

AiR - ATMAN IN RAVI

# GOD

## REALIZATION



By  
**AiR**  
Atman in Ravi



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# ABOUT THE AUTHOR

AiR – ATMAN IN RAVI

*Started with Nothing,  
Became Something...  
Achieved Everything,  
Only to Realize, we are Nothing!*

AiR — *Atman* in Ravi, is a Spiritual Mentor, Transformational Author, Singer and a Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR lived a life of success, fame, fortune and achievement. But that was before he took the road less travelled. He was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference doing - Humanitarian, Inspirational and Spiritual work. AiR opened three destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 800 homeless and needy people - their food, clothing, medicines and hospitalization. They are all a part of the AiR family!

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he Realized that God lives in the temple of our heart and he

changed the name of the temple to Shivoham Shiva temple. Now, he doesn't pray *to* Shiva but prays *through* Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything.

His Realizations resulted in his own metamorphosis as he Realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of God, doing His Divine Will.

On his mission to spread Eternal Happiness through Enlightenment, AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. He has also established the AiR Centre of Enlightenment which is envisaged as an Abode of Spirituality, especially for seekers who are new in their Spiritual journey, eager to learn and explore Spirituality and evolve on their path towards Enlightenment. Not restricted to seekers of Enlightenment, it also welcomes and gives various pursuits to those who seek joy, peace, happiness and solace.

Based on his Realizations, AiR has authored over 70 books, composed and sung about 1400 Bhajans and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people Realize the ultimate purpose of life – Enlightenment. AiR believes that success cannot lead to happiness; only

happiness can lead to success. To him, happiness has three peaks – Achievement, Fulfilment and the ultimate peak, Enlightenment, where one is liberated from all misery and sorrow and attains Eternal Bliss in the Consciousness of the Truth.

*If you have any questions on Happiness,  
Suffering, Life, Death, Rebirth, Karma, Liberation,  
Enlightenment or anything related to Spirituality,*

**YOU CAN DIRECTLY**

**?**  
**Ask • AiR**  
at 8 pm every day  
on  **zoom**

**Meeting ID: 85021104431**

**Connect with AiR - Atman in Ravi at:**

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-  [in.pinterest.com/airatmaninravi/](https://in.pinterest.com/airatmaninravi/)



# PREFACE

What is God-Realization? It is attaining God. It is Realizing God and becoming one with God. Most of us pray to a God but we don't know in reality, 'Who is God? Where is God? And what is God?' From the time we are born, till the time we are gone, we continue to go to temples, *Gurudwaras*, monasteries or churches in search for God but we don't search for God in the right place. We live and die, suffer and cry, look up at the sky and ask God, 'Why?' but unfortunately, we don't Realize that if we want God, we must first ask the question, 'Who am I?' Unless there is Self-Realization, there can never be God-Realization. Believing the lie that God lives in the sky, will only make us live without attaining God.

Do you want God? Are you seeking your Lord? If yes, you have the right book in your hand. I, too, was seeking God for four long decades. I was in love with my Lord. I used to pray every day, till one day, my Guru, my Spiritual Master, *Dada* showed me the way. He told me to go on a Quest, a *Talaash*, in search of God. When I left the world and retreated into this quest, I Realized God. I discovered that the kingdom of God is within us and God lives in the temple of our heart. So, I dedicated my life to helping people be Spiritually Awakened. The mission of my life is to help people attain Enlightenment, Realize God and live a life of Eternal Peace and Everlasting Happiness.

There are many books on God and God-Realization but this subject can become confusing. I purchased a thousand books on God. I picked up all the scriptures of all the religions that I could get my hands on. I scanned through hundreds of books and selected a few dozen books that became a part of my library and ultimate study. Most of the books are written in ancient languages which are misunderstood and misinterpreted as they have been translated over the centuries. So, I decided to put together the relevant knowledge of all the theologies and the philosophies of the wise sages who have lived in different parts of the globe since the time history was written, in a simple manner. The result is this book - 'God-Realization'. I decided to write one consolidated book, which would have the A to Z about God. It would give seekers not just knowledge about God but also help them achieve the state of Self-Realization and God- Realization. This book has it all. But remember! This is an inner journey. Unless one follows the step-by-step path one will never achieve the desired result. Finally, it depends on the grace of the Divine and our deep love and longing for God. If that is missing, we can never Realize God.

This book can open the doorway to heaven. It can help you Realize God and you will be able to 'See God in All', 'Serve God in All' and 'Love God in All'. So, are you ready to start your voyage to God?

*What is the way to Achieve God,  
to Realize God?*

*I share my experience on  
how I became one with the Lord!*



The image shows a serene sunset or sunrise scene. The sun is low on the horizon, partially obscured by dark, textured clouds. Its light reflects on the calm surface of the water. In the center of the water, an open book floats, its pages illuminated by the sun's glow. The overall atmosphere is peaceful and spiritual.

# INTRODUCTION

How can a book make you Realize God? It can't. But it can show you the way. If you work through the directions, you can reach your destination. Is your destination God? Are you seeking God? If you are seeking God, if you are seeking the purpose of your existence or seeking Eternal Peace and Everlasting Happiness, it can all be achieved if you systematically follow this book.

To Realize God, we must first understand God. We all pray to our personal God but we don't contemplate how many Gods exist. There are so many Gods, so many beliefs and so many fairy tales, that we become confused. If we want God, we must pause and find the cause of this universe and our existence. That will reveal the truth of who God is.

Many people may have the knowledge that there is one God. They may even believe that God is a Power and not a person made of bone and skin but very few people seek God. No doubt that we all live with devotion and faith but only a blessed few evolve in the journey of spirituality with deep love and longing for God. They are the ones who use their intellect to discriminate and evolve from the Kindergarten of Religion to the University of Spirituality.

In this book, we will review all the religions and Gods whom the world prays to. And then, we will reflect and Realize the

truth about God. Each one of us is blessed with intelligence and the power of discrimination. If we truly seek God, this study will give us a sneak peek into the subject so that we can reach the ultimate destination of God-Realization.

This book is like a GPS. If you follow God's Powerful Signals that come as notifications in this book, you will get the right vision but it is up to you to follow the direction. If you do, there will be the Realization of the Truth. This book will show you how to overcome ignorance and get to the point of Illumination. You will overcome the darkness of ignorance, as you light your light within and Realize God.

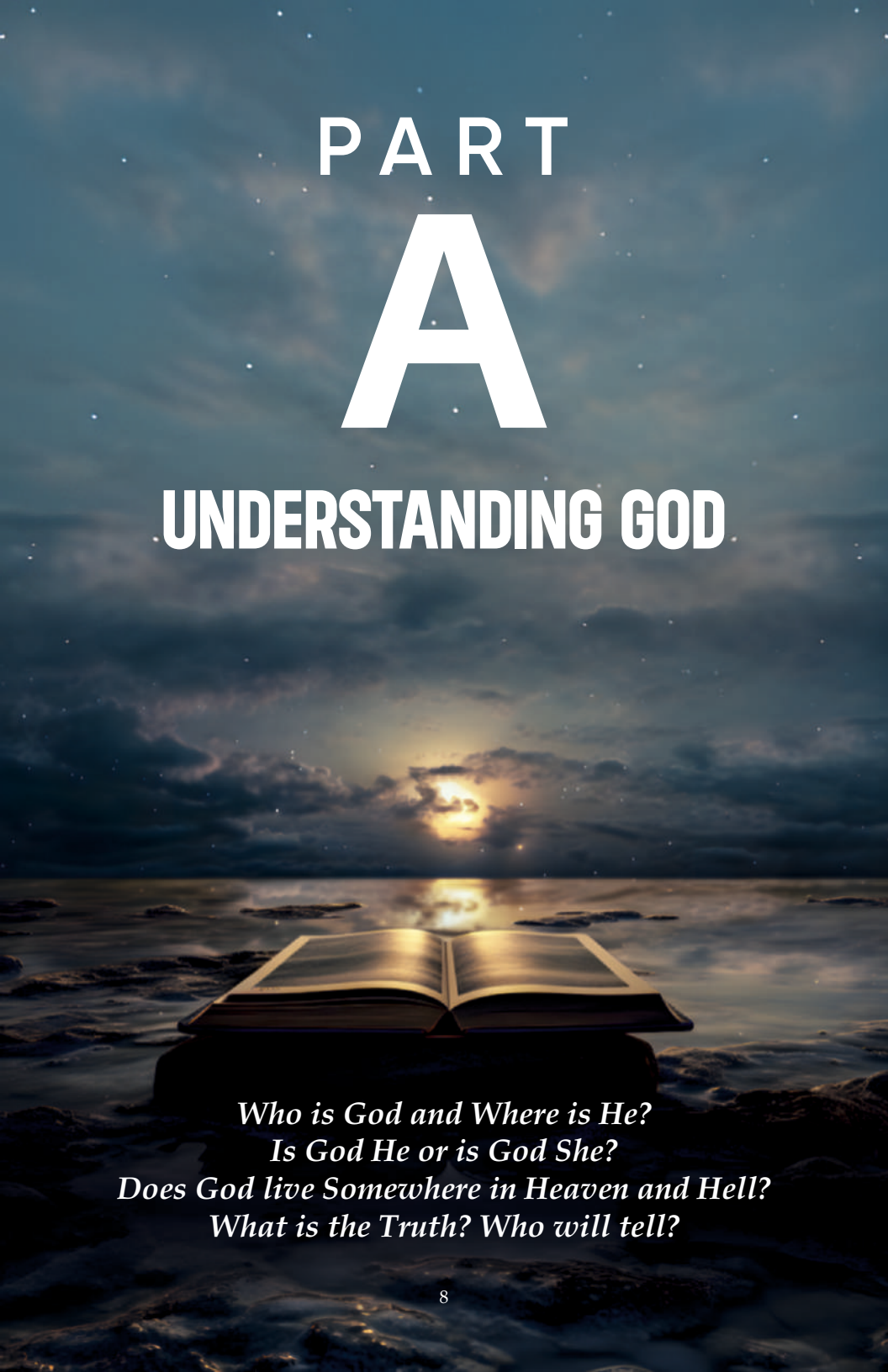
God is not God. God is not the one we see as a statue or a picture. God does not live in the heavens. God is SIP, the Supreme Immortal Power. This is the ultimate truth. Those who are sincere seekers can find their way to Realizing God. It is not impossible but it is not easy either. Our mind is our biggest enemy. It distorts the truth and makes us live with the myth that we grew up with. This book has all that you need to attain God. If you trust this testament of truth of a seeker who has Realized God, you too will find your way to God.

Many people have Realized God but they are very few as compared to billions who pray every day but just live and die. Then, they return to earth in a rebirth and the journey goes on and on. It's time to stop! Start your Quest and Seek God, Understand God, Love God and Realize God. This book has it all!

*You have started your Journey to  
God-Realization.  
If you have Dedication,  
you will reach your Destination.*

# PART A

## UNDERSTANDING GOD



*Who is God and Where is He?  
Is God He or is God She?  
Does God live Somewhere in Heaven and Hell?  
What is the Truth? Who will tell?*



# 1 DOES GOD EXIST?

Is God just a fairy tale or does God really exist? Science tells us that this whole world came about from a Big Bang. Science does not accept God but even if there was a Big Bang, who caused the Big Bang? Another theory is that we all evolved from apes but where did the apes come from? Everything in this world has come from somewhere, from something. Isn't this true?

We look at the sun, moon, stars, birds, animals and flowers. All these creations must have a Creator or a Power - a Supreme Being or some God or Goddess who created them. Isn't that right? That is why, hundreds of religions around the world believe that God exists.

There are atheists who deny the existence of God. To them, the concept of God is a figment of our imagination. Then, there are agnostics, who neither accept nor deny God. They are unsure about God's existence. But most of the world believes that God exists. That is why, most of us pray. When there is a problem, we go to God. When we seek something, we fold our hands in prayer. When something seems impossible, we go to God hoping for a miracle to happen. That is why, there are so many religions and so many Gods and Goddesses. But does God actually exist?

When you drive a Mercedes, you understand that it has been produced by Mercedes Benz. The car couldn't have appeared from nowhere. When you drink Coke, you accept that there is a company called Coca-Cola that produced it, don't you? So scientifically, if there is creation, there must be a Creator too who created the universe, the earth, the skies and everything that walks, crawls and flies. We do not know who, what and where God is but it seems absolutely clear that God is.

*One day, a scientist met a Spiritual leader at a seminar on world religions. They argued about religion and God. Finally, it was time to say goodbye. The scientist came to meet the Spiritual leader. On the table, he saw a very beautiful globe made of marble and intricately designed with gems and gold. He asked the Spiritual leader, 'Where did you get this globe from?' The Saint replied, 'I don't know. It just appeared on my table, one day.' The scientist was annoyed and said, 'If you do not want to share where you got it from, I understand. But don't tell me that this globe appeared from nowhere.' The Spiritual Master smiled and said, 'For the last two days, you have been arguing at the seminar that the globe called Earth just appeared in space from nowhere and you want everybody to believe it, when you cannot believe that this tiny globe appeared on my table from nowhere.' The scientist Realized that there must be a Creator. There must be a God. How else could this humongous cosmos and all the life on it come into existence? The mountain and the sea, the butterfly, the bee and the tree, you and me are a proof that God exists.*

***Is there a God or  
has everything appeared by magic?  
When we don't believe in God,  
our life becomes tragic!***



## 2 WHO IS GOD?

Now that we have accepted that God exists but who is God, in reality? Is God *Jesus, Allah or Abraham* or is God *Brahma, Vishnu, Shiva, Rama, Krishna, Buddha or Mahaveera*, the most famous Gods in the world? The list is endless. In ancient Greek religion and mythology, the twelve Olympians are the major deities of the Greek pantheon, commonly considered to be Zeus, Poseidon, Hera, Demeter, Aphrodite, Athena, Artemis, Apollo, Ares, Hephaestus, Hermes, and either Hestia or Dionysus. They were called Olympians because, according to tradition, they resided on Mount Olympus. While different people in different countries and continents of the world believe in different Gods, if we want to become one with the Divine, we have to answer this question - 'Who is God?'

If God was one of these deities who appear in the mythological epics of the world, then God would have had a mother and father. God would have had a Creator and if somebody created God, who is that Creator? Is that a Super-God? And if somebody created the Super-God, there must be a Super-Super-God. We know that God is birthless and deathless, beginningless and endless and nameless and formless. But unfortunately, we don't Realize the truth about God.

From the time we are born, we grow in our religion and believe in a personal God. To some, this personal God may be *Ganesha*, the God with an elephant head, while to others, it may be *Hanuman*, God who has the face of a monkey. Some people

believe in certain saints as their God. The *Buddhists*, *Jains* and *Sikhs* are among those who believe in a saint to be God. Then, there are those who follow the monotheistic religions. Some believe in a personal God, while others believe that God has no name and form. While most of us accept that God exists, we are quite confused about who God is.

From the time we are born, till the time we are gone, we believe in a personal God. We go to the temple, church or various other shrines to pray. Somehow, we follow the herd and have blind faith. We don't question our religion because we are told that it is blasphemous. So, we don't Ask. We don't Investigate and hence, we don't Realize the Truth of, 'Who is God? Where is God? What is God?'

We have faith in our God and live with devotion. While some of us have faith, some of us live with fear. We believe that one day, after we die, we will go to a heaven or hell and we will come face-to-face with our God. Little do we Realize that at death, our journey of this life is over. We do not love our God so much that the yearning and longing for the Divine takes us on a quest to Realize God. We live with rituals, superstitions, and dogmas and try to live with morals and ethics so that we don't displease God but we live, die and do not Realize, who is God, where is God and what is God. The purpose of our life is to Realize God but each of us believes in a personal God and blindly follows the stories that will take us one day to heaven, *Kailash* or *Vaikuntha*, the abode of the Divine. We do not bust the myth that God is not made of bone and skin. God is the Power that dwells within.

*We all pray  
but have we paused to Realize, 'Who is God?'*  
*We follow rituals  
but this will not make us one with the Lord!*

# 3

## WHAT IS PRAYER?



If God exists and each one of us believes in our personal God, then how do we communicate with this Superpower who is considered to be our Lord, God or the Creator of this universe? Accepting God means believing that there is a Power or a Super Being who has not only created this universe but also controls and governs it. Therefore, if we have a problem that we cannot solve, we can reach out to our Master, our Lord in heaven for a miracle. Some of us pray to God because we want a dream to come true. We have unfulfilled desires and we go to God so that we can beg the Lord to fulfil our wishes.

Prayer, thus, is communicating with God. God is not somebody whom we can see or touch. We imagine God to be present in a statue or in the form of a painting or an image. We believe that God is present in temples and churches. We even believe in the lie that God lives in the sky and therefore, isn't it true that when most of us pray, we look up towards the sky and raise our hands reaching out to God?

*When we pray but we don't understand to whom we pray and what we say when we pray, the Truth is that we don't pray. We just bray! Isn't this true? We don't know who is God, where is God and what is God. We just mumble a few words without understanding the relevance of our prayers. How can such prayer be effective? What is prayer all about?*

Prayer is communication with God. Most people think of prayer as talking to God and asking God for favours. Very few people actually listen to God's voice. They are so lost in this world's noise that to most people, prayer is just a one-way communication with God. True prayer is a two-way communication with God. It is not only talking but rather listening to the Divine voice.

Why do people pray? When we have an unsolvable problem in front of us or we are facing death or destruction, we are helpless and have no option but to pray. This is the primary cause of prayer. The second cause is, when we have unfulfilled desires, we reach out to a superpower called God and even follow rituals and superstitions to please our God so that he fulfils our wishes. Uncommon prayers are praying to God seeking knowledge and wisdom to Realize the truth of God, attain God and become one with the Divine. Very few people who embark on a journey of understanding God, evolve to this level of prayer. Some of them evolve to the highest level of prayer. As they pray to God, not just with devotion but with deep love and longing, they Realize God within. For them, prayer has a different significance. Prayer is living in Divine union, in a state of Eternal Peace and Bliss. Such people neither seek anything from God nor cry in entreaty to solve their misery. They have already Realized God and live a life of eternal prayer.

*We don't understand God  
but we fold our hands and pray.  
We don't understand why and what we say,  
just like fools, we pray.*

# 4

## WILL WE COME FACE-TO-FACE WITH GOD?



Many of us live our lives with the belief that eventually, we will come face-to-face with God. Somehow, we have been taught that there is a distant heaven and hell and we must lead ethical and moral lives, just as our scriptures tell. Otherwise, we will suffer for our sins. This is a common belief, accepted by most of humanity. In fact, it is because we are grounded in this belief that most of us live a life with kindness, compassion, forgiveness and love. Otherwise, man would have become a savage beast living without ethics and values. Because we fear God, we follow what most people consider to be God's commandments or directions. By doing so, we hope that we will attain God, reach that state of heaven and be liberated from all miseries.

Somehow, there is no clarity about God, life, birth, death, rebirth, heaven, hell and the day of judgement. There is so much ambiguity that we just believe the myth that we grow up with. We don't stop and pause and question to Realize the Truth. Some of us don't ask questions because we are warned that it is blasphemy, it is the biggest sin to question religion. So, we submit to the mythological tales and live and die without Realizing God.

What is the truth? There are so many religions and each proclaims to have its own heaven, its own God and its own belief on how the day of judgement will unfold. It is for us to

contemplate and discriminate what the truth is. We have to differentiate between the reality and the myth. While most of us submit to our religion, some of us are blessed. We go on a quest and put all our beliefs to test. We ask the question, 'Who will come face to face with God?' Death is certain. The body will die. Then, the body is cremated or buried and it returns to dust. People say that we passed away and we pray for the departed Soul. We pray that our dear one who just died, should go to heaven. It is strange, after destroying the body of our dear one, we imagine them to be in a distant heaven. Who will be in heaven? Where is heaven? And how can the body that has returned to ashes, go to that imaginary heaven? These questions have no answers. To understand these questions and get answers, one has to Realize the Truth and then, Realize God.

No doubt God exists but is God a person who is up in the skies, with a long white beard as we have been made to imagine? Different religions portray God in different forms but the seeker of truth asks the question – Does God have a name and form? Is God somebody who looks like us humans? Those who truly love God and seek God Realize the omnipresence of the Supreme Divine. They embark on the journey of God-Realization. It is not an easy journey. But when we ask questions and investigate the truth, we will Realize that we will never come face-to-face with God. Instead, we will Realize God in the temple of our heart.

*Is it true that  
we will meet God face-to-face?  
Are we going to believe the lies  
or get out of the maze?*



# 5 EVOLUTION THEORIES

What does science say about God? Does science believe that there is a God? According to science, since God can't be proved, there is no God. How, then, did this universe come about?

According to scientists, our universe began with, what they call, 'The Big Bang'. It was an explosion of space itself. In extremely high density and temperature, the space expanded and there was a Big Bang, a humongous explosion. And then, the universe appeared from the simplest of elements. Isn't this a very interesting figment of imagination? Scientists believe that this Big Bang happened billions of years ago and it resulted in the space being filled up with invisible dark matter, which is energy.

Just like The Big Bang Theory, there are other theories too that people talk about, as to how this universe and the earth came into being. All these are hypotheses of chemical explosions and scientific and natural events that happened billions of years ago.

When it comes to how man was created, if there was no God, the most famous theory is known as Darwin's Theory of Evolution. In this theory, it is said that all species of organisms that are alive, share a common ancestor. We all have different genetic forms, which over a long time, gradually change. As per this theory, our ancestors were apes. This theory doesn't go any


further to discover who created apes and the grapes and all the different shapes of life that have evolved.

