy them for a while as we live and then ultimately, give them to others.

When we depart, can we take anything with us? When the body dies, people will say that we passed away. We even leave the body behind. When will we realize that nothing belongs to us?

Today, we have the opportunity. We can just live or we can give as we live. If we don't spend before our end, whatever belongs to us will ultimately be snatched away. There is no other option, for the truth is – nothing belongs to us. Those who have learned the art of giving, they give as they live. They make it a wise choice to spend before their end so that when they die, the world will cry.

Today, you have a choice. You can be busy living your life or you can make giving a part of your living. You can just

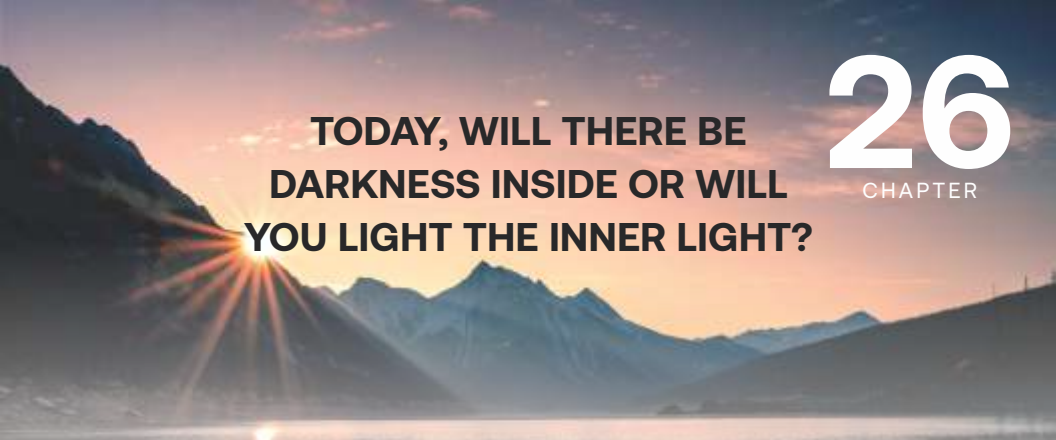
look into yourself and forget the whole world or you can realize that you are an integral part of this universe. You can ignore the needs of others and be caught in your greed or you can help others fulfil their need. Today, you have a choice. But if you don't choose to give today, then, you lose the golden opportunity to give before you are gone. If you don't give as you live, then you are losing the opportunity to make the best of what you earned. If you don't give before you are gone, whatever you earn, others will burn. Why not give before you are gone!

Isn't it sad that when we look around, we find people amassing wealth that doesn't actually belong to them? People are trying to become wealthier when the truth is that nothing belongs to us. Why then do we live with this ignorance? Why don't we realize that nothing is ours? It is this Realization that will make us truly live as we give today and every day that we are alive.

Why should we give? When we give, we get. Such is the law. Life is like a boomerang. Whatever we give, will return to us multifold. Therefore, while we all seek to be happy, we must learn the simple secret that the best way to be happy is to make others happy. If we give others a smile, our joy will be longer than a mile. When will we realize this simple truth and give? We must stop and we must give today. We must give as we live today. Otherwise, we will lose this opportunity and we will be gone.

As we Live, we must Give, because soon we will be Gone!
Use the opportunity Now, before Death blows its Horn!

– AiR



TODAY, WILL THERE BE DARKNESS INSIDE OR WILL YOU LIGHT THE INNER LIGHT?

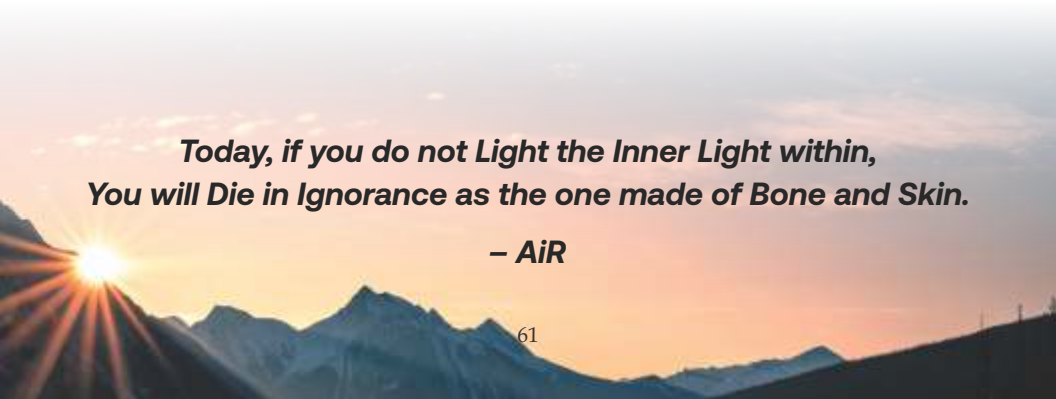
26
CHAPTER

What happens when you enter a room and it doesn't have any light at all? We are enveloped in darkness. Can we take a broom and sweep away the darkness from the room? We can't. We have to switch on the light. The moment we do, we can see. While we all switch on the light in our outside world, how many of us make an effort to switch on the inner light, the light within us that will help us overcome the darkness that is within? How many of us realize the truth of who we truly are? Are we just made of bone, skin, brain, heart, lungs, kidneys, muscles and blood or is there life throbbing in every cell of our existence? How many of us go on an inner voyage to discover what that power of life is that resides deep within us?

We all celebrate our birthday but do we realize the simple truth that we were alive before we were delivered on earth? Our birth certificate tells us when we were born. But the truth is that our birth date is fake! When will we awake and stop cutting a cake on the date which is on our certificate? When will we realize that we were born when we were conceived about 9 months before? If we were not conceived in that moment when two cells fertilized to become one, then none of the organs would have developed in our mother's womb. As we read this, we wonder how we have ignored this truth for so long. It is only because we have

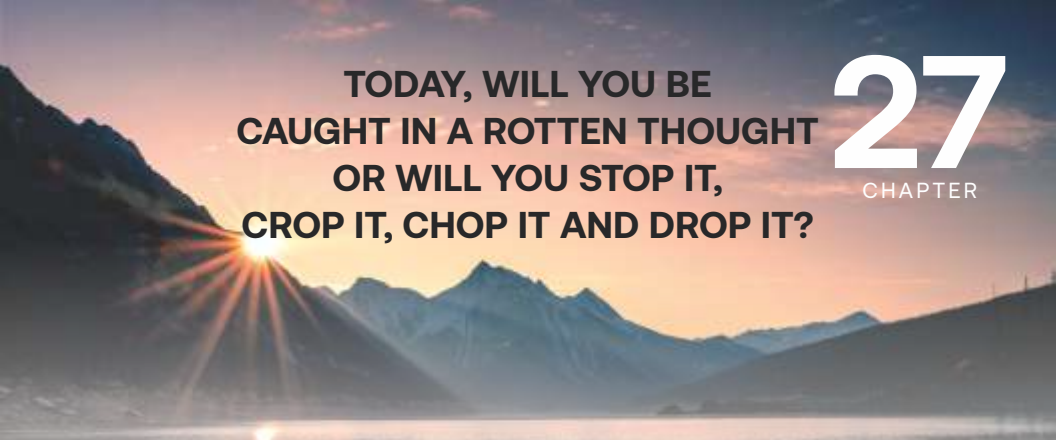
believed the myth that we have grown up with. We have blindly lived in ignorance, and we have let darkness fill our inner lives. We have not paused to switch on the light so that we can be enlightened with the truth. Are we going to continue living in darkness or are we going to switch on the light? Not just birth but also death remains a mystery that fills our history. When we see others die, we cry and say, 'R.I.P.' without realizing the truth. What actually happens in the moment of death? Only the body dies. We even say that the one who was alive has passed away. But who departed and where have they gone? Until we switch on the inner light, we will continue to live in the darkness of ignorance.

Today, you have a choice. You can believe all the lies, like God lives in the skies. You can live as the body, mind and ego, and suffer the triple suffering or you can switch on the inner light and realize the truth. Today, either you can open your real eyes or choose to continue believing the lies. It is your choice. But if you do not make that choice today, then today will soon be gone, just like yesterday is gone and all these years have gone. If today is gone without you switching on the inner light, then when you die, you will be reborn and this will go on and on. Today, you have an opportunity to light the light within, to realize that you are not the one made of bone and skin. Today, if you switch on the light within, you will realize you are the SOUL, the Spark Of Unique Life. You are Divine. Realize it today.



Today, if you do not Light the Inner Light within,
You will Die in Ignorance as the one made of Bone and Skin.

– AiR



TODAY, WILL YOU BE CAUGHT IN A ROTTEN THOUGHT OR WILL YOU STOP IT, CROP IT, CHOP IT AND DROP IT?

27
CHAPTER

We all are stupid, aren't we? If we look back at life, we will find that we were caught in so many stupid thoughts. But then our stupidity exists because we suffer from this disease called 'Rotten-thought-itis'. This Rottenthoughtitis not only gets us caught in misery but it makes us unhappy, again and again. The same thought comes back and we are so stupid that we let that stupid thought steal our peace and our bliss. Why are we so stupid?

Some of us are strong. We resolve to overcome our stupidity through a simple mantra, 'Stop it, stupid'! We look at ourself in the face and try to get out of this stupid maze by self-talk. We try to pull ourselves out of the stupidity! Sometimes it works, sometimes it doesn't. Is there a way to stop being stupid? Is there a way to eliminate rotten thoughts? Is there a cure for this stupid disease, 'Rottenthoughtitis'? The good news is, yes there is!

The next time you are caught in a rotten thought, there is no need to be stupid anymore. Simply acknowledge that you have fallen prey to a rotten thought and you are caught in its web. Once you accept that, then with all your resolve, you stop the thought. You stop that thought from drilling you and killing you. Just stop it for a moment. Then, you crop it. You cut it out of your head so that it is dead. You not

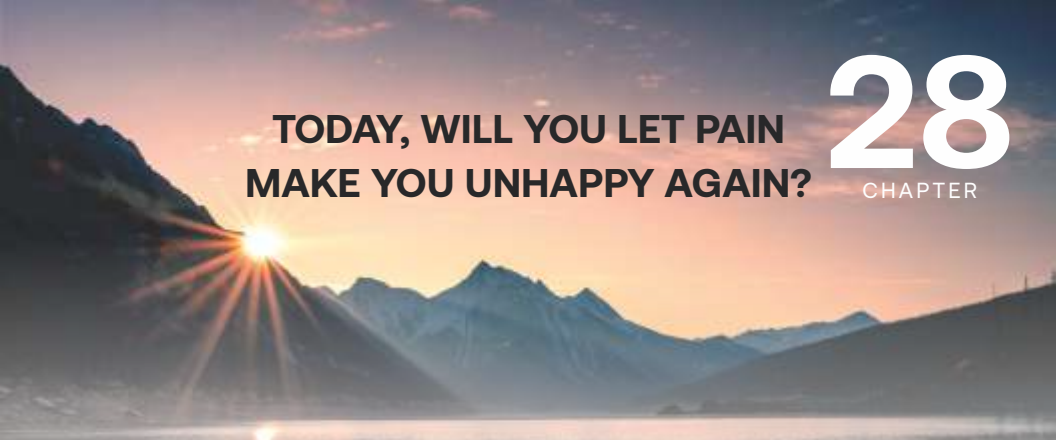
only crop it but you chop it and thereafter, once and for all, you drop it, so that it is gone forever. That rotten thought must not be permitted to enter your head, because you have ensured it is dead. Therefore, the secret is — Stop it, Crop it, Chop it and Drop it! There is no compromise here. If you don't follow this method, then that stupid thought will return to make you miserable and in that stupid thought, you will be caught, again and again.

Today, you have a choice. You can repeat your misery and continue to cry till you die or you can stop it. All you have to do is to identify that rotten thought that makes you stupid. Then, ruthlessly crop it out of your mind. Eliminate that one rotten thought as you crop it out of your system. Then you chop it into so many pieces that it disappears. And then, drop it! Flush it! Eliminate it and do not allow it to return! You would have discovered a way to overcome your stupidity. You will be stupid no more because that thought, you now forgot! You will no more be caught in that stupid thought.

Today, you have a choice. You can continue to be stupid or you can tell yourself, 'Stop it, stupid!' You can consciously eliminate your stupidity by eliminating a rotten thought. But if you don't do that today, you will continue to be stupid. You will lose your peace and bliss as your rotten thought will continue to cause unhappiness.

Don't be Stupid Today. Identify the Rotten Thought and Stop it!
Consciously Crop it, Calmly Chop it and Permanently Drop it!

– AiR



TODAY, WILL YOU LET PAIN MAKE YOU UNHAPPY AGAIN?

28
CHAPTER

Who doesn't experience pain? Who on earth is free from this agony that repeats again and again? Be it a man or a beast, every living creature seems to experience pain. We human beings experience 3 types of pain - pain of the body, misery of the mind and agony of the ego. There is nobody on earth who takes birth and escapes from this triple suffering.

However, the wise sages have prescribed a method to overcome the pain which repeats again and again. Not only does pain continue through life after we are born but even after we lose our breath in the moment of death, we suffer as we are reborn again and again. The wise ones have shown us a way, not just to be free from all suffering on earth, but also how to be free from rebirth.

Today, you have a choice. You can cry in vain, as you experience pain or you can be free from this misery that will repeat again. Today, you can continue to live in ignorance without realizing who suffers and experiences pain or you can go on a quest, discover the truth and attain freedom from the triple suffering. Today, you have an opportunity to be free from all misery. What is the way? It is to ask the question, 'Who suffers?'

We experience triple suffering as the body, mind and ego. Every 'body' experiences pain but we don't have to suffer that pain. If only we realize that we are not the body, then although the body will experience pain, we will not suffer and become unhappy because we are not the body.

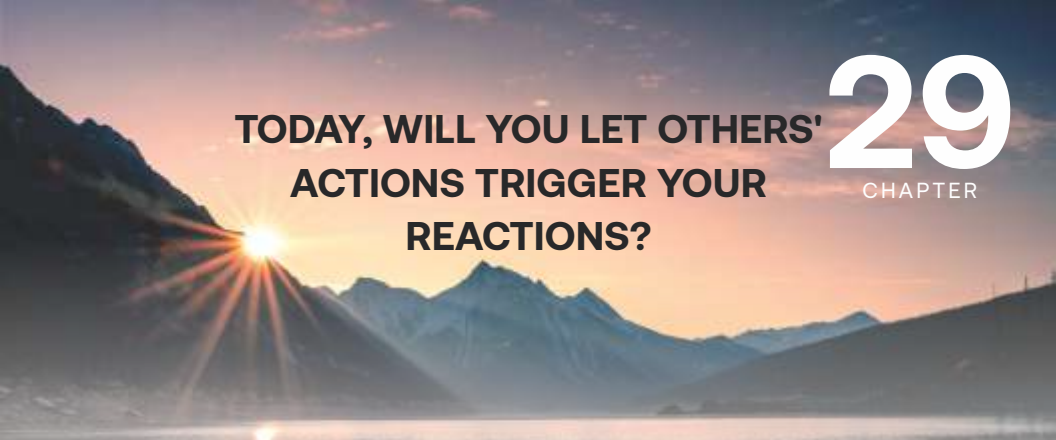
The mind experiences misery. We become unhappy with thoughts of guilt and fear, worry, stress and anxiety and then we reach a state of depression. Who hasn't suffered because of toxic thoughts? But when we realize that we are not the mind and we can stop the thought, then we can avoid the unhappiness of the mind. We must search for the mind and when we do, we will realize that we cannot find the mind.

Then, we must hunt for the ego, the one that says, 'I, me and mine' and causes unhappiness through anger, hate, revenge and jealousy. This unhappiness is a fire that agonizes us because we think, 'I am I.' But when we realize that I am not 'I', then there is no agony.

When we realize that we are not the ego nor are we the mind and though we have a body, we are not the body, we become free from all misery and pain. The moment we realize this, we will not be unhappy again. We must make a conscious choice to find out who becomes unhappy and in that Realization, we can be free from all pain.

Today, you can Live as the Body, Mind and Ego and be Unhappy again,
Or you can Realize you are the Divine Soul and be Free from all Pain!

– AiR



TODAY, WILL YOU LET OTHERS' ACTIONS TRIGGER YOUR REACTIONS?

29
CHAPTER

Have you heard of RDX? It is Royal Demolition eXplosive. It is an explosive that causes great destruction. Likewise, RDX in our personal lives, which stands for React Destroy Explode, can be very destructive. So, we can also be demolished if we 'React' to everything that happens in life. Every time something happens, we can either React with our mind or Respond with our intellect. It is a choice!

RDR or RDX, what would you choose? Either you can let RDX - React Destroy eXplode be your life philosophy or you can choose RDR - Respond, Don't React. Every time something happens, you can remind yourself, RDR and not RDX. You must commit that you will make it a habit not to explode like RDX but rather, choose RDR. You will choose to calmly respond and not react with agitation. This is a choice. If we have an RDX attitude, we will be reacting all the time. If we have an RDR attitude, nothing will cause us to explode.

