

Ask AIR

Selected Questions and Answers On
Life, Enlightenment, God, Death, Afterlife, Karma, Soul...



Ask AiR

BY

AiR
Atman in Ravi

INTRODUCTION

Most of us seek to be happy in life, but unfortunately we continue to live miserable lives. We wonder why. Some of us seek God. We seek to realize the ultimate truth and purpose of life. We need direction. Some of us are confused about life. We spend hours trying to understand what life is all about. We need answers.

Regardless of what group we fall into, we all have thousands of questions. Questions about life, death, happiness, spirituality, faith, suffering, God, death, afterlife, Karma, Soul... The list is endless, as are the questions.

Keeping this in mind, AiR, *Atman* in Ravi, an embodied Soul, makes himself

available on Zoom every day of the week from 8 pm to 8.30 pm to answer any questions that one may have, in order to help us Realize the Truth so that we can live meaningful, purposeful and blissful lives. These sessions, called Ask AiR, are open to everyone across the globe – anyone can join in with their questions. The questions, along with AiR's answers pave the way for insightful and animated discussions and conversations that can change our lives, help us become better human beings and lead us towards Realizing the Truth, and attaining the ultimate goal of life – Enlightenment. What we don't realize is that we live in the darkness of ignorance. Having Realized the Truth himself, it is AiR's mission to help us attain our goal.

Some of the questions asked by the attendees and answered by AiR constitute this booklet. Both the questions and answers can inspire one to go on a quest and evolve in the journey of life towards Realization.

If you would also like to Ask AiR a question, please use this Zoom ID to login at 8 pm any day of the week.

Zoom Meeting ID: 85021104431

**IS
ENLIGHTENMENT
A PERSONAL
EXPERIENCE?**



Enlightenment is switching on the light within. It is just like switching on the light in a dark room. If the light is switched off, will we be able to see anything? Of course not. The same holds true for Enlightenment. When we switch on the light of Enlightenment, we are able to see the Truth – the Truth about who we are, the Truth about God, about this world. In that light, we are able to see all the answers with clarity. Enlightenment is a personal experience. The state of bliss attained with Enlightenment cannot be described in words. It has to be experienced.

**IS THE SOUL IN A
BODY OR IS THE
BODY IN THE
SOUL?**



Most of us misunderstand what the Soul is. We think that the Soul is an entity. We believe that we have a Soul. That there are good Souls and bad Souls. It is not that we *have* a Soul but rather, that we are the Soul. The Soul is everywhere. The Soul is in the body, and the body is in the Soul. The Soul is the Divine Energy that gives us breath. It is the Divine Power that gives life to every 'body'. To you and me. To animals and birds. Life in any creature is because of the presence of the Soul. Once the Soul leaves the body, the body becomes dead.

**WHAT IS LIFE?
(A QUESTION ASKED
BY AN 8-YEAR-OLD
IN A LIVE SESSION.)**



Life is that energy that makes us alive.

Does a book have life?

Girl: *No*

Why?

Girl: *Because it is man-made.*

What about people? Are we also man-made?

Girl: *No.*

Correct. We are God-made. Every creature that God has made has life, including a butterfly. Life is this energy that God has created in us to be alive. LIFE also means Liberation from Ignorance and Finding Enlightenment. This is what life is all about.

HOW DOES KARMA AFFECT REBIRTH?



If we plant apple seeds, we will get apples. If we plant oranges, we will get oranges. If we plant tomatoes, will we get potatoes? No. This is the Law of Action and Reaction. What we sow, we reap. What we give, we get. If we plant tomatoes, we can never get potatoes. We must be mindful of our deeds, our actions. Why is some child born blind? It is because of its past Karma. Good actions lead to a good life in the next birth, bad actions lead to a life of suffering. But finally, we must realize that we have to go beyond Karma, we have to transcend Karma. By Realizing the Truth of who we are, by attaining Enlightenment, we become free from the Karmic cycle of death and rebirth.