While there are so many scientific evolutionary theories and beliefs, the most popular amongst them are The Big Bang Theory and The Darwinian Theory of Evolution. Yet, a simple question that remains unanswered is, who caused the Big Bang and who created the first living creature? Science says that it is all a natural process. But what is nature all about? An intelligent being like a human being could not have come about from nothing. This beautiful universe with amazing Universal Laws that govern it is the work of some intelligent being or Power. There must be a Creator whom we call, God and while science refuses to believe in a God for the lack of proof, it cannot deny that all creation must have a Creator.

What makes it worse for science to believe in God? It is religion. While the scientific evolutionary theories of The Big Bang and others are untenable, the religious fairy tales are even more difficult to digest. Therefore, it becomes easy for science to reject the theory of God. Science asks for proof and religion has no proof. Therefore, many scientists continue as atheists or agnostics and refuse to study the existence of God. Just like science studies atoms, molecules and everything else, a scientific study of God will reveal the truth of the existence of a Supreme Immortal Power that we all call, God.

*Science believes in The Big Bang Theory  
and that we came from apes.  
It seeks proof of how God can have  
so many names and shapes!*

# 6 WHERE IS GOD?



Having come this far, we Realize that there is some Power, some force or some Creator of this creation. To understand God, the next question we must ask is, 'Where is God? Is God an old man with a long white beard, sitting somewhere in the clouds?' Many of us are made to imagine this. Most of us grow up with the lie that God lives in the sky. Then, the fairy tales become even more enchanting. Each religion imagines that their God is in heaven, somewhere far away in the cosmos. It is said by those who believe in *Krishna* that we all will go to *Vaikuntha*, the abode of *Krishna*. The Western world believes that heaven is a place where angels dwell, just as those who sin, will suffer in hell. But is this true? Where is God's home?

If God was a person like you and me, God should have had a home. But God is a Power. That Power does not need a roof or a place to exist. That Power is omnipresent - present everywhere. Unfortunately, till we evolve on the journey of Self-Realization and reach that state of God-Realization, we will never be able to understand that God is a Power that is everywhere. Suppose we take a bunch of balloons, dozens of them and start blowing air to decorate a birthday hall. Do we doubt that suddenly, there will be no air left in the atmosphere? No, we won't. Even if we blow a thousand balloons, there will be enough air everywhere. While it appears that the air is coming from our mouth, the truth is that the air is coming from the air of the atmosphere. It is everywhere. It is omnipresent. So is God.

Because we have grown up with the myth and we are taught how the Greek Gods lived on Mount Olympus, we never went on a quest to discover the truth of, where is God. We believe that the land between the Mediterranean Sea and the Jordan River is the Holy Land and we put that pilgrimage on our bucket list but will we meet God in the promised land in *Vaikuntha*, Mount Olympus or the Holy Land? I grew up with a belief that my God, Lord *Shiva* lived in *Kailash*. It was only when I Realized that *Shiva* was a Power, not a person, that I Realized *Shivoham*, *Shiva* is the Power within me that gives me breath till my death. The fairy tales are unlimited. Some people believe in *Ishwara Loka*, the land of God, the Sun and yet, some others believe that Paradise is above the stars and the planets. But these are good stories, not the Truth.

So, what is the Truth? The Truth will be Realized when we understand, in the next few pages, what is God. But for now, let us understand that God is not a person, sitting with a supercomputer, somewhere in a distant heaven, controlling the fate and destiny of the 8 billion people on Earth. There is no doubt that God exists but God is omnipresent, a Power that is present everywhere. In fact, there is no place where God is not. God manifests as every Soul, the Spark Of Unique Life in every living creature, just as God is the Power in every atom of each molecule that makes up the earth.

*God does not live in a distant Heaven,  
somewhere in the sky,  
God is in you, in me, in everything;  
let's overcome the lie!*



# 7 WHAT IS GOD?

Is God a person or is God a Power? This is the most important question to answer in the quest of understanding God and then Realizing God.

If God was like you and me, then God should have been born. In fact, many of us celebrate God's birthday. Mary's child, Jesus Christ, was born on Christmas Day. Similarly, we celebrate the birthday of *Krishna*, *Rama* and many of the Gods that we pray to. It's time to pause and ask, 'How can God be born?' If God is the Creator, then God should be beginningless, endless, birthless and deathless. It is ok to believe that a Saint is an incarnation of God or we can pray to the son of God. But our goal is to find out — 'What is God?' Is God made of bone and skin? No. God is a Power that throbs within. Even the scriptures tell us that God lives in the temple of our heart, that the kingdom of God is within. In the popular Indian scripture, the *Bhagavad Gita*, we learn that *Krishna* is in the heart of all living beings. The scriptures across the globe reveal the truth but we don't interpret it correctly. Instead, we choose to believe the lie that God lives in the sky. And so, when something doesn't work, we look up in the sky, fold our hands, cry and ask, 'Why?' We don't stop to ask the question, 'Who am I?' This question will make us Realize God.

What are you and me? We are nothing but manifestations of the Divine. We are Divine energy, appearing as this body but because

we don't Realize our true self and the Supreme that is that Power of life within us, we don't Realize that God is SIP, a Supreme Immortal Power. SIP manifests as the SOUL, a Spark Of Unique Life, in every creature. SIP appears at conception and departs at death. This SIP, the Supreme Immortal Power, is also the Power in every atom, in every molecule that constitutes the five elements of matter. Earth, water, air, fire and space are all particles that are manifestations of the Supreme Power.

Even science which was at loggerheads with Spirituality, has now reached a point of synergy where both science and Spirituality agree that all matter in this universe is energy. We will learn more about Quantum Physics and the Wave-Particle Duality that reveals the truth, in the upcoming discussions.

What is the Truth? The Truth is that God is energy, God is a Power. God is not God. God is SIP, a Supreme Immortal Power that is omnipotent - all-powerful; omnipresent - present everywhere and omniscient - knows everything.

Because we have not been taught the truth, we continue to search for a God with name and form. We believe in a personal God and try to find that God when in reality, that is just a symbol of God. God can't be seen. God must be experienced. God must be Realized.

*If we want to Realize the Truth of  
what is God,  
We must first Realize what we are,  
and what we are not!*

# 8

## WE CAN'T FIND GOD



Throughout life, we are trying to find God. We go to temples and churches and search for God in pilgrimages. We pray and we say what we are told to say but we don't understand - Who is God? Where is God? What is God? Somehow, we believe in a personal God and the vision of that God is ingrained in our mind. We are made to believe that if we please God, worship God and praise God, we will find God.

But we cannot find God. God is neither a product that is available on a shelf of a supermarket nor is God a precious gem that lies undiscovered, deep under the oceans or somewhere below the crust of the earth. It is a lie to believe that God lives in the sky, as we fantasize about the stars above in the night. God is not a person, who is living in a mysterious heaven. Because we don't Realize this, we continue to try to find God and by doing this, we live and we die. We don't find out, 'Who am I?' - the key that opens the door to God. The way to God is Self-Realization but our mind makes us blind to this truth. We do not Realize it and just continue our search for God.

Stop! Look around and you will see how people are desperately looking for God. We do anything and everything possible. We go to astrologers to find what is in the stars for us. We show our hands to palmists, just as we go to Tarot card readers. All this makes the mystery of God, even more mysterious. Ultimately, we die but we don't find God!

Why are we caught in this maze trying to find God? It is because those who are in the 'God Business' are enjoying, making the best of our ignorance. We buy special crystals that will attract God to us, just as we perform special *Poojas* and rituals. How many rituals do we follow after the death of a person? The person is either buried or burnt but the priests and the so-called 'God-men' continue to unscrupulously extract money from us, as we try to follow the rituals of God that will take care of the departed Soul. And because we don't Realize that the Soul itself is God, we are trapped in the myth. We don't spend time understanding God because we just follow the herd that prays to God, a personal God, hoping that one day, we will meet the Lord. But we will never be able to 'meet' God because God has no form. God is a Power. We must experience God. We must Realize God.

Can you see a bulb glow when you switch on the Power? Sure, you can. But can you see electricity? No, you can't. Electricity is the Power that flows into a television and brings the characters to the screen. We know what electricity is because it makes the air-conditioner, hairdryer and other appliances work. Don't we know, that there's the Power of life within us? That Power leaves at the moment of death when there is no breath. While we understand that there is a Power of life in every living creature, little do we Realize that this Power is God.

*We believe in a personal God and  
the Supreme God we try to find,  
We are trapped in Ignorance,  
as puppets of the mind!*

# 9

## LADDER TO HEAVEN



In our journey to find God, to Realize God, we have to climb the ladder that will take us to heaven. We all know of seven steps but little do we Realize that this ladder will not take us to God. We have to work harder and climb more if we want to reach the ultimate peak of God-Realization.

The 1<sup>st</sup> step on the Ladder to Heaven is to **Believe** in God. Those who don't believe in God, cannot attain God. Billions around the globe climb this 1<sup>st</sup> step. They even take the 2<sup>nd</sup> step to God. They **Pray**. But are these two steps enough to reach heaven? Of course not! Don't we know that without **FAITH, Full Assurance In The Heart**, we will just be going up and down like a clown but will not find God. When we cross the 3<sup>rd</sup> step of faith and get to the 4<sup>th</sup> step called **HOPE**, we **Have Only Positive Expectations**. What do these 4 steps to God, do? After we believe in God, we pray, we have faith and hope, we climb the 5<sup>th</sup> step - **Trust God**. **TRUST** means **Total Reliance and Unconditional Surrender To the Almighty**. As we trust, we climb the 6<sup>th</sup> step. On this rung of the ladder, we live with **Enthusiasm**. Enthusiasm comes from the word, '*Entheos*' which means, 'in God'. People with enthusiasm live in God, with God and for God. Their life is all about God and having done so, they believe that their devotion, their faith and even their fear of God will ultimately, make them find God. They believe that the next step or the 7<sup>th</sup> step will take them to heaven. They continue to pray and climb the steps from one to seven but they never find God.

Few people get to the right Ladder to Heaven. This Ladder to Heaven doesn't have 7 steps. Rather, it has 16 steps to Realize God. The 7<sup>th</sup> step is not finding God, but rather, **Developing Love for God**. When we have deep love and longing for the Divine, we cross the 7<sup>th</sup> step - **Love**, to the 8<sup>th</sup> step - where we go on a **Quest to Realize God**. We understand that God cannot be found. So, we dwell deeper in to discovering the Divine. We climb the 9<sup>th</sup> step, which involves **Silence, Meditation and Contemplation**. This leads us to the 10<sup>th</sup> step - to a **Guru, an Enlightened Master**. Very few of us Realize that it is practically impossible to Realize God without the help of a Spiritually Awakened Saint, somebody who has Realized God. A Guru can handhold us and pull us forward in the journey of God-Realization.

Then, we will climb the 11<sup>th</sup> step, where we will **Overcome Ignorance**. We will Realize that the 7 steps are not enough. Then, we will climb up the next, the 12<sup>th</sup> step - understanding the Divine **Law of Karma** and transcending it. This is key, as we Realize we are not the body and mind, that is trying to do good deeds and find God. On the 13<sup>th</sup> step, we **Realize the Truth** that we are the Soul. On the 14<sup>th</sup> step, we **Win the War** with the Mind and Ego, ME. The 15<sup>th</sup> step is **Liberation** from ignorance and from the cycle of death and rebirth and the 16<sup>th</sup> step is the ultimate step - **Unification with the Divine**. This is the Ladder to Heaven that will help us Realize God.

*Those who are trying to find God  
climbing steps seven,  
Don't Realize that  
there are many more steps to reach heaven!*

# 10

## WE MUST REALIZE GOD



Are you trying to find God? Do you seek God and love God? Do you have a deep longing for the Divine? Then, you must remember one thing - You can never *find* God. You must *Realize* God!

God-Realization means God exists everywhere and in everything. But our eyes are shut. We have to open our real eyes. Only then, can we Realize God. If we take a blind person to the *Taj Mahal* and tell him that this wonder of the world is such a beautiful monument, the blind person will say, 'Where is the beautiful monument? There is no *Taj Mahal*!' Why? Because he is visually blind. 1% of this world is visually blind but 99% of this world is Spiritually blind. The vast majority of humanity cannot see God because their Spiritual eyes are shut. When somebody has a cataract, then through eye surgery the cataract can be removed. So also, to see God, we have to remove all the ignorance that makes us blind. This is Realization.

We all grow up believing in our personal God and so, we misunderstand God. We visualize God as being a superhuman, somewhere far away in the skies. We do not Realize that God is within us, in the temple of our heart. We cannot fathom that this whole universe is God. Everything is God. You, me, the butterfly, the bee, the tree, the mountains and the sea, everything in this universe is God. But unless we go through the journey, that quest where we passionately seek God, we will just live and die, without Realizing God.

No doubt that God exists! We all know it but why do we get caught in this thought that there are different Gods in different religions? Why do we believe the myth that the world lives with? Is it even possible for there to be many Gods in heaven, each fighting for supremacy? The mind will create such fairy tales but it is up to us to use our intellect and discriminate. We have been gifted with the Power of discrimination but because we do not use it, we do not Realize God. It's time for us to stop and question if we want to understand God and Realize God. If we blindly accept what we are told, we will have faith. We will even love God. But we will never Realize God.

Unfortunately, most people pray out of fear, than out of faith. People are worried about how they should not displease God. Therefore, they perform rituals and are slaves of superstitions, only because they believe in the lies. They do not understand that God does not live in the skies. Therefore, first of all, we must stop misunderstanding God, for if we misunderstand God, God will always be far away from us. We will always be distant from God. Our religions warn us not to commit sins like greed, lust and gluttony but our greatest sin is not understanding and Realizing God, for it is this sin that leads us to all other sins. If only we Realize we are nothing but a manifestation of the Divine, we will not only be free from sin but we will also win the battle of Realizing God within.

*God is not the God  
that you are trying to find.  
We must Realize God;  
we must transcend the mind.*


The background of the entire page is a serene yet dramatic landscape. In the foreground, an open book lies flat on a dark, textured surface, possibly a rock. The pages of the book are illuminated by a warm, golden light that reflects off the water's surface. The water is dark and calm, with gentle ripples. In the distance, a bright sun is partially obscured by dark, heavy clouds, creating a silhouette effect. The sky is a deep blue, filled with soft, wispy clouds and numerous small, bright stars, suggesting a night or twilight setting. The overall mood is contemplative and spiritual.

# PART B

## SEEKING GOD

*How many of us are Seeking God?  
How many of us are in Love with the Lord?  
Only a few are blessed, the ultimate battle to Win.  
These seekers Realize that God is Within!*

# 1 DO WE ALL SEEK GOD?



Of the 8 billion people in the world, does everybody seek God? Not really! Many people in this world are atheists. They do not accept the existence of God and so, they do not pray. Therefore, where is the question of them seeking God? To them, God is an illusion. There is no such thing as God. On the other hand, there are agnostics. They do not believe in God because they are not sure if God exists. Even in the case of these agnostics, there is no seeking God. But the rest of humanity, the believers, they seek God.

It hardly matters which religion one belongs to. One may be a *Christian, Hindu, Muslim, Jewish, Buddhist, Jain* or *Sikh* and they may pray to their own God but ultimately, everybody wants God. The only difference is that the Christians may want Jesus and on the other hand a *Hindu*, as a believer of *Krishna*, may want to be in the abode of *Krishna*, the *Vaikuntha*. While this is the ultimate desire of a believer of God, why do we pray to God and seek God? What is the reason that those who are not atheists or agnostics, go to a temple, church or their respective religious institution?

What does one do when one is faced with an unsolvable problem? What does one do, when the doctor declares that your dearest one has cancer and has just a few days to live? We don't lose hope. We still believe that God can do a miracle and suddenly, the cancer disappears. When there is a catastrophe, a

tragedy beyond human control, man turns to God. It may be a business disaster or a heartbreak in love, turning to God seems to be the only solution. *When there is no other way, God is the way.* So, is it true that we seek God only when we are in trouble?

No doubt, we go to God when we are in great difficulty but we also seek God when we want a dream to come true. Don't we believe that we will do our best but God needs to do the rest? Somehow, we have been taught and we know that the final decision is not in our hands. There is a superpower, somewhere up there, who controls the bottom line. The ultimate verdict is in the hands of God and so, we seek God to complete the puzzle of life.

Some of us seek God for a bigger purpose. We go to God because we are unable to understand the meaning of life. As seekers of the truth, we reach out to God and pray to God to appear to us as a Saint, an *Avatar*, a Spiritual Master, a Guru or just give us the vision of truth so that we can be free from all misery on earth. Some of us who believe that we will return to earth in a rebirth, also seek God to help us cross the shore from this material world to the Spiritual realm, the abode of God. Most of us seek God because we need God. It may be for different reasons but we seek God because we can't do without God.

*Some of us go to God  
because in sorrow, we shed many a tear.  
Some of us seek God  
because God gives us joy and cheer!*

# 2

## WE PRAY BECAUSE WE NEED GOD



Do we really need God or can we manage without the Lord? Because of ignorance, we do not Realize that we cannot do without God.

Do you need electricity in your house? Of course, you do. Without Power in your distribution box, you would have no lights, television, air-conditioning, internet or charge in laptops and mobile phones. Just imagine life without Power. While we understand the importance of electricity in our home, we don't Realize the importance of God's Power that makes our hearts, beat. We talk, walk, sing and can do anything! All this is because of the Power that gives us breath from birth to death. If there was no Power, there would be no life. Somehow, we have forgotten this critical aspect of life.

We need God. No doubt, we do! But, unfortunately, most of us go to God only in times of need. *Saint Kabirdas said these profound words, 'Dukh me sumiran sab karein, Sukh me kare na koi. Jo Sukh mein sumiran kare, toh Dukh kaahe ko hoye.'* These words mean that we all remember God in times of sorrow but we forget God when there is joy and bliss. If only we remember God when there is bliss, there would be no unhappiness at all. Isn't it true that if we go to God only in times of trouble, our trouble will double because we have forgotten God and God is the solution to all problems?

We need God not just because God can solve our problems but also because God can make our dreams come true. Many of us Realize that we need God to exist and to live but because we take God for granted, we don't pause to Realize this. We don't seek God for the right reason. We only pray because we want pleasure and we don't want pain. We seek God in times of loss when we want gain. We forget God when there is sunshine and remember God when there is rain. And then, we make this mistake again and again. Our life goes in vain.

What is the purpose of life? Even to Realize this truth, we need the grace of God. Without God, no seeker of the truth, no human being who wants to discover purpose and meaning, can ever do so for God is in the very purpose of our existence and without Realizing God, life is incomplete. We need God to solve this puzzle called life. Otherwise, we will live, cry and one day, die. Some of us will look up at the sky, even fold our hands and question, 'Why?' But if we want to find out the answer to the most important question of life, 'Who am I?' - we need God!

Do we even know the true meaning of prayer? Prayer is not a scheme to make our dream come true. Prayer is not some drama to overcome life's trauma. Prayer is a connection with God. It is reaching out to that Supreme Immortal Power.

*We pray to God to  
free us from sorrow and strife.  
We need God,  
for God is the Power of Life!*

# 3 FAITH AND DEVOTION



In our journey to find God, we start with faith. There is so much devotion for our personal God that we visit a temple, church, *Gurudwara* or any place of worship. To us, this is the sanctity of our belief. We just follow the herd - the others who believe in the same religion. We repeat the rituals and accept the superstitions. The dogma of our religion becomes the benchmark of our faith. In many cases, faith and devotion just increases this, till one day, we die.

**What is FAITH? Faith is Full Assurance In The Heart.** It is belief. Our devotion to our personal God is so strong that there will be no doubt. We live with **HOPE - Having Only Positive Expectations**. We don't doubt that our prayers may not be answered. We accept God as the Supreme Power. We believe that with God, all things are possible. Our Saints and religious leaders motivate us with so much positive theology that our philosophy towards God becomes unshakeable. It may be putting a *tilak* on the forehead - a mark made of white or yellow powder with a red dot, to remind us of God, all day long or it may be wearing a cross around our neck. Each believer has their own way as per the religion they follow. The *Sikh* religion calls for wearing a turban and not cutting hair. Is this fashion? No, it is religion. It is an organized method of praying to a God in a particular religion. All these actions cumulatively, grow one's faith and devotion to the Almighty.

Why do we follow all these rituals? Are they fun? Of course not. We follow the rituals of our religion because we are seeking God. Our religion promises us that this is the way to God and so, we are steadfast in our belief. We do not accept anybody who tries to dilute our thoughts towards God. We also consider it blasphemous to doubt our faith, devotion and our God. Therefore, even though we continue to seek God, we will never Realize God.

By having this kind of faith and devotion for a personal God, who has a name and form, who is made of bone and skin, we are trying to find a God that is an illusion. God is SIP, a Supreme Immortal Power. But as long as our faith and devotion does not evolve beyond blind faith, our blindly believing rituals and dogmas, we will be going round in circles, till we die. We will never Realize God.

Are faith and devotion bad? No! Faith and devotion are the foundation of God-Realization. We need to have faith and we must be devoted to our God. But this faith should be so strong that we should break all the shackles to Realize God. Our desire for God must be so passionate that we must question the very existence of our God. We must want God so much that we must go on a quest, on a search, to find God. When will our faith and devotion be fired by such a passion?

*To Realize God, we need both,  
faith and devotion.  
But we must never forget that  
this is just the foundation!*



# 4 FROM DEVOTION TO LOVE



To Realize God, we must love God. We know the meaning of love, don't we? We start with loving our parents as kids. Then, we love our friends and as we grow up, we fall in love with our beloved. The emotion of love is an ecstasy of joy. But have we ever loved God?

Many devotees of the Lord will instantly reply, 'Of course, I love God!' For these devotees, love and devotion towards God are synonymous, which, however, isn't true. They consider their deep faith and devotion as love but devotion is not love. Devotion and faith are entirely different from having love for God.

