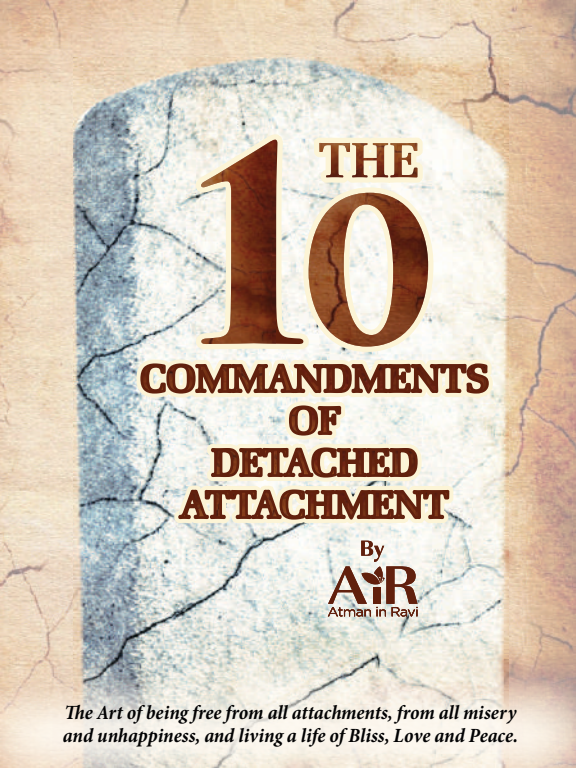


THE 10 COMMANDMENTS OF DETACHED ATTACHMENT

By
AiR
Atman in Ravi

The Art of being free from all attachments, from all misery and unhappiness, and living a life of Bliss, Love and Peace.



THE 10 COMMANDMENTS OF DETACHED ATTACHMENT

By
AiR
Atman in Ravi

The Art of being free from all attachments, from all misery and unhappiness, and living a life of Bliss, Love and Peace.

PREFACE

Have you ever wondered why we human beings become so unhappy, so miserable? Although we seek to live a life of peace, happiness, we get entangled in fear, stress and anxiety. Although we have a choice to be happy and we seek happiness, what makes us miserable? One of the major cause of our misery is attachment. We cling to something and then, become unhappy. The fear of losing somebody dear makes us cry. We do not realize the simple truth that we come alone, and we go alone. Nobody is ours. Nothing belongs to us. Still, we are so possessive about our things that we live and we die believing that these things belong to us. The cause of this misery is our ignorance, but we do not

realize it. We must realize the truth.

This small book can help you realize the truth. It can transform your life. It can change the way you think, and you live. It can free you from your desires and cravings and it can liberate you from your attachments. If you are blessed to realize the simple truth about life, you will learn the art of Detached Attachment, as you discover the 10 Commandments to live by. Are you ready to live a life of eternal bliss and everlasting happiness? Then, move forward to discover the 10 Commandments of Detached Attachment.

TYPES OF ATTACHMENT

People become attached to people and their possessions. They cling to their passions, just as they become a slave to their duties and responsibilities. Somehow, the ego fools us into believing that this is *my* car, *my* house, *my* beloved, *my* child. We live with the false identity that we are this body-mind complex and before we realize it, we lose everything at the moment of death, when we lose our breath. Throughout the journey called life, we live like a frog in the well, not going out on a quest to realize the truth. We live like a caveman who does not know the truth of the outside world. We never realize that we are not the body and mind, we are the Divine Soul. And so, we do not enjoy the

true bliss and ecstasy of life. Will we take anything with us when we go? Will our dearest and nearest ones join us in that journey which is beyond death? Is it not true that we have to leave everything behind? Then why be attached? Throughout life, because we are attached, because we cling, we remain miserable. Is there a way to be free from this misery?

*Why do we spend our years in tears?
We look at the sky, cry and ask, 'Why?'
Because we don't realize the truth of
 'who am I',
We live with attachments right till we die.*

CAN WE LOVE WITHOUT ATTACHMENT?

Many of us believe that love is life, that unless there is the ecstasy and the joy of love, life is meaningless. While this is true, we do not realize that love is not attachment. We do not realize that love does not cause misery, attachment does. Therefore, while we must love, we must learn the art of loving without attachment. We must love deeply, but not let that love hurt us. We can love, but not let the expectations from that love break our heart and make us miserable. How is this possible? When we human beings love, our love becomes so passionate that we become obsessed. The cause of this deep obsession is the lack of the realization of

the truth. We do not realize the simple truth that we do not bring anything to this planet, just as we cannot take a pin when we go. Because we do not realize this truth of life, we become possessive about the ones we love and the things we treasure. Instead of enjoying the beautiful gifts that are given to us in this lifetime, we worry about losing them, and soon our life escapes us.

