



WORLD PEACE!

A SIMPLE SOLUTION

By
AiR
Atman in Ravi

All we need is Enlightenment!
When we Overcome our Ignorance, we will find Peace!

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AiR
Atman in Ravi
Ravi V. Melwani

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PREFACE

*What is the Simple Solution for World Peace?
Enlightenment will make War and Violence Cease.*

The world is in a state of turmoil. There are battles, conflicts and wars everywhere and more than anything else in the world today, we want Peace. The world is already in pieces and is getting further fragmented by the day as people live with hate, anger, revenge and jealousy. What is the solution to this problem?

The problem of World Peace is not a new one. Over the centuries, there have been wars. Even in the era before Christ, there were Roman and Persian wars, and conflicts never stopped. All ancient civilizations have seen wars. Wherever man existed, there was conflict and man battled for supremacy. Some won and some lost, but everybody lost their Peace of Mind. Man was passionate to conquer. The Mongols went to Europe and so did other nations who tried to conquer various parts of the world, either through land or waters. Soon, there was the First World War in the early part of the 20th Century. The great war is said to have claimed 17 million lives, leaving one nation bitter with the other. This led to the Second World War after about 20 years, which left over 70 million people dead!

Not only were there organized global wars, but there were also conquests in every part of the world. One dynasty fought against another in China, just as monarchs and emperors like Napoleon became ambitious about conquering Europe. Who hasn't heard of Hitler's Holocaust and the cruel genocide that followed?

We all know of the bloodiest wars in the history of the world, but we have not realized the real cause of these wars. No doubt it was because of man's passion and desire to be more powerful. It was because of his ambition to be rich and to own the world. So, man armed himself and went in quest of land, wealth and valuable resources that were possessed by others in different parts of the world. Man was insensitive to the pain he was causing as people committed mass suicide, just as blood flowed on the battlefield. Powerful nations used their might to make more and more colonies by capturing countries and thus created slaves of human beings. The rest is history!

Today, while the brutality has somewhat ceased, war hasn't. Political leaders of different countries are still fighting against one another for supremacy in the world. They are blocking supplies of food, water and essentials just as they are using cyber war and bio-weapons to destroy other countries. The world has evolved and we have grown from riding bicycles to aeroplanes, but we have not attained the most important treasure – Peace!

What is the real cause of the world continuing to be in pieces,

fragmented by the difference of opinion, torn apart by cultures, by religions and by political philosophies? Why is one man fighting another man, one country battling another and losing its Peace? Why is there a rift between nations, just as there is hate amongst people belonging to different religions? Why is there fear in the weaker countries, just as there is a lack of compassion in the powerful ones? Why are people raging with anger, waiting to take revenge against other communities and countries? Why are people jealous of one another? The answer is – Ignorance! Man is ignorant about who he really is, what this world is truly all about and why he is here. Man has forgotten to find out the purpose of his existence. Man doesn't realize that he came with nothing and he will go with nothing. Even Alexander the Great who lived about 2000 years ago in Greece, and became famous as the world conqueror, left everything behind. As he departed, he left us with the message that all conquests will end, but finally, nothing will be ours and we will go empty-handed. When he was about to die, it is said that he offered his entire wealth, even his kingdom to the physician in exchange for his life, but he couldn't be saved. It is also said that before his death, he instructed his people that when his dead body is taken for burial, his empty hands should be laid outside the coffin to give the world a profound message that nothing belongs to us - we come empty-handed, we go empty-handed.

Thousands of years later, man still lives in ignorance and the world, in turmoil. We are still fighting against each other and

battling for reasons and issues that are meaningless. The price we have to pay is – Peace. We are not only losing our Peace of mind, but also our life itself. There is no Peace in the world, but there is a simple solution for World Peace.

How can we attain World Peace? If only man is Enlightened by Overcoming Ignorance and Realizing the Truth about what life is all about, there can be a transformation in the world and 8 billion people can live with Peace. If only man Realizes the Truth of who he truly is and what his purpose on earth is, man would live his life conquering his real enemies like fear, anger, hate, revenge and jealousy, instead of fighting battles with his fellow men, with people belonging to different religions and different nationalities. Man would acquire the treasure called Peace, the very foundation of happiness, instead of foolishly trying to acquire happiness through money, wealth, gems and jewels, land and resources that belong to other people and countries. But man continues to live in ignorance. Because he is enveloped in a blanket of darkness that is caused by his ignorance, he continues to fight as he lives just as his ancestors did, and the result is - the world in pieces, it is a world that has no Peace!

When will we go in quest of Peace? When will we Realize the Truth about life and live with contentment and fulfilment? When will the hate amongst nations turn to love and when will different religions learn to co-exist peacefully with compassion and understanding? When will man realize that God is one,

though it may appear that there are many because we are praying to different Gods? When will we end these bloody wars between communities that are ready to kill one another in the name of God? When will we overcome our ignorance and Realize the Truth?