Why do we explode when something happens? It is due to ignorance. We do not realize simple facts. The first fact is that we cannot change what has happened. It is already done and dusted. Then, why react? The second fact is that we cannot control other people's actions but we can control our reactions. We can be calm instead of exploding. The

third fact is that everything is happening as per Karma. If we realize this, not only will we calmly respond and not react but we will also joyously accept the redemption of Karma, knowing that a past deed has been settled. Instead, if we react, we will only create a new Karma by planting a new negative seed and this deed will bear fruit in the future.

If we realize these simple facts about what is happening, we will stop reacting. We will learn to respond to everything that happens with a cool and calm demeanour. We will not be a slave to the mind that will trigger thoughts of reaction. We will be in a state of Consciousness, a witness, an observer and use our intelligence to calmly respond to whatever has happened.

We are in command of the present moment. If we react, we lose command of it. We are not in command of the moment that has passed, nor are we in command of the moment that has not yet arrived. If we are calm and we respond, we will not be affected by the past nor will we be agitated by the future. We have to learn to RDR.

Today, you have a choice. Many people will act in many different ways. Some things you will like and some you won't. You can choose to react to everything people do and say and cause yourself distress or you can respond wisely in peace and bliss. Today, you have a choice, to react or to respond, to RDX or RDR. Today is in your hands. You choose what you want your 'Today' to be.

You can fill your 'Today' with RDX and cause an Explosion,
Or you can Respond, not React and from Pain have Protection.

– AiR

TODAY, WILL YOU BE INTOXICATED BY WINE OR BE BLISSFUL BEING IN UNION WITH THE DIVINE?

30
CHAPTER

The world is sinking in pleasures. For men, it is women, wealth and wine. For women, it is the glamour of gold and diamonds. There are others still who are prisoners of people, pleasures and possessions. We all want to get that kick, that ecstasy that comes from material pleasures.

Teenagers today are more into alcohol, smoking and drugs than ever before. It is a huge global crisis. No doubt, everybody wants to be happy but is this the solution to our unhappiness? Unfortunately, because we have not experienced the eternal bliss that comes from the Divine Spirit within, we are enamoured by the pleasure from the spirit in the bottle that gives us a kick!

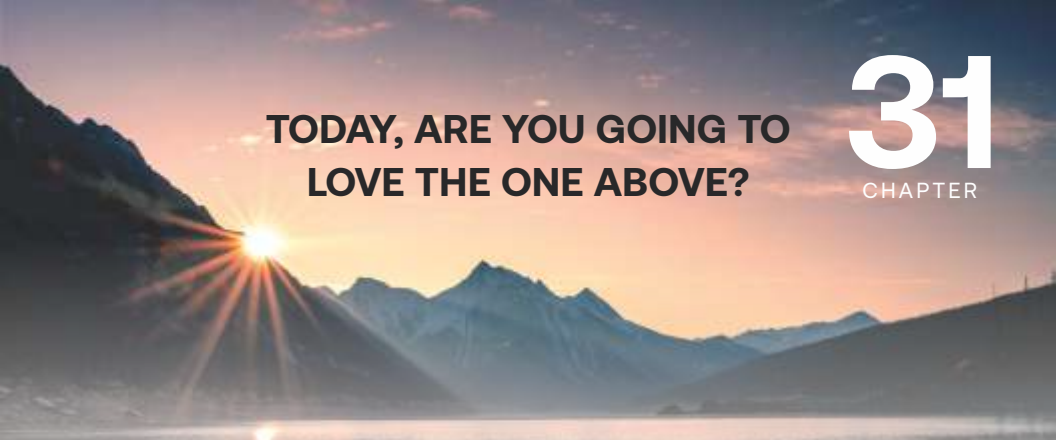
Why are we so obsessed with getting intoxicated? We are so lost in this worldly high that we forget that this intoxication is nothing but a momentary manifestation of that eternal *Ananda* that is possible without wine, that can happen with the presence of the Divine. We have never experienced the Divine and we are so passionate to feel that ecstasy of joy that we believe the only way is through these intoxicants. We fall prey to such habits and soon, day by day, our life is devastated.

What happens when we are intoxicated with the likes of wine? We are so disillusioned in the mind that we are temporarily transported to a land of bliss, only to land in eternal unhappiness. No doubt, we feel that momentary euphoria when a drug knocks us out but what will happen when we awaken? We will be miserable. When will we awaken to the truth and experience that Divine intoxication that is far greater than any pleasure or wine?

'Today', is in your hands. Are you going to reach that state of Consciousness, that state of Divine that is far more blissful than any material pleasure or wine? Today, are you going to say 'No!' to the spirit in the bottle only to realize the Spirit within? Today, are you going to let go of wine, to attain the Divine? You have a choice. It is not just for you but all those who are around you, all those who impact your life. Today, are you going to lose your life to these toxic intoxicants or are you going to discover the real bliss that will give eternal happiness? Today, you can just ignore the issue but if you do, you will not just lose today. Day by day, you will lose your life to the maladies of wine, only to remain distant from the Divine. It is a choice. You too may subscribe to that momentary kick and get caught in this worldly trick or you can prick yourself to wake up and to stop this ignorance that is caused by the mind that seeks to be intoxicated by this pleasure. You can choose to snap out of these thoughts and transport yourself to Consciousness and awaken your intellect to choose the Divine over wine.

Will 'Today' slip with the Desire for Wine,
Or will you Snap out of this Drug and Attain the Divine?

– AiR



TODAY, ARE YOU GOING TO LOVE THE ONE ABOVE?

31
CHAPTER

Many of us think that we have our life in our hands. But do we? Do we have the past that is gone and the future that is not yet born in the palms of our hands? No, we don't! We just have 'Today'. And if today is gone and we just go on and on doing what we are doing, then we will just depart and be reborn.

But 'Today' is in our hands. What are we going to do with today? We have explored so many possibilities. Are we going to let today sink in NEP or rise in PEP? Are we going to fill our today with bliss or unhappiness? Are we going to make today glad or sad? We have explored many areas of growth, of progress. But what is the ultimate meaning and purpose of life? Why did we get this human birth? Why did we come to earth? Why were we not born as a dog or a frog, a butterfly, a bee or a tree? Are we going to let today escape us or are we going to get hold of today and discover the true meaning and purpose of life? Above all, are we going to discover the one above and then learn to love that Supreme in one and all, in everything – the Supreme, that is the very cause of our existence? Are we going to discover that we are just the effects and we will ultimately unite with our cause, the Supreme when we realize that we are not the body that we wear but rather the ones who wear the body?

'Today' is precious. Are we going to lose today to the trivial trinkets of this material world or are we going to start a Spiritual journey that will lead us to our ultimate destination? Many of us pray but do we even know to whom we pray, why we pray and what we say when we pray? If we don't', then we don't pray, we just bray! Today, are you going to start your journey to Self-Realization that will ultimately lead you to God-Realization, the ultimate purpose of life? Will you discover that we *are* the Soul, the Spark Of Unique Life, which is none other than SIP, the Supreme Immortal Power? Are you going to take a step further and not just love the one above? Will you use this birth to discover the one above in every Soul on this earth? If today you are able to love every creature as a manifestation of the one above, then you have achieved your life purpose.

This journey is not easy. It is not meant for all. But we are all capable of Self-Realization. Only human beings are blessed with an intellect to be enlightened. Only we can realize the truth behind the lies that God lives in the skies. An enlightened man can discover the presence of the Divine in every molecule of existence. He can see God in every creature that is alive. He can actually love God as he loves every Soul that lives on earth. For this, one has to hurry. Before the death horn does blow and it is time to go, we have to realize the truth. We must get this into our head that we cannot be enlightened after we are dead. Today, you have a choice. You can be enlightened and live as the Soul and ultimately be united with the Divine or lose this opportunity as you remain ignorant bound.

Today, are you going to be Lost in Worldly Love,
Or in Every Soul, are you going to Discover the One Above?

– AiR

32 CHAPTER

TODAY, WILL YOU JUST MAKE MONEY OR MAKE A DIFFERENCE?

What are you going to do with 'Today'? Are you going to continue to make money and think this is going to make you happy or are you going to spend your money and be happy? Does happiness come from making money or spending it? The truth is that there is joy when we spend but we don't realize this before our end. Ironically, people are making money every day, till their last day of existence. Soon, they are gone. It is very funny that they cannot take with them even a penny. Still, they are busy making money. When will we realize that whatever we earn, others will burn? When will we learn to spend before our end, so that the world will cry when we die? When will we realize that it is not in making money where joy exists but rather in spending money?

Look around you. What do you find? Are people satisfied fulfilling their need or are they trapped in their greed? The richest, the wealthiest and the most successful people are busy becoming richer. We don't realize the simple truth that we cannot take anything with us when we depart from this world. Did we bring anything when came? While we all know the truth that actually nothing belongs to us, we don't realize it. Therefore, we lose 'Today'. Not only do we lose today, day after day, we lose life.

We all start with a glass of life which is full and a glass of

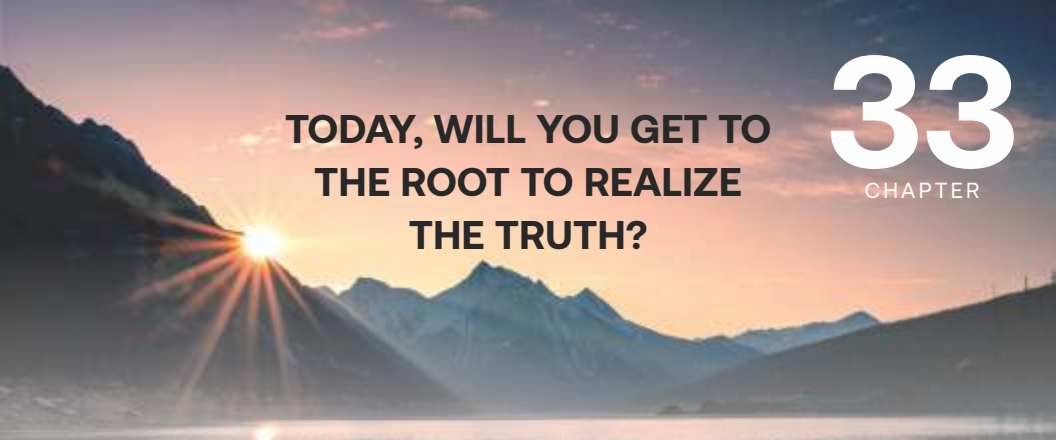
wealth that is empty. We empty the glass of life and fill our glass with money. In the end, we have a glass full of money but there is no life left in our glass. Then of what use is all the money? When are we going to realize that it is not in making money but in spending money that life achieves its purpose?

Today, the world has many philanthropists who are spending their wealth on noble causes. Many millionaires and billionaires do not believe that the wealth that they have generated is just meant to percolate to the next generation. They take a bold step and spend their hard-earned money on noble causes that are dear to their heart. They are the ones who have made good use, not just of their money but of their life too.

Today, are you going to continue making money or are you going to stop and spend in making a difference before your end? Are you going to invest your wealth in the right way and be the wisest, the smartest or like many others, will you just continue to earn and be caught in the illusion that there is great excitement in making money? Will you taste the joy of giving, the bliss of spending or is today just going to escape you? Stop today, stop now and go out to spend, give, share and experience the bliss that is greater than any happiness. There is far more joy in making a difference than in just making money. Will you try this today?

Today, will you just Earn and let others Burn what you Earn?
Or will you Stop, Spend and Enjoy this Bliss before your End?

– AiR



TODAY, WILL YOU GET TO THE ROOT TO REALIZE THE TRUTH?

33
CHAPTER

Today, you can continue to believe the lies that God lives in the skies or you can stop and realize the truth by opening your *real* eyes. You did not do it yesterday, or last month, or last year but will you do it today? Will you continue to believe the myth you have grown up with or will you stop and ask questions, investigate and realize the truth? It is your choice. You can give away your today too like you have given away all the years of your life. You can continue to live in ignorance and one day, you will die only to return to earth in a rebirth. Then, once again, you will give away your 'Today' without realizing the truth, without getting to the bottom of the root.

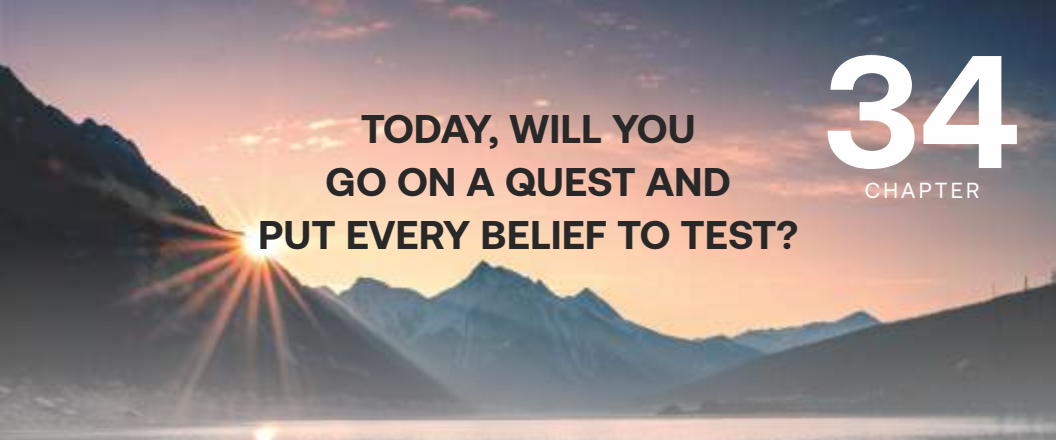
What is the truth? The truth is not what people say it is. The truth is not what is in this book. The truth is the truth. Unless we question and we find out what an illusion is, we will continue to live with confusion. Isn't it strange that our birthday is fake, we cut a cake on the date on our certificate? But we do not realize the truth that the date we believe we were born is not when we were actually born. We were alive and kicking our mother in the womb before that. Then, why do we consider the date on the certificate to be our birth date? Just because we have been told so and just because it has been certified as such! For generations, people have believed in certain things and instead of busting the myth, we just continue to live with it.

Today, we have a choice. We can investigate whether our certificate has the right birth date. We can get to the root to realize the truth that we were conceived 9 months before or we can just live in ignorance. If we were born 9 months before, then, who are we in reality? There was no 'body', the body was formed later. One day, this body will die, and people will say that we passed away. The truth is that we never die, only the body dies. That is why people cremate the body or bury it because we are no more in that body. The truth stares at us in our face but we are busy in some other race. We can continue to chase those pleasures and possessions which will never be ours or we can stop and live with grace.

Today, you have an opportunity. You are blessed with an intellect. Only we human beings are fortunate to be given this tool of discrimination. You can activate your intellect and find out what is wrong and what is right or you can live a life that is grey, without differentiating what is black from white. It is your choice. As long as you live in ignorance, you will suffer and you will cry till you die. Then, you will be reborn, and this will go on and on. But if you stop and realize the truth that you are not the Body, nor are you the Mind and Ego, ME, then you can be free, not just from the triple suffering on earth, but also be liberated from the cycle of rebirth. Today, you can realize you are the Divine Soul and achieve your ultimate goal.

Today, will you Believe the lies that God Lives in the skies?
Or will you get to the Bottom of the Root and Realize the Truth?

– AiR



TODAY, WILL YOU GO ON A QUEST AND PUT EVERY BELIEF TO TEST?

34
CHAPTER

Many of us just live till we die. When something goes wrong, we look up at the sky, we cry and we question, 'Why?' We don't go on a quest to understand what is happening, why it is happening and who is making it happen. Although we see that apples can't grow on mango trees, we are not curious enough to discover the Universal Laws by which creation is governed. Isn't it true that the earth rotates precisely once in 24 hours? Who is causing this? How does this happen? For centuries, we believed that the earth did not rotate. We just believed that it was the sun that was rising and moving from the East to the West. We did not put this believe to test. We did not go on a quest for ages. In fact, when somebody said that it was not the sun that was moving but the earth, they were put behind prison bars. The majority of us just live and die, we don't go on a quest to find out, 'Who am I, why am I here; why did we come to earth and why this human birth?' As long as we just submit to the facts that we have learned in school and the knowledge we have received in our college, we will be well-educated but we will never be enlightened with the truth.