*We have a choice – we can choose to be glad,
Or live with attachment and always be sad.
By living with the 10 Commandments
of Detached Attachment,
We can make Peace,
Love and Joy in our life permanent.*

THE SECRET OF DETACHED ATTACHMENT

There is a way to live a life of bliss and peace, it is the way to live with Detached Attachment. This secret is discovered by those who realize the truth about life. They overcome the ignorance that they have grown up with, as they let go of the myth. Throughout life, we have been conditioned with so many lies that we have grown up believing in the fairy tales. Have we not been told that one day we will go to heaven after we die? Have we stopped to ponder who will go to heaven after the body is destroyed? Where is this illusory heaven and how is it possible to go there? Instead of asking questions and realizing the truth, we get carried away by the fairy tales that have

been told generation after generation. Those who realize the truth realize the simple fact that nothing is ours, nobody belongs to us. There is no sense to cling to anything. This clinging is going to make us cry. The attachments that we create with people whom we love, is not only going to break our heart for sure, but we will end up filling our years with tears. The secret of Detached Attachment is to love deeply and passionately, but to do so with detachment.

*When we cling to something,
because of the fear of the pain
that its loss will bring,
we achieve nothing.*

WHAT ARE THE 10 COMMANDMENTS OF DETACHED ATTACHMENT?

These Commandments are principles of living a happy life. Not only will they liberate us from the triple suffering of the body, mind and ego while we are alive, they will also liberate us from the cycle of death and rebirth. With these commandments, we shall attain the ultimate goal as we live as the Divine Soul. We will realize that just like a dream is a dream, life too is nothing but a dream. The only difference is that the dream ends when we wake up from our sleep, and life ends at death. We have only one life to live. Either we can live with attachment and be miserable or live with Detached Attachment and enjoy bliss and peace. It is a choice!

ATTACHMENT OR DETACHMENT— WHAT SHOULD WE CHOOSE?

Many people are torn apart between the options of attachment and detachment. While they enjoy their attachments, they dread detachment that calls us to renounce all the pleasures of this world, to let go of everything and become a renunciate. This is the other extreme that is not going to make us happy. The solution is to live neither with attachment nor with detachment. It is to live with Detached Attachment. We cannot escape from this material world, but we can learn to live a spiritual life in the material world. We cannot change who we are, but we can change how we live. We cannot be alive leaving this body and mind, but we can transcend

the mind and live with consciousness as the Divine Soul, controlling our 5 senses that can otherwise fill our life with poison. The 10 Commandments of Detached Attachment will lead us to our ultimate goal of life. However, just like we trust the Commandments of our scriptures, we must trust these Commandments. If we want peace and bliss, we must follow them without hesitation. We must make these a priority. If we do, we will not only achieve that state of eternal peace and everlasting joy that is free from all misery and suffering, but we will also be liberated from this cycle of death and rebirth and we will not return to earth. The 10 Commandments will unite us with the Divine.

THE TEN COMMANDMENTS OF DETACHED ATTACHMENT

The art of Detached Attachment lies in following the 10 Commandments. These simple Commandments direct us how to live life. They will lead us to eternal happiness, Divine love and everlasting peace.

1. Thou shall be Free – It starts with a resolve to be free, free from clinging to things and to people, free to be who you want to be. When we do not follow this Commandment, we become a slave and we take misery to our grave. We must break free from the prison of fences, farces, faces and forces.

Nothing should bind us. A tree should

inspire us not to be bound to the ground and a bird should inspire us to fly in the sky. There is nothing more precious than freedom and we must not give up our freedom for anybody or anything.

2. Thou shall be Happy – Happiness is a choice. You can be glad or sad. If you choose to be sad, you are mad! The 2nd Commandment makes us resolve that we shall be happy. We shall not lose our happiness to any attachment, or any person or possession. We shall live in the moment, blissfully. Happiness does not depend on anything, not on a person, not on a possession - it is a state of being. When we do not follow the 2nd Commandment, we lose the treasure of happiness because of our attachments.

3. Thou shall Love all – When we are attached to somebody, we fail to follow the 3rd Commandment that we should love all. Every creature is a manifestation of the Divine. If we want to live a life of bliss and peace, we should not restrict our love. It should flow to the Divine that manifests in all creatures and beings that live. Attachments constrict our love. They choke the emotion of Divine love. But the 3rd Commandment directs us to love all.

4. Thou shall not have Expectations – When we have expectations, then our life will have no celebrations! The 4th Commandment urges us to be free from expectations which are born out of our attachments. We can love, but our love

should not have any expectations. Expectations lead to disappointments. When we do not follow the 4th Commandment, not only do we have expectations, but we also get stuck to our attachments, and our life becomes miserable.

