

SOUL

By
AiR
Atman in Ravi



We don't have a Soul...We are the Soul!

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PREFACE

On my spiritual journey, there were many questions that I had no answers to. What happens after death? How are we born? Is the Law of Karma real? Does rebirth actually happen? What is the truth about Enlightenment or Salvation? What is it that some people call *Nirvana* or *Moksha*? Many questions like these formed my *Talaash* or quest of life. The most important question was about the Soul. Everybody talks of the Soul, but not many know the true meaning of it. What is the Soul?

In my quest for answers, I spent months as I contemplated the Soul. It was a critical piece to complete my

jigsaw puzzle, a puzzle that needed to be solved as it became the priority of my life. My quest took me through all the religions of the world. I read many scriptures and investigated several philosophies of the saints and the sages around the globe. Ultimately, I experienced my spiritual 'Aha!' moment about the Soul. I decided to write a book on the Soul. We are alive because of our Soul and to realize the truth about our Soul is our life's ultimate goal. However, we do everything else but forget to discover this truth. We human beings are strange. We just believe in whatever we are taught or told, because of which we only sink further and deeper into ignorance and become

even more distant from the truth. If we contemplate the Soul, we will find answers to the most important questions about life. It will take us forward in our journey of self-realization and ultimately, to the rare feat of God-realization.

It is not an easy journey. Only sincere seekers who want to realize the truth about themselves and God are fueled with a passion that leads them both to realization and liberation. Why is it that most of us don't discover the truth about our Soul during our life journey? We human beings are so lost in this world that we become slaves to our own desires, our very own thoughts. We do not discover and

realize that our biggest enemy is 'ME', our own Mind and Ego because it stops us from realizing the truth. Thus, we live and die in ignorance and many truths about life continue to remain a mystery. The Soul is enigmatic and we must unravel the mystery that surrounds it. Can we deny that we have a Soul? Don't we often discuss it? Are we not confused whether the Soul exists or not? This book will solve the riddle and reveal the truth about the Soul!

*What is the Soul, do you know?
Or is it still a mystery?
There are so many beliefs,
so many myths that seem to fill our history.*

INTRODUCTION

What is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe that we have one. There are many more questions. If the Soul actually exists, then why is it that we can't see it? Is it the same as the Spirit, the *Atman*, the Life Energy within or is it something different? How is our Soul connected with our body? Is our mind a part of our Soul? When does the Soul actually come alive and what happens to the Soul after death? All these questions remain unanswered.

All religions talk about the Soul, each in their own unique way. Are there

'good' Souls and 'bad' Souls? What is the mystery about the reincarnation of Soul?

And then, there is so much said about the Soul and its connection with the Divine. Is there any connection between the two? There are many doubts and we human beings contemplate the truth of the Soul. It seems to be the most important aspect of our life, but it gets lost as we zoom to our tomb, making everything else a priority. What does science say about the Soul? Is there any proof that the Soul exists? Or, like some religions advocate, there is no Soul? And then, what about ghosts? Are they not the Soul—the spirit of the dead that

appear to us?

This book about the Soul will help us overcome our ignorance about the Soul. As the book questions every aspect of the Soul, we will evolve in our spiritual journey and realize the truth. Not everybody can realize the truth. Some may investigate the Soul and arrive at several possibilities of what the truth might be. But a few sincere seekers of the truth, will do some Soul-searching and realize the Soul. Are you ready to go in search of your Soul?

*We all speak of it,
We seem to have a Soul,
But, to solve the mystery of what it is,
Is our life's ultimate goal.*

THE MYSTERY OF THE SOUL

For thousands of years, the Soul has continued to remain a mystery. People wonder if our Soul will go to heaven one day, and if there are 'good' Souls and 'bad' Souls. Some people even believe that the Soul doesn't exist. Moreover, there are so many myths about the Soul. For instance, centuries ago, certain tribes in Indonesia used to do head-hunting as they believed the head contained a Soul substance. The head of the enemies was highly valued, not because they were trophies, but because the heads were said to contain the Soul. It was believed that this Soul substance would make villages more

fertile and crops healthier.

People who lived in Turkey, believed that when a man died, the Soul of the man would leave the body and reside in a stone slab. More recently, some people practise 'Soul-hunting', a contemporary Shamanic integration ritual. By doing this, they believe that they create a new energy in their life. Instructors help them go on a Soulful journey, and they experience a Shamanic trance, making it possible to reunite with the damaged pieces of the Soul. Celebration of festivals related to Soul like Halloween have also diluted the truth about the Soul. To the world, what the Soul truly is, still remains a mystery!