Very few of us ask questions. A few rare ones take that road less travelled, away from the majority, to find the answer to questions that have been taken for granted. What came first, the chicken or the egg? Either we can believe that there is no answer or we can go on a quest, investigate and

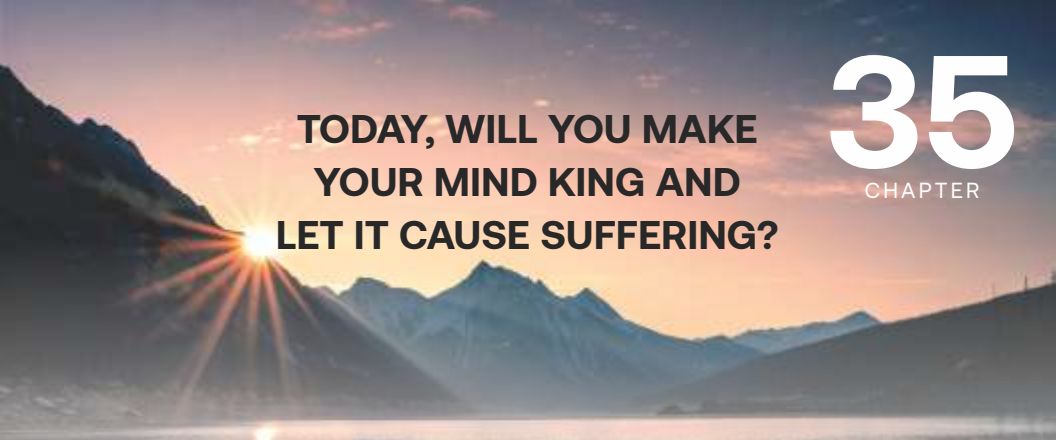
find out if the chicken came from the egg or the egg came from the chicken. But then without a chicken, how could there be an egg? So, where did they both come from? Some people just get flabbergasted and prefer to give up rather than go on a quest. The ones who go on a quest, try to ponder — the seed came from the tree but then there would be no tree without the seed. But it was the seed that created the tree. Where did both come from? Those who go on a quest can realize the truth that both are simultaneous manifestations of the Divine.

Are we this body? Where did this body come from? What happens to this body at death? We believe we will die but in reality, will we die or will the body die? People will say that we passed away. Then, where will we go? If we believe in the popular belief that we will go to a heaven or hell, then who will go if the body is already returned to ashes and how will we go and where will we go? When we go on a quest, we will pass the test and get answers. Then, we will not say, 'Rest in Peace,' for we will question who must rest in peace when the body is already in pieces. If it is the mind, then where is the mind, can we find? If it is the Soul, then what is the Soul?

You have 'Today' in your hand and you can just stand and believe in the myths of the land or you can go on a quest, put your beliefs to test and be enlightened with the truth. It is your choice what you do with 'Today'.

Today, you can go on a Quest and Reach the Crest,
Or you can Avoid every Test and Shrivel in your Nest!

– AiR



TODAY, WILL YOU MAKE YOUR MIND KING AND LET IT CAUSE SUFFERING?

35
CHAPTER

Why do we suffer? Have you ever paused and realized that all suffering is caused by the mind, whether it is physical pain of the body or whether suffering is that of the mind? Fear, guilt, regret, worry, stress, anxiety and depression, all this suffering is due to the mind that we think is king. There is anger, hate, revenge and jealousy that cause agony because of the ego. But what causes the ego? Again, it is the mind! When will we realize that the mind is not king? Instead, it is the cause of all our suffering.

Somehow, the world has believed for ages that the mind is everything. It is the mind that is crowned king. We think that it is the mind that gives us ideas, it is the mind that makes us successful, it is the mind that will help us attain Realization, Salvation and Liberation. When will we realize that it is not the mind that is our true king? When will we realize that the mind is the root cause of all suffering?

Have you ever seen the mind? If you try to find the mind, 'Where is the mind?' you cannot find! The mind is a rascal. It is just a bundle of thoughts and in thought, we are caught. We are made to suffer the triple suffering of the body, mind and ego but it keeps us so busy jumping like a monkey, from thought to thought that we are not able to watch it, to catch it, and to latch it. Therefore, we just think and blink and sink.

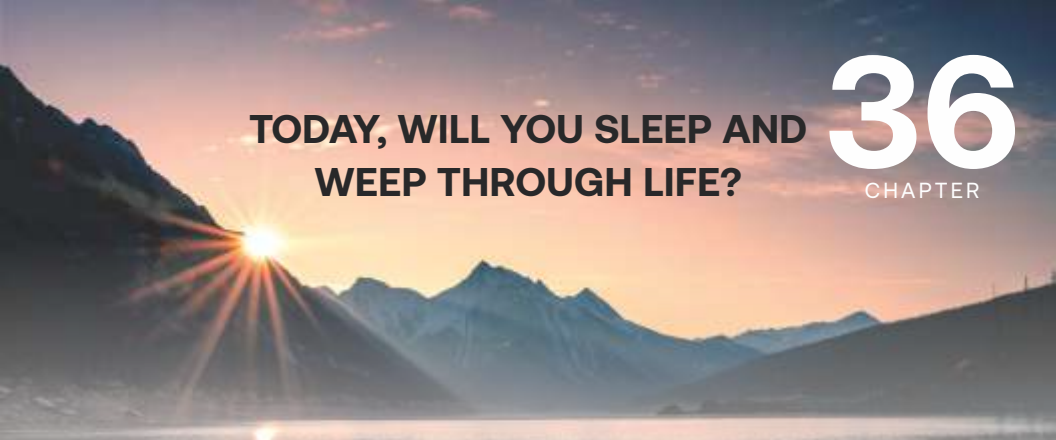
Not only do we suffer on earth but the mind also creates Karma along with the ego and when the body dies, ME, the Mind and Ego, carries its Karma to a new birth on earth, only to make us continue our suffering in the guise of a king.

Today, are you going to kill the mind as you still the mind or are you going to continue to make your mind king and cause yourself suffering? Today, you have a choice and you have to make that choice today, for if you let the mind jump to a yesterday that is gone or a tomorrow not yet born, your mind will steal your 'Today' and make you continue to suffer. But today, you can kill the mind. You can destroy it and you can reach that state of Consciousness or thoughtlessness, where there is no mind. In such a state, thoughts won't pour like rain and flush you down the drain, for in Consciousness, you activate your intellect to discriminate thought. You crown the intellect as the new king and then, you are liberated from all suffering.

Today is the most important day of your life. What are you going to do with 'Today'? Are you going to hand over your 'Today' to your mind and thoughts and suffer or are you going to hand over your 'Today' to your intellect that will shine in Consciousness? Will you fill 'Today' with thoughts or will you spend time emptying thoughts? Today will you be at peace or will you let your mind and your thoughts cause suffering and your bliss to cease? You can do as you please!

You can make your Mind King and cause immense Suffering,
Or Still it, Kill it, make Miseries Cease and Live in Peace.

– AiR



TODAY, WILL YOU SLEEP AND WEEP THROUGH LIFE?

36
CHAPTER

What are you going to do today? Are you going to stay awake and be awakened or are you going to sleep through the day and weep that you lost it? Can you do anything about yesterday? It is gone! Last week, last month, last year, nobody can go back there! But 'Today' is in your hands. Many people let 'Today' escape. Then, their yesterdays are full of regret.

I have heard so many people say, 'I would have, I could have, I should have!' but you can't change the past. However, you can take charge of 'Today'. You don't have to weep through today. You can choose to sweep away the miseries that attack you in the best way you can. But sleeping through the day and trying to escape life will not help.

Each day is filled with 24 hours, each hour with 60 minutes. Nobody can get more of it. Even a millionaire or billionaire, a Prime minster or a President, cannot get one extra second in a day. We all start with 86,400 seconds that are ticking away. If we sleep through them, we will weep. These seconds come to us in 1440 minutes. Each minute is precious. How much time do you use and how much time do you lose?

I am very stingy when it comes to time. I am not conservative in spending money. But when it comes to

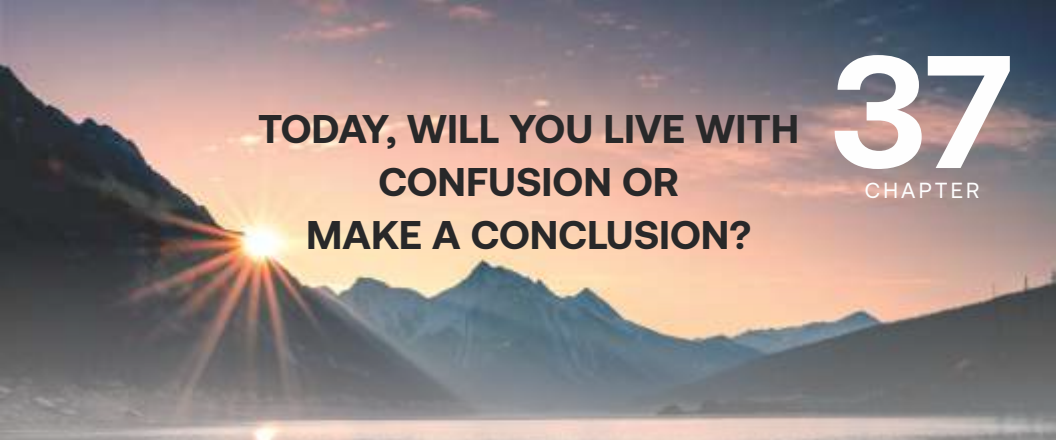
spending my time, I am a great miser! I don't even give a minute to anybody to waste, because for me, my minute is my most precious possession. I even track how much time I sleep. I used to sleep for 7-8 hours a day. Then, I realized I could sleep for less than 7 hours and still feel great. I made it 6 and then, brought it down to 5. Then I had a Realization. What is Sleep? Sleep is a restorative process. It restores our body and mind to restart a new day. Therefore, each one of us needs to sleep. But we don't need to sleep more than necessary. We must find out how much time, the bare minimum hours we need to sleep to stay healthy and fresh. Then, make the best of the rest of the day.

We all have 24 hours a day. We can spend 8 hours doing our basic work and 8 hours sleeping, getting ready and doing other things. This makes it 16 hours. It is the balance 8 hours that will decide what our 'Today' is going to be. Some people sleep through these precious 8 hours and then weep through life. Others take charge of this third segment of their day. What about you?

Are you in charge of your hours and your minutes? Do you make the best of your day? You have a choice. You can sleep through your day, then weep through your day! But once you do, you can't leap ahead in life. This is a deep secret that those who don't waste their life in sleep, get to keep the precious things in life. But those who just sleep, they weep, for they lose the most precious gift today. Are you going to lose 'Today'?

Today is Precious. Are you going to Waste it in Sleep?
Will you let 1440 minutes Escape and then Weep?

– AiR



TODAY, WILL YOU LIVE WITH CONFUSION OR MAKE A CONCLUSION?

37
CHAPTER

When I look around, I find so many people confused in life. They are unable to come to a conclusion because they are bombarded with thoughts and this creates confusion. What should I eat, this or that? Should I buy this or is the other one better? If it was just black or white, it would be ok. But people's lives are so full of shades of grey that they fall prey to the confusion created by their mind. It's not just about eating and drinking. It is about having clarity in life. Some decisions can be reversed, but some can't.

Suppose, somebody wants to get married. It is a very important decision. So is relocating for a new job or even starting a new business. Or for that matter, changing your occupation. One needs clarity before one makes a decision. But to make a good decision, what one needs is first to eliminate all confusion, for if we are in a state of confusion, then the conclusion will not be right.

What is the cause of confusion? It is letting the mind drive your decision. It is being caught in thought. It is permitting ignorance to overshadow your intelligence. The tool of discrimination is not the mind. It is the intellect. But when the intellect is not activated in Consciousness or thoughtlessness, we are bound to sink into confusion. There is no option. But the moment we want to eliminate

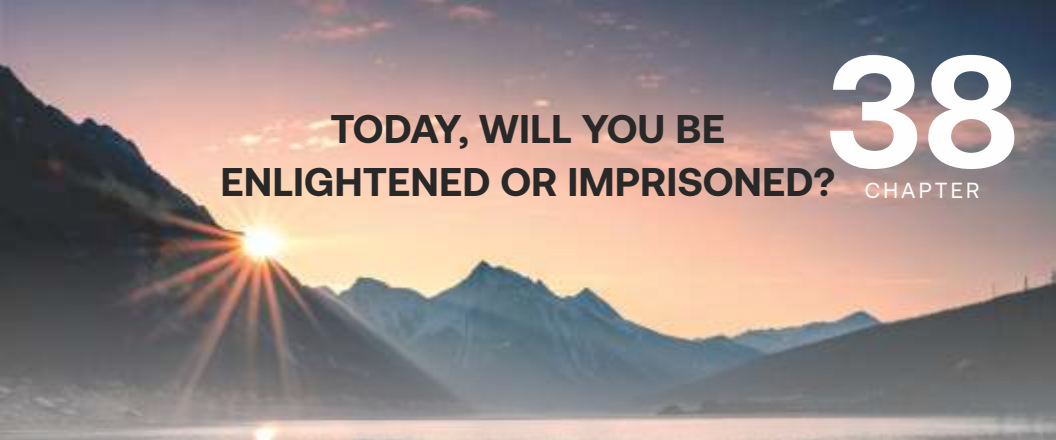
confusion and reach the right conclusion, we need to still the mind. We need to stop these thoughts that will pour like rain and push us down the drain in such a manner, that it seems we don't have a brain! We all do. But the problem is not the brain. The problem is the mind. The brain is just an organ used by the mind or the intellect to create confusion or conclusion. Unfortunately, we are so confused that we don't realize that the trick is being played by the mind, a mind which we cannot even find!

There are people who are said to be very intelligent. What does this mean? It only means that they have an active intellect. It means they are in command of their mind. They do not let their mind create confusion and thus their intellect is able to make the right conclusion. Isn't this very important in life? Should our days be filled with confusion? Life is a short journey and if there is no clarity about what we want, then, how can we get it? If we keep doing what we are doing, we will keep getting what we are getting. It is time to stop all this confusion and live making the right decision, getting to the right conclusion.

Today you can reflect on how your life is filled with vague thoughts, options, ideas that are creating confusion. How clear are you in your decision, your conclusion? If you have clarity in your life, then you are fortunate that your intellect overrules your mind. But if your mind is in charge, you are sure to lose your day in confusion.

Are you going to let your Mind ruin your 'Today' in Confusion?
Or will you make a Decision to Live with Conclusion?

– AiR



TODAY, WILL YOU BE ENLIGHTENED OR IMPRISONED?

38 CHAPTER

Today, you have a choice. You can be behind prison bars, a prison that will decimate you with fear, regret, guilt, shame, worry, stress, anxiety and depression or you can be free from all the miseries you suffer on earth. Today, you have a choice to remain imprisoned or to be liberated by being enlightened.

How many people know the meaning of Enlightenment? People are so busy chasing achievement that they believe success is happiness. At most, people embark upon the journey to contentment and fulfilment. But very few people understand Enlightenment. Enlightenment is to bring in the light within. We ensure that there is light outside. We don't live in a room that is dark or work in an office without lights. How can we see anything? But we continue to live with darkness within and thus we do not realize that we are not the Mind and Ego, ME. Therefore, we remain imprisoned with all these toxic emotions mentioned above. It is a choice to live in bliss, to be full of unhappiness. Those who are enlightened, are liberated from all misery. They are released from prison but this needs effort. It is an inner journey, a quest, to discover who we truly are. The moment we realize that we are not some criminal who should be behind prison bars of misery, we will free ourselves from all sorrow and pain.

Why are most people imprisoned in the prison of people, possessions, pleasures? It is because of ignorance. What is the cause of ignorance? The darkness that is caused by remaining blind and being under the control of the mind. We don't open our *real* eyes to realize the truth. We think we are this body and we suffer physical pain. Then, we live as the Mind and Ego, ME and experience the agony of anger, hate, revenge and jealousy. We can be free from all the agony, all the toxic misery, if only we are enlightened. How can we be enlightened?

Today, you have a choice. You can continue to be imprisoned in misery or you can start your voyage of Enlightenment. You can start switching on the light of truth in each area of importance. Who am I? Where is the mind? Who is God? What happens after death? Who decided my birth? Don't just blindly believe what you have been taught. Live with the truth, realizing that if in the lies that you were taught, you are caught, then misery will be brought. You must unlearn many things you have learned and start with a clean slate to discover the truth. It is called Realization. Don't believe anybody blindly. Enlightenment is your personal journey. But if you don't start it today, you will never reach the destination. Time is short. Do it now. Do it today! Your mind will tell you to start tomorrow but remember, tomorrow will never come. Enough time has passed by. Start your quest for Enlightenment and if you don't, there is no other option but for you to remain imprisoned in all the miseries that we experience on earth. And then, you will return in a rebirth only to suffer again!

What would you Choose, Enlightenment or Imprisonment?
If you let 'Today' Escape, there will be no Accomplishment.

– AiR

TODAY, WILL YOU WORRY OR ENJOY YOUR CURRY?

39
CHAPTER

It is foolish to worry because if there is no problem, then there is no need to worry and even if there is a problem, there is no need to worry! Why? Because if there is something you can do about your problem, then you don't need to worry. And if there is nothing you can do about your problem, then why worry? Such simple reasoning but still, we continue to worry and because we worry, we don't enjoy our curry. Nothing feels good. We become miserable because we bury ourselves in worry and then we don't enjoy our life anymore.

