

THE ULTIMATE GOAL OF LIFE LIBERATION!



By
AiR
Atman in Ravi

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PREFACE

What is the Ultimate Goal of life?

The whole world believes that the Ultimate Goal of Life is to be happy, to have peace and bliss, just as it is to escape from misery and suffering. While this seems to be the goal of life, it is not the Ultimate Goal, because although man enjoys pleasure that he gets from achievement and peace that he gets from fulfilment, man is still miserable. This is because man has not found a purpose. He has not understood the meaning of life - who he is, where he comes from, and where he will go. He has not realized the Truth - who

created this world and who created him!

The Ultimate Goal of life is Liberation. Liberation starts with the realization of the Truth – the realization that we are not the body and not the mind. We are the Divine Life Energy that gives us the power to live!

We are the Life Energy within

Those on a quest to realize the Truth, wonder, "If we are not the body, if we are not the mind, then who are we?" We exist and we are alive. While we are alive, most of us can't answer this simple question, "Who am I?"

I realized that I am not the body. The body is made up of five elements. It is the physical, gross aspect of our existence. It starts as a simple zygote and grows into an embryo until it is finally born. Thereafter, the body grows to become an adult, ages and finally dies. The body is just a habitat of the Life Energy that we truly are. Some people call this Life Energy the

Soul. Some call it the Spirit or *Atman*. It is also known as *Chi* or *Prana*.

As I realized that we are not the body, I went on a quest to find out who we truly are. This led me to realize that we are not the mind. Of course, as we know we have a body, we also feel we have a mind. The body is our gross existence but the mind seems to be a subtle aspect which we cannot touch. However, we can observe the mind as it jumps from thought to thought. We sometimes say, "My mind is worrying" or "My mind is anxious." This, by itself, endorses the fact that we are not the mind but we have a mind. Just as we say, this is my hand,

this is my leg or my head is aching. All these aspects are a part of our life but who are we in reality? It was not an easy task but after going on a quest for the Truth, retreating in silence into the mountains, I realized that we are the Life Energy that gives us breath without which there would be death. Most of us don't have time, patience or the passion to realize who we truly are. Thus, most of humanity lives and dies in ignorance. Ignorance about the fact that we are, in essence, Life Energy that powers the body.

Have you ever thought about it? Our car needs fuel. Our mobile phone needs a battery. Our hair dryer needs

a power cord. What powers our body to live? What gives energy to our heart to beat, to our lungs to breathe, to our kidneys to cleanse? What is that power that makes our eyes see, our nose smell, our ears listen, our tongue taste, and our skin touch and feel? At death, in a moment, when the Life Energy within leaves, everything stops. In a flash, in a fraction of second, the body remains as it is, except that it is lifeless. The Life Energy within, the Power, left causing death.

I realized that we are that Power. The Power that arrives at birth and departs at death. The Power that makes each

of the 37 trillion cells alive. What a tremendous, magical Power this is! It is unfortunate that most of us don't realize that we are 'That', the Divine Power, not this body, not this mind that we seem to be.

When we sleep, we become unconscious. But when we wake up, the Life Energy powers the mind to think, but once we die we do not wake up again. In fact, we never die. Only our body dies. We, the Life Energy, just depart at death.

We are that Life Energy, the Soul or the Spirit. This is the biggest realization that we must have before our journey of life is over.

Every Effect has a Cause and we are just the Effects

I realized that there was something called the Law of Causation. It is based on three tenets:

1. Every cause has an effect
2. The effect is nothing but the cause in a different form
3. If you remove the cause, there will be no effect

Let's understand the Law of Causation. Gold is the cause, the ring, the bracelet, and the chain are just effects of gold, different forms of gold. If we remove the gold nothing remains. There is no ring, no bracelet

or chain. So it is with mud or clay. Mud is the cause; the pot, the plate, and the statue are just effects - different forms of clay. If you remove the mud, nothing remains.

