

THE FOUR DOORS TO LIBERATION



by
AiR

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PREFACE

Is Liberation a destination? How can there be four doors to Liberation?

Well, Liberation is the ultimate goal of human life. Most of us are born, but we do not realize the true purpose of life. We live without meaning, and eventually we die one day. It does not matter to most of us. We die, form Karmas or actions that create reactions in our system and circumstances in the future that we have to make up. But because we do not understand the meaning of life,

we are born again and we live and die again.

Human life is a gift where we are given the intellect to think, understand and choose, and Liberation is a gift to human beings alone. Therefore, being human, we must aim for this ultimate goal of life, which is Liberation, and know that on the path of Moksha, Enlightenment or Liberation, there are four doors that we need to pass through in this tunnel.

If one does not pass through the four doors, one does not reach the ultimate goal of Liberation.

Sometimes, it takes several lifetimes to reach this destination. But one is fortunate if one is a true Bhakt – a true devotee of God; then one can pass through the four doors and achieve the realization of self and God.

*“The Ocean of Liberation
is not meant for one
who clings on to the
shores of the world”*

The Four Doors to Liberation

Liberation, also known as Moksha or Enlightenment, is the final goal or pursuit of human life.

But how does one reach this final destination? What does it take to be liberated or to attain Moksha or Enlightenment?

A Seeker who is on this journey has to pass through four doors. These are as follows:

1. Vairagya – Renunciation

Renunciation is detachment. It is a difficult path to follow for the one

who is still seeking pleasures and short-lived joy. The worldly person is deeply involved in the world and seeks all kinds of pleasures, which is perfectly normal. On the other hand, the person who starts a search for the true purpose of life asks questions about birth and death and goes on a quest for God – this person follows the path of Vairagya.

As long as one believes that ‘I am this body–mind’, one will continue to crave for material pleasures. But once a person is on the path of seeking, one realizes that it’s impossible to be attached to the

w o r l d a n d b e l i b e r a t e d simultaneously. He needs to give up one for the other. The Seeker wanting Enlightenment knows that renunciation is a door he must pass. He must detach. He must renounce to find Enlightenment. Therefore, a Seeker of Liberation knows to let go. He consciously chooses to walk the path of renunciation or detachment. This helps the Seeker start the journey of Enlightenment. The key challenge for such a Seeker is to live a life of divine acceptance rather than a life of desires, knowing the truth that 'I am not the body-mind'. The renunciate stops the mind from

wanting, stops the senses from craving, and moves onward seeking Liberation and Enlightenment.

2. Vivek – Discrimination

The next door a Seeker must go through to reach Enlightenment is Vivek or discrimination. This is the door of intellect. Unfortunately, we human beings have intellect, but we don't always use it. We do use it for the achievement of pleasure, but we don't use it for a greater purpose – to understand life, self and God. We continue to live a life of ignorance because we don't use our intellect effectively for realization of the truth. We must use this jewel of

intellect to dispel the darkness of ignorance if we need to be liberated.

The use of discrimination is the ability to question and realize what is right and what is wrong. It is a constant battle for the body–mind as on one side, the self thinks that one is the physical body, but intellect knows that it is not this. This body is a temporary covering for the soul, and it must die. But the true self is immortal; the soul never dies. Thus through the intellect one realizes the truth that – ‘I am not this, I am that’. On Enlightenment, one’s intellect plays a vital role to answer many questions that eventually lead

to Liberation. The mind is the enemy of one's intellect. The mind wanders, and it distracts. While one's intellect concentrates and contemplates, the mind makes an effort to confuse his intellect. Thus, it is said that one must pass through the door of discrimination if one needs to achieve Enlightenment.

3. Shatsampat – Six Virtues

The Seeker passes the third door called Shatsampat, or six life virtues. He lives with a 6-fold wealth or the 6 virtues:

I. Sama – Control of Mind

ii. Dama – Control of Senses

- iii. Uparati – Control of Cravings
- iv. Titiksha – Forbearance, Acceptance and Endurance
- v. Shraddha – Faith and Surrender
- vi. Samadhana – Focus, Silent and Meditation

Sama (Control of Mind) – To be liberated, one has to control the mind. The mind wanders all the time. It constantly produces thoughts that take one into the world. The goal is not to go into the world, but to rather be away from it. To be liberated, one has to try and be thoughtless. But the mind makes it impossible. One should learn to

tame the monkey, which is the mind, and make it calm.

Dama (Control of Senses) – We all have five senses to see, smell, hear, taste and touch. These five senses trigger the mind to desire and wander. To be liberated, one needs to control the senses, without which one cannot be liberated as the senses tie one down to the world and stop the process of Liberation. One must learn the art of controlling these five horses as they can drive one away from Enlightenment.