There are many people in this world, who have unshakeable faith. Their devotion to God is so strong that they go to a temple every day. People even create a temple or an altar in their homes and workplaces. Some people pray 3 times a day, some pray 5 times in a day and some even pray 10 times a day but this is not love for God. Whether a prayer is inspired by fear or is motivated by faith, it is still devotion. It is not love. If we want to Realize God, we must evolve from devotion to love.

Believing in our God, praying, have faith, hope, trust in God and living with enthusiasm will take us close to God but we will never Realize God. We have to go from this inner cycle to the outer cycle. We must move from devotion to love. Just like we love our beloved, we must love God.

**What is Love?** The word **LOVE** itself reveals the Power that it is -

**L** - Longing  
**O** - Of the Soul  
**V** - Very Passionate  
**E** - Ecstasy Of Joy

If we love God, there will be a longing of the Soul, which is very passionate and which will create an ecstasy of joy. We will not fear God because we love God. Unfortunately, in this journey of moving from devotion to love, we will shed tears of entreaty in our passion to find God. We want to love God but how can we love God? We develop deep love and longing for the Divine but God, still, remains distant from us. The moment we Realize the God within, in the temple of our heart, this love for God will no more be a challenge. But this happens only after God-Realization and to get to God-Realization, we must first have the love and the longing.

If we don't have love for God, we will live with faith and die with devotion in our heart. We will believe the myth that after we die, we will meet God face-to-face. We don't Realize that this is a lie and that God does not live in the sky. We don't snap out of the myth that we have grown up with. It is only love for God that can catapult us into the orbit of God-Realization.

*Devotion will make us believe that  
we will find the Divine.  
But love for God will help us Realize God  
and God within us will shine!*

# 5

## THE TRIPLE YEARNING



If we are seeking God, we must learn to develop *Mumukshutva*. *Mumukshutva* is deep love and longing for God. One becomes a *Mumukshu*, when one develops a triple yearning for God. What is this triple yearning?

We yearn for many things, don't we? Some of us yearn for exotic food or clothes. Some of us long for travel and holidays, just as some of us yearn for gold but the yearning for God has to be much more intense and passionate. It has to be more intense than a miser's yearning for gold because a miser will give up anything to get his gold. So should our yearning for God be. When our yearning becomes such, we will go on a quest to Realize God but just this one kind of yearning is not enough.

The second kind of yearning is the one for the beloved. Doesn't a lover yearn for his or her beloved? It is often said that such love is the strongest love in the world. Lovers are known to sacrifice everything for the sake of their love, their beloved. Not just career, a lover will leave his country and migrate to an unknown land for their beloved. Lovers desert their family to become one with the one whom they love. They are alienated from their society and sometimes are declared outcasts when they marry somebody from another caste, class or religion. Not just this, there are world-famous cases, where a prince has given up his throne for the sake of his beloved. Even in recent times, we hear names of some Princes who leave the Royal

family for their love. Is our love for God as deep as this? When we love God more than how a lover loves his beloved, this intense love becomes the second kind of yearning that is needed to Realize God.

God-Realization is not easy. You must truly love God and this love is tested with the triple yearning test. Is our love for God more than a miser's love for gold? Do we love God more than a passionate lover loves his beloved? And third, do we long for God more than a child longs who has just lost its mother? A child yearns and cries for its lost mother in that deep love and longing. So, a *Mumukshu* seeking God should yearn for God just like the child yearns for its mother. This triple yearning is a sign that our seeking and yearning for God is strong enough to Realize God.

*A disciple, once asked his Master, 'I want God. How can I attain God?' The Master kept repeating that he must develop a triple yearning for God but the disciple didn't seem to understand. One day, while having a bath in the river, the Master got an opportunity. He caught hold of the disciple's neck under water and pushed it even lower, making him gasp for breath. Then, a few seconds later, after releasing the disciple, when the disciple questioned the Master, 'Why are you trying to kill me?' the Master replied, 'What were you thinking of when I held your head underwater?' 'Of course, only one thing – 'Air! Air! Air!' he exclaimed. 'Just like this,' said the Master, 'When you yearn for God, such a triple yearning will make you Realize God.'*

***When there is  
deep love and longing for God in our heart,  
This yearning  
will never take God apart!***



# 6 ARE WE SEEKING GOD OR GOLD?

If we look around, what are people seeking in life? Are people truly yearning for God? Unfortunately, no. People are yearning for gold instead. People want money, wealth, name, fame, success and achievement. All that people are looking for in life today, is happiness that comes from material pleasures. People have no clue that there is Eternal Bliss in Truth Consciousness. It is a state known as *SatChitAnanda*. In this state of God-Realization, there is more ecstasy and joy than petty pleasures of the world. But unfortunately, man is lost.

In this modern world, man is lost in a maze. He is trying to be an ace and spends his life in a race and all that he wants to chase is success. Ultimately, he is so lost in the material world that he does not even get an opportunity to take a peek into the Spiritual world. He lives, dies and does not ask the questions, 'Who am I and who is God?' Man is working very hard but alas, in the wrong direction! Therefore, he will never reach the destination 'God'. We can either be walking north or south. We can't be at the North Pole and the South Pole at the same time. And so, we must Realize that we have a choice – Is it God or is it gold? Do we want to pursue the material world, or do we want to evolve in the Spiritual world? It is for us to choose.

Those who are seeking God must stop and reflect – 'How much am I seeking God and how much am I lost in material pleasures and possessions?' The moment God loses priority in our life,

and gold overtakes God in our wish list, we will never attain God.

We must make God the priority of our life. That is why, sages and the saints have spoken about the triple yearning needed for God-Realization. This triple yearning comes as we Realize the truth about life, about ourselves and God. God-Realization is a long journey and time is short. When we seek everything in this world, we will achieve nothing but when we seek nothing other than God, we will Realize God and with this Realization, we will attain everything that one needs to attain in life.

Are you seeking God? If you are, you can Realize God but first, you have to overcome ignorance and understand God. Then, you have to start a quest to Realize God and make God the priority. No doubt, you will need the help of a Spiritual Master, an Enlightened Guru but unless your seeking of God is intense, passionate and has priority over everything else in the world, you will never Realize God.

It is true that out of 80% of humanity that believes in God, only 1% goes in quest of seeking God. And in this small fraction, only a very tiny part is blessed to achieve the goal of God-Realization.

*Are you seeking God  
or are you seeking gold?  
Make God your priority now,  
don't wait till you get old.*

# 7

## WE ARE LOST IN THIS ILLUSORY WORLD



Why is God-Realization so difficult? It is because this world is *Maya*. It's a Cosmic Illusion. But because it appears to be so real, we become prisoners of pleasures, possessions and people and get lost. God is everywhere. God is in everything. But still, we don't Realize God. We are lost in this *Maya*.

What is *Maya*? *Maya* means illusion. What this world appears to be, is not! Every living creature is Divine, a manifestation of God but we can see only the skin. We cannot see the Divine that is within. Many scriptures tell us that the kingdom of God is within, that God lives in the temple of our heart, that we are not this body or mind and we are the Divine Soul, the *Atman* and *Atman* is *Paramatman* or God. Instead of seeking God, we are seeking the world and so, we get lost in it.

Because we grow up believing what we were taught in school, we remain a fool! We don't change. We don't evolve. We don't grow up. While we move from a school to a college and enhance our knowledge, when it comes to God, we do not graduate from the university of Spirituality. We just believe in the lie that God lives in the sky and then, we die!

After we learn, we start to earn. Now, we have to burn all the money and even though we may believe in a God, we are lost in the trinkets and treasures of this illusory world and forget that there is some other purpose to life.

Unless we seek God, we will never Realize the Truth about *Maya*. We will never Realize how this whole world came about. We will be confused by The Big Bang Theory, will be carried away by the evolution of apes and will continue having wine and grapes and be so lost in the pleasures of this illusory world that we will never Realize God.

How many of us are curious to go in quest of God? How many of us truly, seek God? Most of us ask questions about our home, gadgets, food, holidays and all the other pleasures of this world but we do not seek the real treasure. Our mind is a monkey and along with the five senses, we become a donkey and foolishly wander in this illusory world till eventually, time is over. It is not easy to be free from this world of *Maya*.

Unless we truly seek God, we will never Realize that God is everywhere, in everything. Unless we take the help of a Guru, a Spiritually Awakened Soul, we will continue to wander. The mind fools us into believing that the purpose of our life is success and achievement and we get so lost in the material world of *Maya*, that we forget the Spiritual world that will lead us to Enlightenment.

*Because of the pleasures of this illusory world,  
we choose,  
We are lost in Maya and the treasure of God,  
we lose!*

# 8

## IGNORANCE MAKES US WANT TO MEET GOD



Of those who are not lost in this material world, many are lost in their religion and the personal gods that they have believed in, since they grew up. There are many people in this world, who are very devout, who live a life of faith and devotion. They want to meet God. To them, God is the most important goal of life. But ignorance creates a veil between them and God.

What does ignorance do? Ignorance makes us believe in the myth and hides the truth. It makes us live in blind faith and we keep on praying, believing that we will go to heaven's gate. We foolishly ignore the reality of life and don't want to face the reality of death. This body must die. Every living being will grow old, decay and die. We may get afflicted with a fatal disease and then die because of it. A large group of people do not want to talk about death. They do not even want to consider the reality of the end of this journey called life. This only envelops us more and more in the darkness of ignorance. We chant the name of God and we want to meet God but we don't Realize that we cannot meet God. We are so caught in the spell of ignorance and believe what people tell us that we continue to worry about heaven and hell.

Where will we go after we die? Because we fear hell, we try to do good Karma and then, we foolishly believe that by doing good deeds, these deeds will become seeds that will bear fruit in

heaven. Ignorance makes us blind and we do not Realize that this body will return to ashes. Then, who will meet God? How can we meet God? Where is God? And how will we go to God? We remain ignorant and we do not go on a quest to Realize God.

Billions of people flock to temples, churches, monasteries, *Gurudwaras* and synagogues, every day. Don't we know that in these places, God does not dwell? Neither does God have a palace in heaven or hell. Then, why do we believe in the fairy tales that people tell? It is because of ignorance.

We cannot meet God. We have to Realize God. We have to become one with God. Can a wave meet the ocean? The wave is the ocean. It comes from the ocean and ultimately, becomes one with the ocean. Because of ignorance, the ego builds a false identity of 'I,' and we live and die wanting to meet God. Unless we seek God passionately, we will just believe the lie and one day, die. Then, we will return to earth in a rebirth and the cycle will go on and on and we will be reborn. Unless we overcome ignorance, we cannot Realize God and unless we truly seek God and have deep love and longing for God, we will never Realize God. There are many people around this world, who want to meet God. They try to please God by offering their possessions. It is ignorance that stops them from Realizing that whatever they are offering to God, comes from God itself. Everything is God.

*Ignorance makes us seek a God  
who is made of bone and skin,  
We can't meet God; we have to Realize God  
who dwells within.*

# 9

## GOD IS OUR GOAL



We human beings come to this world and ultimately, we go. This world is nothing more than a show! We are mere actors and most of us live life as if it is a circus because we do not discover our true purpose. We are like a clown that is jumping up and down and we forget that God is our goal.

Why did we come to earth? Why did we take this precious human birth? It is only a human being, who can Realize God. I Realized one day, how grateful I should be for having two feet so that I could stand on the street and fold my two hands in prayer. What if I was born as a dog, cat, buffalo, elephant or even a tiger? With four legs, my head, heart and excretory organs would all be at the same level. It is only human beings who are blessed to have their head high and below it, the less important organs. It is only human beings who can use their unique intellect to discriminate and Realize God.

Our goal is God and if we try to find God, we will never Realize God. We have to seek God. We have to go on a quest. We have to develop that deep love and longing for the Divine. Unfortunately, we do not Realize that our ultimate goal is to Realize we are the Soul. It is only this Realization of the Soul that will lead us to the goal of Self-Realization that will ultimately, take us to God-Realization. There is no other way but we have not learned this route and so, we are going round and round, in circles.

We live, pray and want God but we don't Realize God. Then, one day, we die. Our body will return to dust but the Mind and Ego, ME, will carry Karma and return to earth in a rebirth. We will be reborn and this will go, on and on, only because we did not Realize God. How much ever we believe in God, however deep our devotion is, unless there is that triple yearning, we will never Realize God. God has cleverly hidden himself deep within us as the Soul, the Spark Of Unique Life and this, we don't search and are busy going to a temple and church.

*Have you heard of the musk deer? It wanders on the cliffs of the Himalayas and searches for the fragrance of the musk that surrounds it, in a frenzy. It is so crazy about the smell of the musk that it madly runs along the dangerous cliffs in search of the musk. Eventually, it falls off the cliff and dies. The hunters below, know about the musk deer. They cut open its navel to retrieve the musk that was always inside the musk deer. Because the deer did not Realize that the musk was inside it, it lived and died searching for the musk outside. Aren't we like the musk deer, too? **God is within but we are searching outside.** This is because we have not made God the priority of our life. We are lost in this material world and do not Realize that **God is our very Soul.** So, we miss achieving our ultimate goal.*

*God is our ultimate goal  
but the 'real' God, we do not seek.  
God is within us as the Soul  
but we never climb this peak!*



# 10

## WILL WE JUST DIE, BELIEVING THE LIE?

Many people don't want to talk about death. They think of death as something sordid, miserable and unwanted. But death is a reality of life. Where there is life, there has to be death. We have no choice but to accept it. And those who face the reality of death, Realize that they must Realize God before they are dead. This is clear in their head. Therefore, they do not waste time. They are in constant awareness of God. They Realize that their goal is God and this becomes the focus of their life.

Most of the world, unfortunately, just believes in the lie that God lives in the sky. That is why, we see people fold their hands and look up at the sky. It is only because they do not go on a quest to Realize, 'Who am I?' Going on a quest is the only way to Realize God. It is called **Self-Realization**. **Self-Realization** leads to **God-Realization**. But as long as we continue to believe that God lives in the skies, these lies take us in the wrong direction. Of course, we pray, we want God and we spend our life trying to please God and attain God. What we don't Realize is that life, soon, will be over. Time is limited. A human being's life is not more than a hundred years and on average, we die before we are 75. Of this, 25 years goes into education and we learn the myth, which we grow up with. We blindly believe what we are taught in our school and so, we live and die as a fool. We do not Realize God!

Death should not be a moment of desperation. Rather, it should be a moment of inspiration. Death should inspire us to ask the questions like — 'Who died? Who passed away? Who departed? Where did they go? Will they go to God in a distant heaven? But how can they go?' Their body would have just been cremated or buried! The body returned to dust. Still, we foolishly say, 'R.I.P.' Who will rest in peace? We say, 'Let's pray for the departed Soul.' But where is the departed Soul? We don't Realize that the Soul is a Spark Of Unique Life that becomes one with the Supreme Immortal Power, SIP. We continue to put pictures of our loved ones who are dead, in photo frames and light candles and incense sticks before their pictures, although, they exist no more. We also believe the lie that our loved ones are now with God, in the sky. We live, die and because we believe the lie, we don't seek God. We don't Realize God because we don't Realize, 'Who am I?'

Isn't it time to seek God? Isn't it time to Realize the Truth about God? Time is limited and we cannot waste a day. We need the help of Guru, a Spiritually Awakened and Enlightened Master, who can take us to God, faster. God is not far away in the skies. Deep within us, as the Soul, God lies. But like the musk deer, who runs behind the musk that was always within, we search for God outside, when God is within our own skin. God-Realization is a rare gift and only those who yearn and truly seek God, Realize God!

*Most of us believe the lie that  
God lives in the sky.  
We don't seek God, yearn for God,  
Realize God, we just die!*



# PART C

## RELIGION AND SPIRITUALITY

*We cannot start our Journey to God 'without' Religion,  
It is like a Kindergarten that teaches us ABC.  
But we cannot achieve God 'with' Religion,  
We must evolve from Religion to Spirituality.*



# 1 WHAT IS RELIGION?

Religion is an organized system of faith and worship, of belief in a God or a Superhuman Power. It is an institutionalized or organized method of prayers, rituals and dogmas. There are set practices, beliefs and systems that followers of a particular religion adhere to, in their faith in a particular personal God. Every religion has its own exclusive God, its scriptures and its own rules and regulations that its followers are expected to follow. Everybody who follows a certain religion follows the same unified method and system of practices and prayers. It is blasphemous or a big sin to question religion and therefore, the followers blindly observe what is stated in their religion.

The word 'Religion' has evolved but it is said to have its roots in the Latin word '*Religare*', meaning 'to tie, bind or connect humans with the Divine'. It hardly matters where the word religion came from because there are many theories. What matters is that one should understand why we follow religion and what is the purpose of it.

How does one pray to God? How does one attain God? All religions are good and they teach us to accept the existence of a superpower. Religion teaches us to pray, believe and have faith. Religion teaches us to trust God. Religion urges us to live a righteous life with values so that we can finally attain God. Through its theology, religion helps us build a philosophy or a way of life, in which God is an integral part.

We are all born into a religion, based on what our parents follow and unless our parents are atheists or agnostics, we grow into a religion, not by choice but by birth. Then, before we Realize it, we are already practicing the dogmas and the rituals of the religion of our family. We don't choose our God. Before we are teenagers, we are programmed by our religion to pray to a particular God. Each family has its own God and so, we picture and idolize the God of our religion to be God.

If one asks, 'Who is God?' most people will immediately reflect and refer to an image of God that has been indoctrinated by their religion. No doubt that as we grow, some of us question our religion and even change it. We change our beliefs to another God. Some of us question our religion, we doubt God and become agnostics. There are others who lose faith in God and religion and they become atheists. But by and large, most people in the world, not only follow a particular religion but are faithful and loyal to their religion, their God and the scripture that is followed by their religion. The scripture is considered to be the word of God and if we do not follow what is written, it is considered as sinning. We are warned that we will suffer in hell if we don't follow the religion because it will mean that we are displeasing God. We are also taught that if we want to attain God, we must follow our religion and so, we blindly believe in our religion but we don't Realize God.

*Religion is a set of beliefs,  
practices and rituals to attain God.  
We all follow Religion to be  
one with the Lord.*

## 2

# HOW MANY RELIGIONS?



God came before religion but it is religion that organized the way man prays to God. We barely have written history for a few thousand years. Whatever happened before that is actually, a mystery. However, if we look back, we will find that the world today, has nearly 5000 religions or faiths in existence. Of these, there are five major religions – Judaism, Christianity, Islam, Hinduism and Buddhism. There are many smaller religions and faiths like *Taoism*, *Jainism*, *Sikhism*, *Shinto*, *Confucianism*, *Zoroastrianism* and *the Bahai*. Of course, there are folk religions and regional religions spread across the world, which are unknown to most of us. Further, each of these religions has sections and sub-sections that makes it very complicated to list out all the religions of the world.

Regardless of the number of religions in the world, all religions are good because religion begins our journey to God. Religion makes us pray and live moral, ethical lives. But there is one big problem. Each religion talks of its own God. Therefore, the followers of a religion tend to believe that their God is the real God. Each religion has its own scripture and people become fanatics in following their scripture, their religion and their God. While there are many religions in the world, are there as many Gods? Do these Gods live in a distant heaven? Which Gods created the universe and who amongst the Gods, governs what is happening in the cosmos?

Therefore, religion is a kindergarten, a foundation in the journey of God-Realization. We are not even sure when religion started but from the time there have been written records, some form of organized religion has been in existence. We also hear that before religions were organized, man used to pray to God through different forms of nature. Man prayed to God in the form of the Sun, the winds, rains, nature, etc. but it was religion that created mythological fairy tales that mystified God.

Every religion has its own story. In the Eastern world, *Sanatana Dharma*, which when translated, means eternal faith, existed even before Hinduism came about. After Hinduism, Jainism, Buddhism and Sikhism fragmented out of the original faith. Many saints who propounded some philosophy or theology, became Gods in the name of religion.

In the Western world, the three main monotheistic religious system started with Judaism and then, Christianity and Islam. While it is perfectly fine to have so many religions, it is not incorrect to say that religions have confused humanity as to - Who is God? Where is God? And what is God? Judaism traces its roots to 2000 years before Christ and Abraham is said to be the father of all these three religions. As time passed, religions made people change their understanding of God. In ancient times, God was nameless and formless and then, came about a God who was a prophet or a Saint. Ultimately, different religions of the world have confused humanity about God.

*Religion is an organized way  
that leads us to believe in God.  
It teaches us to pray,  
to become one with the Lord.*

# 3

## HOW MANY GODS?



If there are about 5000 religions in the world, how many Gods exist? It is very strange but it is said that there are few hundred thousand Gods. How is this possible? If one were to count, they may be able to list up to twenty thousand Gods. However, many Gods have been given many names and in this way, there are millions of Gods. In fact, in some religions like Hinduism, many villages have their own God, just as each family believes in an exclusive God. But what is the truth?

Is it possible that there are so many Gods up there in the skies or are all these lies? There may be many religions, different faiths and beliefs but ultimately, God is one. God is one Power, one Superhuman and one Creator. We may divide God into the Creator, the Preserver and the Destroyer or we may talk about the Father, the Son and the Holy Spirit but ultimately, the source of all Gods is one Supreme Power. Therefore, if we want to Realize God, we must understand clearly, that there is only one God, who is the Supreme Immortal Power.

We have given Gods, names and created forms for them. We have created pictures and statues of God. We even celebrate God's birthday. But what is the truth? If God was born and God died, there is a Super-God controlling all this. And if there was a Super-God made of bone and skin, then, there should be a Super-Super-God that is the Ultimate Power. This would go on and on and be endless. Therefore, we must Realize that there is

only one God, who is Supreme, Immortal and a Power. God is nameless and formless, though we need to give God a name and form to pray. While there are many stories about God's birthday, the truth is that God is birthless and deathless because God is beginningless and endless.

