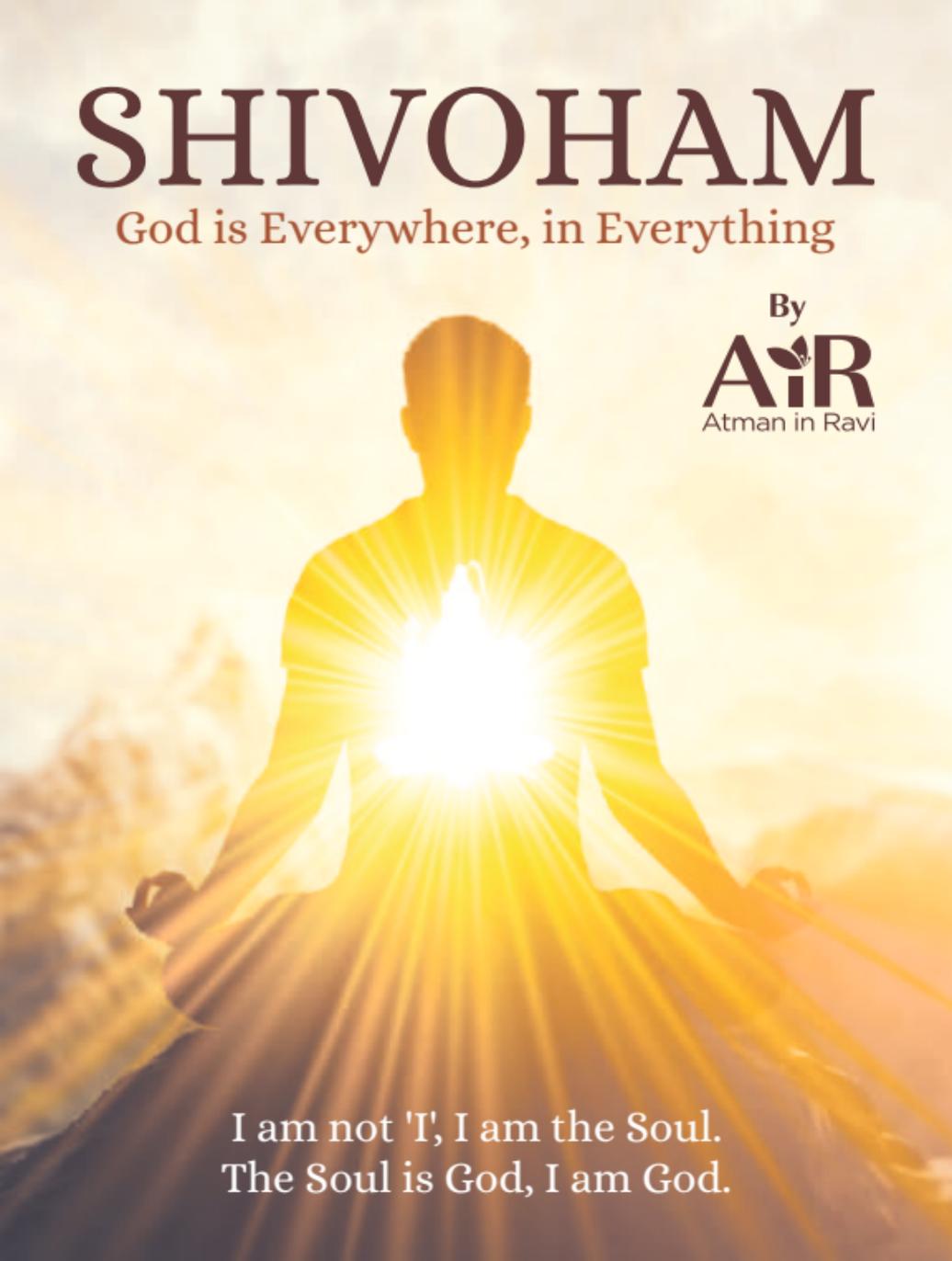


SHIVOHAM

God is Everywhere, in Everything

By
AiR
Atman in Ravi