Uparati (Control of Cravings) – We human beings tend to develop

cravings. These are habitual desires. We often say, 'I want this and that'. The senses keep on wanting, and the mind converts these signals into action, and we end up moving towards acquiring these instead of being liberated. Thus, it's so very important to live with Uparati and not with Trishna, Echa and Apeksha, that is, desire, passion and expectations. These take us away from the journey towards Enlightenment.

**T i t i k s h a (F o r b e a r a n c e ,
A c c e p t a n c e a n d E n d u r a n c e) –**
Those who want to be enlightened
and want to go towards Liberation

live with a positive attitude all the time. Therefore, if any bad situation arises, they still respond in a positive manner, without reacting negatively. They return good for evil, as it's a philosophy of their life. One who lives with forbearance has learned to accept the Divine will and endures whatever comes as a gift from God. This virtue is the key to being liberated.

Shraddha (Faith and Surrender) -

He who seeks Liberation has to live with FAITH – Full Assurance In the Heart. He has to live with HOPE – Have Only Positive Expectations. He has to live with TRUST – Total

Reliance and Unconditional Surrender to the Almighty. There can be no doubt in the mind of a Seeker. He must live with total faith and in total surrender to be Enlightened.

Samadhana (Focus, Silence, Meditation) – The sixth virtue is focus. One must not just control the mind, senses and cravings but also live with forbearance, faith and focus. Focus on the truth: Who am I? Focus on the scriptures and on the teachings of the Guru or Master. Realizing the truth needs silent introspection. It needs concentration and contemplation. It

needs one to go within to the truth, instead of going out and getting lost in the world. This focus helps one to know the truth and takes one towards Liberation and Enlightenment.

4. Mumukshutva – Deep Love and Longing for God

This is the fourth and final door that one must pass enroute to Enlightenment and Liberation. A true seeker seeks nothing else. He knows that everything is an illusion and only God is the one reality. So the Seeker moves on as a lover of God, as a ‘true seeker’ of God, which

means that one seeks nothing except God. Such a desire flows naturally in the Enlightenment journey.

So, a Seeker of Liberation takes up renunciation, uses his intellect to wipe out ignorance and chooses what is right. He then moves to the third door by choosing to live with the six virtues, and while doing all these, he develops a passion or an obsession for God. He seeks nothing else but God.

These are the four doors of Liberation. Liberation is a process, a journey, and one must steadily pass through these four doors – to

renounce, to discriminate, to live virtuously, and to have deep love and longing for God. As one passes these four doors, one realizes God, one is liberated from the cycle of birth and death, one becomes 'That' – the Divine Self – and one lives in a state of Satchitananda or existence consciousness and bliss, knowing the truth that 'I am the Divine. I am part of God. I am the microcosm of the macrocosm called God'.

About AiR

While the dictionary may define air as an invisible gaseous substance surrounding the Earth, AiR – the author of this booklet – is spiritual seeker who has set out to find the truth about life. The name AiR came about because AiR transformed from Ravi V. Melwani to RVM and then metamorphosed into “Atman in RVM”. The acronym of Atman in RVM is AiR, and thus he is called AiR.

Born as Ravi V. Melwani, he was 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, transformed his life to RVM and started making a difference with H.I.S work – Humanitarian, Inspirational and Spiritual work.

His objective was to “Make a Difference” in this world before his journey was over. He was the happiest man on Earth living the RVM Philosophy of “To Rejoice, Value Life and Make a Difference”.

However, one day, several questions

and thoughts flashed in his mind: What is the purpose of life? Is life just meant to seek happiness and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Where is Heaven? Are we the Soul? What is Enlightenment? Several questions like these took him on a Talaash, or a search for the truth.

After a few years of intense search in silence, deep in the mountains, he realized that we are not this body, but we are the Atman, the Soul. Thus 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 of RVM. He started the study of Atman, God and life. This led to several realizations that formed the mission of life – to realize God and to help Seekers realize God.

As RVM, AiR had built a Shiva Temple in the year 1995, which attracts millions of visitors all around the year. As AiR, he now believes that Lord Shiva lives in the temple of our heart. The temple in Bangalore is now called Shivoham Shiva Temple. Being a devote

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.

AiR BOOKLETS

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.

Is Liberation a room that has four doors to enter?

No, Liberation is the goal of life. It is a tunnel of life, a journey, and one must pass through four doors – one at a time – and live with the awareness of the four doors being on the path. One must constantly live with these four qualities – the four doors referred to as ‘The Doors to Liberation’. And one must keep walking through these doors to arrive at the destination called Liberation or Moksha.

**For more information on AiR booklets
and AiR, please visit www.air.ind.in
or  9739522222.**