IN SEARCH OF THE SOUL

What is the Soul? Is it actually something mysterious? Different religions advocate different interpretations of the Soul. Many religions talk of the Soul going to heaven or hell as per the judgement of God. The Eastern religions believe that our goal is to be liberated from the cycle of death and rebirth. Over the centuries, saints and sages believed the Soul to be a part of God—God itself. Modern-day philosophers too have evolved in their beliefs to realize the truth about the Soul. Whatever be the Soul, they believe that it can't be defined in words. But we must realize the truth about the Soul!

LET'S DO SOME SOUL SEARCHING

A quest for the Soul reveals that it certainly exists. It is Divine life energy. It arrives at birth and departs at death. We human beings have a body, mind, and Soul - just like a computer has hardware, software, and a power supply. The Soul is a life power within each one of us. That is why at death we talk of the departed Soul. The Soul is beyond human comprehension. While it exists, it cannot be proved. We have to realize its existence.

*The Soul is a Power that gives me breath.
Without the Soul, there would be death.
It comes to me just as I am born...
And it leaves me when life is gone.*

THE JOURNEY OF THE SOUL

So, we are sure that the Soul exists. We are also aware of its journey. The Soul appears at birth and departs at death. But where does it go? While our Mind, Intellect, Memory, Ego - MIME is reborn based on our Karma, the Soul is not reborn. The Soul's function is to give life. It is a Divine Power. The Soul appears from the Divine and goes back to the Divine. At death, it leaves the body-mind complex and merges with the Divine. It once again gives life when the MIME is reborn. In reality, just like air is everywhere, the Soul too is omnipresent.

SOUL POWER

The Soul is a power that exists in each of our 30 trillion cells. It gives life to all our senses. It is the power of the Soul that makes man conscious of who he is. Without the Soul Power, we would be lifeless. It is the same power that is in you and me. There is no difference between my Soul and your Soul. The moment the Soul departs, man loses all his power, he becomes nothing. The Soul is the Power that gives life to all 8 billion people on earth. It is also the power that gives life to all the other species, including plants, animals and birds!

THE SOUL AND GOD

The Soul, as we can now realize is the power that gives life. However, our mind is too small to comprehend this power. The Soul is a manifestation of God. The Soul is God-energy. The Soul that creates everything alive on earth is nothing but a manifestation of the Divine. It is the Divine that appears as everything alive on earth. God is the Universal Power, the Creator, manifesting as the Soul. Quantum physics, through the Wave-Particle Duality, endorses that everything is energy. Today science and spirituality, both agree that we are nothing but energy. This energy is Divine energy!

OVERCOMING IGNORANCE

Unfortunately, most of us are ignorant. We don't know much about the Soul. Different religions and philosophers advocate different things and our ignorance only adds to the confusion. The ignorance is caused by 'Maya', the cosmic illusion. Our biggest enemy is ME – the Mind and Ego, which creates our ignorance and makes us suffer. Unless we go on a quest, we will not realize the truth. We must open our 'real eyes' to realize the truth. When we overcome ignorance, we will be free from the cycle of death and rebirth!

REALIZING THE TRUTH

The truth is that we are the Divine Soul, not the body that we wear. Due to ignorance, we don't realize this truth. We need the help of a Spiritual Master, a Guru, on our spiritual quest. Realization of the truth starts with self-realization and goes on to God-realization. Upon overcoming ignorance, we realize that we are not the body, neither are we the ME—the Mind and Ego. We are the Divine Soul. There are many methods to realize the truth including the Law of Causation or the virtual experiment. Realization is not a gift for the ordinary. Very few people are blessed to attain Liberation and Divine Unification.

THE TRUTH OF THE SOUL - REVEALED!

The Soul, thus, is a Power that creates life in everything on earth. 'Your' Soul is no different from 'my' Soul. It appears like the Soul comes and goes, but the Soul is everywhere. We come and go as we manifest in our human existence. The Soul is the Divine that appears as a Power to us. We cannot comprehend beyond this. The truth is that we don't have a Soul, we are the Soul. Without the Soul, we are nothing. To realize the truth about the Soul, we must overcome all the myths that we believe in. The moment we realize the truth about the Soul, we will start our journey which will lead us to living as the Divine Soul, our ultimate goal!

OUR ULTIMATE GOAL

Therefore, there is really no mystery about the Soul. The Soul is that Divine Power that is in you and me. In essence, we are not the mind or body, we are the Divine Soul. Our quest makes us overcome ignorance and realize this truth. We must live as a *Jivanmukta* and *Sthitpragya*. Normally, human beings are reborn, but rebirth creates suffering. The ultimate goal of a human being is Liberation and Unification with the Divine. Once we realize that we are the Soul and achieve our goal, we are liberated from suffering and enjoy eternal peace and everlasting joy.

THE JOURNEY OF MY SOUL

For 46 years, I was ignorant about the truth.