What is the cause of worry? It is a flurry of thoughts, one after the other. Therefore, worry is considered to be a sister of stress and anxiety. They are siblings that grow up together in our life. And if we let these occupy the main stage of our life, then, we are doomed.

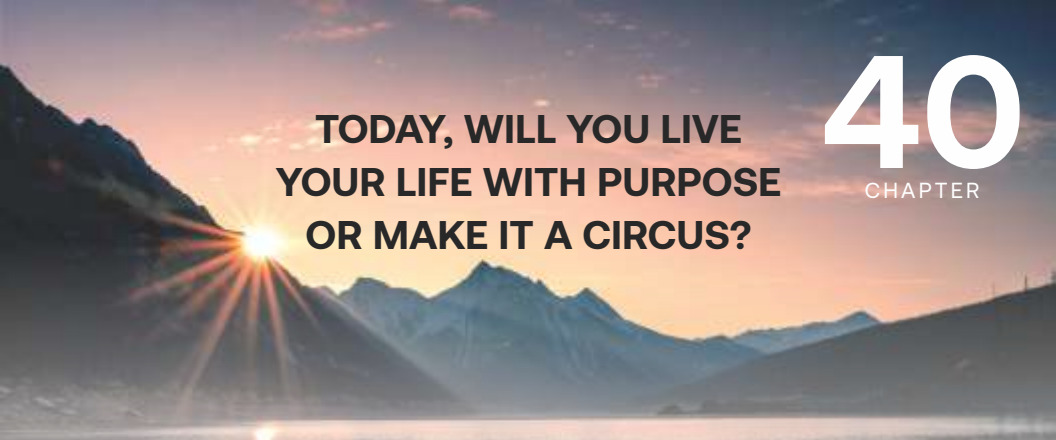
Worrying becomes a habit. First, it is a thought. This creates a feeling. Then, it spoils our mood. Thereafter, we are not just worrying but worrying becomes an action. We react as per our worry and these repeated actions that are controlled by worry, create the 'worry habit'. Now we don't have to ring a bell to call worry. It appears without invitation. We wake up with worry and we eat our rice not with curry but with worry. What we don't realize is that worry destroys our appetite for peace and bliss. It so fills our

stomach that we don't want anything else. Worry will occupy our head till we are dead. Today, we can let worry continue to make us hurry with stress, anxiety, fear, guilt, shame and reach that point of depression or we can uproot and eliminate worry, realizing the simple truth that there is no need to worry! Problem or no problem, we shouldn't worry. Whether there is a solution or no solution, there is no point in worrying. Worry destroys our life.

Therefore, today, it is time to take stock of life. How much of your life is spent enjoying your curry, not just what you eat and drink but your peace, bliss and happiness in all ways? And how much time is wasted just worrying? After all, you can't have both. If you worry, you can't enjoy your curry and if you are enjoying your curry, it only means that there is no worry. Where are you today and where do you want to be? Do you want to give some portion of your 'Today', some portion of your life to worry or do you want to eliminate it completely from your life? It is your choice. Some people seem to enjoy worry. Worry seems to be a spice in their curry. Without worrying, life is boring. So even though they do not need to worry, they find reasons to worry. They open their life door to their mind and its thoughts and welcome worry into their 'Today'. This is a choice. The wise enjoy their curry. The unwise live with worry. No sane person would prefer to lose their precious day to worry but unfortunately, worry makes us insane and it steals our precious 'Today'.

Problem or No Problem, there is no need to Worry.
Then why let Worry make you Hurry and spoil your curry?

– AiR



TODAY, WILL YOU LIVE YOUR LIFE WITH PURPOSE OR MAKE IT A CIRCUS?

40
CHAPTER

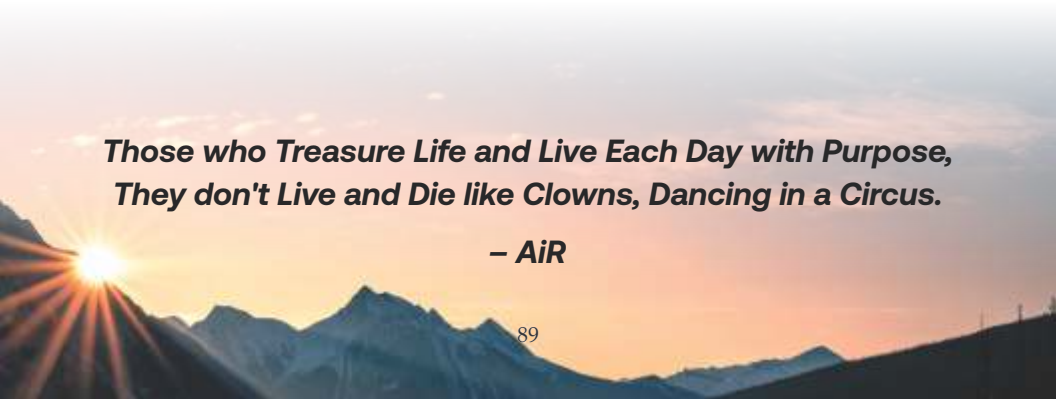
Have you been to a circus? What do you see? Everybody is having fun, till the show is done. No doubt there are trained jesters and clowns but there is no other purpose to a circus other than to entertain us. The more impromptu a circus, the more it achieves its purpose. Such is not the case with life. In a circus, clowns are supposed to behave like clowns, like fools so that their foolishness makes us laugh. But this is not our purpose in life.

When we don't have a purpose in life, our life becomes a circus. Like a clown, we walk up and down and finally, we drown. Before we realize it, it is the end of the show. It is time to go. And we have achieved nothing! Therefore, we must stop being a clown. We must keep our eyes up, not down. We need to make a plan for failing to plan is planning to fail. We need to find out, 'Who am I? Why am I here? What is my purpose on earth? Why did I arrive in this human birth? My life has a purpose. It is not just a circus. I must find out — what is my purpose?'

What is the purpose of life? The purpose of life is to find out the purpose of life. The purpose is to realize, 'Who am I and why am I here?' We must realize we are not this body that will die. Then, who am I? If I am not the mind that I cannot find, and the ego is a false identity, then I am not the

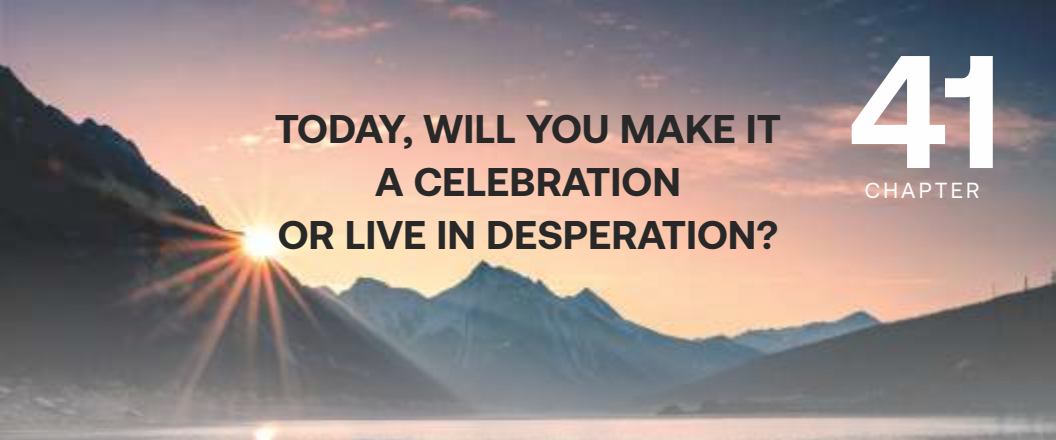
Mind and Ego, that says 'ME'. One day, this body will perish after it dies. But people will say that I departed into the skies. Who is the one that was born but is now gone? Our purpose is to discover this, to realize this — Who am I? I am not the body, mind and ego. I am the Divine Soul. SOUL – a Spark Of Unique Life. I arrived 9 months before my so-called birthday and in that moment of death when there is no breath, I, that Spark Of Unique Life, the Soul, depart. Where did I come from and where will I go? What is the truth of this show? This is my purpose. Not just to find out who I am but also to discover why I am here!

Today, you have a choice. You can continue to enjoy the circus that is your life and like everybody, be a clown going up and down, having fun till life is done. Or you can stop, and shop for the truth. You can enquire what your purpose is, instead of living in this circus. Every day matters. Today may be that day when you discover your life's purpose and put an end to the circus. Or today will be another day, where the circus continues. It is your choice, what you want to do with 'Today'. You can reverse the circus and make your life precious by discovering your purpose. You can restart your life, with a compass, creating direction to reach to the ultimate destination. But if days pass, one by one, then we will be like that student who remains in the same class, enjoying the circus, because he did not make the effort to discover his life purpose.



Those who Treasure Life and Live Each Day with Purpose,
They don't Live and Die like Clowns, Dancing in a Circus.

– AiR



TODAY, WILL YOU MAKE IT A CELEBRATION OR LIVE IN DESPERATION?

41
CHAPTER

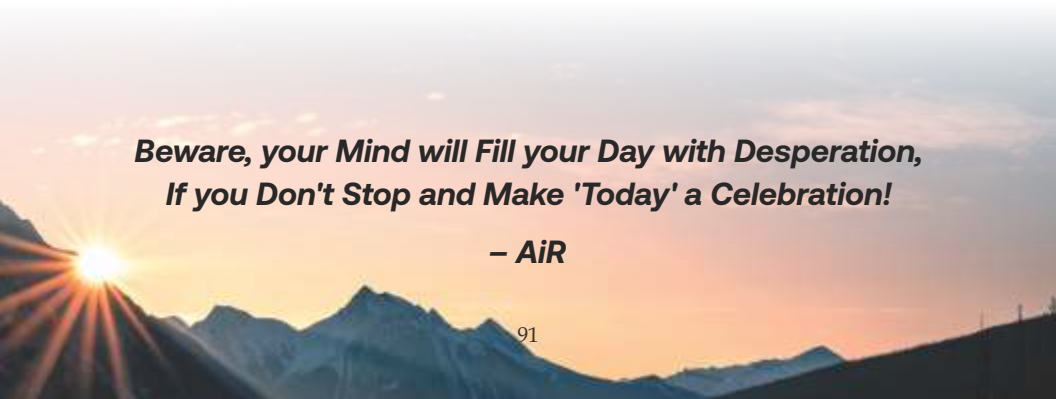
'Today' is your greatest gift. You can be glad or sad. You can celebrate 'Today' or let the day slip away. 'Today' is in your hands, unlike 'Yesterday' which is gone and 'Tomorrow' which is not yet born. 'Today' is yours. What are you doing with 'Today'? Are you going to let your mind and its thoughts create desperation or are you going to make 'Today' a celebration? This is your choice. You have to do it and if you don't choose, then you lose the opportunity to make 'Today' a celebration. Your celebration doesn't depend on others. It depends on you. Are you going to count your blessings and live with contentment and fulfilment or are you going to let your desires create a thirst and make you burst? It is up to you.

What creates desperation? Giving your life over to your mind and your thoughts. Filling your life with fear, regret, guilt, shame, stress, worry, anxiety and depression will create so much pessimism that you will not feel like getting out of your bed in the morning. You will hate and curse every moment of your day. Minutes will seem like hours that do not pass. Your day will drag in desperation, in misery, sorrow and suffering. But this is your choice. You don't need to fill your life with this junk. You can still your monkey mind and live like a monk, celebrating each moment of 'Today' with peace, joy and bliss.

You can make 'Today' a celebration. You can smile and laugh and live with faith, hope, trust and enthusiasm. You can fill your life with courage and confidence, with love and compassion, with optimism, as you count your blessings and celebrate each moment of your blissful day. For those who celebrate, their day disappears in a flash, because they are having fun. But for those who don't, their day lasts forever.

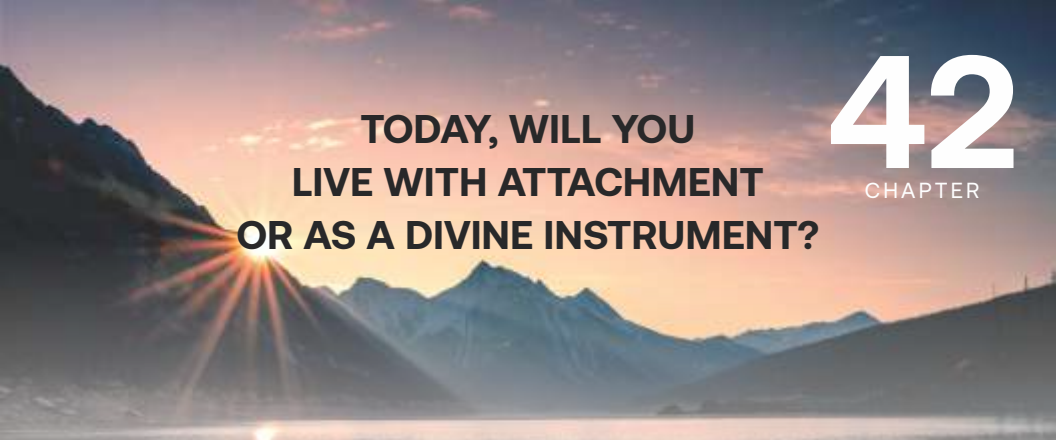
Haven't you experienced both, letting your day be a day of celebration and a day of desperation? Now it is your choice. What do you want your 'Today' to be? And it is not just 'Today', it is every 'Today' that comes your way. You can let it be filled with clouds that are grey or you can choose to fill your life with happiness today. We are the pilot of our plane, the captain of our ship. We decide what our today is going to be. No doubt we cannot control what unfolds in life. We cannot control other people's actions but we can choose our reactions. We can live in desperation or make life a celebration.

Today, you have to make a choice and choosers are winners just as choosers are losers. 'Today' is waiting for you but the clock is ticking. If you do not make 'Today' a celebration, beware, your mind is ready to fill it with desperation. Therefore, be conscious that your day will escape you if you don't stop and celebrate every day of life.



Beware, your Mind will Fill your Day with Desperation,
If you Don't Stop and Make 'Today' a Celebration!

– AiR



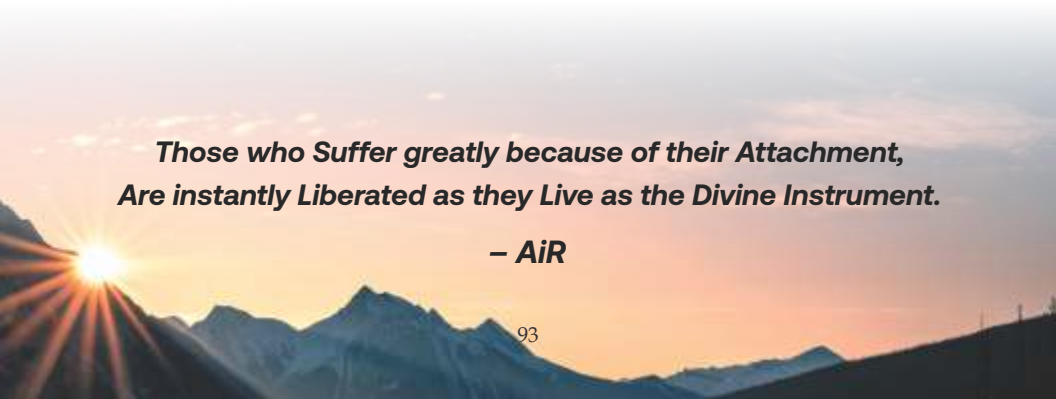
CHAPTER 42

TODAY, WILL YOU LIVE WITH ATTACHMENT OR AS A DIVINE INSTRUMENT?

We human beings suffer and one of the major causes of our suffering is disappointment. Disappointment comes from expectations, and expectations arise out of attachments. Because we are attached to people and possessions, we end up becoming unhappy. We do not realize that we are not in command of everything that unfolds in life. Therefore, when our actions do not fructify into the corresponding reactions, we get frustrated and even heartbroken. What is the way out of this trauma?