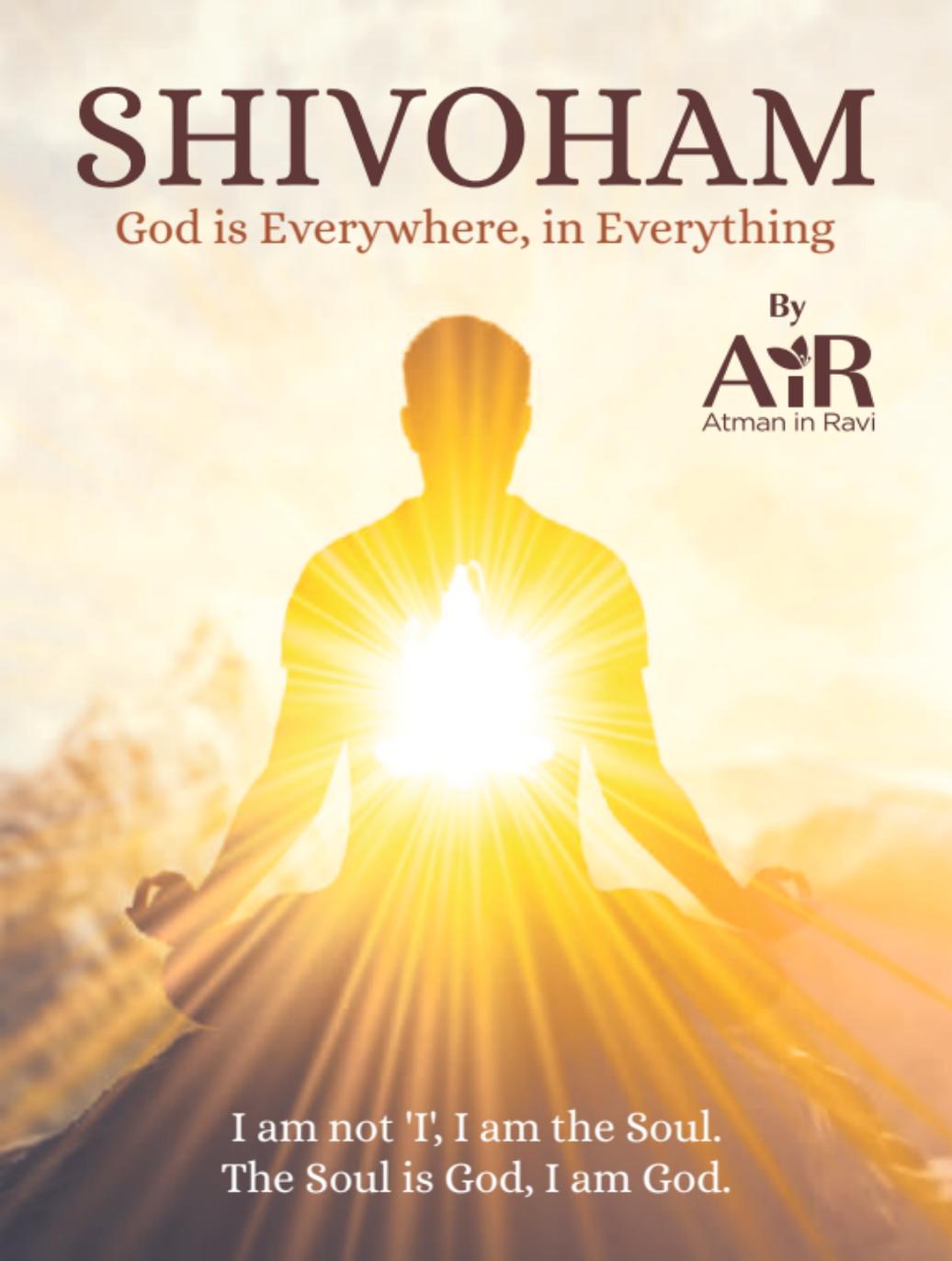


I am not 'I', I am the Soul.
The Soul is God, I am God.

