

MONTHLY REPORT



FEBRUARY 2023

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JANUARY-FEBRUARY 2023

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Home

Your Head
Start for the
New
Year

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Making Strides

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Contributors



Akanksha Dean

She is an independent chef & food & travel writer, an events specialist, a catalyst and is the only Indian to have trained at the World's Best Restaurant in Modena aka Osteria Francescana.



Karen Anand

Widely regarded as one of India's first food gurus, she has been influencing the way people eat and perceive good food in India for over thirty years through her bestselling books and successful gourmet business.



Sanjay Sharma

Sanjay Sharma, founder and CEO of BluSalz, is always up for new challenges, and his career in the hospitality industry has been motivated solely by passion.



Shahzeen Shivdasani

She is a Relationship Expert & a Millennial Author of the book Love, Lust and Lemons. In the past few months she has organized and been a part of lock and key parties and speed dating at Soho house.



AiR – Atman in Ravi

Founder of AiR Institute of Realization and AiR Centre of Enlightenment, he is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'.



Abhishek Talwar

He is an environmentalist, author, and the co – founder of Biplob World, with a committed passion to driving awareness about environmental conservation and protecting our heritage.



Preine Pereira

She is the co-founder of Studio Palasa, a handcrafted decor brand which designs functional and modern planters, stands etc. that boosts plant life within a space.



Navel Nazareth

He is the co-founder and CEO of NAM Solutions, and a passionate writer who has the required knowledge and skill-set to understand the journalism and media industry

HOW TO BEGIN YOUR NEW YEAR?

WE MUST BE CAREFUL, CONSCIOUS, AND MINDFUL, AND UTILISE THIS DIVINE GIFT OF 365 DAYS FOR OUR GROWTH IN EVERY ASPECT OF LIFE.

By AiR Atman in Ravi

New year is a great opportunity to start new things in life. It is the perfect time to reflect and contemplate on our actions of the year that went by and plan and utilise the upcoming 365 days and 12 months of the year that stands right in

front of us. Our actions and thoughts not only decide how we are in the present time but also pave the way for our future life and upcoming destiny. A new year is like a diary with 365 blank pages wherein we can write whatever we want in, that will direct our life further ahead.

One of the best ways to start a new year is by taking resolutions or affirmations for the upcoming year. Resolutions are promises that we make to ourselves that will help us attain small and big, near or far, goals in life. Some people may take resolutions to achieve small, short-term goals in life. But what better than taking a resolution that will help us attain the ultimate goal of life, the ultimate purpose of our human existence?

So, what is the ultimate goal of life? The ultimate goal of this human life is to realise why we have been gifted this human life. To realise, first, that we have a purpose for our birth and thereafter, realise what the purpose of our existence is. We human beings are always engulfed in our body, mind and ego. We do not understand, 'Neti Neti, Tat Twam Asi,' meaning, 'I am not this, I am not this. I am that. I am not the body, mind and ego. I am the Divine Soul.' Our body is just a gross, physical representation of us. It is not our identity. The body that has billions of cells, was formed after our life came into existence as a zygote, in a single cell in our mother's womb and at the time of death, this body will be left behind in this world that will be later destroyed and returned to the five elements that it was



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formed from. Hence, we are not the physical body that we think we are. We are also not the mind. What is the mind? Can we see our mind? Can we touch it or see it in scans, somewhere? When we think about it, the answer is, 'NO!' We understand that we cannot see or touch our mind like we can see or touch the eyes, nose, heart, brain, kidneys or other parts of the body. We cannot find the mind because the mind does not exist. It is nothing but a bundle of thoughts that appears and disappears as thoughts appear and disappear. Our mind also bombards us with thoughts - as much as fifty thoughts per minute, thus, robbing us of our peace and tranquillity. Thus, the mind does not exist and we are not our mind either. Then, are we the ego? No! Ego is just a false identity of 'I', 'me' and 'mine'. We are not the ego. To realise who we truly are, we have to first realise who we are not. When we realise that we are neither the body, the mind or the ego, then we realise that we are the Soul. The Soul is within the body that is the power supply or the life energy. We are truly the Soul - the Spark Of Unique Life, that is a small part of the SIP or the Supreme Immortal Power that we consider as God. The Soul comes out of SIP at the time of our birth and goes out of the body and merges with the SIP at the time of the death of a living being. Hence, the Soul is immortal, birthless and deathless. We are



the immortal Soul that is a part of the Divine. Hence, we are the Immortal Divine Soul. To realise this Truth, is the ultimate purpose of our human existence. When we are able to realise this profound truth, we will be able to transcend our Karma, transcend ourselves from the cycle of death and rebirth and attain Nirvana, Mukti or Moksha.