God defined is God denied. Nobody can define who created this universe and all the life that is in it. It will be like trying to empty the ocean into our bathtub. Man has limited comprehension and man cannot define or comprehend God fully. If we use our intellect, we can Realize that God exists but - Who is God? Where is God? and What is God? - has to be Realized.

As long as we get confused in religion and the thousands of Gods that we pray to and as long as we continue to go to a temple or a church and search for God, we will never Realize God. Unless we understand that there is just one God and all the different religions are referring to that one God when they pray, we will never start our journey to God. The journey to God is called God-Realization. We cannot find God. We can only Realize God. For this, we must first open our real eyes and see that all the religions of the world and all the Gods in the world are ultimately, One Supreme Power. To Realize this, we need Spirituality.

*How many Gods are there  
in the skies?  
Hundreds or thousands?  
These are lies!*



# 4 MYTHS, RITUALS, SUPERSTITIONS

The biggest problem in Realizing God is not religion, but rather, the myths, the rituals and the superstitions that are created by the followers of various religions. There are many mythological stories and fairy tales that fill our history and these create mystery about the truth of God. There is no doubt that God exists but because each one of us believes in our own God, we are confused about who God truly is. In fact, the myth that we have grown up with, has made us so loyal to our religion that we are ready to kill each other in the name of God. Isn't it sad that religion, which is meant to show us a path to attain God, ultimately becomes a roadblock on the journey towards God?

Every religion has its own mythology. In the ancient days, the Greeks believed in Hercules and the lion, just as in India, *Saint Valmiki's* curse is legendary. It is not that mythology is restricted to only some parts of the world. Greek mythology talks of Zeus, the God of the sky and thunder, who rules over all other Gods. Then, they believe in Hera, the Goddess of marriage. In Africa, there is no end to the rituals that the folk religions advocate. In Hinduism, God has been created in fancy forms and the myth continues to grow with the followers of the religion. The *Hindus* believe that God had an army of monkeys that killed a 10-headed demon, while others believe that the demon was a God. As long as we continue to believe in mythology and continue to perform rituals that have no meaning, it will only stop us from Realizing God.

There are countless stories in the millions of pages that form the scriptures of *Hinduism, Buddhism, Jainism, Judaism, Christianity* and all the other religions of the world. Without myth, there is no religion just as without religion, there is no myth. But religion intends to help us attain God. Unfortunately, because we literally believe this superstition, we believe that God will be awake at 4 am and so, we wake up at 4 am to pray when our God awakens. When will we overcome the myth and the dogmas? Many of our actions are meaningless, just as many of our beliefs are baseless. These are good as long as they are a foundation to begin our journey to God.

Have you heard of the game called Pole Vault? We need a pole to run and then, dig it into the ground and jump up in the sky to cross the target that is high up there. To jump over in the Pole Vault sport, we have to let go of the pole, otherwise, we cannot jump over. So is it with religion. Religion is like the pole. We need it to jump over and attain God. Religion is the foundation and without following religion, we will not be able to cross over and Realize God. Pole Vault is a great sport to help us analyze, how we must start our journey to God with religion but then, let go of it along with the myths and superstitions, if we want to Realize God. As long as we believe in myths and superstitions, we cannot Realize God.

*If we continue to believe in the myth,  
rituals and superstition,  
We will never Realize God  
and will be slaves of religion!*

# 5

## WHAT IS SPIRITUALITY?



While religion is a kindergarten, where we learn the ABC of God, Spirituality is the university, where we graduate and Realize the Lord. Religion begins our journey to God. Spirituality ends it. *We cannot Realize God without religion but we cannot Realize God with religion either.* Unless we let go of religion, we will never Realize the Truth of - Who is God? Where is God? and What is God? We need to get hold of Spirituality. What is Spirituality?

**Spirituality is the science of the spirit.** Spirituality is a logical method of Realizing God. It is a journey from Self-Realization to God-Realization. It is a quest for the Truth. It is an inner voyage to discover the kingdom of God, within. It is a way to Eternal Bliss through Enlightenment. It is an Awakening from a deep slumber, the darkness of ignorance and Awakening to the Truth of life. Spirituality is the way to God. It is a scientific process of discovering that God does not live in the skies. It is a systematic method of Realizing that God is not God. God is SIP, a Supreme Immortal Power.

**What is the Spirit?** Spirit is the Soul – a Spark Of Unique Life. Some people call it *Atman, Ruh, Prana* or Life. Whatever we call the Power that is throbbing within, nobody can deny that the human-computer, made up of hardware - the body and software - the mind, cannot function without the Power supply - the Soul or the Spirit. Spirituality makes us study step-by-step

of first, what we are not and then, it makes us Realize what we truly are. First, Spirituality leads us to Realize that we are not this body that will die. Then, it makes us Realize that we are not the mind, which we cannot find. Therefore, the ego that says 'I', is a lie. Spirituality makes us question, 'Who am I?' Of course, 'I' exists but who is the one that lives from birth to death, till our last breath? Spirituality reveals that we are that Spirit, that Soul, that Spark Of Life that is Unique. You have a Soul and I have a Soul. Spirituality makes us Realize that we are the Soul. It is a science that logically explains how the Soul arrives first, nine months before our so-called birthday and when our body dies, in the moment of death, the Soul or the Spirit becomes one with the Supreme Immortal Power that we all call, God.

This is Self-Realization – the Realization that we are the Soul. Spirituality leads us from Self-Realization to God-Realization. It leads us to the ultimate Truth that we are all individual Souls but just like the waves are a part of the ocean, we are a part of the Supreme Immortal Power, SIP. Spirituality makes us Realize that we are all manifestations of God, of SIP. This is a science. It is not some philosophy or theology. Spirituality is not a religion. It is a scientific method of God-Realization. Without Spirituality, we will never Realize who we are, just as we will never Realize, who God is. Spirituality leads to God-Realization.

*Spirituality is not another religion;  
it is the science of the Spirit.  
It is scientific; there is no Magic,  
no Secret!*



# 6 SPIRITUALITY IS THE WAY TO GOD

We are all seeking God but unfortunately, we are looking in the wrong place. *We are like that old lady who lost her diamond earring. She was desperately searching for it when all the neighbours came to her rescue. She showed all of them the other earring which was hanging in her ear and cried, 'Please help me find my precious diamond earring. People searched hard but they couldn't find it! An intelligent young man walked up to her and asked, 'Amma, where exactly did you drop your diamond earring? Do you know?' 'Of course,' she replied, 'I am sure I dropped it inside my house.' 'Why then,' he questioned, 'Are you searching for it outside?' She said, 'Don't you understand? There is no light inside!' Are we not like this old woman? We are searching for God outside, when in reality, God is inside. Just because there is darkness within us, will our search for God in this world full of sparkles make us Realize God?*

The way of religion can begin our journey to God. No doubt, it will create faith as we believe and pray but with religion, we cannot Realize God. When we go to our temple, church, monastery or *Gurudwara*, we develop *Bhakti* or devotion. It is the right way to start our journey to God. But if we want to reach our ultimate destination, it can't happen with religion. Spirituality is the way to God.

Unless we begin our journey to Self-Realization, there cannot be God-Realization. We have given God names and we imagine

God to have forms. How can we find God? God is nameless and formless. **Spirituality reveals this truth.** It takes us from the first step to the second step. It first makes us Realize that we are the Soul, the Spirit or the Divine energy. Then, it makes us Realize that God is not made of bone and skin. God is a Power that is within. This is called God-Realization. We cannot find God. We have to Realize God. We have to open our real eyes and Spirituality is the way.

What does Spirituality reveal? It reveals that God is birthless and deathless, beginningless and endless and nameless and formless. God is the Divine Spirit in every Soul. God is the Power in every atom and every molecule of this universe. Spirituality is the only way to Realize this. Spirituality is not like computer technology. It is not a new science discovered by man. It is the Eternal Truth that was advocated by the Saints and the Sages thousands of years ago. Unfortunately, our mind makes us blind and the truth is left behind. Only Spirituality can open the door to God. Spirituality is the only way to Realize God. Faith and devotion form a good foundation and probably, with the two, we can Realize the Truth but we cannot Realize God. To Realize God, we need both, religion and Spirituality, just like we need kindergarten and university to graduate in the journey of life. If you want God-Realization, start your journey of Self-Realization and for this, Spirituality is the only way. There is no other way!

*If we want to Realize God,  
What is the way?  
Forget what people say,  
Spirituality is the only way!*

# 7

## EVOLVING FROM RELIGION TO SPIRITUALITY



Don't we go from kindergarten to school and then, to college? We don't live all our life in a nursery school. We evolve, learn, grow and graduate. Unfortunately, when it comes to God, we remain in the kindergarten of religion, all our life. We don't graduate to Realize God in the university of Spirituality.

Let us look around the world. We will find billions believing in some religion. People have so much faith in God that they spend any amount of money and time for God. Not just are people ready to pay 10% of their income or tithe as a contribution to a religious place but people also spend their time and money going on pilgrimages to please God. Will this kind of worship help us attain God? No. This is a good beginning in the journey towards God but ultimately, we will go round in circles and will die but we will not Realize God.

It is sad to see people in their sixties, seventies and even eighties, blindly believing that God lives high up in the clouds. They visualize their personal God and pray but they don't understand the meaning of what they say. They just believe in the myth that they have grown up with. They are sincere in their rituals but these rituals will not help them Realize God.

Unless man goes on a quest to find out the truth about God, man may pray and be devoted to his Lord but will never become one with God. Religions talk of the ultimate goal -

Salvation, Liberation, *Nirvana* or *Moksha* but religions tie us down with a personal God, scriptures and the dogmas that we must follow to please our God. As long as we don't break free from the foundation of religion, we will never evolve to Realize God. As long as we believe in a God that lives far away in the skies, we may be devoted but we will live and die with these lies. God is a Power. God is not a person. God has no birthday because God cannot be born. God cannot die. If we use our common sense and discriminate with our intellect, we can move forward and evolve in the journey of God- Realization.

Somehow, we have been programmed that, to question God or ask questions about God, is blasphemous. It is the biggest sin but what is the truth? Blindly believing in God is man's greatest sin, for man will pray as he lives and dies but he will never Realize God! He may believe that he will go to a distant heaven but the truth is that he will burn to ashes and return to another birth on earth. Even if we bury the body, can we deny that the body will disintegrate? No. Then, who will go to heaven? Who will meet God? Which God? How many Gods? And how will one go there? Unless we stop and ask questions, we will never overcome ignorance and evolve in the journey of God-Realization. **God cannot be found. God has to be Realized.** God is everywhere. God is in everything. We must evolve to this Ultimate Truth.

*Do we spend our entire Life  
in kindergarten?  
Then, why don't we evolve to Spirituality,  
letting go of religion?*

# 8

## DO WE NEED RELIGION?



Whoever you are and whatever you do, didn't you start with kindergarten? Did you not learn ABC in a nursery class? We all do. All of us need a basic education to move in any direction and reach our destination. So is it with religion. Religion is essential. It may just be the kindergarten of our life but no university graduate can do without the kindergarten. We may have graduated in success and achievement or we may have been on the path of Spiritual Awakening and Enlightenment but whatever be our journey, we need religion. Without God, life is impossible.

All religions are good. We are not comparing religions. Every religion teaches us to pray to a Supreme Power, a God or a Goddess. **Religions may differ in their path but ultimately, all religions inspire us to attain God.** Therefore, we need religion. There may be a few people in the world who are atheists or who don't believe in God. They suppress their need for God but they cannot escape the triple suffering of the body, mind and ego. The journey of life is such that we need God and religion, even if it means living a life without fear and worry, guilt and shame. We need the pillars of faith and hope and these are rooted in God and religion. There may be agnostics, who are confused about the existence of God but all non-believers are deprived of the foundation of truth, the belief and trust in a Power who can solve their problems and make their dreams come true. Therefore, we need religion. We need God. We shouldn't fool

ourselves into believing that we don't need God and religion. This will only make our life incomplete.


While we have discovered that religion is a kindergarten and Spirituality is a university, both are needed in the journey of God-Realization. Without religion, we will not build our basic faith, hope and trust in God. No child can be born and then, the next moment, graduate in a university. Just like a child needs to grow, we too need religion to understand and believe in God. That is why, personal Gods with a name and form have appeared. How else can a child believe in an invisible God? First, we need to pray to a personal God, whom we can relate to and then evolve to SIP, the Supreme Immortal Power that is nameless and formless.

Therefore, we must neither undermine the importance of religion nor must we ridicule people who pray to fancy Gods. God-Realization is a journey and we have to climb the ladder to heaven, step-by-step. Unless we start with religion, we will not go on a quest to discover Spirituality. Religion is like the raw material, without which we cannot cook. We need the myth, but we must not be stuck with it. Religion is a good start but if we don't leave our religion and believe in Spirituality, we will live our life with blind faith and never Realize God. Therefore, let us be clear that we need religion to Realize God, but we also need to grow beyond it.

*Just like we need kindergarten to  
get into a university,  
Without religion, it is impossible to grow into  
Spirituality.*

# 9

## IMPORTANCE OF A GURU



In this journey of life, whether we are looking for pleasure, happiness, success, achievement, purpose or Enlightenment, we need the help of a Guru who can guide us to evolve in the journey of life. Unfortunately, many of us do not find an awakened Master who can be our Guru. **A Guru is one who takes us from 'Gu' to 'Ru', 'Gu' means darkness and 'Ru' means light.** Just like we experience day and night, we are enveloped in the darkness of ignorance and we need the Divine light to Realize the Truth. For this, just getting knowledge from a college is not enough. We need Realization of the Truth. Without Realization of the Truth, we will live, cry and we die. Not only will we suffer on earth but we will return repeatedly, and we will not even know what the cause of our birth is. It is a Guru who will explain to us how life is Karma, and everything is a drama and how to be free of trauma.

A Guru is a very important aspect of life. Just any Guru will not do to Realize God. We need an Enlightened Master or one who is Spiritually Awakened, otherwise, we will go in the wrong direction and never reach our destination. Just like we need a GPS when driving a car in an unknown terrain, we need a GPS, Guru's Powerful Signal, to lead us through the maze of life and to live with grace. Without a Guru's guidance, we will wander in this world of *Bhoga* and suffer. We will never learn the meaning of *Yoga*, which will lead us to Eternal Bliss.

The Guru is a Spiritual guide and he will help us kindle the light within. He will help us to go on a quest or an inner-voyage to discover ourselves. The Guru will guide us from where we are to where we need to go. He is an expert in the subject and having been there and done it, he will lead us from darkness to light.

Those who do not have a Guru, may seek God and love God but may not Realize God. If they do good Karma thinking that this will take them to heaven, they will never get there. The **Guru is the key. Guru is a doorway to God.** He will not only show us the direction but also hand-hold us till we reach our destination. He is a manifestation of the Divine and if we are devoted and dedicated to our Master, our obedience will lead us to that spark of Enlightenment.

Just having a Guru is not enough. One must believe in the Guru and follow the Guru. We must trust the Guru. Of course, we must also have the courage to question our Guru but once we have accepted a Guru, then we must learn to follow the path laid down by the Master.

**The Guru has only one goal - to help us evolve in our life journey and to Realize God.** Therefore, he will help us overcome our ignorance and reach that state of Self-Realization that will ultimately take us to God-Realization.

*When we are in darkness,  
we need to switch on the light.  
So, we need the Guru to lead us to  
an Awakening to what is right.*

# 10 REALIZING THE TRUTH



If we want to Realize God, we must first, Realize the Truth. Without Realizing the truth about life and who we are, we cannot Realize God. We may have a lot of faith and devotion, we may even love God and seek God but ultimately, the key to becoming one with God is Realization. Unless there is Realization, there will be no Liberation from ignorance and Unification with God.

But to Realize the Truth, one has to first be free from the myth, the fairy tales of religion. As long as we believe in angels and ghosts, as long as we blindly believe what the scriptures tell, as long as we believe the story of heaven and hell, we will continue to be under the spell of ignorance. We will live, die, and be reborn and this will go on and on. We will not Realize God.

**The first step towards God-Realization is to love God so much, that we go on a quest** but as long as we are controlled by our mind, it will continue to make us blind and the Truth will be left far behind.

The mind is a rascal. It does not want us to Realize the Truth. It is happy if we have faith in God and believe in God, till we die because then, the Mind and Ego, ME, will return to earth in a rebirth. The mind makes us believe in a God with a name and a form. It makes us celebrate God's birthday and ties us down in the rituals, the dogmas and the superstitions of a religion.

Unfortunately, we let the mind become our boss and so, it rides our life horse and this is our greatest loss because as long as we let the mind fool us and do not Realize the truth, there will be no Self-Realization and no God-Realization.

We have gone through the first part of understanding God. By now, our mind should not deny that God is not a person, rather, God is a Power. We have then, gone through the aspect of seeking God and loving God. Our love and longing should be so deep that we should yearn for God. Having done this, we have learned the most important chapter in the study of God-Realization.

The most important fact is that we need both, religion and Spirituality. First, we need religion and later, we need Spirituality. Then, we need to let go of religion but we must never let go of Spirituality. It is this science of the spirit that will make us Realize God within. The stories about how God lives above in the skies, are a bunch of lies. We have pictured God as being some mystical superhuman. Many of us are so confused with the hundreds of religions and thousands of Gods, that while we may be devoutly dedicated to our Lord but we will continue to be far when it comes to becoming one with God.

Now, it's time to Realize God! It's time to move forward on a Spiritual quest, a journey that will overcome ignorance and reveal the truth about God!

*The Mind does not let us Realize the Truth,  
it makes us blind!  
And so, in Ignorance,  
we leave the Truth far behind!*

The background of the entire page is a serene yet dramatic landscape. It features a sunset or sunrise over a body of water, with the sun partially obscured by dark, textured clouds. The sun's light creates a bright, shimmering reflection on the water's surface. In the foreground, an open book lies flat on a dark, rocky surface, its pages illuminated by the warm light of the sun. The sky is a deep blue, dotted with small, bright stars, suggesting a twilight or night sky. The overall mood is contemplative and spiritual.

# PART D

## REALIZING GOD

*God has to be Realized, God can't be Found,  
God doesn't live in heaven or in a shrine on the Ground.  
God is not a person who experiences Birth and Death,  
We must Realize God is the Power that gives Breath!*



# 1 GOING ON A QUEST

If we want God, we have to go on a quest to Realize God. God cannot be found in a temple or a church. We have to change our search. We have to start with a quest, asking – 'Who is God? Where is God? What is God? As long as we believe in the lie that God lives in the sky, we will live and die but we will not Realize God. Therefore, if we really want God and if we have a deep love and longing for the Divine, we must start a quest to Realize God.

What is this quest all about? The quest is an inner voyage. It's a journey of introspection and contemplation. It is questioning everything that we have been taught and being free from the fairy tales in which we are caught. Many of us live with blind faith and we follow the herd. We don't fly like a bird to question, ask and investigate to Realize the Truth. We just believe in the rituals, dogmas and are caught in the superstitions of life. Most of us have faith and we believe in God but as long as we believe in a personal God with a name and form or a God who is exclusive to our religion, we will never Realize God.

In our quest, we must ask how many Gods are there. Are there thousands of Gods - as many as the religions in this world? Who is the real God? Every religion says, 'My God is God.' We fight with each other in the name of God and religions and even go to war with one another. We must pause and find out the cause of this ignorance.

The quest will lead us not just into understanding who is God, where is God and what is God but also to discovering, 'Who am I' and why am I here?' The quest will lead us to Realize the Truth of the Soul. It will reveal the mythological mystery that has filled our history as we will be ultimately, Enlightened with the Truth about God.

Will every person, who goes on a quest, Realize God? No. Only the one who is a sincere seeker of the truth and only the one who has a deep love and longing for the Divine will move forward in the journey of God-Realization. Such a person will take the help of a Guru, a Spiritually Awakened Master. Without the guidance of a Guru and the grace of God, the quest will fail its test. We can reach the crest only if we let go of the rest of the world for a period, where we make God the only priority of our life.

**The quest is a retreat. It is moving away from the mind and being in Consciousness, in Thoughtlessness.** It is activating the intellect to discriminate and eliminate the ignorance that we are enveloped in. Unless we go on such a quest, we will live with faith, devotion, believe in our religion and go round and round in circles, thinking that devotion, prayer and doing good Karma will take us to God but we will never Realize our Lord.

*If you want to Realize God,  
you must go on a Quest.  
Open your 'real' eyes  
and put all beliefs to the test.*



## 2 WHAT ARE THE POSSIBILITIES?

In our journey to attain God, either we can continue to pray till we say goodbye to this world or we can love God so much, seek God so much, that we go on a quest to Realize God. Most of the people in this world are paralyzed by their religion and scripture. They are unable to move beyond them but we all have intelligence and therefore, there is the possibility of questioning our religion. Of course, it is considered blasphemous and we often live in this fear of blasphemy, yet, there are some who question religion, like Galileo did. During his time, everybody believed that the sun moved from east to west. It was Galileo who questioned this belief. So, we should not be afraid to ask, 'Where can I meet God? How can I meet God?' If we truly love our Lord, then, our search and our quest will take us through Self-Realization to God-Realization.

So, what are the possibilities? There are two possibilities. We can either believe in God or we can disbelieve in God. We can either blindly believe in religion or evolve to Spirituality. We can either spend our entire life in blind faith and devotion or we can let our love and longing for God take us on a quest to find God. These are the possibilities but it is for us to choose.