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PREFACE

Who is God? Where is God? What is God? Most of us have our personal Gods. It maybe *Shiva* or *Ganesha*, *Krishna* or *Jesus*. But are all these Gods really God? We go to a temple, or a church and we pray, and we search for our God, without realizing that God lives in the temple of our heart. Some of us even believe in many Gods, without realizing that God is one. God is SIP, the Supreme Immortal Power. God has no name or form. God has no birthday. The Supreme Power is immortal. SIP is birthless and deathless, beginningless and endless. *Shiva* symbolizes God, this Supreme Immortal Power. We have to realize that *Shiva* does not live in heaven or *Kailasa*, but in the temple of our hearts. If you are in search of God, this booklet will lead you to God!

The Meaning of *Shivoham*

Shivoham literally means *Shiv + Aham*, I am *Shiva*. How can I be *Shiva*? The name *Shiva* here does not personify only Lord *Shiva*, but any God that we pray to. When we yearn for God so much, and when our yearning takes us on a Divine quest, then we get to realize – Who am I? Am I this body? No, one day, the body will die. Am I the mind? No, where it is, I cannot find. If I am not the body and mind, how can I be the ego? When we realize that the true self is not the body, mind and ego, but rather that Spark Of Unique Life – the Soul, that comes alive 9 months before our so-called birthday, this Self-Realization, makes us realize that I am not 'I'. I am the Soul. The Soul is none other than SIP. Therefore, I am SIP. I am *Shiva*. *Shivoham*, thus is not just another *Hindu mantra*. It is God Realization.

Evolve from *Om Namah Shivaya* to *Shivoham*

What is it to evolve from *Om Namah Shivaya* to *Shivoham*? The meaning of *Om Namah Shivaya* is, 'I bow down to Lord *Shiva*'. Similarly, *Om Ganapati Namah* means, 'I bow down to Lord *Ganesha*' while *Om Namo Bhagvate Vasudeva* is, 'I bow down to Lord *Krishna*'. This means that we are bowing down to a God or Goddess that is made of bone and skin. This is mythology. Instead of *Om Namah Shivaya*, if we evolve to *Shivoham*, we will realize God in the temple of our heart. We will realize God as the Soul, the Spark Of Unique Life within. We will realize God in every living creature, everywhere, in everything. This is God Realization, and it is the ultimate purpose of our life. God is not *Shiva*, *Ganesha*, *Krishna*, *Hanuman* or a God of any other religion. God is not God. God is SIP, the Supreme Immortal Power.

Adi Shankara and *Shivoham*

The term *Shivoham* comes from the young Adi Shankara, who was 8 years old when he uttered it. He was looking for a Guru, a Spiritual Master. It is said that in the 8th century, young Shankara was wandering in the Himalayas, and he met Acharya Govindappa. Govindappa asked Shankara what he was seeking and Shankara, who was an evolved Soul, recited what is known today as the *Atman Shatakam* or *Nirvana Shatakam*.

Shankara's reply to Govindappa was a 6 verse Sanskrit poem each ending with the line, *Chidananda Rupah Shivoham Shivoham*. What was this poem all about? Shankara said, 'I am not the body and its 5 senses. I am not the mind, nor am I the ego or the intellect. I am a

manifestation of the Divine.' The young Shankara seemed to have had the Realization of the truth and his reply, explained it in detail.