**DOES
DETACHMENT
FROM FAMILY
MEAN NO LOVE?**



Detachment doesn't mean not loving anyone. We must love our family, in fact, we must love everyone. Everybody is a manifestation of God. But we should not be attached to anyone. Realize that no relationship is permanent, no one really belongs to us. In fact, nothing belongs to us. We come empty-handed and we will return empty-handed. We should practice 'detached attachment'. We should love everyone, but be detached internally. Our family life should not hinder our spiritual progress. We must not give up the path of spirituality for the sake of our family. We must not be controlled by our family, we should move on the path towards Enlightenment, because that is our ultimate goal.

HOW DOES A MANTRA AFFECT US?



The word *Mantra* comes from the words 'mann'- mind, and 'tra'-instrument. Hence, a *Mantra* is an instrument to calm the mind, an instrument to control the mind. It is a prayer, it has a Divine connection. If we are reciting a *Mantra* with great depth and meaningfully, then yes, that *Mantra* is very effective. But if we just keep reciting any *Mantra* without understanding it, flippantly, and want to attain Enlightenment, that is not possible.

HOW TO DEVELOP DEVOTION?



To be more devout, we must intensely and passionately love God. Devotion is something which comes when we truly love God. Usually, we start life loving our parents, our father, mother, our siblings. This circle expands to include our spouse, son, daughter, dog, and then, we love God. It should be the other way around. We must first love God, only then will our devotion grow. Once we start loving God, it is a beautiful feeling, in fact, it is the most beautiful feeling in the world. We must not shy away from loving God, or feel that we will be ridiculed if we confess that we love God or that we think of God all the time. Intense Love and a deep yearning for God becomes devotion.

**WHAT IS THE TRUE
MEANING OF
BRAHMACHARYA?**



Brahmacharya comes from the words – ‘*Brahma*’, which means God, and ‘*Charya*’, which is ‘to walk with’. Thus, the actual meaning of the word *Brahmacharya*, is ‘walking with God’. A *Brahmachari* does not seek the material world or any material objects. He seeks nothing but God. However, the word *Brahmachari* is generally misunderstood by the world. The world mistakenly thinks that a *Brahmachari* is someone who is a celibate, someone who has given up all sensuous desires. The real meaning of *Brahmacharya* is to be with God all the time, in thought, in heart, and in Soul.

**ONE OF OUR
REGULAR ATTENDEES
ANSWERED WHEN
AIR ASKED:
*HOW FAR HAVE YOU
MOVED ON THE PATH
OF ENLIGHTENMENT?***



I learnt detached attachment from you. I was very attached to everything, including my pets. I realized this when I lost one of my kittens. The 'old' Samhita would have cried for days, but I was very calm and I realized that okay, the kitten is just continuing its journey. I also learnt to live in the moment. I used to be a person who used to plan for things, days ahead. Listening to you every day and from your talks on calming yourself I have learnt to be much much calmer. Even my children say - mumma you have become so cool and calm! I was very hyper. Also, I have learnt to accept things as they come because whatever is happening in my life is due to something that I have done or because of something I have asked.

ABOUT THE AUTHOR - AiR

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966 as Ravi V. Melwani. At a very young age, he mastered the craft of business and revolutionized retailing in India. 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 over 600 suffering homeless

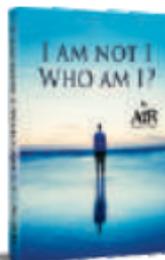
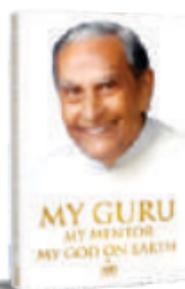
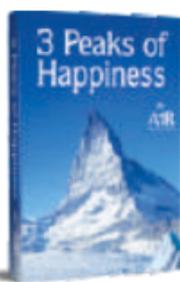
people. AiR also built Shivoaham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