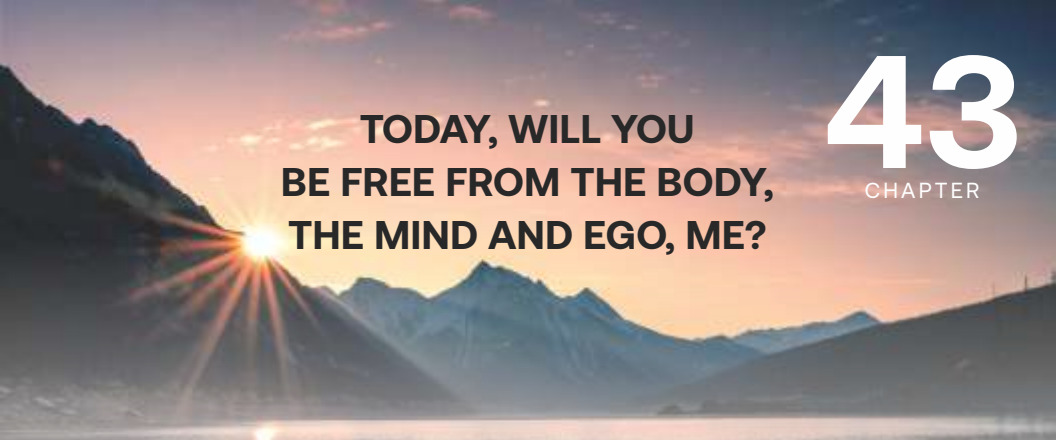
As long as we live with attachment, we are going to suffer. If we are attached to somebody, we will constantly seek attention from that person. Sometimes, we will receive what we want but many a time, we won't! This attachment will not just make us unhappy, it will make us miserable and even make us cry. Such is the power of being attached to somebody. When we learn the art of being detached or the secret of detached attachment, then we are free from such heartaches. There are times when we are attached not to a person but to a thing. Even that attachment creates unhappiness. All attachments are caused because of ignorance. When we overcome ignorance and live as a Divine instrument, then we will be free. We will be free from a self-made prison where we are so miserable.

What is it to live as a Divine instrument? When we realize the truth about life, then we become free from all attachments because we realize we are nothing. We are not this body that is sure to die. We are not even the Mind and Ego, ME. We are the Divine Soul, a Spark Of Unique Life. We come from SIP, the Supreme Immortal Power and we will return to SIP. Nothing is ours. Nobody belongs to us. This Realization itself is liberating. However, until we start living as a Divine instrument, seeking nothing, we will be tormented by attachments. It is normal for us to suffer a broken heart due to our being attached. If we do not realize the truth and do not live as a Divine instrument, we are automatically living with attachment. This or that, it is a choice. Today, what are you going to choose? Are you going to suffer and cry because you are attached or are you going to live as a Divine instrument? Are you going to realize the simple fact that you are a Soul, not just a body and mind? So also, others whom you are attached to, are also Souls. There is no duality or difference. Therefore, being attached to somebody is meaningless. As a Divine instrument, you love one and all, so attachments disappear, just as disappointments do. Your Enlightenment as a Divine instrument makes you realize that this life is just a show. We come and we go. Nothing is ours. We bring nothing, we take nothing. Then, why be attached to anything? If you choose to live as a Divine instrument, you will be free from all attachment.



Those who Suffer greatly because of their Attachment,
Are instantly Liberated as they Live as the Divine Instrument.

– AiR



TODAY, WILL YOU BE FREE FROM THE BODY, THE MIND AND EGO, ME?

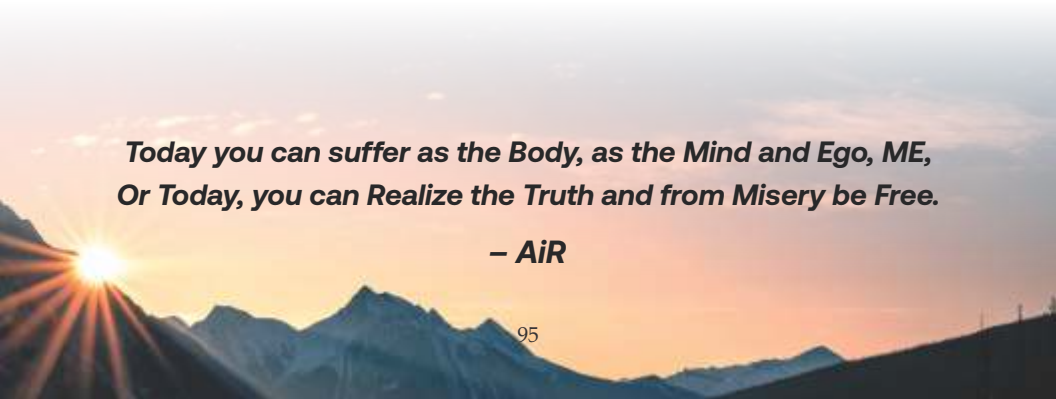
43
CHAPTER

Haven't we heard that the goal of our life is freedom? What is this freedom that everybody talks about? Are we in any prison that we need to be free? Unfortunately, we don't realize that we are prisoners, prisoners of the Mind and Ego, ME. We remain a slave till we reach our grave. We are slaves first, of the 5 senses of our body — the eyes, the nose, the ears, the tongue and the skin. Then, we are slaves of the mind and finally, we are slaves of the ego. Hence, we are no better than criminals who are caged behind prison bars. Only, these bars are stronger than bars of steel. They create misery beyond just physical pain. Freedom is all about being free from those that are controlled by the Mind and Ego, ME.

How can we be free from the Mind and Ego that says it is 'ME'? The process is known as Self-Realization or Enlightenment. It is realizing the simple truth that we are not this body. This body was formed much later. We were conceived 9 months before as that Spark Of Unique Life, the Soul. Thereafter, in our mother's womb, the body was formed. Then, we were delivered. The baby grows, ages, and ultimately, the body dies. Then, people say that we passed away. This body was formed from the 5 elements of the earth and returns to the 5 elements. We must be free from thinking that we are this body.

Then comes the mind. Have we ever seen the mind? It is just an illusion. It is a bundle of thoughts. But the mind dominates our existence. It appears as king, when in reality, it causes all our suffering. We must still the mind, kill the mind and be free from the mind. When we realize we are neither the body nor the mind, how can we be the ego that says, 'I'? The truth is, I am not 'I'. I am the Soul that is nothing but Divine Energy. This Realization liberates us the from body, mind and ego. Then, we are free!

Today, you have a choice. You can live behind prison bars of the body, the Mind and Ego, ME or you can be free to be who you are truly meant to be. You are the Divine Soul. To realize this is your ultimate goal. But you have to choose what you are going to do with 'Today'. Either you are going to submit to the senses of the body and suffer physical pain; you are going to surrender to the Mind and Ego, ME, and suffer fear, guilt, shame, regret, anger, jealousy, or you are going to be free from the body, the Mind and Ego, ME, which you are not. It is your choice to live with ignorance and suffer or overcome ignorance and be free. Today, you can stop and enquire whether this is true or not. The fact is that you are not the body, it appears later and disappears and disintegrates, you are the immortal Soul. It is for you to achieve this goal, to realize the non-existence of the Mind and Ego that says, 'It is me,' and for you to be free. It is your choice.



Today you can suffer as the Body, as the Mind and Ego, ME,
Or Today, you can Realize the Truth and from Misery be Free.

– AiR

TODAY, WILL YOU CRY WHEN YOU SEE SOMEBODY DIE?

44 CHAPTER

What happens when somebody dies? We cry. We even look up at the sky and we question God, 'Why did he die?' It is not such a tragedy when a person has completed their lifespan. But when a young person dies, people just cannot accept it. Should we cry when we see somebody die?

What is death? The body dies. Every 'body' has to die. Man or beast, bird or fish, every living creature that is born will one day be gone. Such is the universe. The body has to die. Then, why do we cry? We are ignorant about the simple truth that death is not the end. It is just a bend. Although we say that the person passed away, we cry. This is because we have never realized the truth of 'Who am I?' When we realize we are not the body that will die, we will not cry. We are the Divine Soul that is immortal. The Soul never dies. It is the Soul that departs in the moment of death. That is why there is no breath. But we just cry. We must know why we must not cry. Then we will be free from the fear of death and there will be cheer because death is not a moment of desperation. It becomes a moment of celebration for the one who realizes, 'Who am I?' They do not cry.

What do you do when you see somebody die? Do you cry? Do you say,'R.I.P. – Rest In Peace'? Who must rest in peace? The body will become pieces and soon turn into ashes that

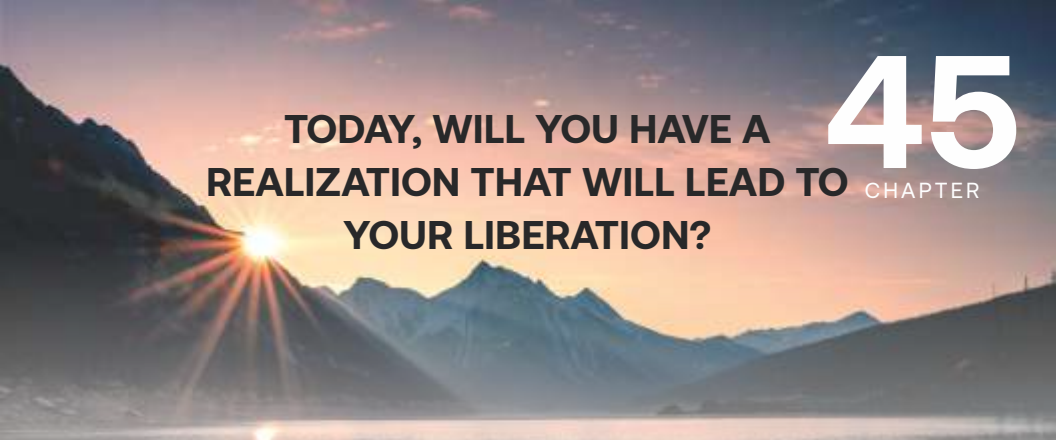
will disappear into the elements of nature. Do you know the truth of birth and death? Do you know that you will never die? Your body will die. But you are an immortal Soul. Do you realize this truth or do you cry when anybody dies? If you are ignorant of the truth, then you will cry and you will suffer, not only at the moment of death but in every breath. You will consider yourself to be the body, mind and ego, which you are not. You will experience the triple suffering on earth and then, not only will you cry when you see somebody die, but your ignorance will make you return to earth in a rebirth, only to suffer again and again. You will be reborn, and this will go on and on.

However, when you do not cry, when you see somebody die, it only shows that you have realized, 'Who am I?' This Realization will not only stop you from crying but it will also stop you from dying. Sure, the body will die but you will never die. You are the Immortal Soul. To achieve this is your ultimate goal.

Today, you have a choice. You can fill your day with tears when you see somebody complete their years and you can bid them goodbye and put up a picture and offer them flowers and light incense sticks. You can continue to be in a trance because of your ignorance or you can stop and realize that death is a phenomenon that follows all life. If you choose the latter, you will never cry when you see somebody die because you would have realized, 'Who am I?'

Why do we cry when we see somebody Die?
It is because we are Ignorant of, 'Who am I?'

– AiR



TODAY, WILL YOU HAVE A REALIZATION THAT WILL LEAD TO YOUR LIBERATION?

45 CHAPTER

Will today be just another day or are you going to make today a special day? Are you going to live today caught in your occupation or is today going to be a day of education, a day of seeking information, a day of conversation, a day of motivation and inspiration and ultimately, a day of Realization? It is your choice.

You can just be one more among the population who have no curiosity for exploration, whose life escapes without collecting the right information, because they are so busy in an unnecessary conversation that they have no inclination to attain Self-Realization. It is a choice!

We human beings just live and we die. We don't ask the questions, 'Who am I, why am I here? Who decided my birth and why did I come to earth?' We do not stop to find out the purpose of our life. We always put such matters off for a tomorrow that doesn't exist. If you want to discover the purpose of life, you must do it today. There is no tomorrow. 'Today' is the 'Tomorrow' that you thought about 'Yesterday'. If 'Today' is gone, your life will be over! Stop and reflect. 'Yesterday' was also a 'Tomorrow', when you were living the day before yesterday. But such 'Tomorrows' don't last. They become 'Today' and before we grasp 'Today', they turn into 'Yesterday'. Therefore, stop today

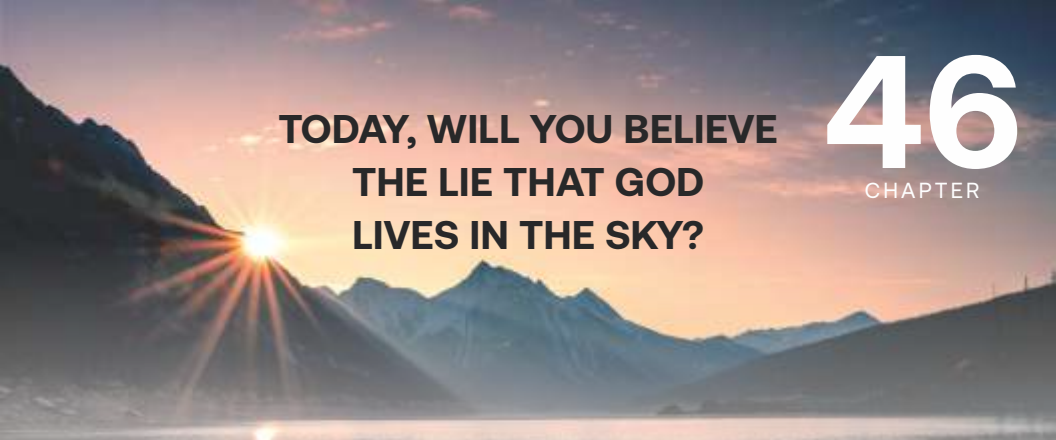
and decide — are you going to let today also become another yesterday or are you going to seek answers to questions that will help you discover the purpose of your existence? Will you consume today or will you take one step forward in that journey of Self-Realization? Today, will you aspire for that ultimate goal of Liberation and Unification which comes from Realization or will your today be so caught up in some meaningless celebration that your life will escape you?

Does it mean we should not celebrate? Of course not! We must celebrate life but the greatest celebration is the Realization that we are the Divine Soul. There can be no greater celebration because everything else is ephemeral, momentary and temporary. This body will die but it is not 'I'. I am that immortal Soul that will depart at death. The Soul is none other than SIP, the Supreme Immortal Power that is in fact, the essence of our existence but we do not realize this. We do not take a step towards Self-Realization, which will take us to God-Realization.

Today, you have a choice. What are you going to do with this gift called 'Today'. Will you let 'Today' pass in unnecessary desperation, lost in aggravation, caused by some condemnation, or are you going to work towards your Liberation, spending some time in meditation? There will be respiration and perspiration in this journey of life but let us not forget that our purpose is Realization.

Are you so busy in your Occupation and some Conversation,
That you forget Realization that will take you to Liberation?

– AiR



TODAY, WILL YOU BELIEVE THE LIE THAT GOD LIVES IN THE SKY?

46
CHAPTER

Who is God? Where is God? What is God? From the time we are born, we are taught the lies that God lives in the skies. We are taught about heaven and hell, just as we are indoctrinated with rituals, dogmas and superstitions that our priests tell. We perform so many *Poojas*, rituals and ceremonies that have no meaning. But that is the way it is. We are made to live with the fear of God. We are afraid to displease our Lord, lest we be punished, and we burn in hell. Who will go to hell? We just believe what scriptures do tell but we don't stop to ask questions, to investigate, to realize what the truth is. Is it true that God lives somewhere far away in the heavens? Is it true that God is directly controlling the fate of 8 billion people? Is it true that God, like you and me, is made of bone and skin? Does God actually have a birth day? Will God die? Then God needs an orthopaedic surgeon too! These are lies, but we don't open our real eyes, to realize the truth. We just follow the herd. Although we have wings, we foolishly tie them with strings and we don't fly like a bird to look, to explore, to find out what the real truth is.

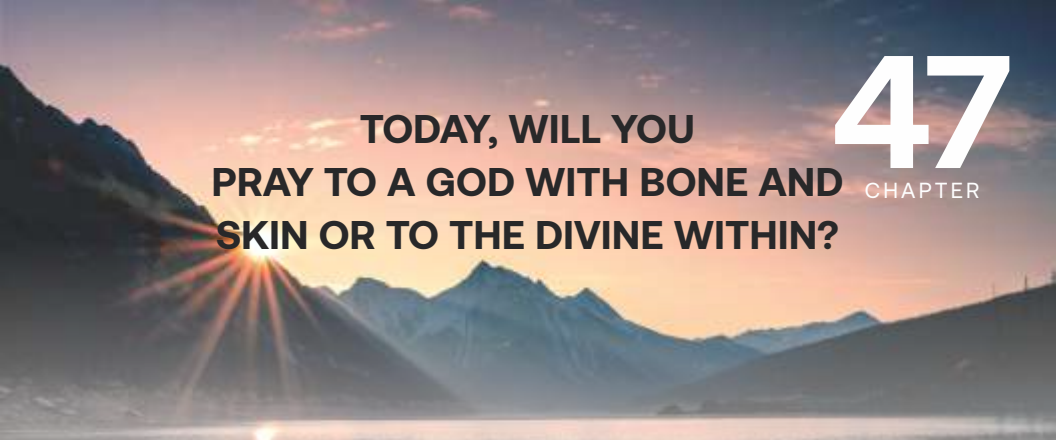
God is not God. The moment you think of God, you think of your personal God. It may be *Krishna* or *Jesus*, *Ganesha* or *Shiva*, or whichever God you believe in. But that God is just an image of a personal God we need to believe in as we grow up as children. We grow out of kindergarten and then go to

school and university but when it comes to God and religion, we remain in kindergarten throughout our life. We do not evolve to the University of Spirituality. We just believe in the lies and we look up and pray into the skies, as if God lives on a distant planet, on a star somewhere far away. We don't stop to realize God is SIP, a Supreme Immortal Power, a Power that is birthless and deathless, beginningless and endless. A Power that is in you and me. The Soul, that Spark Of Unique Life that gives us breath till our death, is none other than SIP, the Supreme Immortal Power. We are just effects. SIP is the cause. SIP exists even in every molecule of inanimate matter, just as SIP is in every Soul, in a more powerful evolved form of energy. Even science has endorsed this by awarding the Nobel Prize for Physics in 2022 to 3 physicists for their work in Quantum Physics and Quantum Mechanics, which endorses the Wave-Particle Duality.