Many people don't want to question their belief. They may have lived for five decades or even eight decades of life but they choose to continue to pray, following rituals and superstitions. It is their choice. They have the possibility of questioning rituals

and superstitions and Realizing God. Anybody can choose to be a devoted follower of their religion.


What are the possibilities? If we continue with our religion, will we Realize God? We cannot. Every religion believes in a personal God, just as they believe that the Gods of other religions are not real Gods. The moment we are caught in this myth, we can never Realize God. God is a Universal Power. God is beyond religion and it is not possible to attain God, just by following religion. How much ever we may be devoted to God or pray but unless we go on a quest, there is no possibility of Realizing God.

There is another possibility. We can continue to pray to the God of our religion but we can love God so much that our deep love and longing takes us on a quest for God. Then, it is very much possible that we will Realize that there cannot be many Gods. There can be only one Supreme Power and we may call this God by different names. Just because water is called *Paani* in Hindi, *Eau* in French and *Wasser* in German, it does not change what water is. God is one and this Realization can take us forward in our journey towards God. The possibilities are many but we must make the choice. Are we going to believe in the lies, that God lives in the skies or are we going to go on a quest, a search to Realize the Truth?

*If we just follow our religion,  
Realizing God is impossible!  
But if we go on a quest for the Truth,  
it is possible!*

# 3

## THE JOURNEY OF SELF-REALIZATION



If you want to Realize God, there is only one way. It is called Self-Realization. Without Self-Realization, there can be no God-Realization. We may be completely devoted to God and we may pray, all day but unless the grace of the Divine and the guidance of the Guru befall us, we cannot Realize God.

We may understand that God is not made of bone and skin. We may even understand that God has no name and form. We may have all the knowledge that we were taught in school and college but still, we cannot Realize God. Knowledge is not Realization. If we truly want to Realize God, we must have a deep love and longing that will make us seek God. We may have said all the prayers and visited all the pilgrimages but without the triple yearning for the Divine, we will not attain God.

The way to God-Realization is to evolve from religion to Spirituality. The way to become one with God is to go on a quest and discover God. It is only the quest that will make us Realize the Truth. The purpose of the quest is to overcome ignorance. As we switch on light by light, the darkness within will be dispelled and the light of Truth will shine.

The first part of this journey to God is called Self-Realization. It is asking the question, 'Who am I?' It is Realizing the simple truth of who we truly are. Are we the body? This body will die.

Then, how can we be this body? This body came much later after our conception. We came alive nine months before the so-called birthdate, which is on our birth certificate. We came into existence, first and our body was formed later. One day, this body will die and people will say that we passed away. So, we are not the body. We are the one who departs at death.

Some people believe that we are the subtle Mind and Ego, ME, that leaves in the moment of death when there is no breath. Such people carry their Karma and return to earth in a rebirth. They will be reborn and this goes, on and on.

However, there are some people who achieve Self-Realization. They Realize that the Mind and Ego, ME doesn't exist. When the body dies, they Realize that they are the Spark Of Unique Life, the Soul that departs. This Realization is called Self-Realization. We are not the body, not the mind and not the ego. We are the Divine Soul.

But knowing this is not enough. When we actually Realize we are the Soul, it is Self-Realization. Self-Realization leads us forward to Realizing that if I am a Soul, then you are a Soul too. In fact, we are all Souls and the Soul is nothing but energy. It is the Power of the Supreme. This Realization is the beginning of our journey to the ultimate goal of God- Realization. It starts only when we Realize that we are the Divine Soul, the Spark Of Unique Life. Self-Realization, therefore, will lead to God-Realization.

***God-Realization starts with  
Self-Realization.  
We must overcome ignorance and  
get this illumination.***

# 4 WE ARE THE SOUL



In the journey of Realizing God, the first Realization that is needed is, 'Who am 'I'?' When we Realize that I am not the body that will die, I am not the mind that I cannot find and I am not the ego that says 'I', only then, we Realize that I am not 'I'. But then, 'Who am I?' I am a Spark Of Unique Life. I am the Soul.

How many of us go on a quest to discover the truth of who we truly are? Are we this body? This body was formed over nine months in the womb of our mother. We came first, as the zygote. The zygote was conceived when two cells of our parents fertilized. What made that fertilization happen? It was a Spark Of Life, a Unique Life. Once the zygote came alive, it multiplied and became the embryo and then, the foetus was formed. Ultimately after nine months, a baby of 25 billion cells was delivered. What is making all this happen? It is the Soul, the life energy that is causing the creation of a human being. Once delivered, the baby grows into a 30-trillion-cell structure till one day, ultimately, the body dies and returns to dust. We are not this body. We are that Power of the Soul that came alive before the body was created and that departs in the moment of death. We must Realize we are the Soul and not the body.

Many of us Realize that we are not the body but we think that we are the Mind and Ego, ME. Therefore, we carry our Karma after the death of one body into another body. This is caused due to ignorance because we do not Realize that we are the

Soul. If only we Realize that we are neither the body nor are we the Mind and Ego, ME, we, the Soul, will be liberated in the moment of death and be united with the Divine.

The truth is that we are the Soul. We are that Spark of Life. My Soul is unique to me, just as your Soul is unique to you. But without the Soul, we are nothing. Without the Soul, we would not have been conceived nor would the zygote have become the embryo and the foetus. Without the Soul, there would be no breath. Therefore, when the Soul departs, there is death. While we understand birth and death, we do not understand that we are the Soul. Somehow, **we believe that we have a Soul but we don't Realize that we are the Soul.** Every cell of the body is nothing but Soul energy.

Today, even science endorses this through the scientific branches of Quantum Physics and Quantum Mechanics that state that every molecule of matter is nothing but energy. Unfortunately, because of ignorance, we do not Realize that we are the Soul and we think of ourselves to be the Mind and Ego, ME. We are caught in the cycle of death and rebirth.

When we Realize who we truly are - we are the Soul, the Spark Of Unique Life, it begins our journey towards God-Realization. Realizing that we are the Soul is Self-Realization, without which, we can never Realize God. So, let us first Realize that we are the Soul.

*We are not the Body, Mind, Ego,  
we are the Soul.*

*If we want to Realize God,  
Realizing this is our first goal!*



# 5 THE SOUL IS GOD

Once we Realize that we are the Soul, the next challenge is to understand what the Soul is, in reality. Is the Soul a physical entity or is it like the mind, something that has a subtle existence? The best way to understand the human body is to think of it as a computer. Just like a computer has hardware and software, the human computer has a body, which is the hardware that is made up of bone, skin and all the organs that are within. The software of this human-computer is the mind, intellect, memory and ego. They are subtle in nature and just like a software is loaded into the hardware of the computer to function, it is not possible for our software - the mind, intellect, memory and ego to exist without a body. But can both, the hardware and software work without Power? Impossible! Just like we need electricity or a battery or a Power supply for the computer to work, the human computer needs a Soul, a Spark Of Unique Life to operate or come into life.

Where does the Soul come from? The Soul is energy. We all have learned about the scientific law that states, 'Energy can neither be created nor destroyed. It can only be transformed from one form to another.' Similarly, **the Soul or the Spark Of Unique Life arrives and departs but is never born and it never dies.** So, where does the Power of the Soul come from?

Do we question where a wave comes from? No, we don't because we know that a wave arises from the ocean and returns

to the ocean after it splashes. But we don't Realize that the Soul comes from God and goes back to God. Why don't we Realize this? Because we imagine God to be one who has a name and form, one who is made of bone and skin. The moment we move from religion to Spirituality and we Realize that God is a Power, not a person, we will understand that the Soul comes from this Universal Power, the ocean of Souls and goes back into the Supreme Power that is everywhere.

The Soul comes from SIP, the Supreme Immortal Power and goes back to SIP. But unfortunately, we don't Realize that God is SIP. Therefore, we cannot fathom that the Soul comes from God and goes back to God. The Soul within is none other than God.

Haven't we read the scriptures that say that the kingdom of God is within? Don't we believe that God lives in the temple of our heart? Although we are taught, '*Neti Neti Tat Twam Asi, Not this, Not this, Thou art that,*' we still don't Realize that we are not the body and we are not the mind and ego. We are the Soul and the Soul is none other than God.

Without Realizing our true self that we are the Soul, we can never Realize that the Soul is God. Unless we Realize that we are nothing but a manifestation of Divine energy, we will never discover God within. The truth is that God is in you, God is in me, God is in a butterfly, a bee and a tree. God is life energy. The truth is that every Soul is God.

*The Soul is life,  
it is God's spark.  
We don't Realize God within  
because we live in the dark!*

# 6 GOD IS EVERYWHERE



If we truly love God and if we truly seek God, we must let go of all the fairy tales about God and Realize the Truth about God. There is no doubt that God exists but then, why should we believe the lies? God is everywhere, not just in the skies. Unless we Realize that we are the Soul and the Soul is God, we will continue to pray to that personal God and not Realize that God is everywhere.

How can God be everywhere? When we Realize that God is a Power and not a person, we will move forward in the journey of Realizing God. The Power of life that is throbbing within is none other than God, who is beneath the skin. If we Realize that the Soul is God, we will Realize that every living creature is a manifestation of God. Not just you and me but even a tree, a butterfly, bee, cat, rat, dog, frog and every creature that is alive, has a Soul and the Soul is God. We must Realize that God manifests as every living creature that lives on earth.

If God is the Power of every Soul, then God is in every animate being. God is in everyone who is alive. So, what about the mountain, the sea, clouds, stars and everything else that we see? These have no Soul. How can God be in these inanimate forms of nature? The one who loves God and sincerely seeks God, Realizes this truth that God is everywhere, in the sun, moon, stars and in all forms of nature on earth and even in Mars. God is in every molecule of matter. What is all of nature made up of?

**The beauty of nature appears because it has divinity in it.** Every molecule of inanimate matter has energy in it but it does not have a Soul. Therefore, nature doesn't have birth and death but all the elements of nature, the five elements - earth, water, air, fire and space are nothing but energy. Science, in its latest study, has accepted the theory of The Wave-Particle Duality. Today, science accepts that every particle of matter is in reality nothing but a wave of energy. This discovery of science is now universally accepted and in fact, in 2022, three physicists, Alain Aspect, John Clauser and Anton Zeilinger were jointly rewarded the Nobel Prize for their ground-breaking work in Quantum Physics and Quantum Mechanics.


What is science saying, exactly? Science is saying that every molecule of inanimate matter is in fact, nothing but energy. **The energy in matter and the energy in every Soul is none other than the Supreme energy that is omnipresent - present everywhere.** Scientists admit that over 95% of the cosmos is filled with unknown energy, which they call the 'dark matter' or the 'dark energy'. What is all this energy? It is none other than God or SIP, the Supreme Immortal Power. God is everywhere. There is no place where God is not there.

*God is everywhere,  
in the Sun, the Moon and the stars.  
God is in every Soul, in You, in Me  
and even the flowers.*



# 7

## FROM KNOWLEDGE TO REALIZATION



Knowing the truth about God is not enough. We may read that God is the Soul that is within. We may have learned from the scriptures that the kingdom of God is within and God lives in the temple of our heart but reading is not enough. Knowing is not Realization. We have to evolve from that state of knowledge to an experience called Realization. Suppose we put water in the refrigerator. Does it instantly become ice? Surely not! It has to crystallize. Then, it will turn from water to ice. So is it, with knowledge. We have to open our *real eyes* and Realize the Truth. Only then, knowledge will become Realization. What is the knowledge that we need and how can this knowledge crystallize into Realization?

We need to first understand God and believe in God. Then, we must Realize that we have grown up with a lot of myths. We need to discriminate between the lies like God lives in the skies and the Truth. We must get to the bottom of the root. We have to accumulate knowledge and information about our birth, death and about the Soul and rebirth. This means that we need to do a lot of reading and then contemplate. It is also essential to take the help of an Enlightened Master. Without a Guru, it is practically impossible for knowledge to crystallize into Realization.

Although we have the knowledge, why don't we Realize it? What stops us from Realization? It is the mind. The mind

creates so much confusion that we don't reach a conclusion! Although we may know the truth, we are unable to Realize it because the mind makes us blind and therefore, the truth is left far behind. To reach that state of Realization, we have to move from the state of mind to a state of Consciousness. We need to reach that state of Thoughtlessness where we block the mind, lock the mind and our intellect takes charge. Then, there is discrimination and this can lead to Realization.

Knowledge is the raw material. We need knowledge. But everybody who has knowledge, does not reach Realization. Suppose we know we are manifestations of God, do we become God? The mind will question how this is possible. The intellect has to discriminate. If we are not the body, mind and ego, then, who are we? The answer lies in Realization. It is the inference of the Truth. There is no logic. It needs Divine magic. Knowledge is logical but Realization is magical. Unless we get the Divine spark, we will never Realize that I am not 'I', I am nothing and in that moment, we will also get the Realization that I am everything. I am the Spark Of Unique Life. I am SIP. I am one of the sparks of the Supreme Immortal Power that we call, God. This is Self-Realization but any amount of knowledge from any college cannot lead to Realization. *Unless one is a true seeker, one yearns for the truth and for the Divine, knowledge will be no better than garbage. We need to break the bondage of the mind, which envelops us with ignorance and keeps us hostage to the myth that we have grown up with.*

***To Realize God, we need Realization,  
not just knowledge.***

***We must go on a Quest, go to a Guru,  
not just a college!***

# 8

## REALIZATION AND LIBERATION



Once there is Realization of the truth, that we are not this body that will die, we are not the mind that we cannot find and we are not the ego that says 'I', it is a lie, we are the Soul, the next goal is Liberation. Those on the path of Liberation, work very hard, first, for Purification and then, Illumination. **Without the Purification of Ignorance and Illumination of the Truth, one cannot reach Realization.** But even after reaching Realization, the journey is not over. We have to move from Realization to Liberation.

A Realized person doesn't just know the truth. Such a person lives it. It's only when we live as a Divine Soul and not the body, mind and ego, that we can be ultimately liberated in that moment of death.

God-Realization is not an easy subject and it starts with Self-Realization. Slowly and steadily, we Realize God. This is only possible when we embark on the journey of Liberation. Otherwise, there will be no God-Realization.

What all must we Realize? First, we must Realize, 'Who am 'I'?' To Realize this, we must Realize, 'Who I am not.' Then, we must Realize, 'What is our purpose on earth? What is the reason for this human birth?' This leads to the Realization of life and its purpose. The one who Realizes, 'I am the Divine Soul,' has only one goal – to be liberated from the cycle of death and rebirth and to be united with the Divine. However for this, one has to evolve through the 8 stages of Spiritual Awakening.

The 1<sup>st</sup> stage is Yearning for God. The 2<sup>nd</sup> stage is going on a Quest to learn the truth. Then, one reaches the 3<sup>rd</sup> stage of gaining Knowledge. Thereafter, in the 4<sup>th</sup> stage, one lives in union with the Divine, in Yoga. This leads a seeker of God to becoming a Buddh, an Enlightened One. This is the 5<sup>th</sup> stage. The journey is not over. One has to move to the 6<sup>th</sup> stage of living in Consciousness with a steady intellect. One should not become a slave of the mind. This will liberate us from all misery and sorrow and give us freedom from this world of suffering. Thereafter, the 7<sup>th</sup> stage is when one has to live as an Awakened Soul in Consciousness, till that moment of Liberation. Liberation happens only in the moment of death. This is the 8<sup>th</sup> and final stage. So, how will one Realize God after crossing these 8 stages?

If one wants to move to that state of Liberation and Unification with the Divine, one has to evolve from Self-Realization through Realizing the truth of life to the ultimate state of God-Realization. This journey is the toughest journey of life. But unless Self-Realization becomes God-Realization, there can be no Liberation from this world and no Unification with the Divine.

**Our ultimate goal is Liberation and becoming one with God.** But to achieve this, just Realizing that I am the Soul is not enough. We must Realize God in one and all. We need God Realization. Only then, there can be Liberation.

*Realization is the first goal of becoming  
one with God.*

*But unless there is Liberation,  
we will not attain our Lord.*



# 9

## SELF-REALIZATION TO GOD-REALIZATION



To Realize God, the only way is Self-Realization. But once there is Self-Realization, we will still not be liberated from this world and be united with God unless there is God-Realization. What, exactly, is God-Realization?

God-Realization is Realizing the Truth that God is not God. God is SIP, the Supreme Immortal Power. It is Realizing that the Soul is God because the Soul is part of SIP. The Realization that every Soul is none other than God, is God-Realization.

God is not an old man with a long white beard living high above the clouds in the sky. When we Realize the truth that God lives within and overcome the lie that God lives in the sky, we start our journey of God-Realization. This Realization makes us experience God as the Power in every Soul - be it man or beast. Every living creature has life energy. Every living being has a Soul. You, me, a butterfly, a tree, a cat, a rat, a dog and a frog - aren't all these animate beings, alive? What gives every living creature life? It is the Soul - the Spark Of Unique Life. What is the Soul? It is part of SIP, the Supreme Immortal Power. Therefore, every Soul is God. Reading this gives knowledge but when we Realize it, we are liberated from all misery on earth and from the cycle of death and rebirth.

God-Realization is being able to experience God in a bird that flies and sings. When our little pet dog wags its tail and we don't

see just a DOG, rather, we see GOD, this is God- Realization. God-Realization can happen only after Self-Realization. In Self-Realization, we Realize that we are the Soul but in God-Realization, we Realize God in every Soul. We feel the Power of God within. We experience the Divine presence beneath our skin. One who Realizes God, no more needs to search for God in a temple or church. A God-Realized Soul lives in the Divine presence, all the time. One who has attained God-Realization doesn't need to go on a pilgrimage to pray. He just shuts off the noise, can hear the Divine voice that comes from within and he hears what God has to say.

The only way to God-Realization is Self-Realization. There is no other way. Some people believe that devotion and faith can lead us to heaven's gate but this is not true. Our love and devotion for God can lead us towards Self-Realization that will ultimately, make us Realize God. But it is not possible to Realize God only through prayers.

Most of us in the world, just live and die. We don't find out, 'Who am I?' And because there is no Self-Realization, we never Realize God. In the moment of death, there is no Liberation. There is reincarnation and we return to earth.

*The only way to God-Realization is  
Self-Realization.  
Realizing, 'Who am I?' can lead to  
Divine Unification.*



# 10

## WHAT IS OUR ULTIMATE GOAL?

Why do we human beings come to earth? What is the purpose of this human birth? Are we born so that we can just be gone, one day? Do we wake up every morning just to survive, earn after we learn and then, one day, we will burn and finally return to another birth on earth? No. We are not meant just to live and die. We must find out, 'Who am I?' 'Therefore, what is our ultimate goal? Is it to Realize that we are the Divine Soul? Yes and no. Of course, it is a human goal to Realize that we are not the body, mind and ego. We are the Divine Soul. But the ultimate goal is to pass through Self-Realization, achieve the state of God-Realization and ultimately, attain Liberation from this world and Unification with the Divine.

For us to achieve Liberation and Unification, we need God-Realization. We need to Realize that God is a Power. **God is omnipresent - present everywhere, omnipotent - all-powerful, and omniscient - knows everything.** Therefore, our ultimate goal is God-Realization.

Many people wonder whether our final goal is God-Realization or Liberation and Unification. Unfortunately, Liberation and Unification will happen only after the moment of death. Therefore, it cannot be our ultimate goal. But to attain Liberation and to attain God or become one with the Lord, our ultimate goal is God-Realization.

Once there is God-Realization and we Realize God everywhere, in everything, we start living a Divine life. We Realize that we are nothing but a manifestation of the Divine. If our Realization is not complete, we will never see God in one and all and so, we will never reach our ultimate goal. We have already learned that knowledge is not Realization. Just knowledge about the self and knowledge about God will not make us attain the Lord but once there is Realization, chances are that there will be Liberation.


Most of the world is seeking God but only a very few people Realize God. Most of the world is searching for God and even trying to please God but these are not the ways to attain God. When we Realize that we are the Soul, we start moving in the direction of our ultimate goal. When we Realize that I am not 'I' and we become nothing, we become that Power, which is everything. But just reading about this is not enough. Just knowing about it will not make us Realize God. God is not far. God is where you and me are but we are looking for God in a distant star. How will we ever find God?

It's time to start our journey to God-Realization. It is time to start the inner quest, to go on that voyage within, to Realize the true self and to Realize God. It's time to evolve from religion to Spirituality. Ultimately, we will no longer look for God in the sky, when we Realize, 'Who am 'I'?'

*Our Ultimate Goal is not just to Realize that  
we are the Soul.  
Illumination that every Soul is God,  
is God-Realization.*

# PART E

## GOD IS SIP



*God is not God, God is SIP!  
God is the Power that flows from the Heart to the Lip.  
God is not made of Bone and Skin,  
God is the Supreme Immortal Power that is Within.*



# 1 GOD IS NOT GOD

If somebody were to read this for the first time, they would be surprised. 'How can God, not be God?' But isn't it true that when we say God, we immediately visualize a certain God, a name and form that we have prayed to throughout our life? For some, God is Jesus, while for others, God is *Krishna, Rama, Shiva or Ganesha*. There is no end to the number of Gods that people pray to. To the *Sikhs*, it is *Guru Nanak*, while the *Buddhists* revere the *Buddha*. We have already reflected on this and have Realized that God is one. God is a Power. God is not made of bone and skin. God cannot be born and cannot die. Therefore, while it is good to pray to God, we must Realize that all the Gods that we pray to, are ultimately, one Power. We may call our Gods by different names and they may appear differently to each one of us but the truth is, 'God is not God.'

Unless we Realize this Divine Truth that God is not God, we will never Realize God. This may sound like a dichotomy but it is the ultimate truth. God does not live in a temple, church, monastery, *Gurudwara* or Synagogue. As long as we keep on going to these places of worship, we will only be praying to a God that is not God and we will never Realize God.