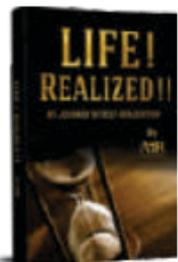
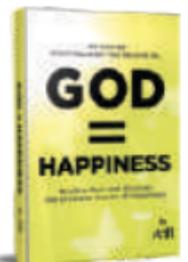
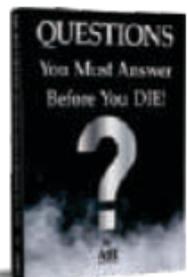
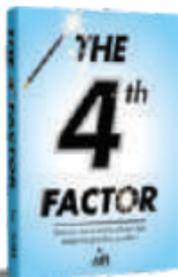
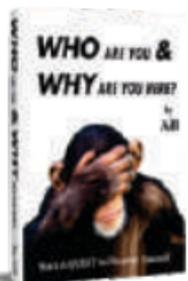
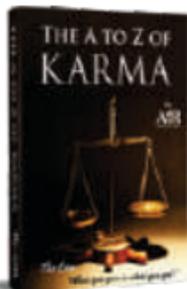
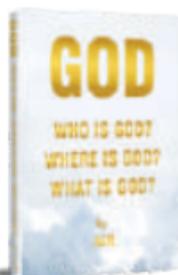
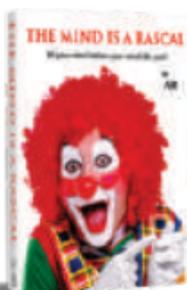
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one mission - to help people Ask, Investigate and Realize the Truth. Based on his realizations, AiR has

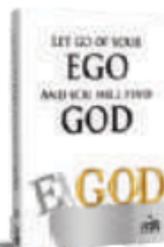
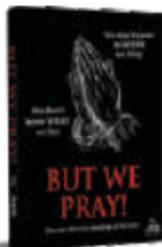
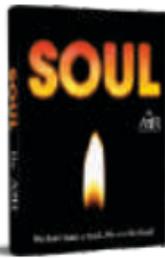
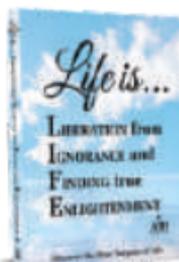
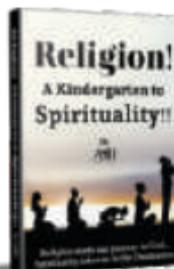
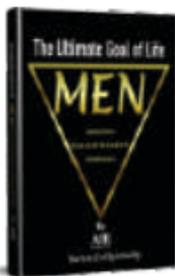
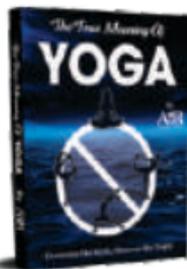
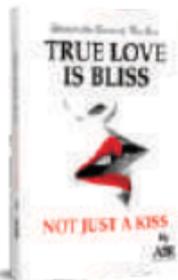
published over 40 books, composed and sung about 1200 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts AiR Spiritual Retreats and webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

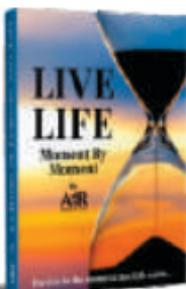
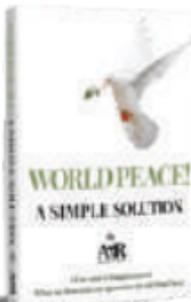
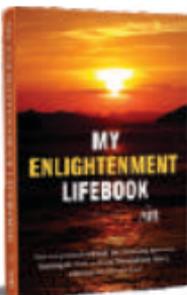
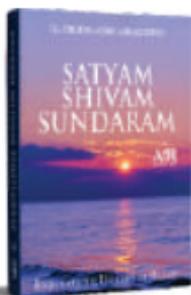
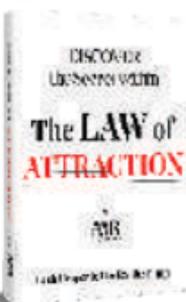
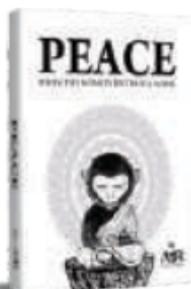
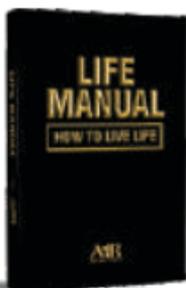
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

BOOKS BY AiR









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

Ask AiR

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

Zoom Meeting ID: 85021104431

For more information on AiR booklets
and AiR, please visit www.air.ind.in
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