5. Thou shall not lose Peace of Mind – Who does not want peace of mind? We all do. But when we have attachments, we lose our peace. What is the way to peace? It is to live with Detached Attachment. We must let go of our attachments, without letting go of them. This means, it may seem that we are attached, but actually, we have Detached Attachment. If we do not follow the 5th Commandment, we will

never learn the art of Detached Attachment.

6. Thou shall Accept and Surrender –

When you live with the 6th Commandment, you accept, you do not wonder. You replace hope with surrender. When you don't live with this Commandment and you live with attachments, you lose this gift of acceptance and surrender. Expectations replace acceptance and causes unhappiness. The 6th Commandment urges us to realize – whatever will be, will be. We must not get stuck. Life is a journey, and we must move on to our destination.

7. Thou shall not be Miserable –

Does anybody like to be miserable? No! Then, why do we choose to be miserable?

When we do not follow the 7th Commandment, we become attached to people and to possessions and become miserable. However, if we learn to live with Detached Attachment, then, we are free from misery.

8. Thou shall Overcome Ignorance - If we want to overcome ignorance, we have to overcome the myth and realize the truth. We have to unlearn many things before we fill our glass of life with new learnings, new Realizations. When we do not follow Commandment 8, we continue to be ignorant and remain ignorant about our ignorance and we continue to suffer.

9. Thou shall Live with Purpose - Life

has a purpose. Either we can just drift or we can lift. We can either float like a dead fish downstream the river of life, or we can swim against the currents of our attachments, that stop us from realizing the truth. Our purpose is not to be attached to people and possessions. But those who do not follow the 9th Commandment, forget their life purpose as they sink in their attachments.

10. Thou shall Live as the Divine Soul –
We are not ordinary beings. We human beings are special. We are gifted with an intellect. We can choose to live by the 10th Commandment, or we can just ignore the Commandment and live as the body, mind and ego and suffer. If we live by the 10th Commandment and live as the

Divine Soul, we shall be free from all attachments and live a life of bliss. The choice is ours.

The Reward is Detached Attachment –
Those who choose to live by these 10 Commandments are rewarded with the gift of Detached Attachment. They continue to live a normal life, without renouncing anything, except their attachment. Although they have learned the art of detachment, they seem to be attached when in reality, they are free. It is because they live by the 10 Commandments of Detached Attachment. They do not give up their freedom. They remain blissful and peaceful. They love one and all, without expectations. They accept and surrender.

They live with purpose, overcoming ignorance, living as the Divine Soul. They are free from all misery that is inadvertently caused by attachments. You have a choice. Do you want to be attached and miserable or do you want to be detached and peaceful? Those who are wise, choose to live with Detached Attachment and fill their life with love, bliss and peace.

If you live with these Commandments, One to Ten, then you are sure to be happy. And though it may appear that you too are attached, deep within, you will be detached.

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

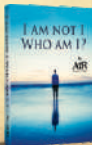
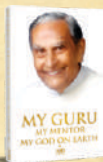
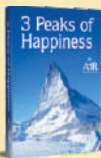
care to over 600 suffering homeless people. AiR also built Shivoaham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

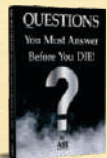
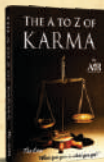
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one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

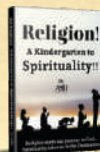
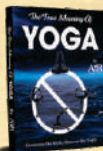
Based on his realizations, AiR has published over 40 books, composed and sung about 1200 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates,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

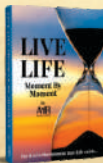
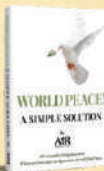
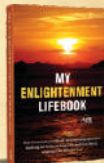
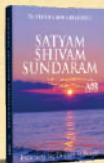
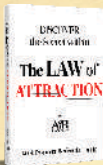
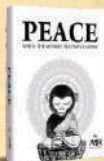
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

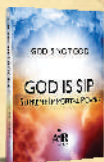
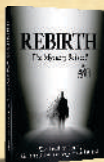
BOOKS BY AiR












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


THE 10

COMMANDMENTS OF DETACHED ATTACHMENT



What are these 10 Commandments? These are simple rules that will make our life a life of eternal bliss, Divine love and everlasting peace. What will these Commandments do? They will free us from all attachments that make our life miserable.

We are ignorant. Although nothing belongs to us, nobody will be ours forever, we are still attached to our possessions and the people we love. The result is stress and misery. We are bound to the ground. We live like a tree, we are not free! We are unable to open our wings and fly in the sky. These 10 commandments are a way to be free from attachments. They show us how we can live with Detached Attachment. We can still love our beloved and enjoy our possessions, but not be attached and become a slave taking our misery to our grave. If we live by the 10 Commandments, we can be free from suffering!

For more information on AiR booklets
and AiR, please visit www.air.ind.in
or  +91 98451 55555

A.i.R.
AiR Institute of Realization
Ask Investigate Realize