*When Adi Shankara was asked,
‘Who are you?’,
He replied, Shivoham Shivoham,
which means ‘I am God’,
I am not the Body,
Mind, Intellect or Ego,
I am the Divine Soul,
the Soul is the Lord.*

The Vedas and *Shivoham*

What are the *Vedas*? The *Vedas* are a collection of hymns or poems in *Sanskrit* that emerged about 4000 years ago. There are said to be 4 *Vedas* – *Rig Veda*, *Sama Veda*, *Yajur Veda* and *Atharva Veda*. These *Vedas* contain the ideas and practices of what is known as the *Vedic religion* of the ancient *Sanatana Dharma*. The *Vedas* were first orally recited and much later are said to have been compiled by *Ved Vyasa*. From the *Vedas* come the *Upanishads* that explain and summarize the essential, relevant teachings of the *Vedas*. If one were to try to read the *Vedas* and the *Upanishads* in detail and then understand and absorb everything, one's lifespan would be over. Therefore, if one wants to absorb the essence of the *Vedas* and the *Upanishads*,

they are available in the 4 principal statements known as the *Mahavakyas*.

1. *Tat Twam Asi*
2. *Ayam Atma Brahma*
3. *Aham Brahmasmi*
4. *Prajnanam Brahma*

What is the relevance of these *Mahavakyas* in context of *Shivoham*? Why did Adi Shankara say, '*Shivoham*', several centuries after these *Mahavakyas* were accepted? While the *Mahavakyas* are talking of the same truth, over the centuries, Hinduism became filled with personal Gods and these personal Gods took precedence over the ancient nameless and formless Creator of *Santana Dharma*. When Shankara said, '*Shivoham Shivoham*', he was not saying anything other than what was said in the *Mahavakyas* of the *Upanishads*.

The Ladder to Heaven – the Way to God

First, we must realize that heaven is not a physical place. Therefore, there is no God in heaven. God is within us. God cannot be found, God has to be realized. To Realize God, there are 16 steps. **Belief** in God is just the first step. **Prayer** is the 2nd step to heaven. **F A I T H** is the 3rd step – It means having **Full Assurance In The Heart**. The 4th step is **Hope – Having Only Positive Expectations** because of strong belief in God. **Trust** is the 5th step on the ladder to heaven. Those who trust, they live with **Total Reliance and Unconditional Surrender To the Almighty**. Trust is always 100% and it leads one to living with **Enthusiasm**, the 6th step on the ladder to heaven. The word enthusiasm comes from the Greek word, Entheos, meaning 'In God'.

The 7th step on the ladder to heaven is **Love**. Those who truly love God and yearn for the Divine more than a miser yearns for God, a lover for the beloved and a child for its lost mother, are the ones who take the leap on the ladder to heaven and move on to the 8th step, a **Quest** to realize God. The 9th step is **Contemplation** and **Silence**, spending time trying to understand who God is, where God is and what God is. The 10th step on the Ladder to heaven is to find a Guru who can take one from Gu to Ru, from darkness to light. With the help of a **Guru**, a true seeker jumps on the 11th step and **Overcomes Ignorance**, lies like God lives in the skies. This takes one **Beyond Karma**, with God's Grace which is the 12th step in the ladder to heaven. The 13th step is to **Realize the Truth** that

God is not made of bone and skin. God is the Power that lives within. Although there is a **War Within**, and the mind and ego try to stop true seekers from climbing the ladder to heaven, their yearning for God makes them win the war within and climb the 14th step. Thereafter, after **Purification** and **Illumination** and Realization of the truth, they climb the 15th step of **Liberation from Ignorance**. Soon thereafter, they climb the 16th step that makes them a Yogi, one who is united in **Divine Unification**.

*Most of us Pray, we want to attain God.
We go to a temple, church,
monastery to search for our Lord.
But how many of us who Love God,
our yearning, we strengthen?
Those are the few
who climb the Ladder to Heaven.*

Go on a Quest

To Realize God we must go on a quest. We must Ask Questions, Investigate our findings, only then will we realize God. What are the two main questions one should ask –

1. Who am I?
2. Why am I here?

These questions can branch into 9 other questions that should be a part of our Quest.