This book is a simple solution for World Peace. It is a practical way for man to overcome the darkness he lives in and to be Enlightened with the Truth. It is an effort to make man realize that enough time has passed, enough blood has been shed and enough hate and revenge has ruled the world. It is time for Peace. World Peace is possible, and the solution is simple. If only we follow the voice of spiritual leaders and not be motivated to kill one another driven by the military, religious and political leaders, we will live a Life of Peace and Happiness and the world be transformed and rewarded by the biggest gift ever – World Peace.

Let us start a new journey to attain World Peace. Let us begin by finding Peace within our hearts. Let us learn to love our family and be compassionate to our neighbours. Let us Realize the Truth that people of different countries and different religions have the same Divine Soul that we have. Once we are Enlightened with the Truth that the God we pray to lives in every living organism that breathes on earth, we will stop all bloodshed and slaughter, just as we will stop killing people in the name of God and in the pursuit of power. Let us change and transform, not just our life, but the world. It's time for the world to be in Peace and the solution is simple - this book reveals it!



*How long will we conquer to be Happy?
When will this bloodshed cease?
When we overcome our Ignorance
and the Truth we Realize,
Only then, there will be World Peace.*



INTRODUCTION

Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that.

– Martin Luther King, Jr.

Everybody in the world wants Peace. Then, why do we end up with war and conflict? Why is the world so fragmented, not just divided by caste, creed, religion and political ideology, but even by power and prosperity? What is the cause of so much hate, endless wars to avenge defeats driven by passion and desire creating jealousy, discord and anger? We seem to be ignorant about the cause of the turmoil, the tension and the stress that exists between the people of the world.

The primary cause for the absence of Peace in the world today is man's ego. Because '*I want what I want*' and '*I think this is mine.*' The ego wants to conquer even what doesn't belong to it. Unless we realize that the ego is the cause of anger, hate, revenge and jealousy, we will never be able to attain World Peace.

What is the cause that the ego continues to create hate around the world? Why is there no compassion, brotherhood and love? It is because of our ignorance. We human beings are ignorant that the reason behind the misery in the world today is led by man's ego. Until we realize that the ego that destroys Peace is,

in itself, an illusion and doesn't have any real existence, we will continue to be at war with one another. The way to World Peace is to transcend our ego and this is possible only if we Overcome our Ignorance and Realize the Truth of who we actually are and why we are here. Unless there is Enlightenment that we are not this body that we claim to be, we are not the ME, the Mind and Ego, that says, 'It is *me*,' we will never be free from misery.

What is the way to be Enlightened with the Truth and to attain World Peace? It is the Realization of the Truth that we all are nothing but the Divine Soul, we all are part of one energy. Although we appear to look different, the reality is we all are just the same. Why is it that we do not hesitate to pull out the eye of our enemy, but we dare not pull out our own eye? Because we think that our enemy is different from us. We will not feel pain like we would feel if we pulled out our own eye. Only a mentally disturbed person would cause harm to himself. The rest of us are insensitive when we slaughter one another because we do not Realize the Truth. The right hand will never harm the left hand because we know we are one. The right leg will never kick the left leg if we are in our senses, but we kick others because of our ignorance. We do not realize that though the others seem to be different, the reality is that we are all part of the one Divine Energy.

A little child went to a park and watched a man fill gas in balloons and tie them on his tank to hover in the sky to attract the attention of

children. One by one, the balloons went up – red, blue, green, orange, pink, yellow and white. The innocent child walked up to the balloon man and asked, 'If you fill gas in a black balloon, would it also fly in the sky?' 'Of course, my child,' he replied, 'it doesn't depend on the colour of the balloon, it depends on what is inside it.'

As long as we don't realize that we are not what we seem to be based on the colour of our skin and that we all are, in reality, the Power that is within, we will never be able to attain World Peace. Because our ignorance has divided us into nationalities, religions and grouped the entire world into sections and sub-sections, there is continuous conflict and war. The moment we overcome our ignorance and realize that we are all one, we are all a part of the one Divine Power, we will transcend the ego and we will attain Peace.

Today, there are wars between countries because of the desire to conquer as much as possible. What is the cause of this greed? It is ignorance. The simple Realization that we come with nothing and we go with nothing, will help us overcome our greed and live with contentment, as we fulfil our need.

Why is it that all around the world today there is terror? It is because people are fighting, claiming the supremacy of their religion. The followers of one religion are attacking followers of another religion, trying to convert them and to assert that their God and their scripture is the real one. When will we open our *real* eyes to Realize the Truth that God is one? We may pray to our God by giving the Supreme Power different

names and going to different places of worship, but that does not mean that there are several Gods sitting in various heavens. When will we go on a quest to realize what the scriptures say, that God lives in the temple of our heart? The moment we realize that God is the very Power that makes our heart beat, there will be no more war. There would be Peace on the street. But as long as we continue to differentiate between people, we are planting a wrong seed that has no other option, but to bear the wrong fruit. War is just an effect. We must realize the cause, then there will be World Peace. If followers of different religions, only learn to respect each other's beliefs, we will experience heaven on earth. Instead, because of our ignorance, we create hell for each other and we suffer.

