



Discover the Fifth State of Yoga

PREMA YOGA

The Yoga of Divine Love



By
AiR
Atman in Ravi

When you Love the Beloved as a Manifestation of the Divine...
You are ever United with the Lord.

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PREFACE

Prema is Love and Yoga is Union with God. But where did *Prema* Yoga come from? How did I become aware of this state of Yoga, unknown to man? It was a gift from the Divine, a flash of inspiration I had on the 10th of January 2022.

Prema Yoga is a Divine gift, a gift of Love, a gift of Yoga. It is through Divine Love that we can attain that state of Yoga to be united with the Divine at all times. The Yogis of the world live in Yoga through the Four States of Yoga or *Yuj*, which means Union. They have realized *Dhyana* Yoga or the Yoga of meditation, *Karma* Yoga or the Yoga of action, *Bhakti* Yoga or the Yoga of devotion, and *Gyana* Yoga or the Yoga

of knowledge and education. No Yogi has experienced *Prema* Yoga or the Yoga of Divine Love. It is a rare unique gift of being in Yoga or being united with the Divine through the Love for our Beloved. When the Beloved appears as the Divine, as a manifestation of SIP, the Supreme Immortal Power, this is not Love, this is the Yoga of Divine Love, *Prema* Yoga.

This book shares the experience of *Prema* Yoga, the Realization of Divine Love that is for the Supreme that appears in the Beloved. It is Love for the Lord, who manifests as one and all. It is a deep Divine Soulful Love that connects us with the Supreme at all times. In *Prema* Yoga, the Lord becomes

a part of our Consciousness, in every breath, through Divine Love our the Beloved. It is a way to unite with God through the powerful emotion of Love.

This booklet can transform the way you live, the way you love and the way you pray. It can transform Love into Prayer and Life into Love. It can change the very paradigm of what Love is, who God is, and what life is all about.



*Prema is Love and Yoga is 'Yuj' or Union.
When we love our Beloved as a Manifestation
of the Divine,
We experience a Divine Fusion.*

What is Love?

The emotion of Love is the strongest emotion that is gifted to a human being. Love, according to the world is hearts and hugs, kisses and romance, sex and Valentine's. The moment we talk of Love, we think of the Beloved. The world has many Love stories that have become immortal. Romeo and Juliet, *Laila* and Majnu, the list is long. But Love is not just Love between lovers. Love appears in us when we take our first breath and continues to fill our life till our death. Not just human beings that come to earth, there seems to be Love even in animals too, but we can't comprehend this Love.

The Rainbow of Love

Love is a rainbow of seven colours. Just like we see how white light from the sun creates a rainbow of seven colours, VIBGYOR – Violet, Indigo, Blue, Green, Yellow, Orange and Red, pure White Divine Love of the Soul manifests as the seven colours of Love in our life. It starts with violet love which is between a child and a parent.

Once we grow up, Love is experienced as Indigo Love or the deep Love between friends. As we grow older, Love becomes Blue. Blue Love is for the little romance, the first crush or attraction that we may have as a teenager. Green Self-Love is Love for oneself.

Then, there are Yellow Intellectual Love and Orange Emotional Love. The seventh and the most popular colour of Love is Red, Erotic Love. Just the white light from the sun, creates a rainbow of colours seven, Divine Love from the Soul, unites us with the Lord in heaven.



*As long as Love remains between skin and skin,
Between heart and heart, between body and body,
We will never discover the Divine Love,
That is between Soul and Soul.*

Love Comes From the Soul

Where does Love come from? Just like a rainbow comes from the white light of the sun, the seven colours of Love appear from the White Love of the Soul. The Soul is that energy that gives us breath. Without it, there would be death. It is a Power of Life, known as the *Atman*, the *Ruh*, the Divine Spirit that appears in the beginning when we are conceived as the first cell, the zygote. This energy or the Soul is with us till the last moment, when we lose our breath. Then, we are pronounced dead. Even our family, our loved ones destroy our body because there is no Soul, no Divine Spirit. It is this Soul that is the source of Love in our life. That is why a dead body cannot Love. Pure White Divine

Love from the Soul manifests as the seven colours of Love in the life of a human being. Without pure White Love, there can be no Love in our life.