Today, are you going to let your hours pass away, believing in the lies that God lives in the skies or are you going to stop and realize God is SIP? Are you going to spend your day, being in union with the Divine Power that is within you or are you going to go round in circles, believing in superstitions, doing unnecessary rituals and following the dogmas of your religion? Are you going to question who is God, where is God, what is God? Are you going to find out, 'Who am I?' or are you just going to believe in the lie? It is your choice and if 'Today' escapes you, your life will too!

Those who Believe in the Lies that God Lives in the Skies, Suffer, as they Live in Ignorance, without opening their 'Real' Eyes.

– AiR



47 CHAPTER

TODAY, WILL YOU PRAY TO A GOD WITH BONE AND SKIN OR TO THE DIVINE WITHIN?

We all pray, don't we? But sometimes, we do not realize to whom we pray and what we say when we pray. I must admit that I was ignorant for over 40 years. From the time I was 8 and I started to pray, till I was 48, I always thought that 'my God' lived in the temple or up in Heaven, somewhere in outer space. I was innocent. I believed in what I was taught, till one day, my Spiritual Master, my Guru, Dada, led me on a quest to realize the truth about God.

When I went on a *Talaash*, on a quest, I asked myself the simple questions - Who is God? Where is God? What is God? I then contemplated – How many religions? How many Gods? Is it true that there are so many Gods? It was after spending many months in retreat, away from the noise of the material world that I heard the Divine voice within. I experienced the Divine. I was blessed with that spark of Self-Realization that led me to realize God within. I realized God was not God. God was SIP, the Supreme Immortal Power, nameless, formless, birthless, deathless, beginningless, endless. I was blessed with the truth.

We can continue to believe in our personal God. We can live and die with prayer and faith but we will never realize God. We will never attain God. If we are true seekers of God, we must love God so much, that we seek God beyond anything else. We must make God our only priority. When

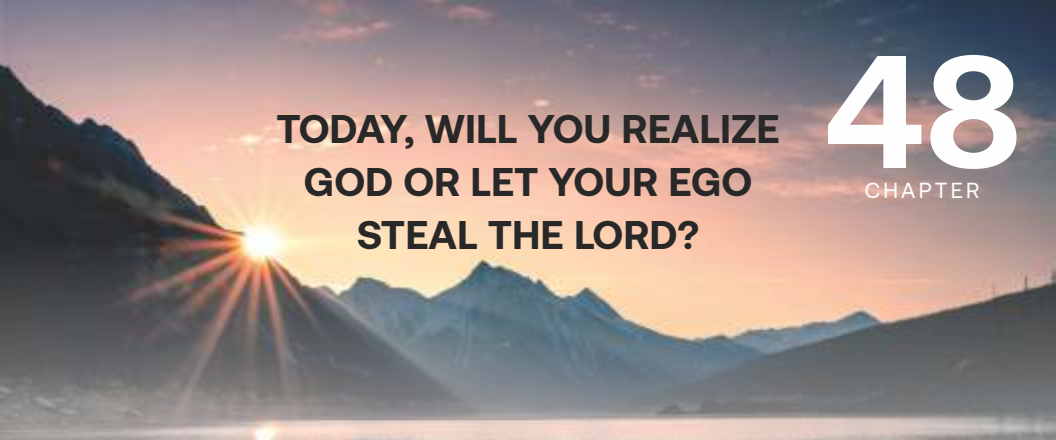
there is this deep yearning for God, love for God, we will realize God. We cannot find God. We have to experience the presence of the Divine, everywhere, in everything. This is called God-Realization. This happens after Self-Realization.

Do you want to realize God? Then, today, you must start a quest for Self-Realization, for it is only after Self-Realization that there can be God-Realization. If you do not realize you are not who you think you are, you are not the body, mind and ego, you are the Divine Soul, you will never realize God. Your Soul is a Spark Of Unique Life. That spark is from SIP, the Supreme. Therefore, you are not what you appear to be. You are SIP. You are a manifestation of the Supreme. When you realize this, you realize God is SIP, present in one and all. God is the Divine Soul in every man and beast. This Realization is possible only when you realize that you are Divine, you are SIP.

Today, if you continue to pray to a God with bone and skin, if you continue to believe the lies that God lives in the skies, then you will never realize that your Soul is God, is SIP. You are not the body, mind and ego. You are the Soul. The Soul is SIP. You are SIP. SIP is in one and all. It seems so easy but our mind stops us from this Realization, for if we realize God within as SIP, the Mind and Ego, ME will be no more. So the mind and ego fight very hard to stop us from God- Realization.

God is Not God. God is the Supreme Immortal Power, SIP.
You will Realize this if you Don't let the word 'God' come to your Lip.

– AiR



TODAY, WILL YOU REALIZE GOD OR LET YOUR EGO STEAL THE LORD?

48
CHAPTER

Have you ever spent a day without using the word, 'I' or 'me' or 'mine'? It is practically impossible. We keep saying, 'I want a glass of water. This is *my* father. This pizza is *mine*. I want to have fun and be happy.' Whatever we do, we identify with the ego, 'I' or 'me' or 'mine'. But we don't spend enough time to realize this truth – Who is this 'I' that says, 'Me or Mine'? We do not contemplate the ego. Because we do not let go of the ego, we let go of God. Look at the word, EGO. It has an E or I, before GO. When we drop the E, D appears and becomes GOD. We must let go of the Ego, 'I', if we want to realize God.

It is 'I' that stops us from realizing that we are not this body. This body will die. People will say that we passed away. We are the Soul, that Spark Of Unique Life that departs at death. It is this Soul that appeared 9 months before our so-called birthday in the zygote, the first cell of our existence. Then, the body was formed over 9 months. Can anybody deny this? Therefore, we came alive before the body was even formed! The body will die and we will leave the body. The whole world accepts this. Still, we think, 'I am 'I', I am the body, mind and ego.' This stops us from realizing God.

Do you want to realize God? There is only one way — it is to realize the self. What is the way to Self-Realization? To let go of the ego. We cannot kill the ego but we can transcend it. We can go beyond it. We can drop it. When we drop the Ego, 'E', we will kill ME. M, the Mind doesn't exist without the Ego. When we realize that I am not the body and there is no mind, we transcend the 'I'. Even though we may say, 'I,' we realize that I am not 'I'. I am that Soul that is within.

Today, you have a choice. You can be a slave of the ego and live as the Mind and Ego, ME. You can think you are this body that will die, or you can realize you are the Divine Soul, the Soul that is immortal. Haven't we learned in school that energy cannot be created or destroyed? It can only be transformed from one form to another. You are nothing but Divine Energy, not the body, mind and ego. But if you don't let go of the ego, you will never realize I am not 'I'. You will never realize God within. As long as the ego separates us from God and creates duality, we will never realize that we are God. As long as the wave doesn't realize it is not separate from the ocean, it is a part of the ocean, it will always remain a wave.

Today, you have a choice. You can live as the ego, 'I' and pray to your God in Heaven or you can drop your ego and attain God, realize God. Today, you can attain Self-Realization and God-Realization, or you can continue to live as the ego, 'I', join the mind, become ME, live as the body and do Karma, and then not only suffer on earth, but return again to suffer in a rebirth. It is your choice.

As long as your Ego says, 'I, me and mine,'
You will not Realize God. God will only be in a Shrine!

– AiR

TODAY, WILL YOU EXPERIENCE SIP IN EVERY CHIP?

CHAPTER 49

Have you ever stopped to find out what every molecule of matter is made of? Scientists, in an experiment, broke down a human cell into its tiniest particle, smaller than molecules, atoms, electrons and neutrons. They reached the tiniest particle that they called 'Quark'. When they were examining it under a sophisticated microscope, they found that the particle had disappeared. How did that happen? They realized that the particle of matter was nothing but energy. Energy cannot be created or destroyed as per the Law of Thermodynamics. It can only be transformed from one form to another. As they were recording their observations, another miracle happened. The disappeared particle, reappeared! The scientists called this experiment the Wave-Particle Duality. What does it mean? A particle of matter can become a wave of energy and a wave of energy, can become a particle of matter. This has been recorded by science under Quantum Physics and Quantum Mechanics. In fact, 3 physicists in this subject were jointly awarded the Nobel Prize in 2022.

What does this experiment of Quantum Physics and Quantum Mechanics have to do with SIP, the Supreme Immortal Power? SIP is Power. SIP is energy and it is SIP that is in every molecule of matter. This universe is made up of 5 elements – earth, water, air, fire and space. But what are these elements made up of? They are made up of energy and

what is this energy? It is SIP, the Supreme Immortal Power that we call God. Therefore, the truth is this - there is SIP in every chip of this universe. Unfortunately, because we think God is one with name and form, we don't realize that God is SIP, SIP that is in every chip. This whole universe, animate and inanimate, is nothing but SIP, the energy that comes from SIP, the Supreme Immortal Power. Because science doesn't understand it, they admit that over 90-95% of this universe is made up of dark energy, black matter, grey matter, which is nothing but the Power of the Divine. Whatever appears to be in this universe is just an appearance. It is an illusion. It is an effect. The cause is the Supreme Energy, we think it is God with a name and form but in reality, it is SIP.

Today, will you experience SIP in every chip? Today, will you look at everything beautiful as Divine? Will you remember that every molecule of this universe is energy? There are 2 possibilities, either you will remember it or you will realize it. If you realize it, then, you don't have to memorize it, you don't have to analyze it. The truth is that we are all energy. When we were born, we were just one cell, isn't that true? Then, how did we multiply and become 26 billion cells? Is this not a miracle? It is for those who do not realize SIP in every chip. But if you realize that there is a Supreme Immortal Power, SIP, in every Soul, in every molecule, then, you will not have any confusion. Start your journey to experience SIP, in every chip and you will realize you are Divine, just as everything around is a manifestation of the Divine!

Realize the Truth of the Supreme Immortal Power, SIP,
And then you will Realize God is in every Chip

– AiR

TODAY, WILL YOU LIVE AS THE SOUL AND ACHIEVE YOUR GOAL?

50
CHAPTER

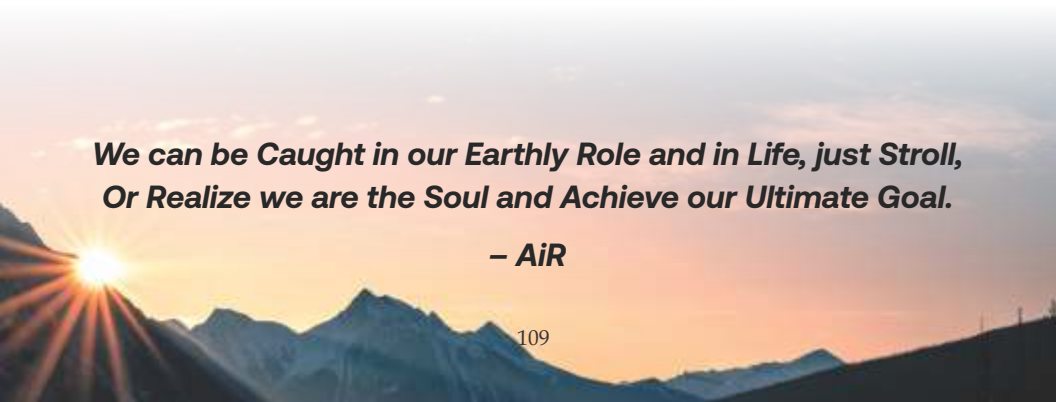
What is our goal in life? Is it just to become rich and famous, successful and wealthy? Most of us have been taught that goals are all about achievement. From the time we are kids, we are taught how to come first in class. We are told to become the school captain, to be the best sportsman and debater. We are taught that winning is not the main thing, it is the *only* thing. We are taught to compete with each other. We are taught that success is happiness. Therefore, most of us grow up having dreams and goals of becoming millionaires and billionaires or champions in our field of endeavour, politics, sports, art, theatre or movies. We are all running a race and in this chase to become an ace, we get caught in the maze. We don't realize that our ultimate goal is to realize we are the Divine Soul. We just live and we die. But we don't reach the destination we must. We just zoom from our womb to our tomb. Then life is over!

Today, are you going to be like one of the billions who live and die, without realizing the truth, 'Who am I?' Are you also going to amass wealth, which you will ultimately leave behind? Will you also try to be rich and famous only to lose everything in the end? Or today, will you wake up to the truth and realize who you truly are and achieve the ultimate purpose of life?

The fact is that you are not this body that will die. The truth is you are not the mind. Where is the mind, you cannot find! Is there any doubt that your ego is a false identity? If you are not the body, mind and ego, but you exist, then who are you in reality? Is there any doubt that you are the Divine Soul, the Spark Of Unique Life. Many people think they *have* a Soul, but the truth is that we don't have a Soul, we *are* the Soul. To realize this is our ultimate goal.

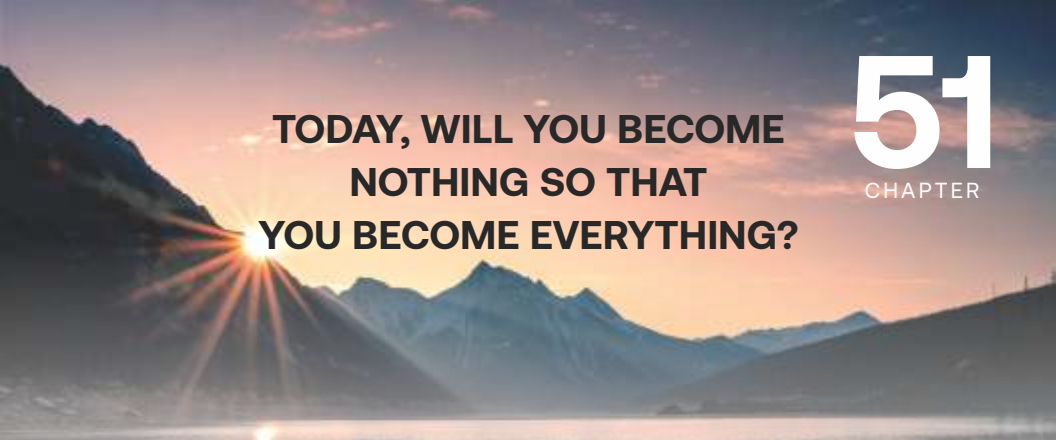
Not just you and me, each one of us is a Soul, a Spark Of Unique Life. In the moment of death, the Souls merge with SIP, the Supreme Immortal Power. But if we do not realize that we are the Soul, then we fail to achieve our goal. We live as ME, Mind and Ego, and we carry our Karma and return to earth in a rebirth. We have to choose one of the two options, either to be reborn or when death blows the horn, to be liberated and united with the Divine. It is our choice!

Today, what are you going to choose? Are you going to realize that you are the Soul and achieve your ultimate goal or are you going to just stroll through life, in a role that is not actually you? It is your choice. Those who do not realize this goal, they pay the toll for their return to earth in a rebirth, to suffer again and again. But those who realize that they are the Soul, become one with the Divine and achieve their life goal.



We can be Caught in our Earthly Role and in Life, just Stroll, Or Realize we are the Soul and Achieve our Ultimate Goal.

– AiR



TODAY, WILL YOU BECOME NOTHING SO THAT YOU BECOME EVERYTHING?

51
CHAPTER

When I started my life, I was nothing. I worked my way up and I became something. Working practically 24 hours a day, 7 days a week, I achieved everything. But one day, I had this flash of inspiration and realized that I was nothing! Isn't this a fact of life? We start with nothing and end with nothing. Whatever things we collect, neither did we bring them to earth, nor can we take them with us. Everything will be left behind. Why don't we realize this simple truth?

We live as the ego and the ego thinks I am everything. Doesn't the ego say, 'I can make the impossible, possible'? What we don't realize is that without the grace of the Divine, even the possible can become impossible. Unfortunately, we live and die without humility, without the simple Realization that we are nothing.