1. What is the purpose of Life?
2. What is the truth of birth, where do we come from?
3. Death is a reality. But where does the deceased go?
4. Do heaven and hell really exist physically?

5. Is there life after death – rebirth ?
6. Does the Law of Karma actually govern the world?
7. What is the truth about the Soul?
8. Who, where, what is God?
9. What is Enlightenment and Liberation?

*Where is Heaven, where is Hell,
what do scriptures tell?
Each Religion has its own story,
we mustn't fall under their spell!
Who, where, what is God?
We must start a search,
Then we will realize God is
not in a temple or a Church.*

Who am I? From Self Realization to God Realization

On our quest we will first realize our true self. We first realize we are not the body, mind and ego. The body dies, the mind - where is it? We cannot find. The ego is an illusion. So, who are we? We are the Soul. The **SOUL** is the **Spark Of Unique Life** that begins our journey on earth, nine months before our so-called birthday, giving life to that first cell of existence - the zygote. The Soul departs at death and there is no breath. Then we go on to realize that everybody is a manifestation of the Divine. In fact, everything is a manifestation of the Divine. Therefore, in animate beings, God exists as the **SOUL**, the **Spark Of Unique Life**. But God is also present in

the inanimate. God exists in every molecule of matter. There is a **Particle Of SIP In Every Molecule Of Matter - POSIEMOM**. God is everywhere, in everything. Science also endorses this. Scientific experiments prove that we are not what we appear to be. We are energy. The Wave-Partic Duality theory only reinforces what Spirituality has been saying for centuries. Though we appear as a body, in reality we are energy. Spirituality calls this Power. Everything is beautiful because of the Divine, *Satyam Shivam Sundaram*. When we live in Consciousness of the truth, we experience an unparalleled Divine bliss – *SatChitAnanda*.

Chidanand Roopah Shivoham Shivoham

When Adi Shankara chanted *Shivoham Shivoham* in the 8th century, when he said, '*Chidanand Rupah Shivoham Shivoham*', what did he mean? If you break up the words, *ChidAnanda*, *Chid* means Consciousness and *Anand* means Bliss. *Shivoham* or the Realization that I am none other than a manifestation of the Divine, leads me into a Consciousness of Bliss. As long as we think we are the body, mind and ego, we will continue to suffer the triple suffering on earth and return in another rebirth only to suffer again and again. Shankara's poem is a poem of Enlightenment. It is a poem of God Realization, a poem of truth. The fact is that we are the Soul, but we don't realize it. When we repeatedly chant, *Shivoham Shivoham*, it may lead us to

God Realization. The moment we realize we are the Divine Soul, we will experience *Chidanand* - Blissful Consciousness.

*Shivoham Shivoham.
What does this mean?
Translated it is, 'I am Shiva'.
But God can't be seen.
When we realize the Truth,
that we are nothing but God,
We transcend the body, mind,
ego and become one with the Lord.*

Afterword

The Story of the Shivoham Shiva Temple

My life has evolved from *Om Namah Shivaya* to *Shivoham*. After 40 years of being devoutly religious, I evolved from this kindergarten and graduated in the university of Spirituality. I was madly in love with my God. I was not a fanatic, and respected all other Gods, but I was so attached, so connected, so drawn to Lord *Shiva*, that after 20 years of faith, I had a vision from Lord *Shiva* to build the most amazing *Shiva* temple.

I had nothing, no property, no money, no architect. But the Lord gave me a vision that there should be a temple with a mammoth statue of Lord *Shiva* sitting in a meditative pose, with the River *Ganga* flowing from His matted locks. This vision came from God and as

if by magic, everything fell into place. The money, the land and the architect, all came my way, so much so that his Holiness, the Shankaracharya of Shringeri, by Divine intervention, came to inaugurate the temple on the auspicious day of *Maha Shivratri* in 1995.