We can understand and realise the purpose of our life only through spirituality. Spirituality leads us to a life of Consciousness where our mind is absent. The thoughts come in the Consciousness one by one, floating and drifting slowly. In the light of Consciousness, our intellect shines and we are gifted with the power of discrimination. When the thoughts float in our mind, we can use our intellect and discriminate and sort the thoughts. In the state of Consciousness, we will experience eternal bliss, divine love and everlasting happiness.

In the new year, we can take a resolution to start a spiritual quest in our life that will lead us to deep, profound, meaningful answers of questions revealing the secrets of our birth, death and purpose of life and the ultimate Truth of life, leading us to experience true bliss and everlasting joy in SatChitAnanda or the joy in the Consciousness of the Truth.



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Signs You are in Spiritual Love

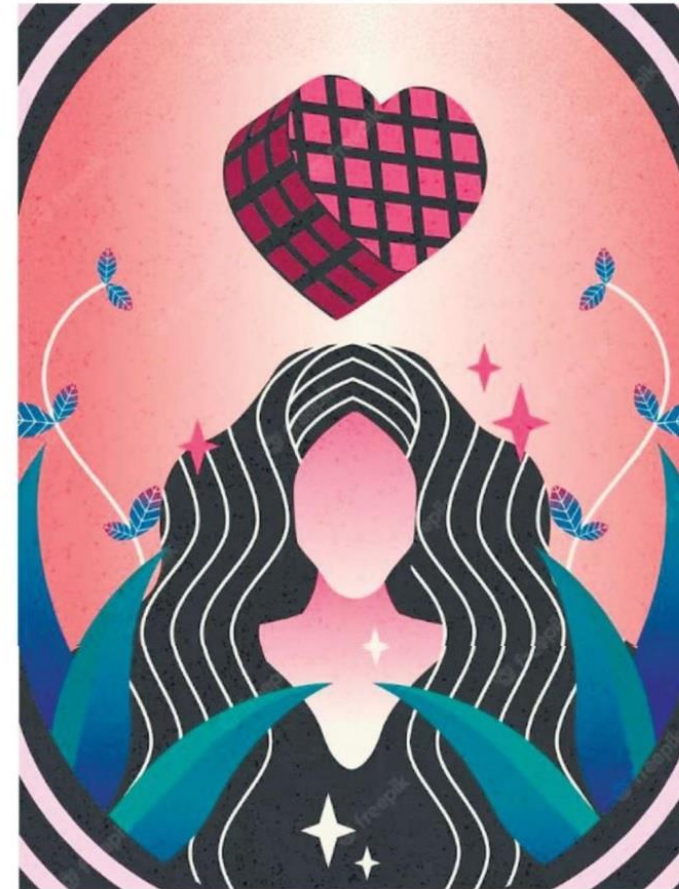
Over the centuries, the world has captured the depth of the powerful emotion called love through some great love stories. Romeo and Juliet, Laila-Majnu, Heer-Ranjha, Sohni-Mahiwal and Mirza-Sahiba are some classic stories that portray the divine power of love and made it immortal. True love, however, evolves and goes beyond romance, kisses and grand gestures. Love has been defined by different civilisations, cultures, religions and philosophers. The ultimate love as per the Greeks is Agape, which transcends body, mind and heart. Agape is love for God—it is universal and spiritual. The Sufis too separated worldly love from spiritual love. They called worldly love *ishq majazi* and spiritual love *ishq haqiqi*. *Ishq haqiqi*, as per the Sufis, is divine love or true love—also the love of God. In ancient India, when spiritual love was spoken about, *Narada Bhakti Sutra* was surely mentioned. This scripture advocated 11 flavours of love, each a form of *bhakti* or devotion. Even though there have been many discussions on different aspects of true love, its essence unfortunately has not been captured by the world today.

