

# *What is Moksha?*



by  
**AiR**



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# PREFACE

*Moksha* is supposed to be the most spiritual word in the Hindu religion. It is said that *Moksha* is the final goal of every human being. Everybody speaks of *Moksha*. It is so common to read about *Moksha* in every scripture and in every good religious book that we place our hands on. But not many people understand the true meaning of *Moksha*.

What is *Moksha* all about?

Translated, it means Liberation, Enlightenment or *Nirvana*.

But what is Liberation? From what must we be liberated?

The common man is so busy in the world today that he does not even realize that the world is bondage. This world is like a quick-sand in which we are sinking, and one fine day, when our end arrives, we will sink only to be reborn and go through the cycle of death and rebirth again and again. Very few are fortunate to stop and to realize the truth, to ponder upon the fact that this world is a bondage and that we are actually lost in the delusion of this world - in the pleasure, power and possessions.

We are imprisoned!

The one who realizes this truth starts his journey towards *Moksha*, towards Liberation and Enlightenment.

This Seeker who understands the meaning of *Moksha* and Liberation and who has the courage to start the journey to be liberated - only such few Divine Souls get the opportunity of understanding of *Moksha*, achieving and living with it. Rest of humanity lives to die, and the cycle continues with *Moksha* remaining a distant dream.

*Moksha Enlightenment*

*Enlightenment Nirvana*

*Liberation Enlighten*

*Nirvana Moksha Liber*

*Liberation Liberation*

*Moksha Enlightenment*

*Nirvana Nirvana Moksha*

*Enlightenment Liberatio*

*tenment Moksha Nirvana*

*Nirvana Liberation Nirvana*

*Enlightenment*

*Liberation Nirvana*

## What is **Moksha?**

This is a very common question, but it is very uncommon to find people seeking it.

In Hinduism, the escape from the cycle of death and rebirth is called *Moksha*. We are all born, and it is certain that we all will die. Everything that is born has to die. Such is the law of the universe: but when one is able to escape from the cycle of death and rebirth, it is referred to as *Moksha*.

*Moksha* is the same as *Nirvana*. In

Buddhism, it is referred to as *Nirvana*. In the western world, it is more commonly known as Liberation from the cycle of death and rebirth. Spiritual Seekers call it Enlightenment. Enlightenment happens when one realizes the truth of the self and God and through this realization, one escape from the cycle of death and rebirth. Therefore, if one has to compare *Moksha*, *Nirvana*, Liberation and Enlightenment, they are all the same - different terms that eventually mean the one and the same thing.

## So, how does one attain *Moksha*?

*Moksha* can be attained by first being a *Jivanmukta*. A *Jivanmukta* is one who is a human being liberated while being alive. It is only when one lives as a being liberated while still in the physical body, can one finally be liberated after giving up the human body. Therefore, it is not possible to live a normal human life and suddenly get liberation. One needs to realize the truth of the self and God while having the human form with body - mind - intellect and be a *Jivanmukta* - be liberated while alive. Then only can one achieve *Moksha* after this lifetime.

A *Jivanmukta* is one who lives with discrimination, renunciation, with deep love and longing for God, and positive virtues of faith and forbearance and complete control of the body, mind and the senses without any cravings. A *Jivanmukta* is constantly in Yoga or union with God. He is either in Yoga through Action (*Karma Yoga*), Yoga through Devotion (*Bhakti Yoga*), Yoga through Wisdom and Knowledge (*Jnana Yoga*) and Yoga through Silence and Meditation (*Raja Yoga*). A true Seeker or Yogi who wants *Moksha* or Liberation, attains *Moksha* with great difficulty and challenge with the grace of God by following the above. But finally it is the grace of

God that determines if one is liberated or not.

*Moksha* is the destination, the goal of human life and the journey starts with one seeking questions to the fundamental questions about life. For example - Who am I? Who is God? Where is God? Where did we come from? Where will we go? What is the purpose of life?

The realization of the self is the first step of *Moksha*. Self-realization is to know the truth of who we are by personally experiencing the reality within. One has to realize that I am the *Atman*, not the body-mind

complex. Once one is realized, i.e., when true knowledge dawns upon one, and one goes on to realize the true self, then one can be liberated by merging into the Supreme. Once the *Atman* or Soul merges with the *Paramatman*, one breaks from the cycle of rebirth.

### **What holds us back from *Moksha*?**

It is the *Maya* of *Samsara* that holds us back from attaining *Moksha*. This world is an illusion. It is a manifestation of God called *Maya* or *Mithya*, which means that it is not permanent. It is a 3-dimensional dream - like experience. This

experience makes us choose our actions and reactions, and this pulls us into the cycle of death and rebirth by making us perform karmas - by making us to be the ego which we are not. The moment we become the ego, the mind is created, the body is living and we start performing actions out of our desires and these good or bad actions put us in the cycle of death and rebirth. It is only when we come out of ignorance and escape from the *Maya* or illusion that we can move on the path of *Moksha*.