There is a simple solution for World Peace. It is Overcoming Ignorance and being Enlightened with the Truth, the Truth that this world is just a show, a drama. We are just actors, we come, and we go. We all enjoy playing a game of monopoly together, but when it comes to real money and property, we are ready to kill each other. When we Realize the Truth about this world, about who we actually are and why we are here, we will all be blessed with Peace. If we don't, some of us will continue to become 'Hitler' and massacre millions only because of our ignorance. We would be the cause of terror and misery and a curse to humanity. When will we overcome our ignorance and attain World Peace, the very foundation of Happiness? The solution is simple.



***We need dynamic leaders of
the Spirit that lead us to Peace
and not political and religious
leaders to lead us to war.***



CONTENTS

PREFACE	01-06
INTRODUCTION	07-11
01. Why is the World in Turmoil?	14-18
02. What is the Cause of these Battles?	19-23
03. It is Ignorance that Steals our Peace	24-28
04. The Ego is the Culprit	29-33
05. What is the Solution?	34-38
06. Overcoming Ignorance	39-43
07. Realization of the Truth	44-48
08. We Appear Different, but We are the Same	49-53
09. The Secret of Realization	54-58
10. Enlightenment – the Simple Solution	59-63
11. Nothing Belongs to Us	64-68
12. Realize who We Truly are	69-73
13. How can the World be Enlightened?	74-78
14. We need Spiritual Leaders, not Political and Military Leaders	79-83
15. How can the World start a New Era of Peace?	84-88
16. Peace or Pieces – It's a Choice	89-93
17. For the World to Transform, we must Transform	94-98
18. Evolving from Religion to Spirituality	99-103
19. We are all Effects, the Cause is One	104-108
20. War to Peace... a Simple Solution	109-113
AFTERWORD	114-118
POEM	119-124
ABOUT THE AUTHOR	125-141



*What is the way to World Peace?
From battles and conflicts,
when will we have a release?
Enlightenment that overcomes darkness of ignorance...
Will give this World a new lease.*



CHAPTER - 01

WHY IS THE WORLD IN TURMOIL?



War is what happens when language fails!
– Margaret Atwood

Why is there chaos all over the world? Why is there so much turmoil, disturbance and stress? Because there is no Peace, there is no Love and Compassion. Therefore, people are willing to kill one another to fulfil their greed and their need.

As of today, people are being shot dead in Myanmar as the military has taken control of the country and arrested the leaders of the ruling party. People are protesting on the streets for their freedom and protestors are being shot dead.

There has been turmoil in the USA as America moved from the Trump administration to Biden taking over. There has been a conflict between America and China and the helpless World Health Organization has been unable to find the source of the Covid-19 virus. Because there is no synergy, no togetherness, the lack of oneness causes turmoil, and the world suffers.

While there are wars and military tensions, there continues to be religious unrest in every part of the globe and there seems to be no end to it. How often do we hear people of one community

heartlessly shooting down those of another? But why does this happen? Why is there a rift between the nations?

The world is jeopardized because there is no Peace in our hearts. Unless an individual learns to make his inner being peaceful, what will manifest is nothing but anger and hate, revenge and jealousy. There is unrest within most homes as people are fighting with each other, if not with their fist, then using the weapon of the tongue. We don't reflect on the consequences and freely sling mud and pour poison on one another because of our ignorance. There is turmoil in the world today only because we do not Realize the Truth of who we truly are and why we are here on planet earth. We are so consumed in this material world that we have replaced our need with our greed. For a human being, enough is not enough. This behaviour, while apparent all over today, goes back into history till time can remember.

Kings and monarchs used to fund explorers and provide them with ships and supplies to go on and explore new lands. The desire to conquer and rule, to overtake the weak and feeble and to colonize the world is written throughout history. As one turmoil came to an end, there was another. Today, as we look back and read about how people were bought and sold like sheep and goat, we feel ashamed that man had reached such levels of inhumanity. But that was the truth. It was because man did not have compassion in his heart. He saw slaves as animals and like how he could whip his dog or horse, man did not hesitate to be cruel to another human. All this created turmoil

and today, while the world has advanced and evolved, there is still a state of peril all over the world. People live in fear, not knowing when their bank account will be hacked, and their password will be cracked. Military warfare has reduced but cyber warfare is growing. As a result, there is still no Peace, only commotion and anarchy prevail.

But have we stopped to find the cause of this turmoil? Why is it that over the centuries, there has always been war, cruelty, disruption and outrage amongst people? Have we stopped to question why people belonging to one caste ill-treat people of another? We can count several instances of how people have ruthlessly agonized people who have a different colour of skin, but we have not realized the power that lies within. What is the reason behind all this agitation and warfare? What has been the reason that love, compassion, brotherhood and understanding has been replaced with ruthlessness and cruelty, with terror and hate?

Until we realize the cause of the turmoil in the world, we will continue to live a life without Peace and Harmony. Until we find out what triggers the restlessness in the bosom of man's heart, what influences him to take out a sword or a gun and cause bloodshed, the world will continue to have more and more economic development, more and more material luxuries, but there will be less and less Peace in the world.