When I went on a quest to find out the truth, I realized that even my body is not mine. In the moment of death, not only will I have to let go of all that I own, all that is known, my money, my possessions, my properties, my cash and all my wealth, but I will also have to let go of all the beautiful relationships with people I consider mine. Nothing is mine. Nobody is mine. This is the ultimate truth. When I myself am nothing, how can anything be mine? I realized this truth and by realizing that I am nothing, I achieved everything. I

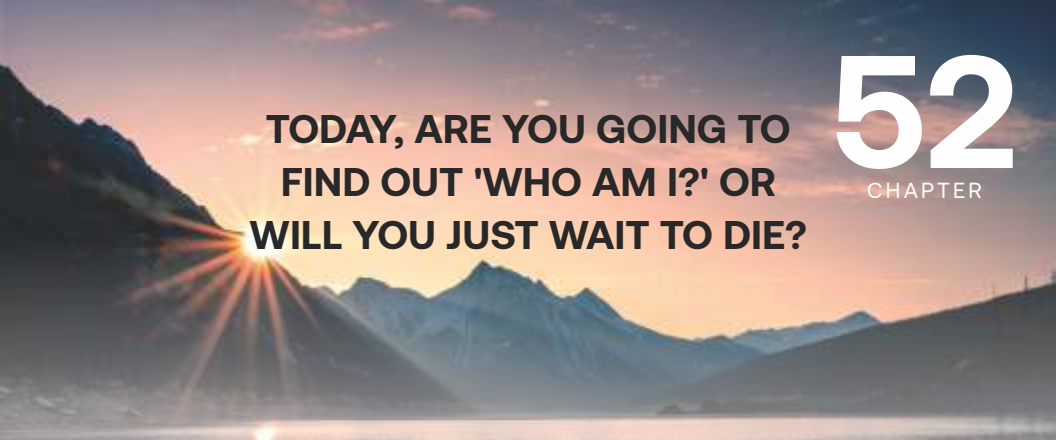
realized that I was a manifestation of the Divine. I realized that I was the Soul, a Spark Of Unique Life that is part of SIP, the Supreme Immortal Power. But I could become everything only after realizing that I am nothing.

Today, you have a choice. Will you let your ego dominate you and live as everything, only to die as nothing or will you, realize you are nothing as you live, so that when you die, you attain everything? This is your choice. It is up to you what you prefer, to live the illusion or to realize the truth. Most of us are so caught in the myth that we don't realize the truth. Even though we see a body disintegrate to dust at death, we still don't wake up to the reality. We are so full of ignorance, our ego and mind makes us believe that we are the one we see in the mirror. If we don't overcome this ignorance, not only will we suffer on earth, but we are sure to return in a rebirth.

Today, you still have time. You can realize that you are nothing and ultimately become everything or you will remain dominated by your ego as everything to end up becoming nothing. These are 2 options. What are you going to choose today? Because what happened yesterday doesn't matter, you can't change it and what will happen tomorrow will depend on what you choose today. Today is in your hands. What are you going to do, become nothing and become everything or remain as everything, only to become nothing?

Those who Think, 'I am Everything,' they become Nothing!
Those who Realize, 'I am nothing,' they become Everything!

– AiR



TODAY, ARE YOU GOING TO FIND OUT 'WHO AM I?' OR WILL YOU JUST WAIT TO DIE?

52
CHAPTER

Death is certain. Every 'body' has to die. Not just human beings but a dog or a frog, a cat or a rat, a butterfly or a bee or a tree, every living creature must die. Each one has a lifespan. A human being can live up to 100 years, a dog about 10 years and a butterfly 2 weeks. But one day, when the Soul departs, we will experience death because there will be no breath. Except for human beings, all other creatures just exist; they live and die. They have no purpose to achieve, though the Divine Creator may have had a purpose for creating them. It is only a human being who has been given the gift of the intellect who can discriminate and choose. Only a human being can be enlightened with the truth. Therefore, while other creatures just live and exist till they die, we human beings have a purpose. We must find out, 'Who am I?'

Every human being must answer these 2 questions:
1. Who am I?
2. Why am I here?

Who am I? Am I this body that will die? Am I the mind that I cannot find? Am I the ego that says, 'I', 'me' and 'mine'? By now, we already know that we are not the body, mind and ego but have we realized that we are the Divine Soul? To realize this before we die is our ultimate goal.

Why am I here? Why did I come to earth? Why did I take this human birth? Not only must we find out, 'Who am I?' but we must discover the purpose of our human existence.

If we do not discover the answer to these two questions, then in what way are we better than the animals, the birds, the fish and the trees? If only we as a species have been given the gift of intelligence, the intellect, must we just exist till we die or should we use our intelligence to discriminate and find out, 'Who am I?'

Today, you have to decide. Are you just going to wait to die or are you going to discover who you are? You must put this in your head that you cannot attain Enlightenment after you are dead. Today, you are alive. If you are not sure, pinch yourself. As long as you are breathing, you have the opportunity to be enlightened. But the moment the body is dead, you have lost the golden opportunity of realizing the truth. Therefore, you can lose today or choose to use today to overcome ignorance and to realize who you truly are and why you were brought to this planet. When we human beings die, there is no guarantee that we will return as human beings. We may be reborn as any other creature but today, as a human being, we have both, the gift and the opportunity for Self-Realization and then, God-Realization. Are you going to use 'Today' to realize, 'Who am I?' or just die?

'Today', is an Opportunity to Discover your Purpose on Earth.
Lose 'Today' or Use it to Discover the Purpose of your Birth.

– AiR

AFTERWORD

Yesterday is gone,
Tomorrow is not yet born.
Come what may...
I will make the best of Today.

For so many years, I was making the best of my 'Today', achieving success after success. I used my day for creativity, for innovation, for team building and money making. I started this when I was 16 and till I was 40, I used to work 18 hours a day, 7 days a week, because I was so passionate about what I did and it also rewarded me. I achieved a lot of success and wealth. When I used to look around, I used to see people wasting their day, and by so doing, wasting their life. I used to inspire them, motivate them not to lose a minute, not to waste a day. But there were dozens of people, who would just drag through life. I saw a clear pattern emerging — those who worked hard and smart, who made the best of each day, received, in return, success equal to their efforts.

After 25 years, I was blessed to shut down my business and I thought that I will travel around the world. I visited over a hundred countries but as I did, I found that I was wasting my day. It had barely been a year since I had shut shop! I actively took up doing HIS – Humanitarian, Inspirational and Spiritual work. Once again, my days were at their best. I did not waste a day. I found it very funny that people worked for 5 or 6 days, and then took a weekend off. But I had always been on my toes, 7 days a week, from the very beginning. This was because each day was full of excitement, full of meaning and full of purpose for me. When people used to ask me, 'You

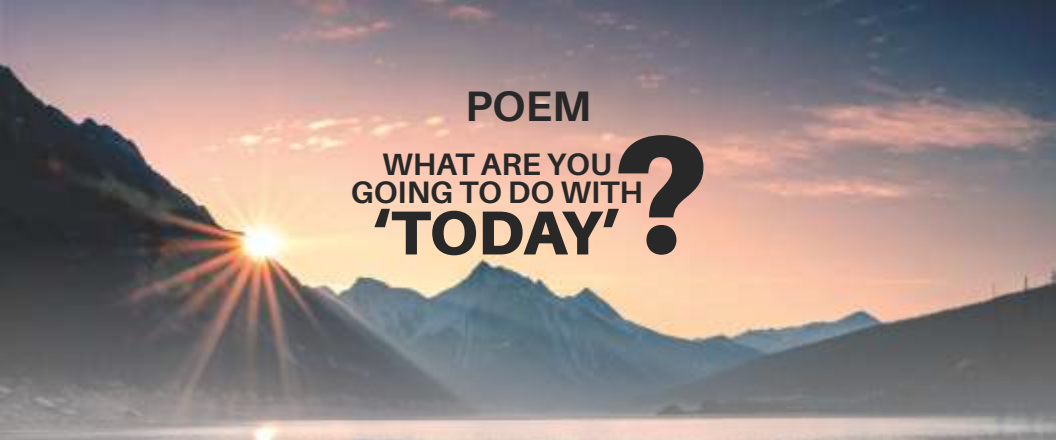
don't take a day off?' I used to reply, 'All 7 days are holidays,' because as per my paradigm, work was fun and that's how it got done!

After a few years, my Master led me on a quest to realize the ultimate purpose of life. I was blessed to be enlightened with the truth in 2014. It was then that my direction completely changed — away from Achievement and towards Enlightenment, Liberation and Unification. But each of my days has always been fully utilized. Even now, I don't waste a single day, nor do I waste a single minute of a day. I live as a Yogi, ever united with the Divine, doing *Dhyana* Yoga, meditation, *Bhakti* yoga, devotion, *Karma* Yoga, Action, and *Gyana* Yoga, education. Any time that is left, I spend in *Prema* Yoga, the Yoga of Divine Love. I live as a Divine instrument, helping people on the path of Realization of the truth. I write books, compose or sing *Bhajans* or Spiritual songs on life, record videos for social media, write quotes and poems, and also answer people's questions on a daily basis. I have a Zoom call every day where I answer people Live on the subjects of Life, Happiness, God, Spirituality, Enlightenment and Karma amongst other similar topics. I try to make the best of 'Today'.

Each day that I live is a gift from the Divine. I realize I am nothing. I live in surrender and acceptance. And so, I do nothing but spend each of the 1440 minutes in a day doing the work of the Divine. I seek nothing but to do this and by so doing, make the best of each day.

In my life, I received a Precious Gift called 'Today',
I never Wasted a day, I never let it Slip Away!

– AiR



POEM

WHAT ARE YOU GOING TO DO WITH 'TODAY'?

What are you going to do with 'Today'?
Are you going to just let it slip away?
Are you going to be Sad or are you going to be Glad?
Are you going to be caught in some useless Thought?
What are you going to do with 'Today'?

What are you going to do with 'Today'?
Are you going to cry because the clouds are Grey?
Living in Fear or living in Cheer?
Will you just Think, Blink and Sink?
What are you going to do with 'Today'?

What are you going to do with 'Today'?
Are you going to live with Guilt, Shame and Greed?
Are you going to let Desires, overcome your Need?
Will you be Positive with PEP or sink in Negative, NEP?
What are you going to do with 'Today'?

What are you going to do with 'Today'?
Are you going to Use it or are you going to Lose it?
Will you live with Anxiety or Tranquillity?
Will you just Wonder or Surrender?
What are you going to do with 'Today'?

What are you going to do with 'Today' ?
Are you going to live in Yoga or in Bhoga?
Are you going to activate your Intellect to Discriminate?
Or will you live with the Mind, which you cannot find?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you just going to Live or each day will you Give?
Are you going to Spend before you reach your End?
Or will you just let others Burn what you Earn?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you going to choose Peace and Joy and Bliss?
Are you going to Love and create Happiness?
Or will you let your Ego and Mind create a Mess?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Will you discover it's a drama and be free from Trauma…
Realizing it is a show, wherein we all have to go?
Are you going to worry each day about what people say?
What are you going to do with 'Today' ?

POEM

What are you going to do with 'Today' ?
Are you going to seek the Ultimate Peak?
Will you tame the Monkey Mind and make it a Monk?
Or will you just live Surrounded by Junk?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you going to Overcome Darkness and Discover Light?
Or live with the Mind and Ego and Fight?
Will you be Enlightened to make life Bright?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you going to be Intoxicated by Wine or be in Bliss Divine?
Are you going to start a Quest, putting your Beliefs to Test?
Are you going to Realize the Truth, at the Bottom of the Root?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you going to live with Intelligence or Ignorance?
Will you remain in Confusion or reach your Conclusion?
Will you be Enlightened or Imprisoned?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you going to Worry or Enjoy your Curry?
Are you going to let your Thoughts make you Hurry?
Will you Discover Purpose or live like in a Circus?
What are you going to do with 'Today' ?

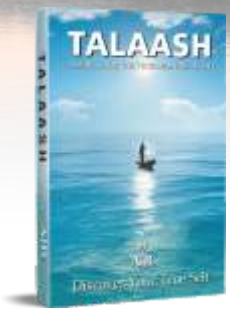
What are you going to do with 'Today' ?
Will there be Purification that leads to Illumination?
Will 'Today' have a Divine Realization?
Will there be Liberation that will lead to Unification?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you going to believe the Lie that God lives in the Sky?
Or believe that God is the Supreme Immortal Power, SIP?
Are you going to Experience SIP in every Chip?
What are you going to do with 'Today' ?

What are you going to do with 'Today' ?
Are you going to Waste the Day, or Achieve your Goal?
Are you going to Realize you are the Divine Soul?
Will you become Nothing so that you become Everything?
What are you going to do with 'Today' ?

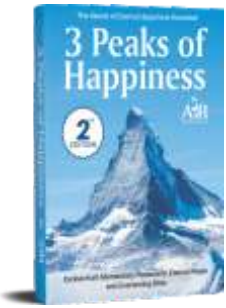
OTHER BOOKS BY AiR

1. Talaash



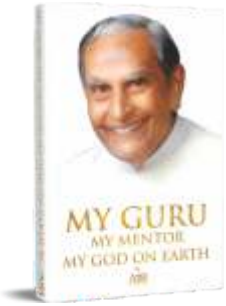
Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.

2. 3 Peaks of Happiness



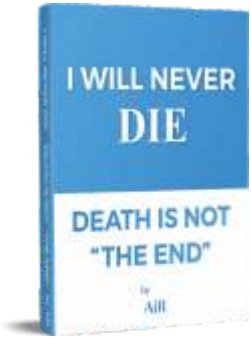
This book talks about the universal quest of humanity - Happiness. It explains the ways through which people can reach the third peak of Happiness - Enlightenment which lies beyond the two peaks of Happiness - Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow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

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



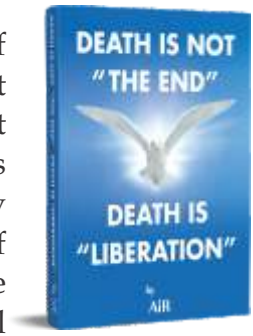
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.

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



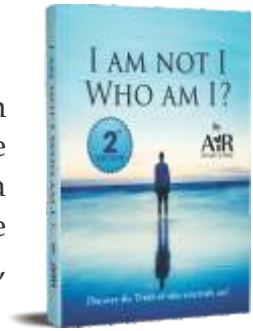
In the journey of his life, AiR Realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.

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



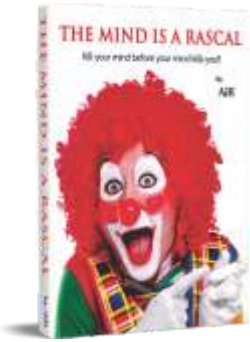
The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind,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

6. I Am Not I. Who Am I?



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

7. The Mind is a Rascal

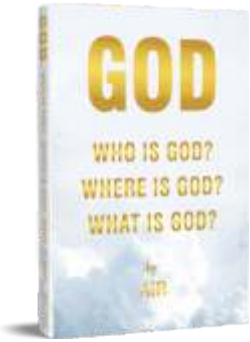


You always thought that the mind is king—it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before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

8. A Cosmic Drama

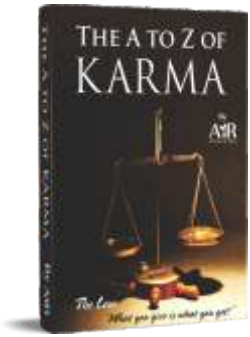
This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

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



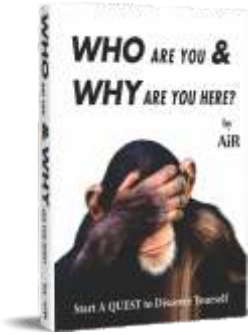
These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.

10. The A to Z Karma



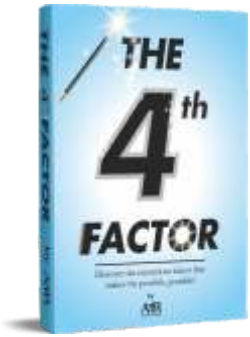
Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret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

11. Who Are You and Why Are You Here?



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

12. The 4th Factor



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

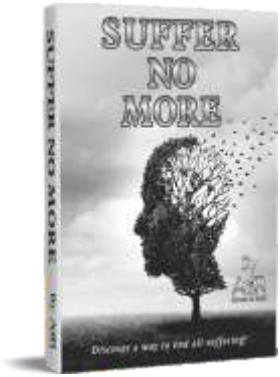
13. Be Happy in the NOW!

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

14. Questions You Must Answer before you Die!

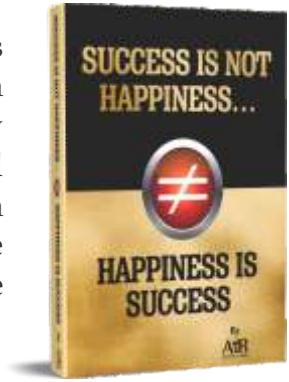
Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.