Since I have had the Realization of *Shivoham*, it has changed my outlook of my faith in Lord *Shiva*. I no more pray to *Shiva* but pray through him. I realize that *Shiva* is just a name and form that I believed in as I was evolving in my journey to God Realization. Some people pray to *Krishna*, *Jesus*, *Hanuman* or *Ganesha* or many other Gods and Goddesses. But these are not in reality the God we think God is. These are mythological Gods that have evolved

over the centuries. God is nameless and formless. God is birthless and deathless. God is SIP, the Supreme Immortal Power. But I had never realized this even after 40 years of deep and devoted faith. It was only after I was enlightened with the truth, that I am not the body, mind and ego, I am the Divine Soul, and the Soul is God, and God is in all, that I realized the meaning of Adi Shankara's *Shivoham*.

It was in 2017 that I changed the name of the temple to *Shivoham Shiva* temple. This was after I realized God in the temple of my heart. God is not just in the statue, not just in the temple. God lives in the temple of our heart. God is **SIP**, the **Supreme Immortal Power**, that manifests as the **SOUL**, the **Spark Of Unique Life**, in each one of us.

My journey of Enlightenment and of realizing God is deeply linked with *Shivoham*, with the *Vedas* and the *Upanishads*. There is synergy in all scriptures and even in the scientific principles. This makes the truth, the absolute truth. We can either continue to believe in the myth and be devoted to God, or we can be enlightened with the truth and realize God within. The choice is ours.

*I was in love with Lord Shiva,
Shiva was my God.*

*I used to go to the temple,
in search of my Lord.*

*For 40 long years, to Shiva I used to pray,
Now, I have realized SIP,
but through Shiva I found the way.*

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. 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 800 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 70 books, composed and sung about 1500 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to

He speaks 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.