The Law of Causation made me realize a profound Truth. We are all effects of the Divine. The Divine Power, Cosmic Energy is the cause. We appear as what we seem to be only because of the cosmic energy that is within us. The moment the cosmic energy leaves, we become nothing. We are just effects of the cause, just like a ring is an effect of the cause - gold. When gold leaves the ring, nothing remains.

While we are able to understand it

clearly in the case of gold and mud, we find it slightly difficult to realize that we too are nothing but effects and the cause is the Divine. But this is the Truth – the absolute Truth. Because we live in ignorance, we don't realize the Truth.

We all see waves in the ocean. And the waves appear to be waves but in reality, they are not. Waves are nothing but the ocean appearing as the wave. Ocean is the cause and wave is the effect. Again, when we contemplate, we easily understand the Truth about the wave and the ocean. The challenge for us is to realize that we too are nothing but effects. What is the cause?

I realized the Truth when I contemplated death. What happens at death when the energy within us leaves, the fire inside disappears? The air escapes, the water evaporates and the space we occupy shrinks. We return to become a handful of ashes or dust. We are nothing. As long as we are alive, we are unable to realize this. The Truth is that each of our 37 trillion cells is nothing but energy. When scientists took a human cell and broke it down to its tiniest particle, beyond electrons, protons, and neutrons – they reached the tiniest particle, a quark. On deep examination, they found that it was nothing but energy. If science too agrees that we are nothing but energy, then how long will we take to realize the Truth?

The Truth is that we are nothing. We are all manifestations of the Divine Energy that appears as you and me. Just like the ring thinks it is different from the chain, we think we are different from each other but in essence, we are all different effects from one cause. The Divine is the cause. We human beings and all life on earth are just effects.

Our Ultimate Goal is Liberation

Most people think that the goal of life is to be happy. Of course, it is. Who doesn't want to be happy? The whole of humanity seems to be flocking towards destination happiness, but they haven't realized the Truth.

I realized that we start our life thinking that success is happiness and so we chase achievement. But there is no fulfillment. Although we experience pleasure and happiness, it is temporary and transitory. A few people are lucky, maybe about 20 percent of the human race evolves and gets out of that rat race. They live a life of contentment, fully satisfied and fulfilled.

However, I realized that both achievement and fulfillment cannot liberate us from misery and sorrow. Thus our Ultimate Goal of Life is Liberation. What is Liberation all about? It starts with the realization of the Truth – realization that we are not the body and not the mind. We are the Divine Life Energy that gives us the power to live. This is our Ultimate Goal of Life.

What happens if we do not experience self-realization and Liberation? In such a case, we live like prisoners in this body-mind complex and suffer pain of the body and misery of the mind. Unless we achieve the Ultimate Goal of Liberation, we cannot escape from misery and sorrow.

Religions around the world and spiritual masters talk about Liberation from the cycle of death and rebirth. Even the Buddha - the Awakened one, advocated this. But whether or not we subscribe to an afterlife, we all want Liberation from misery and sorrow today. Therefore, this should be our Ultimate Goal. Otherwise, we will enjoy pleasure from achievement or the joy from fulfillment but we will not experience everlasting eternal peace that we attain as we discover our true purpose and realize the Truth about life. This is the third and ultimate peak of happiness, a Truth that transcends misery and pain.

Those who believe in the concept of rebirth, Hindus, Jains, and Buddhists

amongst others, believe that we human beings will be reborn in a new body based on our Karma, our actions. Other religions believe that our actions, good or bad, are recorded and these decide our destiny. The seeker of the Truth, the one who wants to achieve the Ultimate Goal of Life, tries to find out the reality by going on a quest. It doesn't matter which religion one believes in. What matters is to discover the Truth. If we really go to heaven or hell after our death, then where is this heaven or hell located? Further, we have no doubt that the body is cremated or buried right here on earth and becomes one with it. Then who is the one who goes to heaven or hell? Finally, while we may be promised all kinds of pleasures and

rewards in heaven, but without a body, how can we enjoy these pleasures?