We are trying to find vaccines for viruses just as we are trying

to send space shuttles to discover what lies on the moon and Mars. But we are not stopping to go within, to find what is the cause of the fire that is burning down a human being's heart. We are so caught in this race to be an ace, that we are all stuck in a maze of turmoil. Technology is going into the skies, as tranquillity is being destroyed. And the biggest problem, we don't know the cause of the turmoil. Until we stop and find out why the world is in such a sorry state, until we get to the bottom of the root and eliminate the poison that lies at the source, the world will continue to create shoots of hate, and fruits of war and destruction.

Do people of the world enjoy the misery and suffering that we watch on our television sets? Is it a good feeling to see slaughter and hate between people of different nations and religions? Do we not feel saddened when one man kills his brother, even his father, to take over the wealth of the family? We all feel the pain when we see the world in such a mess. Instead of there being Peace and Happiness, instead of there being Harmony and Tranquillity, the world is filled with treachery where people don't hesitate to destroy one another for their own personal gain. While none of us likes this world in the state of intolerance that it is in today and deep down, within the core of our heart we wish that the world be a paradise of Love, Brotherhood, Peace and Calm, we just continue to drift in the waters of this troubled world without finding time to pause and to find the cause as to why this world is in a constant state of flux. The solution is simple. There is a way to World Peace. But man must make that his priority.



*Why is the world in turmoil?
Why is the world in such a mess?
Because we are ready to kill one another,
There is sadness all over and no Happiness!*



CHAPTER - 02

WHAT IS THE CAUSE OF THESE BATTLES?



*The true soldier fights,
not because he hates what is in front of him,
but he loves what is behind him. – G.K. Chesterton*

What is the real cause of war? What is it that triggers man to battle with another? Why is there a conflict between people of different religions and countries? There are several reasons why man takes to the battlefield and loses his Peace. History reveals that it was man's desire to conquer, man's greed to possess more wealth and man's passion to become more powerful that motivated man to kill and destroy others so that he could amass the wealth of the world. Material possessions are not the only cause for war. We see many battles that are due to religion. Today, the conflict in Israel and Palestine continues unabated as the Jews and the Arabs fight to claim the land. Religion seems to be an excuse as deep within, there is commercial interest in every war. How many wars have been fought between Pakistan and India? The battles continue and blood is shed on the borders because it seems that people of one religion hate the other because of the differences in their belief systems.

In ancient civilizations, there were cases where a woman was the cause of war. Who hasn't heard of the Trojan war that lasted for ten long years where Prince Paris, son of the Trojan

king, eloped with gorgeous Helen, wife of the Greek king Menelaus? There have been different causes for battles. It is said that the War of Jenkins' Ear was fought because a British official's ear was cut off by a Spaniard. The football war between Honduras and El Salvador fighting for the 1970 World Cup led to a full-fledged invasion. Isn't it strange that two intelligent countries like Canada and the United States of America were willing to go to war because of a pig, just to take revenge? History gives us strange reports of how petty reasons caused great wars. 30,000 rioters have said to have died in the Nika riot at Constantinople sparked by a chariot racing event! Greece and Bulgaria got into a military conflict in 1925 because a dog belonging to a Greek soldier ran into Bulgaria and the soldier who ran after the dog was shot and killed. All this is enough to make people kill each other! But, man does not understand the real cause of war. What is the reason that man loses the treasure of Peace?

There are times when cultural ideology causes war. The first opium war also known as the Anglo-Chinese War, was a military conflict declared by Britain over a Chinese man. It started with a trade issue of the British selling drugs on Chinese land, but finally, through what is known as the Gun Boat diplomacy, caused a treaty to be signed where the city of Hong Kong came under the control of the British from 1841 till 1997. But did the unrest and turmoil end there?

Men over the world have reacted for strange reasons and

taken to war without realizing what they are losing. Not only have there been economic hardships and bloodshed, but war has also etched anger, hate and revenge in the hearts of millions, only because of man's ignorance. The war between Mexico and France, known as the Pastry War in 1838, was because a French pastry shop owner's shop in Mexico had been ransacked. This led to forces firing and demanding compensation. England and Iceland have had what are known as the 'Cod Wars' regarding the boundaries in the sea where the two countries could fish for Cod. Can you believe that love for fish could become a cause for war?

If one goes into a deep analysis, one will realize that the real cause for war in this world is because we human beings think that we are different from one another. We differentiate ourselves from others based on the colour of our skin. We believe that we are superior because others seem to look weak and fragile. We fight with each other because we differ in our beliefs and our cultures. At the smallest trigger, we are willing to hit another, even kill another to prove our point. These little skirmishes start at an individual level, but they grow into big wars. Religion has become a big cause of war. While we pray to our God and follow our scriptures, the belief that our religion is the best and the true word of God, makes us fight with the followers of other religions. Can we believe that we human beings are willing to kill people of another religion in the name of God? While God, theology and religion are meant to promote love, compassion and brotherhood, how has religion become one of the biggest reasons of conflict between men?

The world must have countries for governance but why have men started hating people of a different nationality? Why have we created competition in every field, be it economics, arts, sports or even beauty pageants? Man's desire to compete with one another is man's folly that has taken him to the battlefield only to lose his Peace of Mind.

