

Life is...

**LIBERATION from
IGNORANCE and
FINDING true
ENLIGHTENMENT**

By
AiR
Atman in Ravi

Discover the True Purpose of Life

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PREFACE

What is Life all about? Most people 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, "What is the purpose of my life?" If you ask people what they want in Life, they will say that they want to be happy and successful. Everybody wants pleasure, nobody wants pain. But unfortunately, they rush through Life, not realizing that Life is a journey, not a destination.

In the pursuit of happiness and success, people lose their most precious gift - Life itself! Life is a limited resource and people exchange their life for possessions which finally

don't belong to them. In the chase to be an ace, they face suffering and anxiety that destroy the very happiness they are seeking. The biggest mistake we make is that we don't realize that we are destroying the very foundation of happiness - Peace! While we seek to be happy, we lose our peace of mind due to our desires and subsequent disappointments. Our biggest problem is our own ignorance. If we overcome this ignorance, we can be liberated from suffering. Instead of doing so, we continue to do things that make us suffer. We live as prisoners, imprisoned in the cages of misery and misfortune. We continue to live and suffer due to our ignorance. We don't find true Enlightenment which can eradicate

the darkness in which we live and light up our Life with joy.

This book an effort to share my experience of Life, how I too lived in ignorance till I was 46. When my Spiritual Master led me on a quest, I realized the true meaning of L I F E. It is, LIBERATION from IGNORANCE and FINDING true ENLIGHTENMENT.

This book will share my realizations of what Life is all about. It will not only make us realize how we live in ignorance but also give solutions on how to overcome this ignorance. It is a recipe for bliss, peace, and joy. It shows us the way to Liberation from Ignorance and a path that helps us Find true Enlightenment.

Life

We all live but we don't know the true meaning of Life. We think that the time period between birth and death is called Life. Some people believe that with death, it is game over, while others believe that death is not the end. We don't know our Ultimate Purpose. If we want to discover the Truth about Life, we must first completely cleanse our mind. Unless our mind is cleansed of old habits and beliefs, whatever we pour into the mind will get contaminated. Life is not just about being happy or making others happy, it is about being liberated from this cycle of death and rebirth.

A Quest for the Truth

To be liberated from misery and sorrow one should take guidance from a realized Spiritual Master and go on a Quest. If one is passionate about realizing the Truth, one should leave the world for a short period of time; one should seek answers to the questions related to life and rebirth. Before this, one should try to find out who we truly are by asking the question, “Who am I?” Throughout our Life we live in ignorance thinking that we are the name by which people call us. But when we were born, we did not have a name, did we? Are we this body in reality? Or are we the mind? The mind itself is a subtle part

of our existence. The 'subtle body' consists of the memory, the intellect, and the ego, apart from the 'thought factory' – the mind itself. The body is the hardware. The subtle part of the body or the software includes the mind, ego, memory, and intellect.

*Life is all about going on a quest,
Putting all our thoughts and beliefs to a test.
This is my name, but this is not me,
If not body and mind, who could I be?*

Who are we in reality?

Of course, we have a body. But who is it that is saying, "This is my body, or my hand?" We call it the 'self'. "Who is the 'true self'?" Only few lucky people understand that if we are this body, then which body are we? Today, we look like this. But when we were in school, we were tiny. When we see a dead body, we realize that the one who was alive in it is not there. We wonder where the one who was alive in the body has departed – heaven or hell? We must realize that the body dies and perishes on earth itself. Then who goes go to heaven or hell? The body dies, but we are not the body. The ME – the Mind and the Ego, is

reborn in another body based on our Karma. The mind doesn't really exist, it is the one that is constantly thinking and creating stress and worry. *Neti, Neti* – not the body, not the mind, *Tat Tvam Asi* – Thou Art That. We are not this body, mind, or ego. We are the Divine Soul.

Who are we in reality...

The ego, the body or the mind?

The body will die, the mind and ego will fly,

We are the Divine Soul, we will find.