My spiritual master, my Guru, provoked me to go on a quest. I took 9 questions and went in *Talaash*, in search of the truth. My realization made me transcend the ego, body and mind. I realized that I was the Soul and changed my name to AiR - *Atman* in Ravi. The realization of the truth liberated me from the triple suffering of the ego, body, and mind. For the last 5 years, I have been living as the Soul in Yoga, in Divine Union. I face a constant challenge, a war within. But my realization helps me live as the

Soul. My ultimate goal is to be liberated and to unite with the Divine at death. Till then, I have only one mission – to help people realize the truth that they are the Divine Soul.

*Let me share with you the journey of my Soul,
For 48 years, I was ignorant, I blindly played my role.
Then, I went on a quest to find,
I was the Divine Soul, not the body and mind.*

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

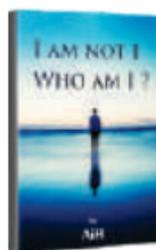
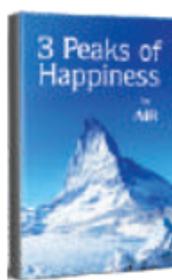
and care to over 600 suffering homeless people. AiR also built Shivoam Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

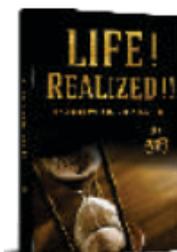
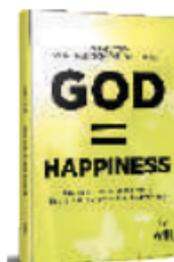
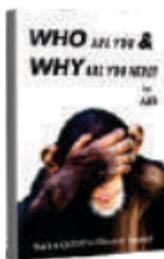
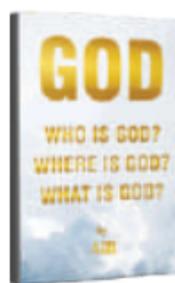
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one

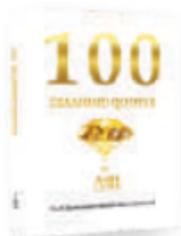
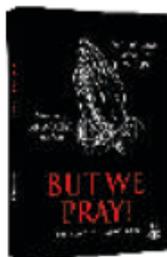
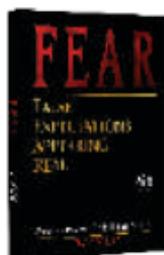
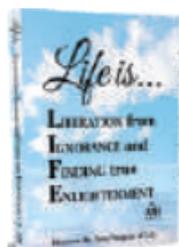
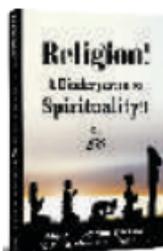
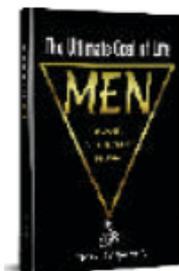
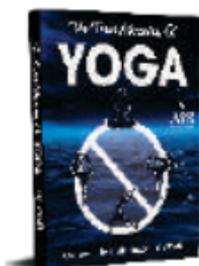
mission - to help people Ask, Investigate, and Realize the Truth. Based on his realizations, AiR has published over 32 books, composed and sung about 1115 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' 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

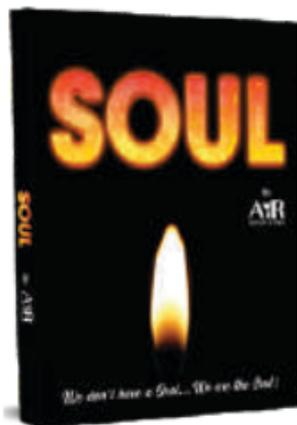






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The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe that we have one. People talk about 'good' or 'bad' Souls, ghosts—spirits of the dead, heaven—hell, and the reincarnation of the 'Souls'. This book will help the genuine seekers of the truth to do some Soul searching and discover the ultimate truth about our most important aspect—our very own Soul. We will realize that we don't have a Soul...we are the Soul!



SOUL

What is the Soul? Do you have a Soul? Will your Soul go to heaven after you die? Haven't you heard such questions about the Soul? But what is the truth that remains unknown to humanity? Like any other myth, the myth of the Soul is one of the greatest mysteries in the world and one that most people have not been able to unravel. We live and die thinking that we have a Soul. Most of us believe that our Soul will be reborn. We also think that there are 'good' Souls and 'bad' Souls, but we have not realized the truth about the Soul. When a person dies, we say, "May his Soul rest in peace" or "Let's pray for the departed Soul." Little do we realize that we are completely ignorant about the truth of the Soul! This book will help us overcome the mystery of the Soul and realize that we don't have a Soul, we are the Soul! This realization will liberate us from all the misery and suffering of the world!

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