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

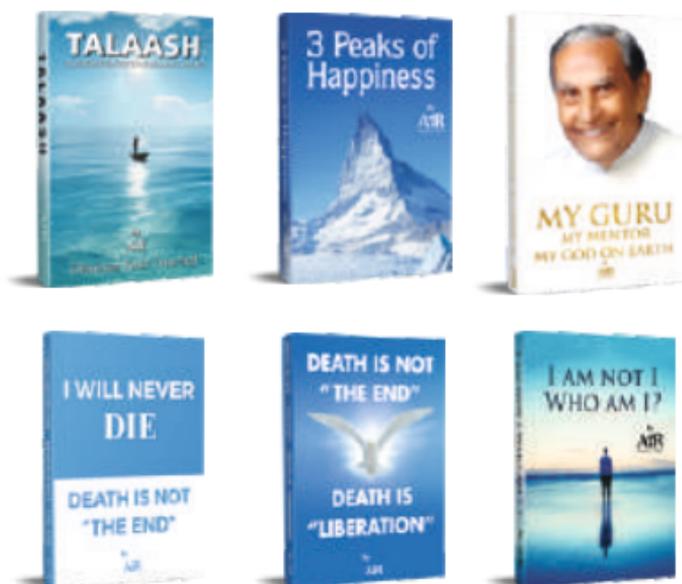
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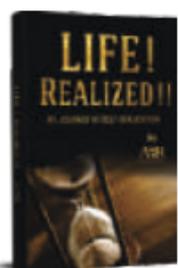
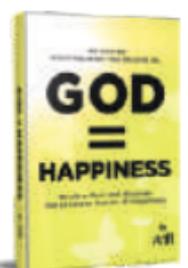
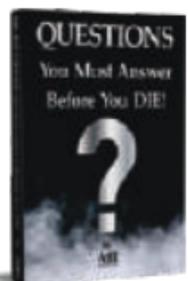
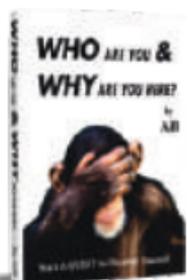
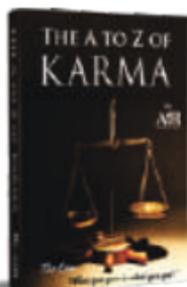
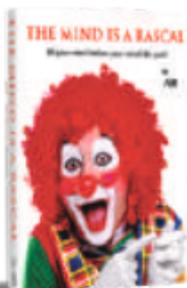
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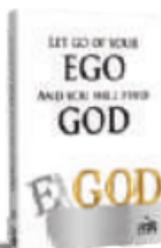
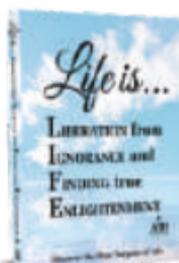
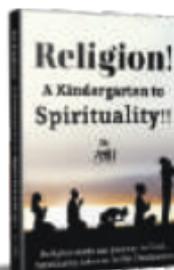
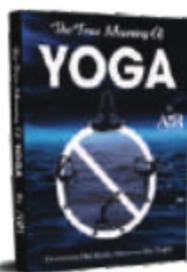
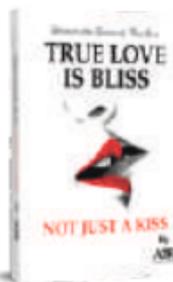
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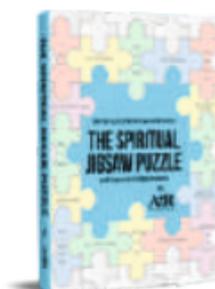
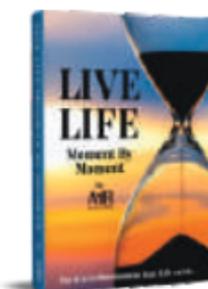
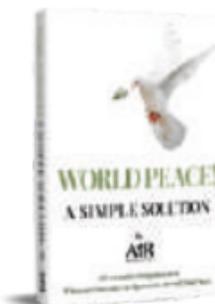
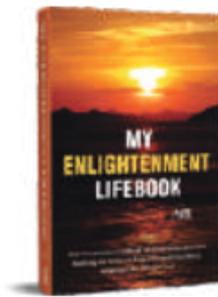
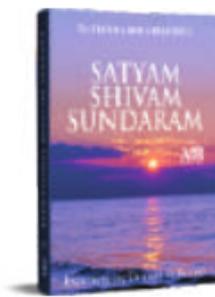
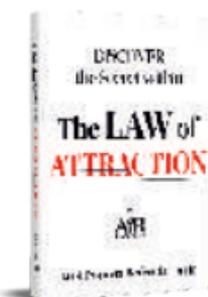
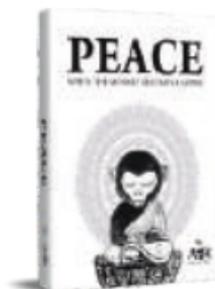
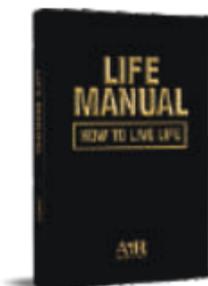
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

BOOKS BY AiR









SHIVOHAM

A journey of God Realization

We all pray to God. We have faith in the Lord. Not only do we trust God completely, but we also live with hope and surrender. A few amongst us love God. We yearn for God beyond anything else. But a small minority realize God.

Shivoham is a journey that will make you realize God. Adi Shankara in the 8th century said, '*Shivoham Shivoham*'. Literally, it means, 'I am *Shiva*'. But rightly interpreted, it means that we are nothing. We are all manifestations of the Supreme, the Lord, who is SIP, the Supreme Immortal Power.

This book will take you from *Om Namah Shivaya* to *Shivoham*, from religion to Spirituality, from faith in God to realizing God. If only you are committed to overcoming the myth, and realizing the truth, you will realize God in the temple of your heart. *Shivoham Shivoham*.



A.i.R.

AiR Institute of Realization

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and AiR, please visit www.air.ind.in

or ☎ +91 98451 55555