What is the Purpose of Life?

At the death of the body, one of the two things can happen – either ME, the Mind and Ego is reborn based on its past Karma or one is liberated from the cycle of death and rebirth if one realizes the Truth that one is not the ME – the Mind and Ego. The mind does not let us dwell in our realization of the Truth, it pulls us back. Our purpose is to attain liberation and unite with the Divine. But for this, we need to live with the realization of the Truth. To live with the realization we must follow these 4 principles that are essential to succeed in our realization and be liberated: living with Discrimination, with Dispassion or Detachment, with Discipline and with the Desire for the Divine and for Liberation.

Ignorance stops us from Liberation

The true meaning and purpose of Life is to be Liberated from Ignorance and be Enlightened after Realizing the Truth. To find true Enlightenment, we should analyze the ignorance that we live in. Our ignorance makes us desire. Our failures create disappointments and we become miserable. We are ignorant that ultimately nothing will belong to us. We are ignorant about life and death, about God, about heaven and hell. Due to our ignorance we believe that everything in this world is real. But the world is a cosmic illusion - Maya that conceals the truth and projects a myth. We need to overcome our ignorance and realize the Truth that we are the Divine Soul.

Realizing the Truth

When the seekers of the Truth feel that they have realized the Truth, they should carefully examine its reality because there is a difference between 'knowing the truth ' and 'realizing the Truth.' To make knowledge a realization, we should keep on trying like a stone-cutter who hammers a stone multiple times with no sign of a crack. Suddenly, after many blows, the stone cracks into two and he knows it was not this blow that did it, but all that went before. We should understand that our mind is our biggest enemy. To control our mind we should use our intellect that will help discriminate every thought by reducing the MTR –

Mental Thought Rate, which is approximately 50 thoughts a minute, and bring it down to one thought a minute. We must realize that we are not the mind and ego but the Divine Soul. At death, the Soul within us merges with the Universal Consciousness, just like the air inside a balloon, when deflated, merges with the air that is everywhere.

How is it that we can realize the Truth?

We need to get to the bottom of the root.

*Not just with knowledge, we need His Grace,
Only then can we see the Divine in every Face.*

After Realization, What?

Even after realizing the Truth and overcoming ignorance if one falls prey to ignorance, then one can never be liberated from this world of suffering. The Realized Soul is conscious of his Mind and Ego, the ME, which he is actually not. If he becomes the ME, then his realization will dissolve and his Liberation would become a distant dream. A truly Realized Soul doesn't suffer the pain of the body, misery of the mind or agony of the ego. One who has realized the Truth knows that he is none of these. He lives moment by moment being conscious of the 'NOW'. After realization, one must live in Union with the Divine by

practising the 4 ways of Yoga: the Yoga of Meditation, Devotion, Action, and Education. The Realized one should practise silence - the highest form of worship and work as an instrument of the Divine doing Divine work, and live life in Divine Acceptance and Surrender.

*Realization is just the beginning,
it's not the end,
Overcoming ignorance is just a bend.
Conscious about the Lord,
every moment we must be,
Then we will be liberated
from the Mind and Ego, ME.*

What is True Enlightenment?

We are all covered by layers of ignorance. We need to take off these layers one by one until we see the clear picture. That is Enlightenment. A true Spiritual Master can explain what Life is all about. We follow our religion, which is just a kindergarten. We need to evolve in spirituality, which is the true university for us to graduate in God-realization. Three things - Duty, Lust, and Shame can stop us from true Enlightenment. We should overcome these by being conscious about the illusion that envelops us in darkness. To attain Enlightenment, the first step is Purification from impure thoughts, habits, and beliefs. The second step is

Illumination. If we are sincere in our quest, we will see the light of Truth in everything. The third step, Unification with the Divine, is our Ultimate Goal

*True Enlightenment is
Realizing we are the Soul,
Not sinking in Maya,
but achieving our Ultimate Goal,
Being Liberated from Ignorance,
knowing we are Nothing,
And Living in Bliss,
seeing God in Everything*

How can we achieve Ultimate Bliss?