Somehow, we human beings seek excitement without realizing that this excitement robs our Peace. We think that excitement will give us happiness, without realizing that it ultimately leads to battle which destroys Peace, the very foundation of happiness. Therefore, not only has war been widespread over ancient civilizations, even today, different countries are battling for different reasons. Religious wars are rampant and some conflicts start in our homes, go out to the streets, rage between cities, and flare-up between countries. Unless there is Peace in the heart of man, there will be no end to war and there will be no solution for World Peace. If people of two cities in India can burn each other's cars and homes, as they fight for water from a common river, it only shows that man is still so shallow in his thoughts, although he seems to have progressed in the outer world. Man must stop and reflect upon all the battles and realize the cause. If only we can get to the bottom of the root of the wars that have been fought, we will realize the cause and we will find the simple solution for World Peace.



*What is the real cause of a battle?
Why do men shed blood in a war?
Why do we hate with anger and take revenge?
We must realize what all this is for.*



CHAPTER - 03

IT IS IGNORANCE THAT STEALS OUR PEACE



Real knowledge is to know the extent of one's Ignorance.
– Confucius

While we see wars, battles and conflicts dominate the earth, we are ignorant about what the root cause of this is. What is it that steals Peace in the world? It is ignorance. Our ignorance envelops us in darkness and leads us to irrational actions. If only we overcome this ignorance, we will not fight with one another and destroy our tranquillity. Why do we seek more wealth and more power? Because this gives us pleasure. However, we are ignorant that this pleasure is momentary, and this wealth will not ultimately belong to us. Two brothers may fight with each other for their father's property and may even go to court. They are ignorant that in the final analysis, the property will not belong to them. We come empty-handed, and we go empty-handed, but we remain ignorant about this throughout our Life. We cannot even take a pin with us, let alone the wealth we accumulated or the lands and riches we acquired.

Suppose your neighbour banged your car while parking outside your house. Chances are you would be upset and express your displeasure with anger. But if this happened in your dream, would you go to his house and scream when you

woke up? Of course not! Because you know that it was just a dream. While we realize that dreams are dreams, we don't realize that life too is nothing more than a dream that ends at death. Because we are ignorant about this reality, we continue to fight with others.

Most people believe that money is equal to happiness. They spend their entire life pursuing success. Right from the time we are children in school, we are taught to come first in class. We are taught to become the school captain. As we grow up, we are indoctrinated with the belief that winning is not an option and we have to succeed by fair or foul means. What do most of us do? We cheat our customers, our government and our vendors to create more wealth, which we ultimately have to leave behind. In this process of achieving success, we go through so much turmoil, so much conflict that we even create anxiety in our businesses. Because we do not realize that we are losing priceless Peace in exchange for transitory wealth, we continue to create conflict in our world. Very few people are lucky to overcome their ignorance. They realize that *Success is not Happiness, Happiness is Success*.

Why do people go to court and fight legal battles? Very often we find that people spend their entire life in courts as they expose their mind to stress, worry and anxiety. Our lives get over, but the conflicts in the courts remain. We see this has happened in several cases, but still, out of ignorance, we make calculated attempts to destroy our competitors without

realizing the price we are paying for it.

The whole world today is at war. Nations are fighting one another, trying to create supremacy of their nationality. This is because of ignorance that we are not what we appear on the outside as the skin. We are, in reality, the Power within. Because we identify ourselves as Americans and Chinese, Indians and Pakistanis, we continue to battle and lose national Peace in our country. The moment we overcome our ignorance and realize we are all human beings, not the nationalities that we title ourselves as, the world will have Peace. Isn't it ignorance that one country tries to exert more power on weaker countries? We laugh at children who fight over the board game of monopoly when in reality, we should be laughing at military leaders who create stress in the world due to their ignorant actions.

Today, it is very common to find people going to war based on their religion. They kill people of other religions because they do not follow their scriptures and accept their God. Because of our ignorance that God is a Power beyond all religions, people of one religion fight people of another religion. All religions are good, but is it true that there are millions of Gods? No! God, ultimately, is one Power, a Power that is formless and nameless. All the Gods we pray to are in reality, one universal Power, but because of our ignorance that stems out of our religions, we kill one another in the name of God. All religions proclaim Peace, but inadvertently, create fanatics that cause war. When will we overcome our

ignorance and stop fighting with one another, just because of our religious beliefs? If we reflect on all the causes of war and turmoil, if we analyse what caused all the battles in the past, we will find that the root cause is ignorance. Because of ignorance, we create conflict with one another, presuming we are the ones identified by our skin. We do not Realize the Truth that we are in reality, the Power within and we continue to lose our Peace. Based on our skin colour, we continue to fight to prove our supremacy. We don't realize that finally, we will all be buried and return to dust, that neither will we be black nor will we be white, after we are dead.