When we are told that God is not God, many of us may feel offended because we are still in the kindergarten of religion. We don't Realize the simple truth that even though we pray to our God like *Jesus, Shiva or Krishna*, God is not limited to one entity.

No doubt, God may appear as a Saint or be prayed to in a temple but God is in every Soul. God is not just in the God that we pray to. God is in you, God is in me and God is in every butterfly and tree. As long as we restrict our understanding of God and say, 'My God is God and your God is not God,' we will never attain God. It is our ignorance that does not let us Realize that God is not God. God is everything. God is everywhere. **There is no place, where God is not.** God is *Jesus*, God is *Krishna*, just as God is *Rama*, *Shiva*, *Ganesha*, *Buddha* or *Guru Nanak*. Everything is God. **Every God is God.** But to think that my God is God, is the biggest hurdle in attaining the goal of God-Realization.

We should not be confused when we say, 'God is not God.' What must we understand by this? It means that God is not limited or restricted to the one God that we have prayed to, all our life. Every religion has a God and these Gods are not different Gods. Unfortunately, millions of people around the world have been indoctrinated with this belief that only *my* God is God. If we want to Realize God, let us first Realize that *my* God is not the only God. Let us be clear that *my* God, *your* God, his or her God, are all in reality, One Supreme Power. As long as we continue to pray to a God with a name and form, celebrate God's birthday and believe that we will meet God after we die in either heaven or hell, we will never Realize God, as we will remain in ignorance's spell.

*'God is not God,' this Truth,  
we must Realize.*

*When will we stop being blind and open our  
'real' eyes?*



## 2 GOD IS SIP

If God is not God, who is God? We are clear that God exists. Without God, there would not be a you or me. This world would not exist. There would be no mountain and no sea. There would be nothing, if there was no God. The cat, rat, dog, frog, clouds, skies, rivers and flies - everything that is present in the world must have a Creator and the first thing to Realize is that the Creator cannot be the God that we pray to. This is simply because we pray to so many Gods but there is only one Creator. Therefore, the God that we pray to, is not God. Then, who is God? God is SIP.

What is SIP? SIP means the Supreme Immortal Power. When we say 'SIP', we don't relate to the God that we have prayed to, all our life. When we say 'SIP', the word that comes to our lip reminds us that God is Supreme, God is Immortal and God is a Power. God is not a *Hindu* or a *Christian* or a *Buddhist* or of any other religion. So, how can we accept that God is SIP?

There can be no God that created God. If we believe that there is a Super-God, who created the Super-God? Then, there must be a Super-Super-God too. This makes us Realize that God is Supreme. There is nothing beyond God and there is nobody more powerful than God. Therefore, we must consider God to be Supreme.

If God were to die and be born, God should have had a mother and father and this creates another cycle of confusion. So, God is birthless, deathless, beginningless and endless. God is Immortal. Therefore, God is Supreme and Immortal.


As long as we consider God to be one whom we can picture, we cannot Realize God. Can you picture electricity? No. Though it appears in a light bulb and a television, electricity is a Power that is invisible. So is God! God is a Power! Therefore, God is a Supreme Immortal Power. God is SIP.

This does not deny the existence of God. This does not dispute the God that we prayed to, all our life. This only goes one step further to make us Realize that God is not the 'Gods' that we talk of. God does not live in the sky. It is a lie! The truth is that God exists but God is not God. God is SIP, the Supreme Immortal Power.

The moment we say 'SIP', we start our journey to God-Realization. It does not mean that we should stop praying to our God. We should continue to pray - not to but *through* our God to that Power that is Supreme and Immortal. Maybe, we visualized God as our God, whom we prayed to, for so many years but the Truth is that God is SIP, the Supreme Immortal Power.

*God is Supreme, God is Immortal,  
God is a Power, SIP.  
If we want to Realize God,  
Our Belief must flip!*

# 3 LETTING GO OF GOD



If we want to Realize God, we have to let go of God. 'OMG! What does this mean? How can I Realize God by letting go of God?' This can be a common reaction. But it is the truth. We cannot Realize God unless we let go of God.

From the time we are kids, we cling to our God. We have faith, hope and trust. We believe that with God, all things are possible. We look up at a picture of God or touch the feet of a statue and feel that God protects us and takes care of us. No doubt, all this is true. But as long as we cling to the image of God, we can never Realize God. This is because God is not the God that we have been praying to. God is SIP, the Supreme Immortal Power. As kids, we may never understand the Power of the Divine. How can a young child fathom an invisible God, a God that is Immortal and a God that is a Power? A young child needs an image, a form or something to pray to. And so, there are many fairy tales and mythological stories that build our faith in God but those forms or pictures are not God. They are just an image of God and unless we go beyond the image, we will never Realize the kingdom of God within.

Imagine teaching a child about electricity in the nursery class. How will somebody in a kindergarten understand the meaning of energy? A child first learns ABC, then, 123 and grows up and goes to high school, where the concept of science is explained. Unfortunately, as we grow up in life, we stick to the kindergarten

of religion and do not learn the science of the Spirit. Therefore, we continue to cling to our God and think that God is God. Of course, God is God but God is not that picture, that statue, that name or form. God is a Power, a Supreme Power that is Immortal. God is SIP. While we are taught that energy cannot be created or destroyed and it is not visible, we are not taught that God is a Power that is Immortal, Supreme and present everywhere. We are not taught that God is the Power that makes the heart throb within. Therefore, we continue to believe in a God and go to temple and church but don't search for a God with love and longing. We just believe in the myth and we grow up with rituals, superstitions and dogmas. If we want to Realize God, we have to let go of God.

*Ramakrishna Paramahansa loved God. But he thought that God was the Goddess Kali. His Guru told him, 'Unless you remove Kali from your life, you cannot Realize God.' But Kali would always fill his Consciousness. It is said that in his journey to Realize God, he killed the Goddess Kali with a sword, when her vision appeared in front of him and then, he Realized God. As long as we stick to an image of God, we cannot Realize God because God is not that image. We have to let go of God and not let go of SIP. It is when we Realize that God is SIP, let go of the name and form and continue longing for SIP, we will Realize God as SIP.*

***As long as we believe God to be a God  
with name and form.  
We will never Realize God,  
for the mind will create a storm!***



# 4 REALIZING GOD

What is God-Realization? What is it to ultimately, attain God? If we cannot find God but we have to Realize God, how can we Realize God?

On this journey of God-Realization, we started with understanding God. There is no doubt that God exists but most of us don't know, 'Who is God? Where is God? What is God?' Most of us pray but we don't understand, what we say and to whom we pray. Therefore, we just bray! Only a few of us truly seek God. We have that deep love and longing for God. We go on a quest and understand the difference between religion and Spirituality. We let go of the myth that we have grown up with and ultimately, Realize that God does not belong to any religion. God is SIP, a Supreme Immortal Power.

On the journey to attain God, we accumulate so much knowledge and if we are sincere, this knowledge becomes wisdom, which ultimately, makes us Realize God but knowledge is just knowledge. All the knowledge in the world cannot make us Realize God. Even though we know that God is SIP, the Supreme Immortal Power, Realizing God is very different.

What, then, is Realizing God all about? In the journey to God-Realization, the first Realization is that God is not the God that I have been praying to but God is a Power that is omnipresent - present everywhere, omnipotent - all-powerful and omniscient

- knows everything but even this knowledge is not enough. When we experience God everywhere, in everything, we have started our journey of Realizing God. Realizing God means Realizing that I am not 'I'. I am nothing. Only God is. It is Realizing that this whole world is nothing but a manifestation of God. As long as we question as to how this is possible, we have not yet Realized God. But the moment we Realize that God in you and me, in the butterfly and the tree and in the mountain and the sea, we have Realized God. In that moment, prayer becomes Yoga, a Divine union. One lives in complete surrender and Divine acceptance. All this is possible only with the Realization that God is SIP, the Supreme Immortal Power. If we still cling to our personal God, we have not reached the destination of God-Realization. God-Realization is the ultimate goal of life.

**Realizing God can happen only when we first Realize, 'Who am 'I'?' If we Realize, 'I am a Soul,' we can then, Realize that the Soul is SIP. This leads to the Realization, 'I am SIP,' and ultimately, Realizing, 'SIP is in all.'** This completes the journey of God-Realization. But a very few people are blessed to reach this destination. Most of us are stuck with our religion and God, with rituals and superstitions. So, there is no God-Realization. The Truth is that God is SIP but from this truth, we slip. We have no grip of SIP. When will we board that ship and start our trip to SIP, the Supreme Immortal Power?

*God-Realization is  
our ultimate destination.  
We don't reach this conclusion  
because we live in confusion!*



# 5 LOVING GOD IN ALL

What is an indication that one has Realized God? The first indication is that one will see God in all, love God in all and serve God in all. God-Realization is the revelation that God is not in the stars or somewhere far away on Mars. God exists just beneath the skin. God is the Divine that is within. Every Soul is God, a Spark Of Unique Life that comes from SIP, the Supreme Immortal Power. If we Realize this, our devotion for God, our faith and trust will evolve and transcend to love and we will love God, all the time.

How can we love God? If God is a mysterious Power that is very far away, we cannot love God. The only way to love God is to Realize God in all. And so, it is true the other way round too. The only way to Realize God is to Love God in all.

Loving God does not mean just loving your beloved, your parents, children or even your friends as God rather, it means loving every creature as God. Nobody is ugly or dirty. Every Soul is a spark of God's energy. Every living being is a walking and talking image of God. When we are able to see God in every Soul, we have Realized God. God-Realization is the gift of serving every living creature as a Divine manifestation. It may be a dog or a cat or a frog or a rat. Every creature is God and when we serve suffering humanity or any of God's creation, we are serving none other than God.

Most of us live and die, without understanding who is God, where is God and what is God. We pray, thinking that prayer is the way to God. Of course, prayer is good but everybody who prays will not Realize God. Only the one who seeks God, who has deep love and longing for God and who goes in quest of God, Realizes God. The moment he Realizes God, he can live with God's presence all the time. **True God-Realization is indicated by one's attitude of service and one's emotion of Universal Divine Love.**

What is God-Realization? It is the Realization that God is not God. God is SIP, the Supreme Immortal Power. God is the Soul in every living creature. Once we Realize this, there is no difficulty in loving God. If we love every living being, deep from the Soul within, it is nothing other than loving God. Those who love God in one and all have Realized God.

There is no other way of loving God. However much we offer to God whether our prayers, our visits to the temple or church or other pilgrimages — all these acts of faith neither show our deep love for God nor reflect God-Realization. **God-Realization is the Illumination that God is in everyone.** God-Realization is loving the God in you, in me, in a butterfly or a tree. It is feeling Divine energy. It is not loving the beloved as one made of bone and skin. It is love for the Divine within. Such love has no expectations or conditions.

*If we can See God in all,  
Love God in all, Serve God in all,  
Then from the climb to God-Realization,  
we can never fall!*

# 6 EVERYTHING BEAUTIFUL IS DIVINE

A serene landscape featuring a sunset or sunrise over a calm body of water. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The sun is low on the horizon, creating a bright glow. In the foreground, an open book floats on the water's surface, with its pages illuminated by the warm light of the sun. The overall atmosphere is peaceful and spiritual.

Look around you. Isn't the sunrise amazing? Isn't the sunset Divine? The setting of the mountains and the oceans, the rivers and the seas, the amazing fruits and leaves and flowers on the trees. Everything around us is so beautiful. What is this beauty? This beauty is Divinity but we are unable to Realize this.

Ignorance blinds us. We are a slave of our mind and the Divine is left behind. The truth is that the Divine is everywhere, in everything but we are unable to see it. We have to open our real eyes to Realize that everything beautiful is Divine.

What happens when you see a child that is newly born? You are amazed by the life in the child. As that little baby smiles or cries, as that tiny hand grasps your finger, you can feel the Divine Power. A baby grows and then, crawls and tries to walk. We see so much beauty in that baby but do we stop to ponder on where that beauty comes from? Those who are fortunate to see the birth of a little chick or blessed to hold a tiny baby rabbit in their palms Realize the Divinity in the beauty of every living creature.

Birds that fly in the sky and sing and the other creatures that the forests bring, the peacocks and flamingos, kingfishers and swans, each of these birds who opens its wings, unties the strings that bind the beauty of this world. The world's beauty is also prevalent in the under-water world. Ask those who go

snorkelling or scuba diving. There are millions of different coloured fish and other sea-life that makes one, spellbound. It is so evident that the beauty under the waters, dancing around the corals is none other than the Divine that we call, God.

God is the beauty in everything beautiful. The majestic tiger, the lion, the glorious elephant or the galloping horse - each of these reveal the presence of God. Many of us are blessed to feel the love of God when our cute little pet dog wags its tail. We don't see a DOG. We see GOD. This is God-Realization.

God-Realization is Realizing that every beautiful creature is God. **When we see Divinity in beauty, it is a sign of Realizing God.** Many of us experience the Divine and are raptured by the wondrous beauty created by God. This is not God-Realization. God-Realization is not about thinking how amazing God is to have created all the beauty. God-Realization is Realizing that all this beauty is God. Everything beautiful is a manifestation of the Divine.

Why is it that when the Soul leaves a beautiful living creature, there is no beauty left? It is because the Divine departs. The Soul is SIP. The Soul is God. The Soul is the life within. When the Soul leaves, every beautiful creature starts to decay because God has left. Beauty is God.

*Every beautiful creature is  
a part of God's design.  
We are amazed by the beauty  
but forget the Divine.*

# 7 WE ARE ALL GOD



What is man's greatest sin? It is not greed or lust that leads him to steal. It is not anger, hate or revenge. Man's greatest sin is that he forgets he is the Divine that is within. Because man is under the spell of this sin, he doesn't Realize that God is within. God is not the God that we have been taught about. Unfortunately, we remain a fool because of what we are taught in school and we think of God to be that heavenly father, to whom we will one day, come face-to-face after we are dead. Isn't it sad that we fill our head with so much junk that we are unable to Realize the simple Truth and be a monk? When will we Realize that God is all around us? God is walking and talking. God is singing and flying. God is swimming and galloping. God is not far away. God is with you. God is with me. God is that beautiful butterfly. God is buzzing as a bee. God is every flower and every fruit, on every tree. We are ignorant because we are searching for God, when God is within.

*If we take a dead rubber balloon and blow into it, it starts bouncing up and down with life. It comes to life. It doesn't matter what the colour of the balloon is. Likewise, we come to life, no matter what our colour is, what our country is, what our religion is, we come to life, we are alive because God is within us. We are alive because the Soul, which is nothing but God energy, God-power gives us life. But we are ignorant. God is within below our skin but we are busy going to pilgrimages, temples and churches. We don't search inside us and Realize that God is within you and me.*

We all look different and classify ourselves as Indians, Americans, Japanese and Chinese but the truth is that we are all manifestations of the one Divine. Those who Realize their true self, Realize that we are not the body or mind. They Realize that we are the Soul. Self-Realization reveals that the body comes later. We are conceived first. The body will die one day and we, the Soul, will depart. The mind, we cannot find but the God energy is in every cell of our existence. Thus, Self-Realization leads to God- Realization. When we Realize that we are the Soul and the Soul is God, we also Realize that everybody is God. Everybody has a Soul. Every creature is only a manifestation of the Soul, which is God. **God-Realization reveals the greatest gift that we are not mortal bodies that will die. We are all Immortal Souls.** It lets us love the God in all. It teaches us that we may appear to be different bodies on the outside but in reality, we are all the one God that is inside. God is in me. God is in you. This is not a fairy tale. This is absolutely true.

As long as we don't Realize God, we will scoff at the thought that man is God. 'How can man be God?' the mind questions. Realization reveals that God is everywhere. God is in everything. God is a Spark Of Unique Life, the Soul that created you and me.

*God is not far away in the sky.  
God is in you. God is in me.  
Unless we Realize God, This Truth,  
we cannot see!*



# 8 THIS WORLD IS A MANIFESTATION

As we move forward in the journey of God-Realization, we may be flabbergasted to Realize that this world is not a creation of God. So long, we believed that everything in this world was created by God - you, me and everything that we see. The sun, moon, stars, birds, animals, flowers and everything around us has one Creator that we call, God. We then, Realize that God is not God. God is SIP, a Supreme Immortal Power. This leads to the most startling revelation that nothing is created by God. Everything is God. Everything is SIP. **Everything is a manifestation of SIP.** What does this mean? This world appears so beautiful and we Realize that all the beauty is because of God or SIP. When SIP departs, there is no beauty. Beauty is divinity. A beautiful human being becomes so ugly and decays at death, when SIP, the Soul leaves. So does a beautiful flower that blooms and goes to doom without the life energy in it. A bird that flies and sings becomes nothing but rags, once it dies. We think that once SIP leaves, there will be no beauty. We believe that SIP gives beauty to everything that is beautiful. **The revelation now, is that SIP doesn't give beauty, rather, SIP is the beauty in everything beautiful.**

The greatest revelation of life and of God-Realization is that SIP is in every Soul, just as SIP is in every molecule of matter. This whole world that appears to be, is nothing but a Cosmic Illusion. It is a manifestation of SIP. This truth is beyond human comprehension. Nobody can understand this. It needs

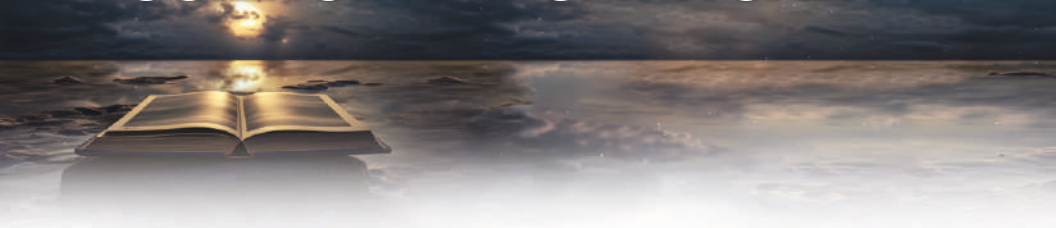
Realization. It needs God-Realization that begins with Self-Realization and ends as the ultimate Realization that everything is a manifestation of SIP. It is so difficult to comprehend this. I am SIP. You are SIP. Everybody is SIP. Everything is SIP. Without SIP, there is nothing. Some people wonder how this is possible. The simplest way to understand it is to imagine the beginning, where there was nothing. Only SIP was. There was no cosmos, no earth and no life on earth. Only SIP, the Supreme Immortal Power existed. Then, SIP manifested as the 5 elements of matter – earth, water, air, fire and space. From these 5 elements, the cosmos appeared. The Power of SIP manifested as the earth. Everything inanimate, the mountains, the seas, the rivers, all manifested from SIP. Then, there was nature but there was no life in it. SIP manifested as the Soul and the Spark Of Unique Life manifested as human beings, animals, birds and trees. Suddenly this whole world came alive, with all that is alive in it. But what is the truth? Everything is SIP. Everything appears to be but is Maya, a Cosmic Illusion. It is a manifestation. It is SIP appearing as everything, animate and inanimate. This is the biggest Realization in God-Realization.

It is not difficult to Realize that there is no bangle, no necklace, no chain and no ring. There is gold in everything. Remove the gold and there is nothing. But we cannot comprehend that everything on earth is SIP. Without SIP, there is nothing. Everything is a manifestation of SIP.

*Everything is a Manifestation,  
This is the biggest Realization.  
The World is not a Cosmic Illusion  
but it is SIP Manifestation.*

# 9

## SCIENCE AND SPIRITUALITY



On the journey of God-Realization, it is quite strange that science, which is completely opposed to religion has so much synergy with Spirituality. Over the centuries, science has questioned religion. What God are you talking about? How many Gods are there? Who is the real God? Which religion is the real religion? Science ridiculed how somebody, who had died, can go to a distant heaven or hell. There are so many rituals and dogmas in religion that science and religion have become opposite poles, completely apart from each other.

The majority of the world uses religion as a tool to discover God. However, God cannot be discovered. Science, which is practical and logical refutes all theories of God that are rooted in religion but when it comes to Spirituality, science has started to patiently listen. Spirituality is not like religion. While all religions are good, they are just the basic foundation of God-Realization. Spirituality is the university, which helps one to go on a quest and then, reach God-Realization through Self-Realization.

What is the connection between Spirituality and science? Both science and Spirituality agree that there is energy. What does science say about energy? According to science, over 95% of the universe is made up of dark energy and dark matter. Even the other 5%, as per the scientific study of Quantum Physics and Quantum Mechanics, is nothing but energy. In 2022, three

physicists were jointly awarded the Nobel Prize for their work in Quantum Physics and Quantum Mechanics. This branch of science coined the theory of the Wave-Particle Duality. In an experiment, scientists were flabbergasted to observe that a particle of matter, under a microscope, suddenly disappeared into nothing. As they were trying to record their observations, the particle reappeared. The scientists called this phenomenon, the Wave-Particle Duality. Since then, science has accepted that every particle of matter is ultimately, nothing but energy. This leads to an acceptance that the entire universe is energy.

**How do science and Spirituality have synergy? They both agree that everything in this universe is energy.** Over centuries, Spirituality has been advocating that we are not the body, mind and ego, we are the Soul. The kingdom of God is within. This world is a manifestation of the Divine. Everything in this world is made up of SIP, the Supreme Immortal Power. Science calls this energy. Spirituality calls it Power. There is no difference, in reality. It is a matter of time before Spirituality, the science of the spirit, will have complete convergence with modern-day science. Science says that energy can neither be created nor destroyed. Spirituality says the same. We are immortal Souls – birthless, deathless, beginningless and endless. Spirituality says that the Soul is God. Science says that the world is energy. Both are saying the same thing but in different ways. God-Realization is nothing but Realizing the Universal Power, which is also accepted by science.