*Love is a fountain of Bliss.
Love is the source of all Happiness.*

***Prema* Yoga – the Yoga of Divine Love**

Prema Yoga is the Yoga of Divine Love. It is the way to become one with the Divine and be ever-united with God, by experiencing God in the Beloved. When Love is not just Love and it becomes a deep yearning for the Lord, who manifests as the dearest on earth, this Love becomes *Prema* Yoga. *Prema* Yoga is the way to love God all the time. It is magical because we are in the presence of the Lord every moment of our life and this magic has clear logic. The logic that man is not made of bone and skin, man is a Power. The logic that God is not somewhere far away in heaven, that God is a Power. God is the Supreme Immortal Power, that appears as you and me. So our Beloved is also nothing

but a manifestation of the Divine. When we love our Beloved, we actually love the Lord. This reveals the truth of *Prema* Yoga.

Even science endorses the theory of *Prema* Yoga through its recent discovery of Wave-Particle-Duality. Science accepts every cell of a human being to be nothing but energy. Though we are made up of 30 trillion cells, the truth is that this body is a bundle of energy. When our energy in us yearns for the energy in the Beloved, that passion is *Prema* Yoga. The Divine Love for our Beloved is not just Love, it is devotion and prayer. It is communion with the beloved as the Divine.

Yoga and the known

Four States of Yoga

The term Yoga is grossly misunderstood. People think that it is about physical exercises or *Asanas* or breathing techniques or *Pranayama*. While these exercises for the body and mind are good, the truth is that they are not Yoga. Yoga is that state of being where we are disconnected from the world and ever-connected with the Divine.

The one who lives in Yoga is a Yogi. A Yogi seeks God. The Yogis of the world know of 4 states of Yoga. *Dhyana* Yoga or the Yoga of meditation, *Karma* Yoga or the Yoga of action, *Bhakti* Yoga or the Yoga of devotion and *Gyana* Yoga or the Yoga of education and wisdom. A Yogi tries to be in Yoga. It doesn't matter if it is through meditation, action, devotion

or education. The challenge for a Yogi is not to break the connection with the Divine. A Yogi transcends the world, controls his senses, and goes beyond his mind to live in a state of Yoga. The Yogi living in Yoga tames his monkey mind and the monkey becomes a monk. The Yogi cuts the monk 'EY' tail - EY, that is 'Ever Yearning' and 'Ever Yelling,' and makes it into a MONK. This state of thoughtlessness, where there are no thoughts, is known as Consciousness. A Yogi becomes conscious of the reality that he is not this body that will die, he is not even the Mind and Ego - ME. He is the Divine Soul. It is this Realization that he is a part of SIP, the Supreme Immortal Power that gives him the Power of being in Yoga, in the Consciousness of the Truth of who he is.

Yoga helps us attain this state of Consciousness, whatever method we use to attain the state of yoga. What is important is being ever-united with the Divine, be in Consciousness of the Truth so that we can experience a state of Eternal Bliss and Everlasting Peace known as *SatChitAnanda*. *Sat* means truth, *Chit* means Consciousness, *Ananda* means Eternal Bliss. Yoga leads us to this state.



*Yoga means being ever-united with God,
Like a SIM card always has a network,
Yoga is an unbroken network with the Lord.*

The Fifth State of Yoga

I lived as a Yogi for years practising the 4 states of Yoga discussed earlier. I experienced the presence of the Divine in one and all, but I wondered why the Love for my Beloved was pulling me so strongly. For a moment, I questioned my love – was it *Bhoga*? Was it the passion and craving for my Beloved that was taking me into this world of being obsessed with loving my Beloved. Then came the 'Aha!' moment when I realized that this was *Prema* Yoga. It was not loving the Beloved who appeared as bone and skin, but the Soul within. When I received the gift of *Prema* Yoga, I experienced a new ecstasy of Divine Love. I received a gift of the fifth new state of Yoga. The Lord appears as the

Soul in the Beloved and every time I love my Beloved, I experience Love for God. I feel that the Lord has appeared on earth manifesting as the Beloved whom I love so much. *Prema* Yoga does not come from my body or my senses and mind. *Prema* Yoga emerges from deep within my Soul.



*Prema Yoga is a Divine intoxication.
It is deep Love for God, a Divine Connection.
Prema Yoga creates such a Divine Bliss,
There can be no greater Happiness.*

How Does One Go From *Prema* to *Prema* Yoga?