Liberation is, therefore, something that has to be achieved during our life on earth. We cannot be liberated after we die, although, the final reward of Liberation will come after death. A true seeker who realizes the Truth transcends ego, mind, and body and realizes that he is the Soul that must escape and transcend the Law of Karma. This universal law states, "As you sow so shall you reap." Most of the world is aware of this law and accepts its governance on earth. But a very few people know that we can transcend Karma; we can escape from this law. However, this is only

possible if we transcend the ME- Mind and Ego and realize that we are not the body. When we realize we are just an instrument of the Divine and we surrender our actions without being the doer, then the actions are not ours and so the Karma doesn't belong to us. A tiny minority are fortunate to realize this Truth. They are also the ones to escape from the constant cycle of death and rebirth. This is Liberation. The one who wants to escape from Karma must give up his "I" - his ego to arrive at this final destination. Liberation is only possible through realization. But our own mind and ego are our biggest enemies. Those who realize the Truth continue to experience a war within. The mind is a rascal and along with

the ME (Mind+Ego) – stops us from both Realization and Liberation.

Amongst all my realizations in life, I found this to be the turning point – to realize what the Ultimate Goal of life is. Most of us just exist till we die and we don't find out why we are alive. What is the purpose of life on earth? When we go on a quest, we realize the Truth. When we realize the Truth, we are liberated from all kinds of misery and sorrow. Our life is full of peace and bliss and we live moment by moment with the realization of the Truth. No illusion, no myth can trouble the one who has realized the Truth. A Realized Soul is enlightened and free from the petty annoyances that other human beings face. Such a

Soul lives fearlessly without stress, worry, anxiety or anger. Such a Soul lives with steady intellect, controlling the troublesome mind from creating stressful thoughts.

All religions advocate this as the Ultimate Goal of Life. Some call it Enlightenment, some Salvation just as others call it *Nirvana*, *Mukti* or *Moksha*. I realized that they are all one and the same, different names for Liberation, our Ultimate Goal.

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

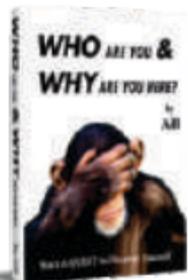
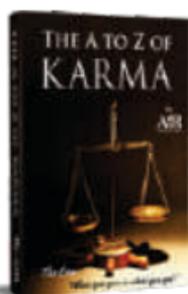
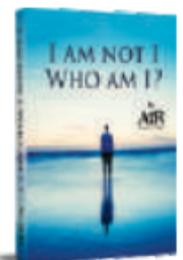
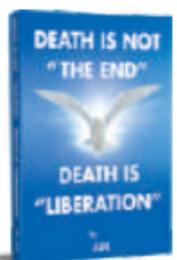
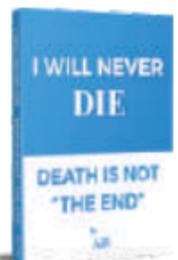
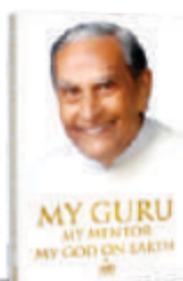
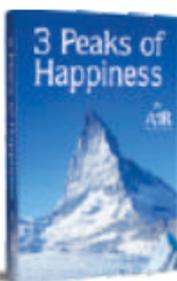
to over 600 suffering homeless people. AiR also built Shivoham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