So, what is true love? True love is told to be love from the soul or spiritual love. It goes far beyond body, mind and heart. It connects two spirits, two souls to become one. This spiritual love creates the unconditional, magical, everlasting, true love that is bliss, not just a kiss. Lovers who are blessed to realise true love become soulmates. How can one understand spiritual love? Is what we experience love or lust or something deeper? These are questions in many minds nowadays. So, let's understand how we can identify spiritual love through these signs:

- Love is an emotion that seems to be in the heart, but it is an ecstasy of the soul. So, when you feel that love is not just skin-deep but rather emanating from the soul,

How to identify that you are in spiritual love that is unconditional, magical, universal and everlasting

By AIR ATMAN IN RAVI



The love does not get sour because one's expectations are not met. Love says, 'I love you because I need you.' True love says, 'I need you because I love you.'

that is the first sign of spiritual love.

- Spiritual love is for the divine that is within. Those who are in true love go beyond outer appearances. This love is from the soul to the soul.

- Spiritual love is universal love where you can love one and all. It is the love for every creature. It is experiencing the emotion of love for even a little dog wagging its tail and a little bird, singing and chirping.

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- Spiritual love is unconditional—not transactional. It has no limitations. Our love reaches out to the beloved and the divine spirit in one and all. Thus, spiritual love is blissful.

- Spiritual love reflects in our kindness and compassion. There is no feeling of anger, hate, revenge and jealousy because we realise that we are not the body, mind and ego, we are the divine soul. And all that we see is nothing but the manifestation of SIP, the Supreme Immortal Power we call 'God'. Then there is no duality. No 'I' and 'You'. All are one. So, love flows to one and all.

- In spiritual love, one forgives the other because, in reality, all are the divine soul. All are SIP. Love comes from the divine and it goes to the divine. Love is divine.

- In spiritual love, there is no heartache and heartbreak. One is ever-joyous and joyful.

- Spiritual love is *prema yoga*, the yoga of divine love. We love the divine in our beloved and we are ever-united with the divine.

Spiritual love is not just the love of the body; it is the rainbow of seven colours—VIBGYOR—Violet Love (from child to parent), Indigo Love (between friends), Blue Love (the innocent romantic love), Green Love (self-love), Yellow Love (intellectual love), Orange (emotional love) and Red Love (physical). A combination of these seven colours of love appearing from the White Love, which is from the soul and reaches out to the soul of our beloved and anyone and everyone in this universe, is the ultimate sign of divine spiritual love. It is in every definition, true soulful love.

The author is a spiritual leader and founder of the AiR Institute of Realization and AiR Center of Enlightenment

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Signs You are in Spiritual Love

Over the centuries, the world has captured the depth of the powerful emotion called love through some great love stories. Romeo and Juliet, Laila-Majnu, Heer-Ranjha, Sohni-Mahiwal and Mirza-Sahiba are some classic stories that portray the divine power of love and made it immortal. True love, however, evolves and goes beyond romance, kisses and grand gestures. Love has been defined by different civilisations, cultures, religions and philosophers. The ultimate love as per the Greeks is Agape, which transcends body, mind and heart. Agape is love for God—it is universal and spiritual. The Sufis too separated worldly love from spiritual love. They called worldly love *ishq majazi* and spiritual love *ishq haqiqi*. *Ishq haqiqi*, as per the Sufis, is divine love or true love—also the love of God. In ancient India, when spiritual love was spoken about, *Narada Bhakti Sutra* was surely mentioned. This scripture advocated 11 flavours of love, each a form of *bhakti* or devotion. Even though there have been many discussions on different aspects of true love, its essence unfortunately has not been captured by the world today.

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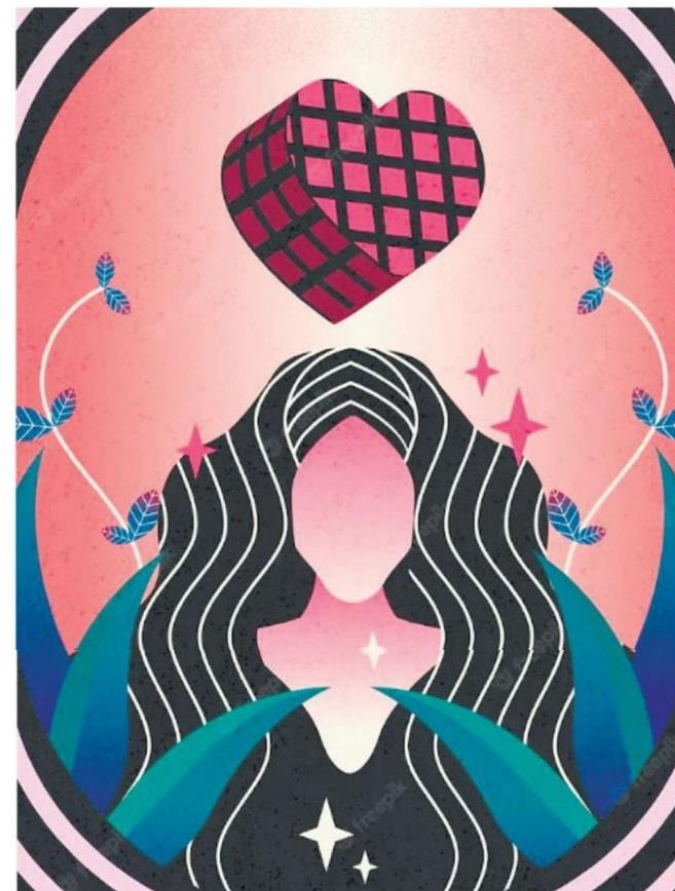
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Learning to trust yourself while trusting Divine