Most conflicts in this world are born out of ignorance, ignorance that makes us appear as the body and mind. Because we do not realize we are the Divine Soul, we are ready to kill one another. If we overcome our ignorance that the body is just a habitat that we leave behind when we depart at death, we will not try to destroy one another and lose our Peace. When we realize we are not even the mind, which nobody can ever find, then, this overcoming of ignorance will create Peace. Today, even science agrees that we are not the body mass that we appear to be. We are all in fact, just energy. It is because we do not Realize this Truth, we continue to live with conflicts and battles, hurting others inadvertently because of our ignorance, oblivious to the reality, that we are actually hurting ourselves, as we are all a part of the one supreme Divine energy.



*It is our ignorance that steals our Peace,
Realization of Truth will make miseries cease.
When we study all wars, to find the cause,
The world from battles and conflicts will pause.*



CHAPTER - 04

THE EGO IS THE CULPRIT



War does not determine who is right – only who is left!
– *Bertrand Russell*

Who is responsible for war? Who is the culprit, the thief of Peace? It is our own Ego. There is an inner illusory being in us who keeps on repeating the words 'I,' 'me', 'my' and 'mine'. It is this ego that triggers all battles. If there was no ego, there would be no war. There would be Peace.

It is very simple. How does a battle happen? It happens between two different people, two different religions, two different nations. The cause of a fight is duality. Duality makes us dual, or different from one another. It is the ego that causes this duality, that ultimately leads to war. Have you ever seen a man kick another, punch another with his fist or even beat him with a weapon? I am sure you have. It happens all the time. It is not uncommon to see a fight. But have you ever seen the right leg kicking the left leg? Have you ever seen a man punching his own face? When have you seen someone beating himself? Other than one who has a mental sickness, one who is psychologically ill, we never see people beating themselves. Then, why do we beat others? The only reason is that they are 'others', not 'me'. It is this differentiation between me and another that is the cause of conflict. It is the ego that is the

culprit. The ego is responsible for the turmoil and destruction of tranquillity.

If there was no ego, then there would be no you and me. There would be no Hindu and Christian. There would be no higher caste and lower caste. If there was a sense of oneness amongst humanity, then there would be no war. When we think that we are all different from each other, there is bound to be conflict and difference of opinion. So, how can there be oneness? What can we do about it?

As long as we live with the ignorance that I am different from you, there can be no World Peace. As long as we do not overcome the ignorance that we all appear as different human beings, but in reality, are one, we are bound to fight and battle with each other. If we want to overcome the turmoil in this world, we have to transcend the ego. We have to Realize the Truth - 'I am not I'. Someone reading this for the first time will question, 'Then, who am I?'. Herein lies the simple solution for World Peace.

The moment we realize that we are not this body that we appear to be, the moment we discover we are not the mind, if we try to find the mind, we can't and the moment we discover that the ego is our biggest enemy, there will be love and brotherhood amongst people and amongst nations in the world. This will happen if we realize we are all the same Soul.

Realizing this Truth about the ego is tricky. Our own Mind and Ego, ME stops us from such a Realization and is the culprit for all the tension in the world. Let us analyse why we human beings get angry? Why do we hate, become jealous and even take revenge. If we analyse, we never hate ourselves. We hate others. Real anger is expressed when somebody else doesn't meet our expectation. We take revenge on someone who has caused us harm. Do we ever take revenge on ourselves? We become jealous because we think somebody else is better than us, more prosperous, more beautiful or simply luckier. What do these negative emotions do? They fill our life with poison. This negative poison creates turmoil within, and it steals our Peace.

But what is the cause of this turmoil? It is the ME – the Mind and the Ego. Because it believes we are different from each other, which we seem to be, we are ready to kill one another, to avenge a past episode. Even if there is no history, no past, we are still ready to wage a war because of the ego that considers itself to be different from the other.

Unfortunately, we human beings have not realized the Truth of who we are, because we think we are this body-mind complex. The ego comes alive and robs our tranquillity. The moment we realize that the ego itself is an illusion, there will be no hate, no anger or no jealousy. Just like the right hand will take care of the left hand, one human being will be compassionate to another when we realize that we are a part of one Divine existence. But as long as the ego believes 'I am I'

and 'You are you', there is bound to be war and conflict. It is the ego that is the culprit of all the discord in the world. And the biggest ignorance that we live with is, we don't realize that the ego is an illusion. In reality, it doesn't exist. The moment we Realize this Truth, then there will be World Peace. However, it is not easy to Realize this Truth. The ego stops us from this Realization. It keeps on expressing its individual existence and creates differentiation between us and others when in reality, there is no difference. The moment we overcome this ignorance and we Realize the Truth, the moment we annihilate our ego and realize we are all part of one Divine existence, there will be an end to all war, all conflict and all battle.

Yes, World Peace is possible. It is possible for man to have Peace within himself. It is impossible for a man to stop having conflict with his family, his community and with people of other religions and social groups. People of different religions can start loving one another, if only we realize that we are all not different from each other. We appear to be different but in reality we are all the same. We are all part of the Divine energy. But as long as we live with our ego, we will continue to be enveloped in the darkness of ignorance, we will continue fighting with one another, even ready to kill. What happens in the bargain? We lose our Peace. Not only do we lose our Peace, but we also lose life itself.