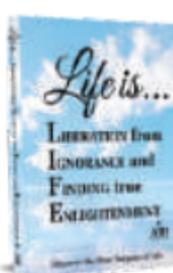
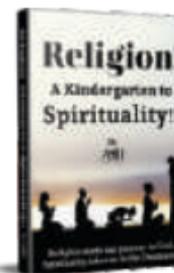
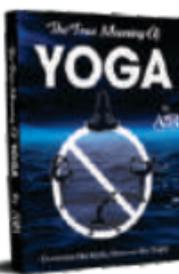
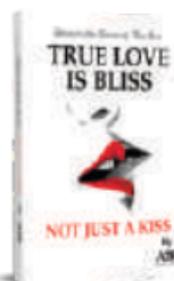
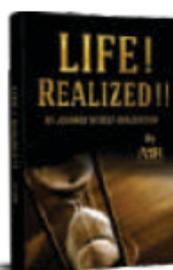
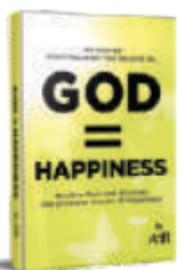
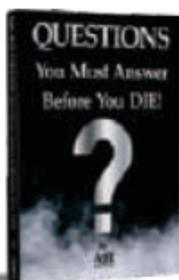
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one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

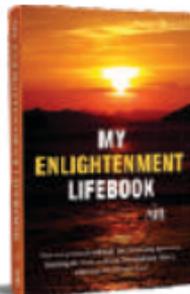
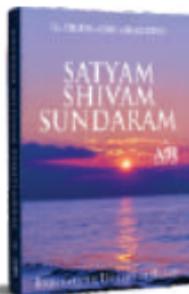
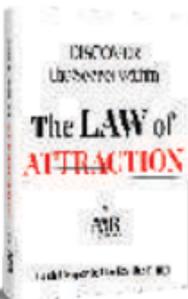
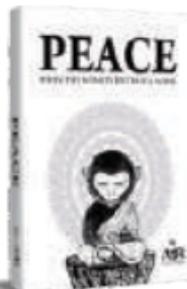
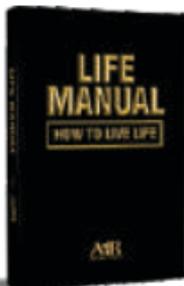
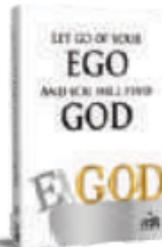
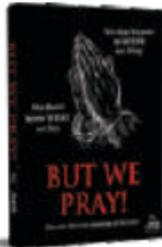
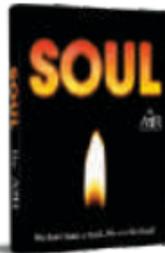
published over 40 books, composed and sung about 1200 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts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

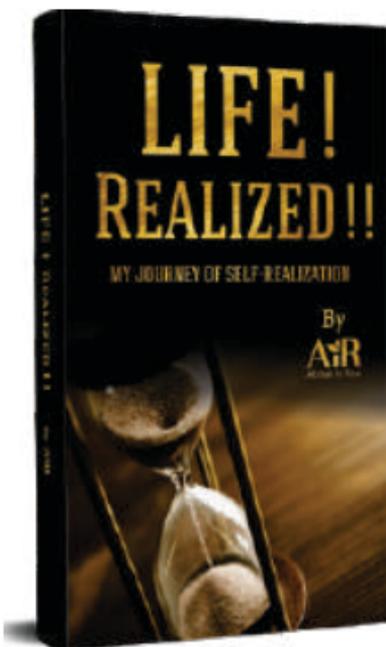






Life! Realized!!

This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.



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

What is the Ultimate Goal of Life?

Most people think that the goal of life is to be happy. However, while this is the goal of humanity, this is not the Ultimate Goal. We need to find a way to escape from all misery and suffering. Thus the Ultimate Goal of Life is Liberation.

To get to the Ultimate Goal, we need to make an inquiry about life. We need to study certain facts. Are we sure to die? What is Death? What happens after Death? Who is God?

When we try to understand what is the Ultimate Goal of life, then we will realize the Ultimate Truth! The realization of the Truth liberates us from all prisons of misery!

Discover the Ultimate Goal of life and live a life of Everlasting Bliss!

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AiR Institute of Realization
Ask. Investigate. Realize