AIR Atman in Ravi

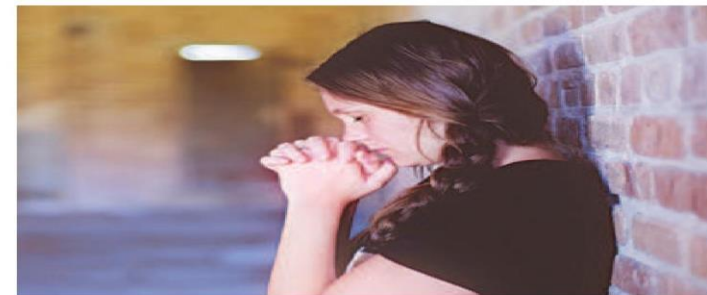
Faith can create miracles. Along with faith comes trust, acceptance, hope and surrender. FAITH is full assurance in the heart. People who have complete faith in God do not doubt God. They do not despair. They live by the ABC principle: Accept without protest; do your Best; and in Consciousness, surrender the rest. Trust is total and unconditional surrender to the almighty. Hope is having only positive expectations. Believers who have complete faith not only trust the Divine but accept everything that happens in life as the unfolding of their own Karma. They live with hope, with positivity. They pray. Their prayers could be for peace and happiness, for God to solve their problems or for good health and things. But they also realise that what they want may not always be fulfilled. They do not become bitter or disappointed or angry. They accept it as their Karma. They realise that whatever happens, happens for the best. They know — When the idea is not right, God says, 'No!' When the time is not right, God says, 'Slow!' When we are not ready, God says, 'Grow!' But, when everything is ready, God says, 'Go!'

Faith and trust in God, gives all those who believe in God, immense strength and courage. They realise that if God is with them, they don't need anybody else. They don't fear, worry or become anxious when faced with obstacles. They try to better their circumstances. But when they can't change things, they accept. They have confidence knowing that God

Trusting God inevitably leads us to trusting ourselves. It makes us stronger, courageous and happier. People who have faith in the supreme immortal power we call God are usually far more happier and more at peace with the world

will guide them. In the process, they learn to trust themselves too. They know that guided by God, they can never go wrong and even if they do, they know that they will be able to face it and come out of all challenges, stronger and better. Trusting God inevitably leads us to trusting ourselves. It makes us stronger, courageous and happier. People who have faith in the supreme immortal power we call God are usually far more happier and more at peace with the world.

The more evolved believers, those seekers who have realised the truth realise that we are a part of the Divine, that we are not the body, mind and ego, but the Soul, the Atman, the enlightened ones realise that God is not different from them. They realise that God lives in the temple of their heart. They are not separate from God. They are a part of God. With this realisation, it is inevitable that trust in God translates into trust in oneself. There is no question of doubting God or oneself. This is called realisation of the truth, Enlightenment. This sets us free from all misery and suffering. From doubt and despair. We learn to live like a Yogi — ever connected with God. We live in the state of Satchitananda — we live in a state of bliss because we live in consciousness of the truth. We are one with God, with the world, with everything.



Spirituality for Peace and Stability



AiR Atman in Ravi

Spirituality is the way to peace, peace within and in the family, society and the world. Spirituality leads to a transformation, even a metamorphosis and changes our life paradigm. It changes how we perceive ourselves, others, life, the world, and our perception of God. It creates a transformation not only in our thought process but also in our beliefs, our actions, our habits and the philosophy of our life

Most of us do not live a peaceful life. Instead, we live with stress, fear, worry, and jealousy. We are constantly chasing achievements and wealth. We live with greed. We live a rushed and hurried life.