Everyone seeks happiness but we don't realize that there are 3 peaks of Happiness. About 80% of humanity is trying to climb the first peak of happiness, Achievement. However, this peak is an illusion. People on the journey to the first peak are never truly happy. Their Life is riddled with stress, anxiety, and disappointment. They experience joy and sorrow in cycles. Few people take an exit on the highway called Achievement. They are the blessed ones who start a journey to the second peak called Fulfilment. Actually this is not a peak, but a plateau. Here one is content, peaceful and blissful, but one still

suffers. Those who want to discover the ultimate secret of happiness, must overcome greed. They must be satisfied, fulfilling their need. Not only must they live with peace, the foundation of happiness, they must also live with true love. True love is a fountain of joy, it is Divine. Enlightenment is the ultimate peak where one enjoys eternal joy and everlasting peace. One reaches the third peak when one is liberated from all ignorance through Self-Realization.

Can there be a Life without suffering?

We can escape from all misery and suffering if we realize the truth of who we are. The body suffers but we are not the body. The mind experiences negative emotions, but we are not the mind. When we are enlightened, the light of wisdom eradicates the darkness of ignorance. Our ignorance also makes us suffer the agony of the ego. The ego desires something and if its expectations are not fulfilled, the ego gets upset and angry. In its agony, it burns the body and the mind with anger. The moment we realize we are the Divine Soul, not the Mind and Ego, our suffering come to an end.

What is the Ultimate Goal of Life?

Most of us don't realize what the Ultimate Goal of Life is. We squander our Life in meaningless pursuits, not realizing that the Ultimate Goal is Enlightenment, True Enlightenment that comes from Liberation. Most people just want to be happy. But despite success and wealth, if these people are still unhappy, then they haven't achieved their goal. Few people in Life realize that the Ultimate Goal is to realize that we are the Soul; it is to escape from misery and suffering and live a Life of peace and bliss. People chase wrong things like success and wealth out of ignorance. Soon, Life is over. Moment by moment, Life is consumed and if we don't achieve our Ultimate Goal, then our Life is wasted.

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 Shivoham 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.

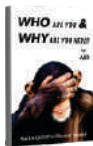
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one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

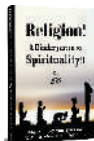
Based on his realizations, AiR has published over 40 books, composed and sung about 1200 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, 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.

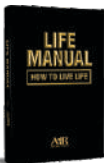
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

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

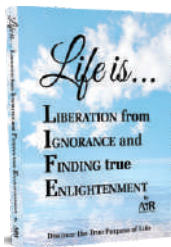
at **8 pm** every day
on  **zoom**

Zoom Meeting ID: 85021104431

LIFE is...

Liberation from Ignorance and Finding true Enlightenment

What is Life all about? Most people 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 though they may gain a lot of these, they lose their most precious gift — life itself.



Life is...

LIBERATION from IGNORANCE and FINDING true ENLIGHTENMENT

Life is about Liberation and overcoming Ignorance. We can realize the Truth when we discriminate between the Truth and the myth, using the intellect. The intellect is enslaved by the mind, our biggest enemy. It creates fear, stress, and anxiety. Along with the ego, it makes us suffer. We have to transcend both ego and mind if we want to live by the intellect.

For this, we need discipline of the body, and the mind. We must live with dispassion and detachment, knowing that nothing belongs to us. This world is a cosmic illusion, a Divine *Leela*. Everything is a manifestation of the Divine. We live in ignorance and we suffer. Suffering can be overcome by the realization of the Truth, which leads to true Enlightenment, to a Life of bliss and peace.

*May this book inspire you to stop existing and start living.
May you go in quest for the Truth. May you too be
Liberated from Ignorance, experience self-realization and
ultimately Find true Enlightenment.*

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