15. Suffer No More



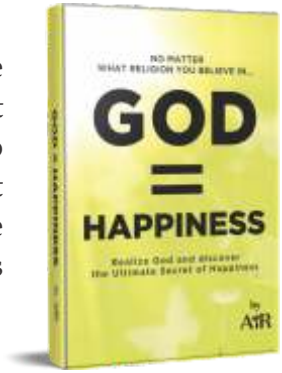
'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.

16. Success is not Happiness, Happiness is Success



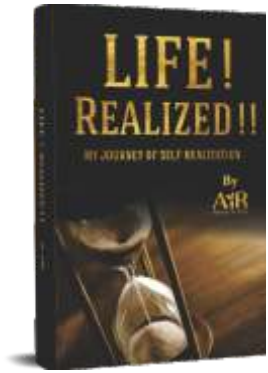
People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.

17. God = Happiness



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

18. Life! Realized!!

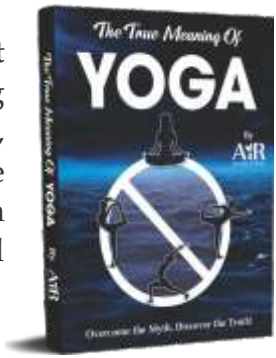


This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.

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

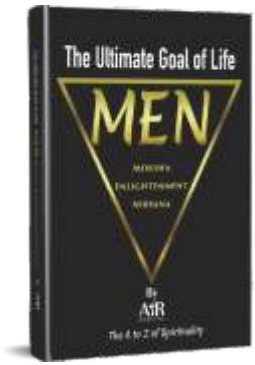
Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.

20. True Meaning of Yoga



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

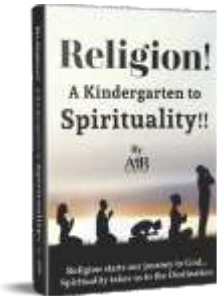
21. The Ultimate Goal of Life, MEN — *Moksha*, Enlightenment, *Nirvana*



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

22. Religion! A Kindergarten to Spirituality!!

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

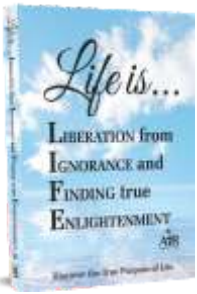


23. Why Bad Things Can't Happen to Good People!

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

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

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



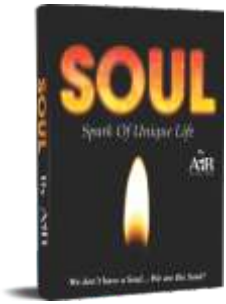
25. The Ladder to Heaven

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

26. FEAR- False Expectations Appearing Real

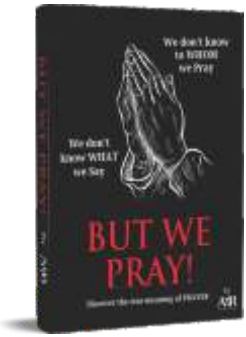
The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.

27. SOUL - Spark of Unique Life



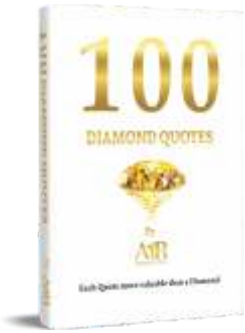
The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul... we are the Soul!

28. But We Pray!



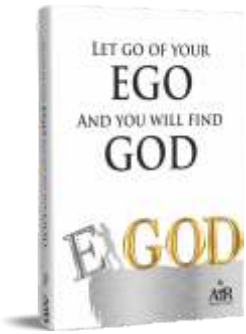
The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.

29. 100 Diamond Quotes



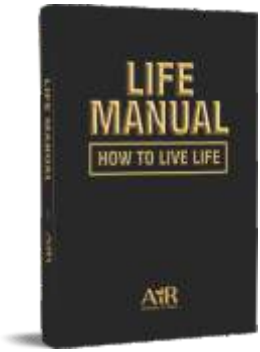
Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on happiness, liberation, realization, spirituality, and enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than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

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



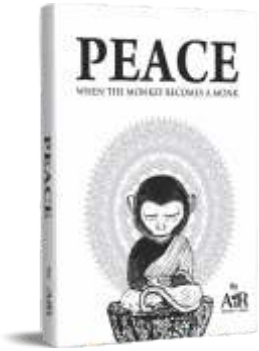
Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go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

31. Life Manual - How to live life?



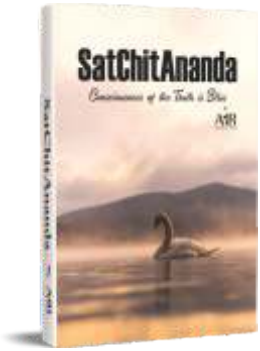
Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.

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



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

33. SatChitAnanda - Consciousness of the Truth is Bliss

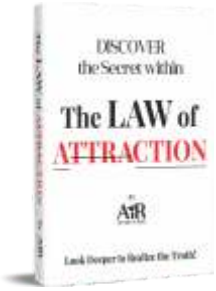


Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of *SatChitAnanda* and shows us the way to live every moment of life with seamless joy and peace.

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

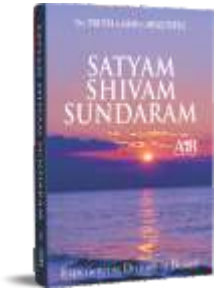
What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.

35. Discover the SECRET within The LAW of AttraCTION



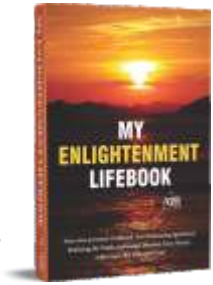
Many of us believe in the Law of Attraction, that we can realize our dreams through this mystical, magical law. But not all people are able to realize their dreams. This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.

36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty



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

37. My Enlightenment Lifebook



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

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

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

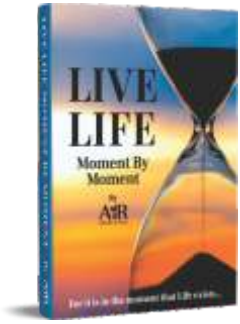
39. World Peace! A Simple Solution

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

40. Many Problems, One Solution

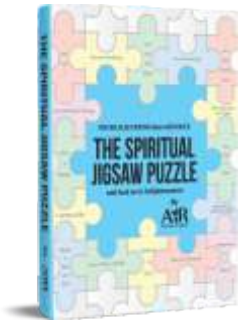
Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!

41. LIVE LIFE... Moment by Moment



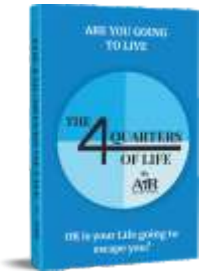
Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!

42. The Spiritual Jigsaw Puzzle



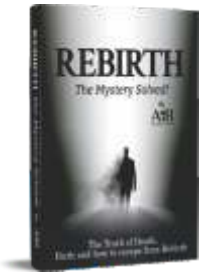
Are you seeking eternal happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be enlightened with the Truth, and liberate you from all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

43. The 4 Quarters of Life



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

44. REBIRTH… The Mystery Solved!

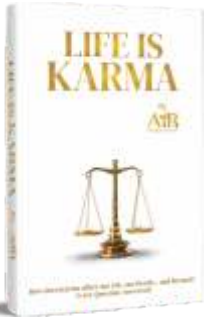


Do you believe in rebirth or does the mystery of rebirth baffle you? We know that death is certain but is there something beyond death? While we witness births and deaths, we wonder whether rebirth is a reality or not. This book will help you decode the mystery of rebirth, just as it will reveal the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

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

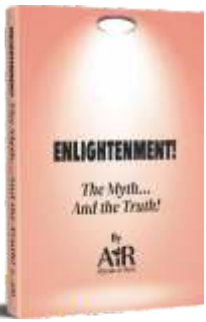
Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed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

46. Life is Karma



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

47. Enlightenment - The Myth and The Truth

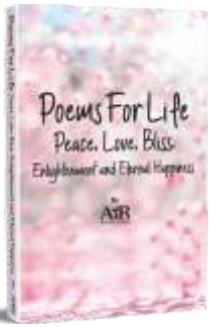


We have been gifted with a human birth so that we can attain Enlightenment. For this we have to unlearn many lies that we have gown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

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

Never have you read a book of Poems like this,

Poems that will give you Peace, Love and Happiness.



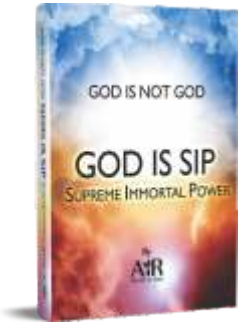
Poems that will tell you the Truth about Life,

How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this,

These Poems have Meaning, and they are full of Bliss.

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

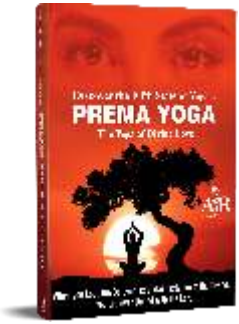


God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God,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

50. The 10 Commandments of Detached Attachment

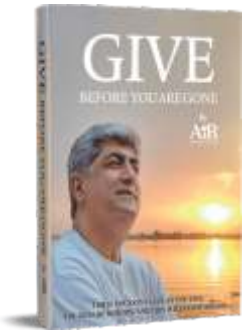
There are the 10 Commandments which can liberate us from all attachments. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.

51. The Yoga of Divine Love - Prema Yoga



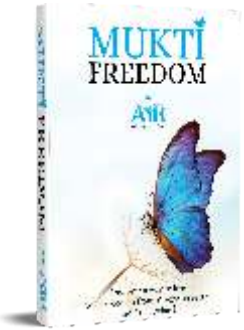
The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love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

52. Give before you are Gone!



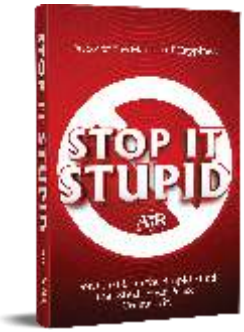
Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.

53. Mukti - Freedom



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

54. Stop it, Stupid!

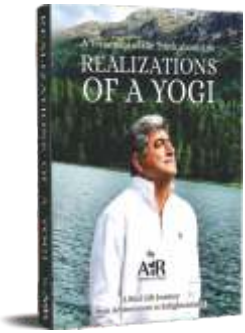


How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you. In this book, AiR shares a simple tool that will help you stop being a fool, a Mantra, we never learned in school! All you have to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

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

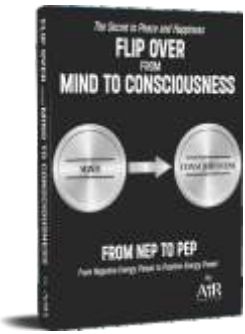
Do you cut your birthday cake? Stop! Your birthday is fake! You were born inside your mother's womb nine months earlier. We are that Spark Of Unique Life, the SOUL that comes alive at conception.

56. Realizations of a Yogi



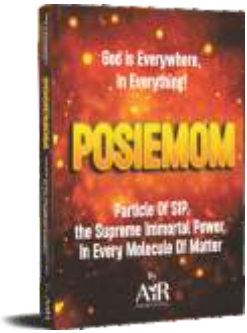
This book is the real life journey of an achiever who realized the truth and became a Yogi. In this book, AiR shares how he experienced a metamorphosis and how he lives in Yoga to attain the ultimate goal of Liberation and Unification with the Divine.

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



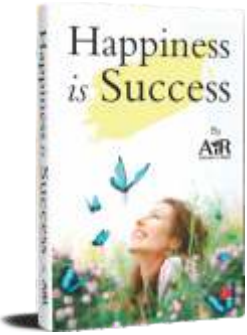
How do you flip your life over from being sad to being glad? There is a way. Flip over from a state of Mind to a state of Consciousness, from Thoughts to Thoughtlessness, from Negative Energy, that is Poison to Positive Energy, that is Power. How? The solution is in this book!

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



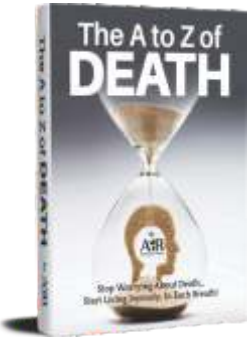
To the world, God is lives somewhere far away in the sky. But God is SIP, the Supreme Immortal Power that is everywhere, in everything. SIP appears as the Soul in living beings and also manifests as every particle that fills this universe. Everything is energy. Even science agrees to this.

59. Happiness is Success



Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, from one success to another, only to realize that the ultimate peak of happiness is beyond Achievement and Fulfilment. It is Enlightenment, Liberation from misery and suffering and experiencing Eternal Happiness, Divine Love and Everlasting Peace. This book can transform your life.

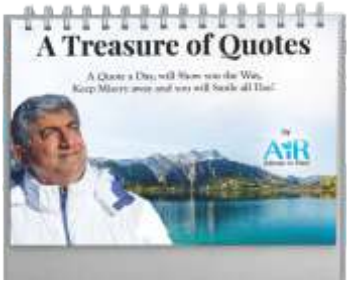
60. The A to Z of Death



Death is certain. Every 'body' must die. Still, we do not accept the reality of death. We fear death because of the loss of all that we own, all that is known and we fear death because of the unknown beyond death. However, we are ignorant about the truth of death. Death is not the end, it

is just a bend. Only the body dies. We never die. We are the immortal Soul. At death, either we will be reborn based on our Karma or we will be liberated and united with the Divine. The A to Z of Death reveals everything we need to know about death, the truth of death which will make death a moment of celebration.

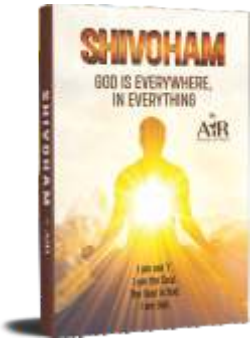
61. A Treasure of Quotes – Perpetual Calendar



A Treasure of Quotes is a Perpetual Calendar. It consists of 366 quotes — quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will provoke you to contemplate and reflect on your life. It will inspire you to begin a spiritual quest and eventually lead you to Enlightenment, our ultimate goal. This collection of quotes can transform your life from a life of mundane existence to a life of Liberation from all suffering on earth and from the cycle of rebirth. It can make you evolve from a life of Achievement to Contentment and Fulfilment until you finally reach that ultimate peak of Enlightenment — a state of Everlasting Happiness, Divine Love and Eternal Bliss. May this Treasure of Quotes be a real treasure for you.

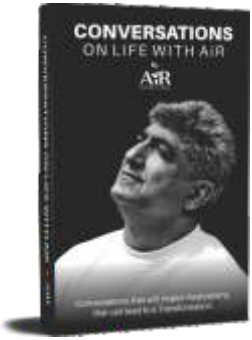
62. Shivoham

Shivoham literally means *Shiva* + *Aham*. I am *Shiva*! But in reality, it is the Realization of the truth, it is Enlightenment that I am nothing, not this body, mind and ego, I am the Divine Soul. I am a part of the Supreme Immortal Power, SIP. *Shiva* is not only in a temple, *Shiva* also lives in the



temple of our heart. It is for us to realize what Adi Shankara said in the 8th century, *Chidananda Rupah Shivoham Shivoham*. The reality of our existence is the Power of the Divine. This book will take you through from *Om Namah Shivaya to Shivoham,* from religion to Spirituality, from faith in God to realizing God.

63. Conversations on Life with AiR



Not just Conversations… these will inspire Realizations. Conversations on life is a collection of conversations and discussions that AiR has had with people he has met on his travels or at conferences and talks. These conversations are not fairy tales. They are real conversations with people on the real problems and issues of life — from Karma to suffering, luck to happiness, from finding God to being in Hell or Heaven. Through these conversations, AiR debunks several myths and shares what the truth is. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all suffering, transporting you to that state of ultimate Bliss and Peace.

AND NOW...

64. What are you going to do with *Today*?

COMING SOON...

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

66. Spirituality for Children

WHAT ARE YOU GOING TO DO WITH 'TODAY'?

The biggest gift of your life has just appeared in your hands. It is 'Today'. That is why it is called the 'Present'. What are you going to do with 'Today'?

Are you going to make the best of today or are you just going to let it pass away? It is your choice. 'Today' will not wait for you, so, use it or lose it! Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us.

What is life? It is made up of years that are made up of days. Alas! We let moments escape us and even before we know it, our 'Today' has become 'Yesterday' and our life is over. Awake! And make the best of 'Today' and you would have made the best of your life. Use 'Today' to achieve your ultimate goal by realizing you are the Divine Soul.

By
AiR
Atman in Ravi

ISBN 978-93-5815-555-8
9 789358 135558

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

Kemp Fort Mall, #97, Old Airport Road, Bangalore - 560017
+91 98451 55555 | www.air.ind.in | air@air.ind.in