Further, there is unrest within most homes as people are fighting with each other, if not with their hands, then with words. There is unrest in the world because of racism, a sense of feeling superior based on colour or caste, or greed. We don't reflect on the consequences of this hate, these differences. There is turmoil within us and in the world only because of our ignorance. We live deluded lives, oblivious to the truth. We turn a blind eye to reality even though we know that somewhere, we are wrong. We must realise who we are and why we are here on Earth. We live meaningless and purposeless lives pursuing things that do not matter. And this is where spirituality can help us.

In fact, the only solution to chaos and turmoil within oneself and the world, the only solution to hatred and anger is spirituality. Spirituality is the way to peace, peace within and in the family, society and the world. Spirituality leads to a transformation, even a metamorphosis and changes our life paradigm. It changes how we perceive ourselves, others, life, the world, and our perception of God. It creates a transformation not only in

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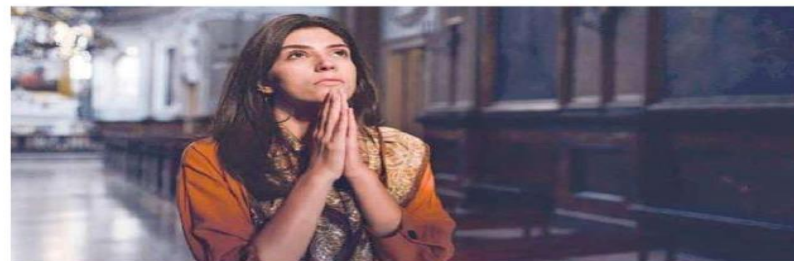
Spirituality is the science of the spirit, the soul, and the atman. It leads us to self-realisation and God-realisation, the ultimate goal of life. We realise who we are — not the body, mind and ego but the spirit, the atman, the soul — a Spark Of Unique Life. On the path of spirituality, we transcend the body, mind and ego. We surpass desires and cravings. We are no longer greedy or competitive. We realise that nothing belongs to us. We come with nothing, and we will go with nothing. We learn to be detached, knowing that the world is only a drama. We realise that life is the unfolding of our Karma, that Karma is not punitive but reformatory. There's a reason why things happen. Cosmic Laws govern us.

Spirituality leads us to realise our true self. We are not the body that dies, not the mind that makes us miserable, not the illusory ego. The reason is nothing but a bundle of thoughts. We learn to still the sense, and in that state of thoughtlessness and consciousness, we can experience peace. It is in this state that a seeker can be enlightened. We let go of negative and toxic thoughts and emotions, which are replaced by positive ones — courage, faith, trust, compassion, love and hope. We live with the ABC principle

— accept without protest, do our best and in consciousness, surrender the rest.

Self-realisation, therefore, is the realisation that we are the soul. Then, we realise that the soul is the Supreme Immortal Power we call God. Next, we realise that we are a part of this power and, finally, everybody is a soul. We are all manifestations of the Divine. Everything is God. God is everywhere, in everything and this is the truth.

The realisation of the truth is genuinely liberating. It opens the door to everlasting bliss, divine love and eternal peace. It fosters a sense of oneness, universal brotherhood and love. We treat others with reverence and love. We no longer consider others as being different from us. We only appear to be different. In reality, we are one. Would the left leg ever hit the right leg? No, of course not. We realise that God is one. We no longer fight over religion; there's no 'my' God and 'your' God. There is one God, the Supreme Immortal Power, and we are a part of that power. We feel connected with ourselves, people, nature, all creatures and God. We are at peace with ourselves, with the world. Peace ensures stability. It does away with unrest and discontent within us and outside us. It would be far better to have more spiritual leaders who take us to peace and stability than political leaders who take us to war.



Signs you are in spiritual love

How to identify that you are in spiritual love that is unconditional, magical, universal and everlasting



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By Air Atman In Ravi

Over the centuries, the world has captured the depth of the powerful emotion called love

Spirituality for Peace and Stability



AiR Atman in Ravi

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Spirituality for Peace and Stability

HIGHLIGHTS

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Learning to trust yourself while trusting Divine



AiR Atman in Ravi

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A modern heir to Nicola Tesla

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HIGHLIGHTS

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Thank You