***Who is the one who robs our Peace?
Who causes anger, revenge and hate?
When we realize that the ego is the culprit,
We will find Peace at heaven's gate.***



CHAPTER - 05 WHAT IS THE SOLUTION?



All war is a symptom of man's failure as a thinking animal.
- John Steinbeck

For one who reads this for the first time, it is very confusing. There is no doubt that the world is at war. It is a fact that there is conflict, and we fight with one another and we lose our gift of Peace. It is also true that the ego of the monarchs and the kings, the political leaders and dictators, even of a common man is the trigger that causes hate, anger, jealousy and revenge. Yes, one would agree that the ego is the culprit, the cause. The fact is that we believe we are different from each other. The fact is that we believe in different religions and we have different ideologies. Each one of us, living with our individuality, our ego, will naturally have conflict. What is the solution? How can we overcome the ego and how can we attain a state of Peace where there is no war?

If we truly want World Peace, if we want to eliminate all conflict in our life, even with our family and our friends, the answer lies in the Realization of the Truth. It is a simple solution, but not everybody is blessed to understand it. It lies in understanding the ego, understanding life and our existence, and getting to the bottom of the root. When we Realize the Truth, we will find Peace. However, the solution lies in overcoming ignorance. It lies in going on a quest, but the reward is worth the price.

The simple solution for World Peace lies in Self-realization. It lies in understanding life. Once we understand who we truly are, from where we came and where we will go and once we realize the purpose of our life, we will not only find eternal Peace, but will also attain a state of everlasting Happiness. There is a solution to end all turmoil and create a world that is Tranquil and Peaceful, but as long as we do not Realize the Truth and we continue to live in ignorance, not only will we create hate in our hearts and have revenge in our heads, we will take weapons in our hands and kill not only our enemies but also become ready to hurt our near and dear ones. But the moment we realize that it is ME, the Mind and Ego, that is our biggest enemy and the moment we overcome our ignorance of who we truly are, we will be rewarded with the biggest gift, Peace.

Man thinks I am this body, but man doesn't stop to understand that this body is just made up of flesh and bones. Man doesn't understand that he is not what he appears to be on the outside. He is not the skin, but the Power that lies within. Because we have not Realized this Truth, we think I am 'I' and we think our name is our identity. As long as I think 'I am John', 'I am a Christian from America who is white', I will never realize, 'I am not John'. John is just my name. I am not a Christian. I just follow Christianity. I am not American. I was just born in America. And the colour of my skin may be white, but my Soul is no different from the Soul in everybody else. It is my ego that makes me live with a false identity. It is this very ego, driven by

the mind, that together becomes the ME, the Mind and the Ego that drives me to fight, to even kill another for the sake of my own personal gratifications.

When will I realize that one day John will die and the one who has the white skin will return to dust? And then there will be no American or Christian, just dust! *From dust we come and unto dust we go.* We have heard this several times, but we have not realized that we are not the body, or the mind and the ego that appears to be ME. We have not realized that we are the Divine Power that gives us breath from birth to death. The moment we realize we are That, the Divine Spirit or Soul and not the body that we appear to be, we will realize we are not the ego. The moment we realize that the ego is an illusion, there will be no conflict and no fight because we will come to the understanding that you and I, are the same. We are created from the same source and we will end in that. We are like two waves that appear to be different, but when we realize we are part of the ocean, we come from the ocean and we go back into the ocean, then we will transcend our ego. The moment we realize we are part of one Divine creation, one family of the Creator, there will be an end to all conflict and war, and we will all live in Peace.

What is the solution to end all battles, all fights? The way to tranquillity is this Realization, the Realization that we are not different from each other. Today, we are fighting with one another because we don't Realize the Truth. We are ready to

give a blow to somebody who hurts us. We get angry at others when they do not follow our instructions and meet our expectations. We do not hesitate to kill somebody belonging to another religion because they do not believe in the same ideology and follow the same theology. We foolishly hate people of other nations because we believe that 'We are Indians,' and 'They are Americans'. All this is a result of sheer ignorance, ignorance that causes our ego to bloom and to rob the Peace in the room. Because the ego is in command and the 'I' dominates our life, we continue to live hating others, getting angry, seeking revenge, and becoming jealous. But the moment we transcend the ego, the moment we realize we are not the ego that we appear to be, then there is an end to all the bitterness and all the poison that is caused when I think I am different from you.

Therefore, what is the solution for World Peace? Let go of the ego. If we do, we will let go of war and conflict. It will end all battles. Hate will be replaced by love, anger by compassion and revenge by forgiveness. This world that is currently nothing less than hell, will turn into a heaven of Peace and Tranquillity, if only we let go of the ego. How can we let go of the ego? If we overcome our ignorance, and Realize the Truth of who we truly are, we will let go of the ego and find Peace.



***There is a solution for World Peace,
There is a way to make suffering cease!
If only we let go of the ego that says, 'I'
There will be no bloodshed, no war-cry!***



CHAPTER - 06



OVERCOMING IGNORANCE

If we don't end war, war will end us.