*Science and Spirituality,  
both have synergy.  
Both agree the entire universe is nothing  
but energy.*

# 10

## OVERCOMING IGNORANCE AND REALIZING GOD



Finally, what is the purpose of our existence? What is our ultimate destination? Are we just meant to live and die? Was there no purpose for us to take this human birth and come to earth? As long as we don't Realize that life has a purpose, our life will remain like a circus and we will be like a clown that is just jumping up and down. If we don't have meaning and purpose in life, we will just drift through our life. We will never discover, 'Who am I?' and one day, we will die. And out of ignorance, we will believe that we will go and meet God face-to-face, in the sky. But this is a lie.

The purpose of our life is to discover the purpose of our life. The purpose of our life is to Realize God. If we don't understand the existence of God and if we don't go on a quest to discover who is God, where is God and what is God, then, one day we will be gone and thereafter, we will be reborn and this will go, on and on. Even if we try to do good Karma, we will experience trauma because we will not Realize that life is just a drama. Many of us pray to God but we grow up with the myth of religion. How many people have heard of God-Realization? Very few. We go to a temple or a church but we don't really search for God because we are enveloped in the darkness of ignorance.

So, how can we overcome ignorance? The only way to overcome ignorance is Enlightenment. We have to switch on the light, within. We have to Realize that there is a Power inside

us that throbs and creates life. The heart, beats, we breathe, talk, sing and do everything but never discover this Power that is within. One day, we lose our breath. And our family, after our death, destroys our body. The world believes that we have gone to God and what will remain of us will probably be a picture in a photo frame. Is this what life is all about?

The purpose of life is to overcome ignorance through the Realization of the Truth. When there is Purification of our thoughts and beliefs, there will be Illumination of the Truth. Several such Illuminations will lead to Self-Realization. Self-Realization is the only way to God-Realization. There is no other way and unless we are Enlightened with the Truth, we cannot eliminate the darkness of ignorance, which stops us from Realizing God. If we are one of those few who have the love and longing for God, our Realization of God will lead to Liberation from rebirth and ultimately, Unification with the Divine. This Truth has to be Realized. One has to experience it through inference and only a few are blessed to Realize God.

This book has a simple method, which starts with a very basic of understanding God and takes us through the process of Purification, Illumination, Realization, Liberation and Unification. It is up to us. If we Realize the simple truth that I am not 'I', that I am not the body, mind and ego but the Divine Soul, we can ultimately, Realize God within. God is in you! God is in me!

*To Realize God,  
We must get to the bottom of the root.  
We must Overcome  
Ignorance and Realize the Truth!*

# PART F

## FAQ - FREQUENTLY ASKED QUESTIONS ABOUT GOD

*There are so many Questions we have about God.  
Who will Answer how to Realize our Lord?*

*If we want to Realize God, we must first Transcend our Mind,  
And then to Realize God, an Enlightened Guru we must Find!*

## **1. Who is God?**

God is SIP, the Supreme Immortal Power. God has no name and form. God is beginningless, endless, birthless and deathless. SIP is the Creator of this universe. SIP does not belong to any religion.

## **2. Where is God?**

God is everywhere. God is SIP, a Supreme Power that is in every Soul that lives. God is in every molecule of matter. God is omnipresent and even science agrees that there is a Power that is everywhere.

## **3. What is God?**

God is a Power. God cannot be defined. It is like electricity which is invisible. So is God, the Power that throbs inside us. God is life energy. God is the Soul.

## **4. Will we meet God in heaven one day?**

After the body dies, it will return to dust as it is buried or burnt. Then, who will meet God and where is heaven and how will we go there? We will never meet God but we can be one with God.

## **5. Are heaven and hell real?**

Heaven and hell are not physical locations somewhere on a distant planet. We experience heaven or hell every time we take birth on earth.

## **6. Does God control our destiny?**

SIP has created universal laws to control everything. The earth rotates and revolves and life evolves as per universal laws. The Law of Karma, the law of action and reaction, controls our destiny. *As we sow, so shall we reap.*

## **7. Will good Karma lead us to God?**

Good Karma will only lead us to a good birth on earth. It will not liberate us from this world and unite us with SIP.

## **8. How can we attain God?**

We cannot find God. We can Realize SIP through God-Realization.

## **9. What is the way to God-Realization?**

There is only one way to God-Realization. It is Self-Realization.

## **10. Can anybody or everybody Realize God?**

Only human beings can Realize God. Other living creatures can't. Those human beings who have a deep love and longing for God, can be Enlightened and then, Realize God.

## **11. What stops us from God-Realization?**

Ignorance! Because we don't Realize who am 'I', we live as the body and die. God is within. God is the Soul, the Spark Of Unique Life. SIP is within.

## **12. Can religion make us Realize God?**

All religions are good but religion is just a kindergarten. It teaches us the ABC of God. To Realize God, we must go to the university of Spirituality, which is not another religion.

## **13. Are there many ways to Realize God?**

While there are many paths, the destination is one. It needs Purification, Illumination and Realization.

**14. What is the difference between God-Realization and Moksha, Nirvana, Salvation or Liberation?**

These are different words. They all mean the same thing. All these refer to the same goal of God-Realization.

**15. How does one Realize God?**

When we Realize, 'I am not this body, mind and ego and I am the Soul and every Soul is SIP,' we Realize God.

**16. Is knowledge of God the same as God-Realization?**

You can get knowledge in a college. But Realization is an inner spark, an inner experience. It needs the grace of SIP. Only knowledge is not enough. We need the guidance of a Guru too.

**17. When is God-Realization complete?**

God-Realization is completed in the moment of death. If we are ignorant that we are the Soul, we will experience reincarnation. If we Realize that God is within, it leads to Liberation and Unification with SIP — this Unification completes God-Realization and we attain *Moksha*.

**18. Why should we attain God-Realization?**

God-Realization is the purpose of every human being. If we don't Realize SIP, we will live, cry, die and be reborn. And this cycle will go, on and on.

**19. Why should we Realize God?**

Because when we Realize that we are SIP, we will be free from all misery on earth and the cycle of rebirth. We will attain Eternal Bliss and Peace.

## **20. To Realize God, do we have to renounce the world?**

While we have to live in this world, if we are attached to people, possessions and pleasures, we will not Realize God. To Realize SIP, we must focus on the path of Spirituality that will give us both Eternal Bliss and SIP.

## **21. What is the connection between science and God?**

While science does not accept religion and God, science now agrees that everything in this universe is nothing but energy. This scientific discovery has synergy with Spirituality which states that this whole universe is nothing but a manifestation of the Power that is SIP.

## **22. Why do we call God as SIP and not God?**

We call God, SIP, the Supreme Immortal Power and not just God because the moment we say God, our personal Gods, *Jesus*, *Krishna*, *Shiva* come to mind and this stops us from Realizing that God is SIP.

## **23. Will everybody, who reads this book Realize God?**

This book has everything you need to Realize God. However, knowledge is not enough. Realization needs overcoming of the ignorance and confusion created by the mind.

## **24. Who can help us Realize God?**

Only a Guru, a Spiritually Awakened and Enlightened Master can clear our confusion and help us reach that conclusion of God-Realization. We must have a Guru to Realize God.

For any further Questions on God for which you are seeking

Answers, you can write to AiR directly by email –  
[air@air.ind.in](mailto:air@air.ind.in) or WhatsApp him on +91 98451 55555



# AFTERWORD

For over 40 years, I prayed to a God instead of Realizing, who was God. I was so sincere and so devoted that I even built a unique temple of God, a feat very rare to achieve. But like anybody else, I was trying to find God too. My devotion and my devout life led me to build my faith, my hope and my trust and I lived with enthusiasm. Little did I know, the meaning of God-Realization.

It was only after four decades of faith and belief in my Lord, that I went on a quest to find out, who is God, where is God and what is God. I am grateful that I got the answers. I am blessed that I was Spiritually Awakened. Therefore, today, I share that Enlightenment is not impossible for the seekers of God. Those who truly love God, those who have deep love and longing for the Divine, can Realize God.

Like most of the world, I was also trapped in the rituals and dogmas of my religion. It was a big challenge to let go of God. But only then, could I Realize God. It was only when I Realized that God is not God and God is SIP that I became one with the Lord. Anybody can go on a journey of Self-Realization and if there is Illumination, they can proceed to God-Realization and Realize the kingdom of God within. Yes, God lives in the temple of our heart but we search for God everywhere.

Isn't it sad that man is God but man Realizes this not? Man has become so fanatical that he is willing to kill man, in the name of God. We are so enamoured by the mythological stories of angels, Gods and Goddesses, that we are lost in myths. We don't Realize the truth. Today, the world is fighting wars in the name of religion. Man has etched out the word of God and by doing so, has eliminated God from his life. Man does not Realize that God is one without name and form. God is beginningless, endless, birthless and deathless. God is a Power, a Supreme Power, an Immortal Power. And because we are Spiritually blind, this Truth, we leave far behind. We live and die searching for God but don't Realize God.

This is man's greatest sin. Man commits all other sins only because he doesn't Realize God within. Therefore, man suffers. He, then, prays to a God in some distant heaven and believes the lies that after he dies, he will go to the skies and meet God face-to-face. Man does not Realize the Truth because he does not go on a quest and does not get to the bottom of the root.

**Having Realized God myself, I have dedicated my life in helping people Realize God.** The only way to God-Realization is through Self-Realization. There is no other way. Nobody can make us Realize God. Unless we open our real eyes, we will continue to analyse but never Realize God. God-Realization is an experience and the ultimate purpose of our life.

*The only way to God-Realization is  
Self-Realization.  
It is my Mission to help others,  
reach the Destination!*





# POEM

## GOD - REALIZATION

*Who is God? Where is God? What is God? We ask  
Then, we think that this is an impossible task  
And we go to Temple and we go to Church  
Desperate to find God, we continue our search  
Little do we Realize that God lives within  
God is not far away, God is just beneath the skin  
But because we don't Realize that the way is Self-Realization  
We live and die without God-Realization!*

*Some question, 'Is everything about God, a bunch of lies?'  
Others blindly believe that God lives in the skies  
Then, some people Pray and live with Hope  
They need God so with problems, they can cope  
We Pray, we Chant and we all live with Faith  
We believe that one day, we will go to Heaven's Gate  
And so, we live, waiting to meet God face-to-face  
We don't Realize God, we don't get Divine grace!*

# GOD - REALIZATION

Poem

*Only the one who lives with Love and Longing for God  
He Realizes God who has a Yearning for the Lord  
He questions his religion and puts all beliefs to Test  
He wants God so much that he begins his Quest  
He doesn't believe the 'Big Bang' and the Theory of the Ape  
He Realizes God is in every Soul and things of any shape  
His journey of God is a journey of God-Realization  
He Realizes God after his Self-Realization!*

*God is not God, God is SIP  
The Supreme Immortal Power that brings life to our Lip  
Because we believe in lies, most of us slip  
We don't love God enough, we don't get a grip  
We are lost in this material world on this earthly trip  
We don't go in Quest of God, We don't go aboard the Divine Ship  
When we start to live with the name of SIP on our lip  
Then we will begin towards God, our Trip*

*To Realize God, first, We must Realize, 'Who am I?'  
We must Realize that one day, this body will die  
We are not the mind that we can never find  
We are not the ego, Let's leave this lie behind  
If we are not body, mind and ego, then, who are we?  
We are none other than God's Divine Energy  
When we Realize that We are a Spark Of Unique Life, the Soul  
Then, we will Realize God, We will achieve our Goal!*

# AIR - ATMAN IN RAVI



# GOD - REALIZATION

*It's strange but True but God stops us from God!  
The belief in 'our' God stops us from Realizing our Lord  
We just blindly believe in the religion we learned in school  
And so, We don't Realize God, We live and die a fool  
All Religions are good but we need Spirituality  
Like after school we graduate from a University  
We must let go of the myth that the Scriptures tell  
If we want to Realize God, We must get out of this spell!*

*God is not God, God is SIP  
The Supreme Immortal Power. Let's learn this and flip  
God has no beginning, God has no end  
God is birthless and deathless, Forever, he does extend  
God is the Soul that gives life to You and Me  
God is in every molecule, God is energy  
This world is nothing but God, Everything is an Illusion  
Everything in this world is God's manifestation!*



# GOD - REALIZATION

Poem

*When will we stop and Realize that Beauty is Divinity,  
That we will never die, We will become one with Eternity?  
We are not the different bodies that we seem to be  
Nor are we the Mind and Ego that says, 'ME'  
God is in You, God is in Me, God is in every Tree  
God is in the animals, fishes, butterfly and the bee  
God is in the mountain, God is in the sea,  
God is in the skies, in the river and in all that we can see!*

*Today, let us Start our Journey to Realize God  
Let us begin a Quest that will take us to our Lord  
Let us leave behind the Rituals, Dogmas, Superstition  
Let us start our Journey to God, Let us go within  
God is everywhere, God is in everything  
Joy, Peace and Love, This, Realization will bring  
When we Realize, 'I am God, You are God, Everything is God'  
We will be Liberated and United, We'll become one with our Lord!*

By  
**AiR**  
Atman in Ravi

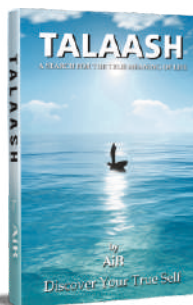
# AiR - ATMAN IN RAVI



# OTHER BOOKS BY AiR

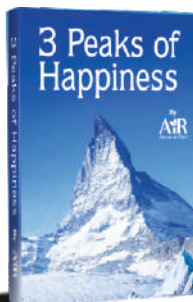
## 1. Talaash

Talaash means 'search' or a 'quest'. This book by AiR recounts his own Spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.



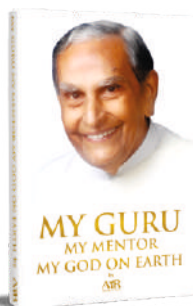
## 2. 3 Peaks of Happiness

This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us Eternal Joy and Bliss.



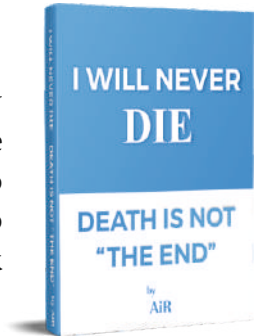
## 3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his Spiritual quest and bringing about the transformation in him.



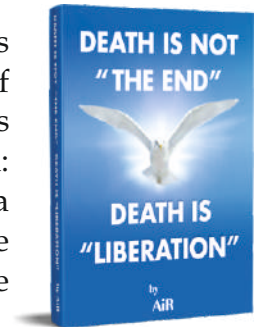
#### 4. I will Never Die, Death is Not “The End”

In the journey of his life, AiR Realized many truths. One of the truths is a revelation – we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.



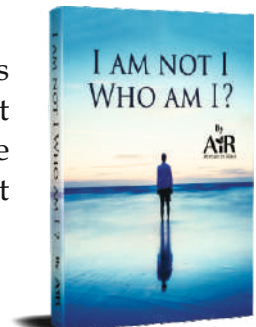
#### 5. Death is Not “The End.” Death is “Liberation”

The second book by AiR in the series of books on 'Death' touches upon the secret of *Kathopanishad* which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we Realize that we are the Soul and not the body and mind, we are liberated to Eternal Joy and Peace.



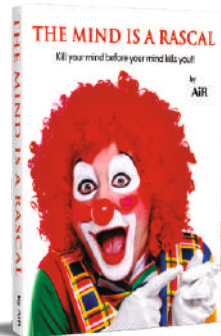
#### 6. I Am Not I. Who Am I?

This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?



## 7. The Mind is a Rascal

You always thought that the mind is king—it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will Realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.



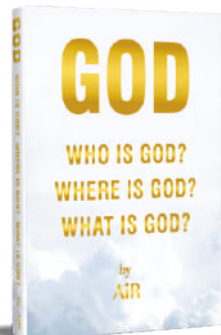
## 8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.



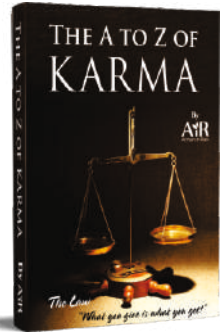
## 9. Who is God? Where is God? What is God?

These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.



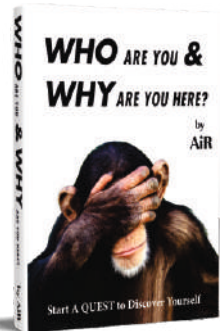
## 10. The A to Z of Karma

Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of Eternal Joy and Peace – a life without any misery or suffering.



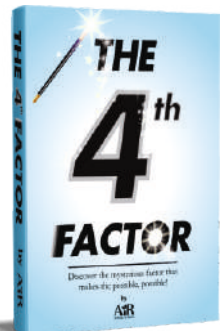
## 11. Who Are You and Why Are You Here?

This is a simple book that prompts us to ask the right questions to discover the secret of our life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.



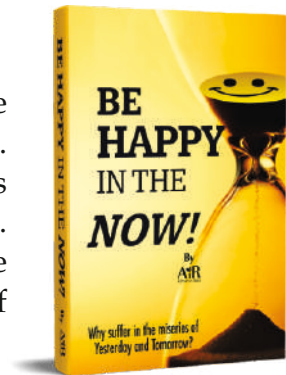
## 12. The 4<sup>th</sup> Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4<sup>th</sup> Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!



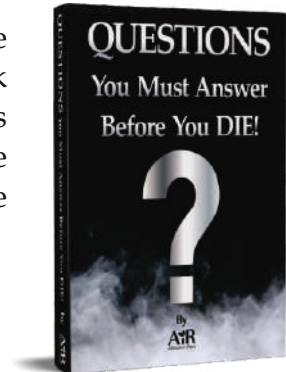
### 13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of Eternal Joy, Bliss and Peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.



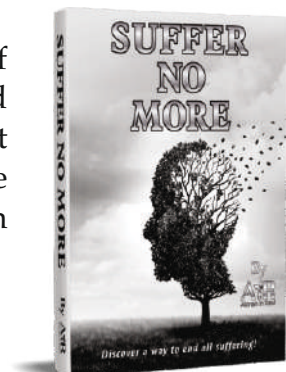
### 14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.



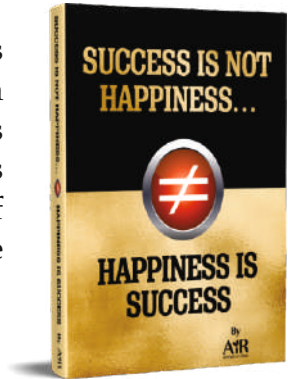
### 15. Suffer No More

'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.



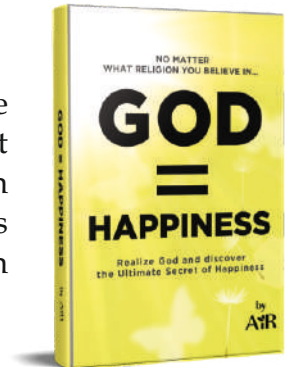
## 16. Success is not Happiness, Happiness is Success

People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.



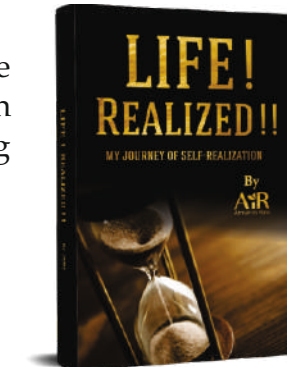
## 17. God = Happiness

In his quest to discover Truth and the purpose of life, the author Realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.



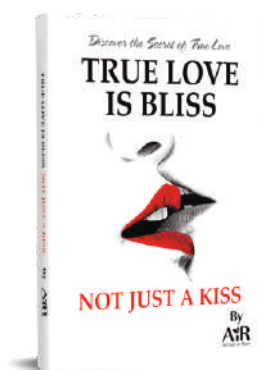
## 18. Life! Realized!!

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.



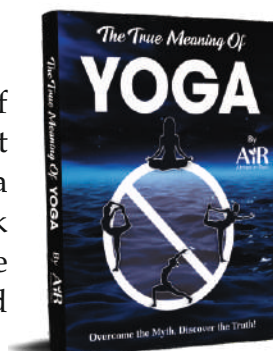
## 19. True Love is Bliss...Not Just a Kiss

Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



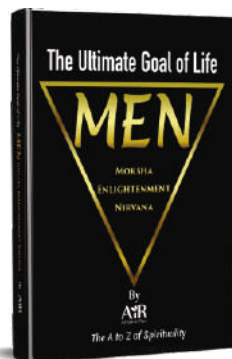
## 20. The True Meaning of Yoga

Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.



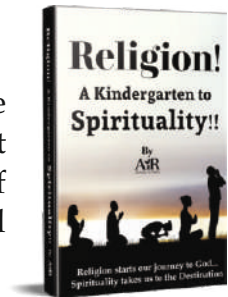
## 21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

The three most tenable concepts—*Moksha*, Enlightenment, *Nirvana* are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.



## 22. Religion! A Kindergarten to Spirituality!!

This book discusses how Religion is only the first step towards God-Realization. We do not Realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-Realization.



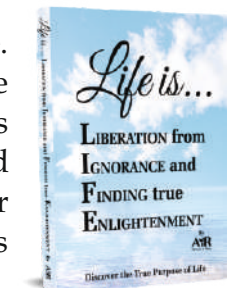
## 23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!



## 24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't Realize that they lose their most precious gift—life itself. This book reveals what life is all about.