Centuries ago, a Hindu Prince was inspired to achieve *Moksha*. His name was Siddhartha Gautama. He was a

prince and had everything in the world. But he realized that this life is full of suffering. And we cannot escape suffering. His father was a Hindu king, and Siddhartha Gautama was crowned to become a successor. But Siddhartha Gautama left his palace - leaving his kingdom, his beautiful wife and his new born child - in search for the true meaning of life. After going deep within, he attained *Moksha*. But he attained *Moksha* in such depth that he called it *Nirvana* and founded Buddhism. He was the Buddha; the awakened one.

Yes, *Moksha* is being awakened. It is awakening of truth from the

realization that we are not this body. And the moment we awaken to this truth like Buddha, we can escape from the cycle of birth and death and achieve *Moksha*.

Sometimes, attaining *Moksha* is impossible without the help of a Guru, a living Master. A living Master helps us on the way to achieve *Moksha*. *Moksha* is more important because if we do not achieve *Moksha* we will decay and die and we will be reborn and eventually we will suffer again, only to be born to die and then again to be born to die.

We have to get back to our Father's

home - God's heaven as we call it. But actually we are a part of God; we are a wave of the mighty ocean. Unfortunately, because we are lost in the delusion, we do not realize the truth that we are a microcosm of the macrocosm. We are the *Atman*, and God is the *Paramatman*. And when we realize the truth then the *Atman* merges with the *Paramataman*, the wave becomes a part of the ocean and by getting *Moksha*, we are liberated with Enlightenment.

*“He is born in vain, who having attained the human birth, so difficult to get, does not attempt to realize God in this very life.”*

*- Ramakrishna Paramahansa*

## **About AiR**

AiR is a spiritual seeker who has set out to find the truth about life. He was born on October 15, 1966 in Bangalore, Karnataka, as Ravi. V. Melwani. At a very young age, he mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores Kids Kemp, Big Kids Kemp, and Kemp Fort.

After making millions, he realized that life is not just about making money. He shut down his business at the age of 40, transformed his life to RVM living by the RVM philosophy – Rejoice, Value Life, and Make a Difference and set up the RVM

Foundation. He started doing H.I.S. work – Humanitarian, Inspirational, and Spiritual work. His mission was to “Make a Difference” in this world before his journey was over.

As a part of RVM's humanitarian initiative, RVM Foundation Hospital was set up in 1998 with an aim to provide free medical care to the poor, destitute, and needy. The hospital, which has a capacity of 250 patients as of now, does not have a cash counter. RVM Foundation also has its own destitute homes and orphanage that serve the needy, providing free shelter, food, medical care, and clothes to them.

RVM, through RVM School of Inspiration,

has transformed the lives of many through his motivating talks, inspirational books and videos, and thought-provoking quotes.

RVM built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. Being an ardent believer in Lord Shiva for long, he now believes that religion is just a kindergarten of spirituality, and we all have to go beyond religion to truly realize God.

However, one day, several questions and thoughts flashed in his mind: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a Talaash

or a search for the truth. He gave up his life of Achievement and Fulfillment in search of the final peak of life: "Enlightenment".

After a few years of intense search in silence, deep in the mountains, he realized that we are not this body. We are the Atman, the Soul. He changed his name for the second time from RVM to AiR – the Atman in RVM (the Soul in RVM) – as realization dawned upon him that we are not this physical body, but we are the Atman. He metamorphosed to AiR and gave up his entire life as RVM. He started the study of Atman, God, and Life. This led to several realizations that formed his new mission of life – to realize God and to help Seekers realize God.

||Om Namah Shivaya|| ||Shivoham||

## **BOOKLET**

AiR booklets are small, easy-to-read booklets for Seekers who want to realize the truth about God, life and themselves.

Who are we? Where did we come from?  
What is the purpose of life? Where is God?  
Where is Heaven? Is Rebirth real? Does the Law of Karma exist? What about the Soul?  
What is Enlightenment?

These AiR booklets attempt to clear such doubts and answer questions about God and life that many people have in their mind and also help Seekers to move forward on the path of self-realization.

**Scan this QR Code  
to download AiR APP**



Who does not want to be happy? Everyone wants to be happy. But not everyone knows that the way to ultimate happiness, the way to everlasting bliss and joy, is Moksha.

Moksha, Liberation or Enlightenment is achieved by one who escapes from this cycle of death and rebirth, realizing that he is not the body or mind but the Divine Soul.

For more information on AiR booklets  
and AiR, please visit [www.air.ind.in](http://www.air.ind.in)  
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