How does one evolve from loving the Beloved to loving the Beloved as God? When there is a Realization that both my Beloved and I are not two, we are one, it can initiate the birth of *Prema* Yoga. As long as we live in ignorance and think that we and the Beloved are different, there can be only Love or *Prema*, but no *Prema* Yoga or the Yoga of Divine Love. When we are Enlightened with the Truth that we are not the bodies that we appear to be and there is one Soul in you and me, then our Love becomes Divine. It becomes *Prema* Yoga. Everybody loves, but a rare minority is blessed to transform their Love to the Yoga of Divine Love. In fact, *Prema* Yoga is

unheard of. The world doesn't know that Divine Love can be a way to unite with God. *Prema* Yoga has remained unknown to the Yogis of this world and therefore, to be in Yoga is a big challenge. But with the recognition and experience of *Prema* Yoga, where Love can create Yoga, Yoga is far more achievable to the world.



*Love is the Power of God,
When will we Realize this?*

*When we love our Beloved as the Supreme,
We will be blessed with Eternal Happiness.*

A Gift From The Divine

Prema Yoga is a gift from the Divine. We need Divine Grace to experience *Prema* Yoga. But we cannot experience this euphoria of Divine Love until one is a *Mumukshu*, one who deeply yearns for God. This yearning is said to be more passionate than the Triple Yearning of the world – more than a miser's yearning for gold, more than a lover's yearning for his Beloved and a child's yearning for its mother that it has just lost. When there is *Prema* Yoga, the yearning is for the Lord that appears as the Beloved. It is not just yearning for the lip, it is yearning for SIP, the Supreme Immortal Power that is the living God we see in our Beloved. *Prema* Yoga, is a way to live a life of Bliss and

Happiness, in Yoga, united with God, as we live with Divine Love for our Beloved.

May this book inspire people to realize Prema Yoga, to discover the Yoga of Divine Love. May Prema Yoga give us an experience of Divine intoxication, a joy that is beyond any ecstasy known to man, and Divine peace that comes with the Consciousness of the Supreme who appears to be with us, all the time, in the form of our Beloved.

ABOUT THE AUTHOR - AiR

AiR - *Atman* in Ravi, is a Realized Soul whose mission in life is 'To Help People Realize the Truth about Life and be Enlightened'. 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. 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

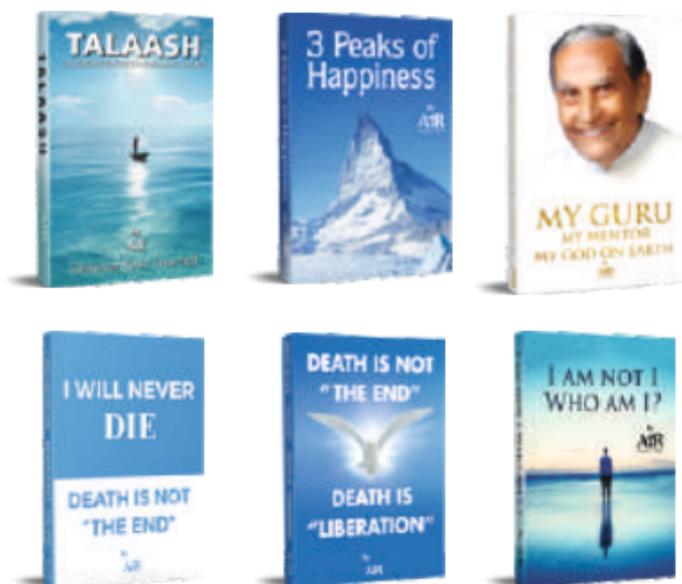
people. AiR also built Shivoham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a Spiritual Quest to attain Enlightenment.