## 25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-Realization.



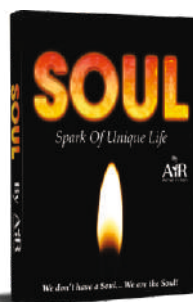
## 26. FEAR- False Expectations Appearing Real

The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.



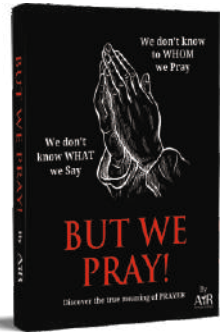
## 27. SOUL - Spark of Unique Life

The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and Realize - we don't have a Soul...we are the Soul!



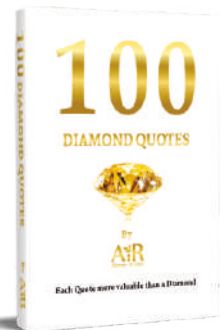
## 28. But We Pray!

The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.



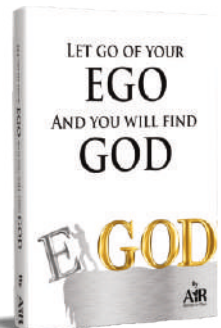
## 29. 100 Diamond Quotes

Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on Happiness, Liberation, Realization, Spirituality and Enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.



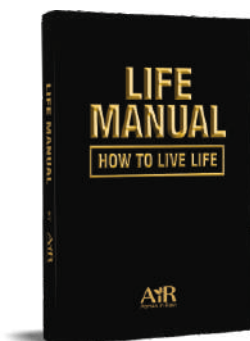
## 30. Let go of your Ego and you will find God

Are you seeking God? All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego.



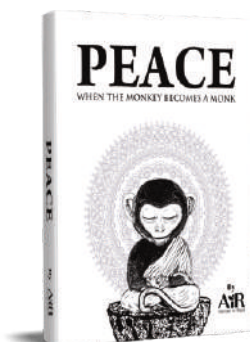
### 31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But there is no such manual on life. This book is what we all need. It tells us what life is and how we should make the most of it.



### 32. PEACE... When the Monkey becomes a Monk!

We all seek peace of mind but we don't Realize that it is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it a monk, we will never be able to experience true bliss. This book will show us the way.



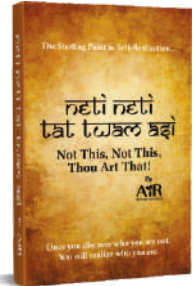
### 33. SatChitAnanda - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of *SatChitAnanda* and shows us the way to live every moment of life with seamless joy and peace.



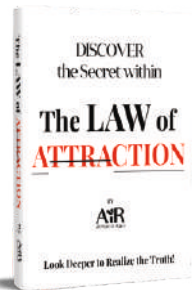
### 34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

What is the way for a common man to be enlightened? This book reveals the key to opening the door to Enlightenment. It is *Neti Neti, Tat Twam Asi*, Not This, Not This, Thou Art That. To Realize the Truth of 'Who am I?' the first thing we must discover is 'Who I am not'.



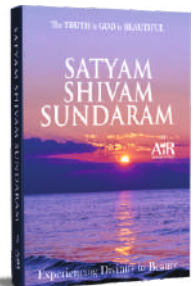
### 35. Discover the SECRET within The LAW of Attraction

Many of us believe in the Law of Attraction, that we can Realize our dreams through this mystical, magical law. But not all people are able to Realize their dreams. This book reveals the 'real secret' within the Law of Attraction that actually works. It is the Law of Action.



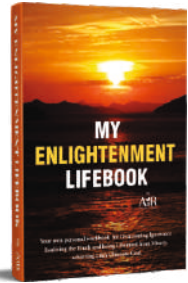
### 36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

This book, based on the ancient chant *Satyam Shivam Sundaram* - the Truth is God is Beautiful, will help us Realize a profound truth, that Beauty is Divinity. It will change the way we pray and build a closer connection with God, as we Realize the Divine in the temple of our heart.



### 37. My Enlightenment Lifebook

This book is a treasure of crystallized wisdom that is put together in a simple manner to help one Realize the Truth. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment.



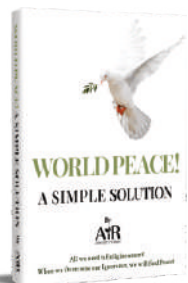
### 38. When you overcome the FEAR of DEATH, You start to LIVE

The fear of death stops us from living life. While we are all 'alive', we are paralyzed by fear. FEAR is only a False Expectation Appearing Real, but when we fear death, we are unable to do many things. We become paranoid and phobic. Unless we overcome the fear of death, how can we truly live?



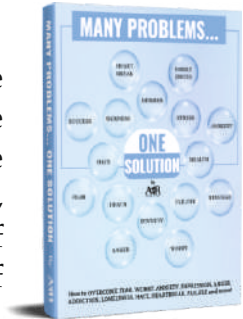
### 39. World Peace! A Simple Solution

The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth.



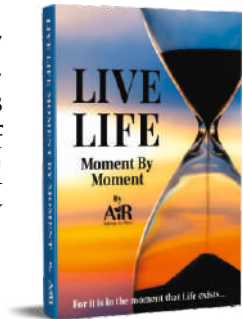
## 40. Many Problems, One Solution

Everybody has problems. Some people have money related problems, some face challenges due to health. There are people who live with fear, worry, jealousy, stress, anxiety, depression, even with the thought of suicide. The list is endless! Is there a way out of this suffering? This book has the secret!



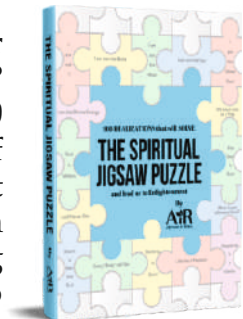
## 41. LIVE LIFE... Moment by Moment

Neither is life a journey from birth to death, nor is it the number of years we live on earth. Life is about 'now', this moment. If we lose this moment, we lose life. Unfortunately, most of us don't live, we just exist! This book will inspire you to Live life in the now, moment by moment!



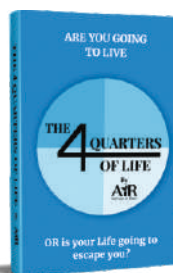
## 42. The Spiritual Jigsaw Puzzle

Are you seeking Eternal Happiness or searching for the ultimate purpose of life? Then this is the perfect book for you. The 100 Realizations in this book are the 100 pieces of the Spiritual Jigsaw Puzzle, that, once put together, will lead you to be Enlightened with the Truth, and Liberate you from all suffering to experience a Spiritual Ecstasy unknown to common man.



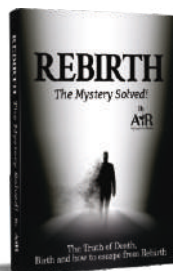
### 43. The 4 Quarters of Life

Read this book to discover the purpose of life. We must divide our life into 4 Quarters. The First Quarter is about Learning, while the Second is about Earning. The Third and the Fourth Quarter are meant for us to attain the Ultimate Goal of life, Enlightenment, which few people do.



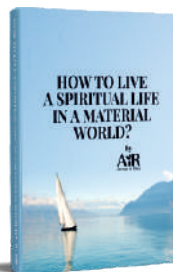
### 44. REBIRTH... The Mystery Solved!

Do you believe in rebirth or does the mystery of rebirth baffle you? We know that death is certain but is there something beyond death? While we witness births and deaths, we wonder whether rebirth is a reality or not. This book will help you decode the mystery of rebirth, just as it will reveal the secret of escaping from the cycle of Death and Rebirth.



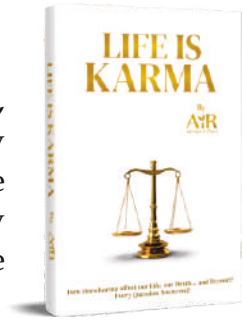
### 45. How to Live a Spiritual Life in a Material World?

Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't Realize that a Spiritual life can liberate us from all misery and suffering. Is it even possible to live a Spiritual life in this material world? Of course, it is! Discover the secret revealed in this book.



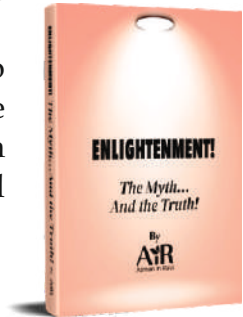
## 46. Life is Karma

Every time something happens in life, we say, 'Karma!' Yet, we still don't understand how Karma really works. This book has all the questions along with the answers and how you can transcend Karma and be free from the Karmic cycle of death and rebirth.



## 47. Enlightenment - The Myth and The Truth

We have been gifted with a human birth so that we can attain Enlightenment. For this we have to unlearn many lies that we have grown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

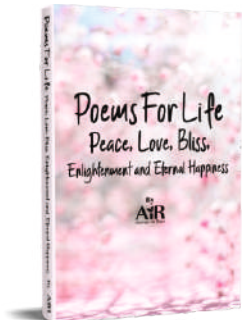


## 48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness.

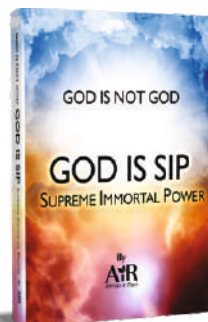
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



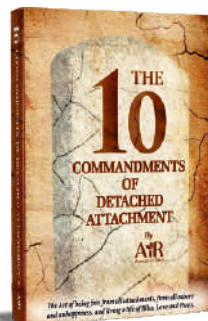
## 49. God is not God. God is SIP – Supreme Immortal Power

God is not God! When you read these words, you will be shocked but this is the Truth. When we say God, we think of the God we pray to every day. When you go in search of God, you Realize that God is Supreme, Immortal, without birth and death. There is no God beyond God. That's why we don't call God, God. We say, God is SIP, the Supreme Immortal Power.



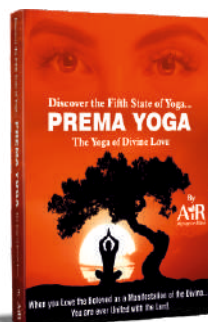
## 50. The 10 Commandments of Detached Attachment

There are the 10 Commandments which can liberate us from all attachments. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of Bliss and Peace.



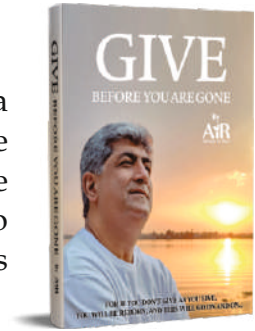
## 51. The Yoga of Divine Love - Prema Yoga

The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.



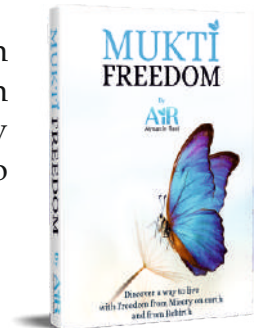
## 52. Give before you are Gone!

Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and Realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.



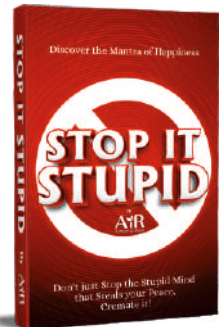
## 53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from all joy stealers, but also Freedom from the Cycle of Death and Rebirth.



## 54. Stop it, Stupid!

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you. In this book, AiR shares a simple tool that will help you stop being a fool, a *Mantra*, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic.



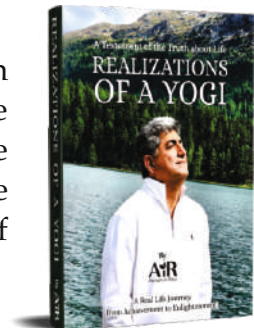
## 55. Don't cut a Cake! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! Your birthday is fake! You were born inside your mother's womb nine months earlier. We are that Spark Of Unique Life, the SOUL that comes alive at conception.



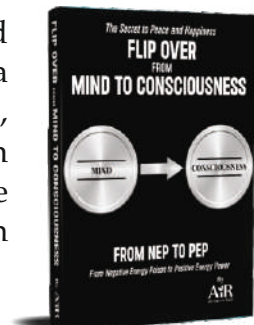
## 56. Realizations of a Yogi

This book is the real life journey of an achiever who Realized the truth and became a Yogi. In this book, AiR shares how he experienced a metamorphosis and how he lives in Yoga to attain the ultimate goal of Liberation and Unification with the Divine.



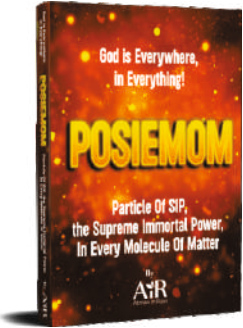
## 57. Flip Over! From Mind to Consciousness, from NEP to PEP

How do you flip your life over from being sad to being glad? There is a way. Flip over from a state of Mind to a state of Consciousness, from Thoughts to Thoughtlessness, from Negative Energy that is Poison, to Positive Energy that is Power. How? The solution is in this book!



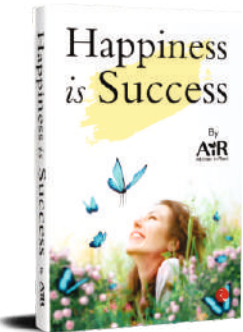
## 58. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God lives somewhere far away in the sky. But God is SIP, the Supreme Immortal Power that is everywhere, in everything. SIP appears as the Soul in living beings and also manifests as every particle that fills this universe. Everything is energy. Even science agrees with this.



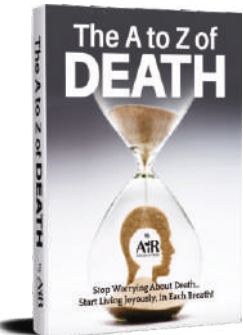
## 59. Happiness is Success

Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, then Fulfilment, only to Realize that the ultimate peak of happiness is beyond these. It is Enlightenment. This book can transform your life.



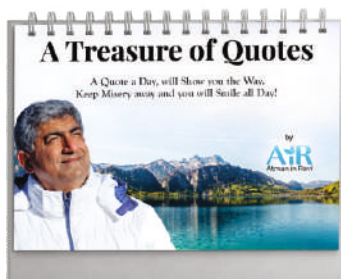
## 60. The A to Z of Death

Death is certain. Still, we fear death because we are ignorant about the truth of death. Death is not the end, it is just a bend. At death, either our Mind and Ego will be reborn based on our Karma or if we are enlightened with the truth, then we will be liberated and united with the Divine.



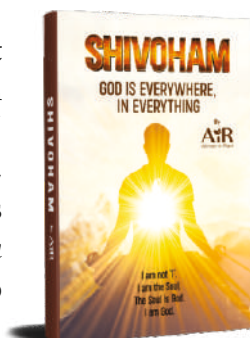
## 61. A Treasure of Quotes – Perpetual Calendar

‘A Treasure of Quotes’ is a Perpetual Calendar. It consists of 366 quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will inspire you to begin a Spiritual Quest.



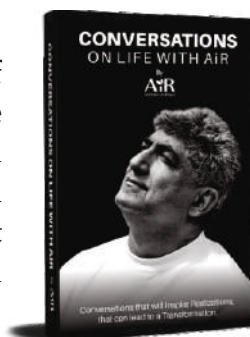
## 62. Shivoham

*Shivoham* means I am *Shiva*! Actually, it means ‘I am nothing but the Divine Soul, a part of the Supreme Immortal Power, SIP.’ Adi Shankara said in the 8<sup>th</sup> century, ‘*Chidananda Rupah Shivoham Shivoham.*’ This book will take you through from *Om Namah Shivaya* to *Shivoham*, from faith in God to Realizing God.



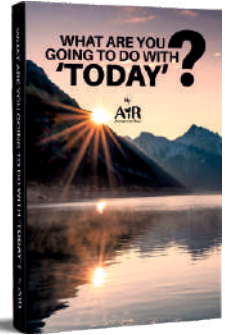
## 63. Conversations on Life with AiR

Conversations on life is a collection of discussions that AiR has had with people he has met on his travels or at conferences and talks. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all misery and suffering.



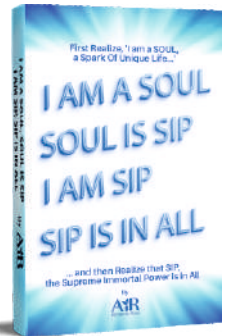
#### 64. What are you going to do with TODAY?

The biggest gift that we all have is the gift of 'Today.' That is why it is called 'The Present'. Unfortunately, we let 'Today' slip away and we don't Realize that our life itself has escaped us. This book will inspire you to take charge of TODAY.



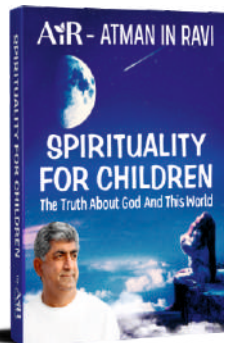
#### 65. I am SOUL. SOUL is SIP. I am SIP. SIP is in All.

We live in ignorance and don't Realize the truth that we are neither the Body nor the Mind and Ego, ME. In reality, we are the SOUL that is nothing but SIP, the Supreme Immortal Power that is everywhere, in everything. These four phrases are identical to the 4 Mahavakyas of the *Upanishads*. This book can help us attain the ultimate goal of life — *Moksha*.



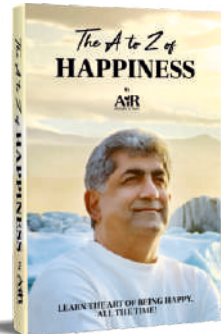
#### 66. Spirituality for Children

Here is a book that has a collection of stories that will help children learn and evolve in a new science, the science of the Spirit known as Spirituality. Let's change the mindset of children and help them take the path of Enlightenment.



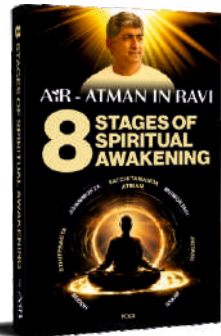
## 67. The A to Z of Happiness

Who doesn't want to be happy? We all enjoy pleasure but don't Realize that Pleasure is only momentary. 'The A to Z of Happiness' is a collection of happiness secrets that are guaranteed to take us to Eternal Bliss and Joy that comes from Truth Consciousness. Get ready to smile all the while.



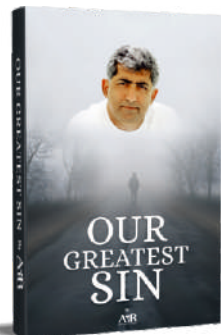
## 68. 8 Stages Of Spiritual Awakening

Spirituality is considered to be a mysterious subject. We are told that if we want to Realize God, we must renounce the world and live in a forest. Unfortunately, we are enveloped in the darkness of ignorance. There are 8 Stages of Spiritual Awakening, but unless we start a Quest, we will not even begin the journey of Self-Realization.



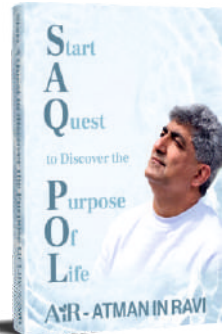
## 69. Our Greatest Sin

What is our Greatest Sin? Is it pride, greed, lust, envy, wrath, sloth or is it something else? Our Greatest Sin is caused by ignorance and believing we are the body, mind and ego, we sin. How can we be free from our Greatest Sin? This book will show us the path to overcome all Sin and win the greatest battle of life.



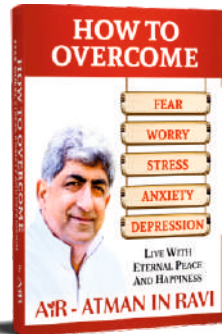
## 70. Start A QUEST to Discover the Purpose of LIFE

Why did we come to earth? Why did we take this human birth? What is the purpose of our existence? We don't discover who we are and why we are here. Isn't it time to start a quest to discover the purpose of life?



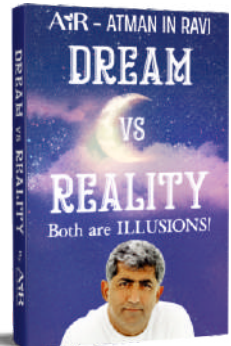
## 71. How to Overcome Fear, Worry, Stress, Anxiety and Depression

We all struggle with these five monsters and suffer because of them. Is there a way to overcome them? There is. All we have to do is to still the Mind and be in the state of Consciousness. This book will show you how to eliminate Fear, Worry, Stress, Anxiety and Depression from your life.



## 72. DREAM vs REALITY... Both are ILLUSIONS

We think that a Dream is just a Dream but Life is reality. But if we contemplate, we will Realize that Life is an illusion too. In fact, Life is nothing more than a dream, a very long dream. This book will take you to that state of Realization where you will discover the Truth of who you are and what your purpose on earth is.



Now...

## 73. God- Realization

Coming Soon...

## 74. Can I Change My Life?



# AiR - ATMAN IN RAVI

## GOD-REALIZATION

Are you in a Quest of God? Are you a Seeker of God? Do you have deep Love and Longing for God? If you do, you can Realize God! always Realize to be Realize in this book.

God doesn't live in a temple or a church. To Realize God, you must change your search and go on a quest. 'Who is God? Where is God? What is God?' These questions will lead one to God-Realization. But God-Realization is possible only through Self-Realization.

What is Self-Realization? It is to ask the questions - 'Who am I and why am I here?' When we discover that we are the Divine Soul, we will achieve the ultimate goal of Realizing God. God does not live somewhere far away in the distant skies. These fairy tales are lies! God lives in the temple of our heart. The kingdom of God is within. Even if we search the whole world, we will never find God. God has to be Realized and this book can lead you to Purification that will cause Illumination and Self-Realization. Then you can attain God-Realization. Start your Quest and begin your journey of God-Realization, today!

**AiR**  
Atman in Ravi



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