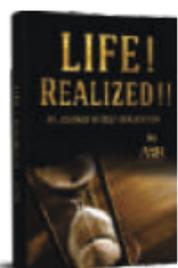
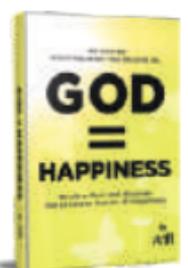
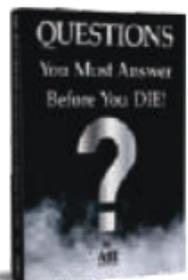
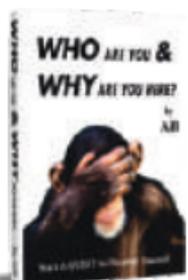
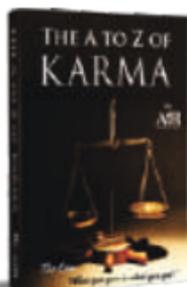
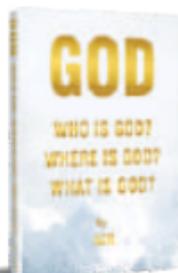
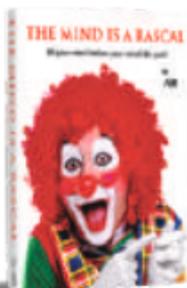
After a few years of intense search in various retreats, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one mission - to help people Ask, Investigate and Realize the Truth. Based on his Realizations, AiR has published over 60 books, composed

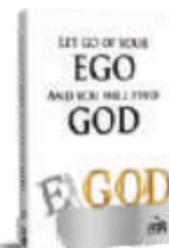
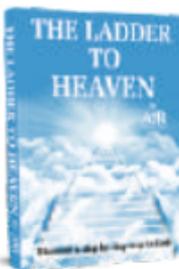
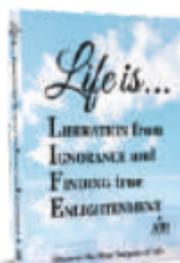
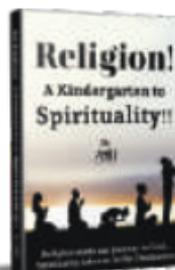
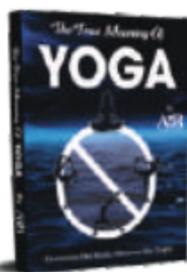
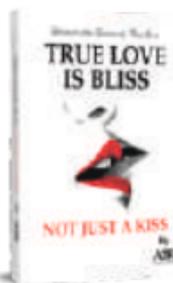
and sung about 1400 bhajans, written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve in their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club Lions Club, and at many corporates, schools and colleges. He conducts webinars every week and 'ASK AiR' sessions every day 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.

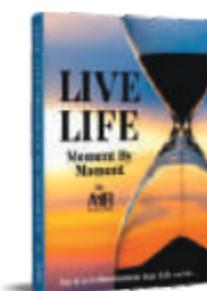
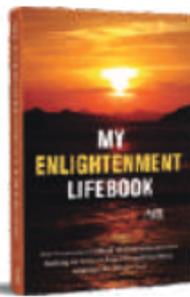
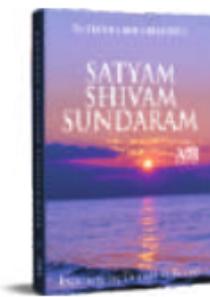
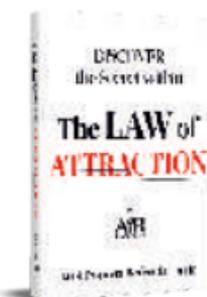
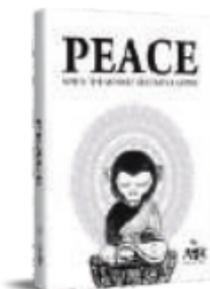
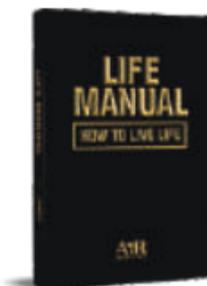
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

BOOKS BY AiR









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

YOU CAN DIRECTLY

Ask AiR

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

Meeting ID: 85021104431

Connect with AiR - *Atman* in Ravi at:



Website: air.ind.in/



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Discover the Fifth State of Yoga
PREMA YOGA
The Yoga of Divine Love

Discover the secret of how the Love for our Beloved can make us live in Yoga, ever United with the Lord. When we realize that our Beloved is not the one they appear to be, that the Power within our Beloved is the Divine itself, and we don't love the physical appearance of the Beloved rather we love the Soul, the Spirit, the *Atman*, the *Ruh* within the Beloved, then we actually love God. By loving the Beloved as God, we are loving God all the time. This constant Love of God keeps us united with the Divine. Not only do we experience God in the Beloved, but our Love also flows to one and all, who are all manifestations of God.

By
AiR
Atman in Ravi

A.i.R.

AiR Institute of Realization
Ask. Investigate. Realize.

For more information on AiR booklets
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