- H. G. Wells

The moment we overcome our ignorance, we will find World Peace. The moment we Realize the Truth about life, there will be an end to war. The moment we are Enlightened with the Truth, that we are not this body that we appear to be, that we are not different from one another, there will be no conflict, no battle. But first, we must overcome our Ignorance.

By now we know what the ignorance is that we are talking about. We human beings live and die, believing that we are 'I' - I am this physical entity with a name, a profession, a nationality and a religion. I own this business and this property. This is my house and my family, and these are my children. It seems to us that this is the reality of life. While we do not think a movie to be real, while we understand that a drama in a theatre is just a show where actors come and go, we do not realize that we too are nothing beyond mere actors. We come into this world with nothing and eventually when we depart, nothing belongs to us. Although we see this happen every day, we see the dead leave their bed, as their body returns to dust, we are unable to put this little truth in our head. Our mind is filled with ignorance and because of this ignorance,

we continue to fight with one another for things that will ultimately not belong to us. We are constantly losing our Peace of Mind, fighting battles for land and wealth that we have to ultimately leave behind. When we come to Realize the Truth and we overcome our ignorance, we will realize the futility of war. When we realize that life is just a journey from birth to death, then we would rather prefer to live with Tranquillity. But till we live with ignorance, we will continue to fight with each other, robbing each other's Peace, destroying each other's calm, till our life is over!

Don't we know the meaning of a dream? We know that dreams are dreams. When we wake up in the morning, we don't believe what we saw in the dream is real. In our dream, our neighbour might have come and stolen our television, but when we wake up, we don't go fight with him, asking him to return our television. We know it was just a dream! Unfortunately, we don't realize that life itself is like a dream. The only difference is that we wake up every morning out of our dreams, but the dream called life only ends at death. Just like in a dream, everything that happens is unreal, so, at death, we come to know that everything that has happened in life is no more real. It is over. Our possessions and our people that seemed to belong to us, no longer belong to us. What appeared to be ours and for which we created so much conflict and lost our Peace, eventually is not ours. Although this is the Truth and we know it is the Absolute Truth, we are unable to overcome our ignorance and live with Peace.

Reflect upon all the battles and the wars of the world. What are we fighting for? A piece of land? The supremacy of our ego? To avenge some wrong done to us or to calm the terror of anger that burns within? Whatever be the cause of war, one thing is for sure, it destroys our Peace and by so doing, it destroys our life itself. Some people consider it to be very exciting to have conflicts, to compete, to fight and to battle for supremacy. But this is just false excitement created by ME, the Mind and the Ego.

In reality, there is no mind. You can find the nose on your face and the toes on your feet. You can even see an X-ray or MRI of the brain and the heart. But have you ever seen a picture of the mind? How can you when it is just a bundle of thoughts, nothing more! The illusory mind bombards us with thoughts, only to inflate our ego and compete with others.

When we realize our true identity, that we are the Divine Soul, the Life Power, that energy that arrives at birth and departs at death, then we will Realize the Ultimate Truth about life, the Truth that we may appear to be different from each other, but in reality, we are all one, we are all the same. Our religion may teach us that we are all children of one father, one God, but still, we fight with our own brothers and sisters because we appear to be different. Haven't we seen siblings fight with words if not with their fists and end up with their conflicts in courts after the death of their parents,

fighting for what is left behind by them? When will we overcome our ignorance that just like our parents left, we too have to go and leave everything behind? Then why fight and lose our Peace of Mind? The cause is our ignorance.

This deep-rooted and dark ignorance blankets us and hides the light of Truth. We are unable to go within and realize who we truly are. If only we can be Enlightened with the Truth, we will realize that we may appear to be different from our brothers, but the Ultimate Truth is that we are the same Soul. This Realization, this Overcoming of Ignorance, is the simple solution for World Peace. Peace doesn't happen at convention centres where treaties are signed. It doesn't even happen in the battle grounds where wars are fought. Peace is born in the hearts of men. Peace grows when the mind of man is Enlightened with the Truth and when he overcomes his ignorance. Once man Realizes the Truth about who he actually is and he opens his 'real' eyes to see than man will be enlightened with the truth. Ultimately, that whatever we battle for is meaningless, it is temporary and transitory. Man will shift his paradigm and choose to live a life of Peace. But as long as man is ignorant about the reality of who he actually is, he will continue to waste this beautiful gift called Life in unnecessary conflict and bloody wars that ultimately have no meaning.



*When will we overcome our ignorance?
When will we live with Peace and Bliss?
When we are Enlightened with the Truth,
The world will have Peace and Happiness.*



CHAPTER - 07

REALIZATION OF THE TRUTH



*Men make war to get attention.
All killing is an expression of self-hate. – Alice Walker*

We can overcome our ignorance, only when we Realize the Truth. As long as we do not Realize the Truth about life and who we are, we will continue to live in the battlefield of life with conflicts and wars till our life is consumed.

Although we may know the Truth, we still fight with one another. Why? Because there is no Realization. Realization is different from knowledge. 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. There is a paradigm shift post Realization of the Truth, as we replace war with Peace.

But what is this Realization? Realization is primarily the discovery of who I truly am. As long as I think, 'I am I' and 'You are you,' I continue to live with conflict and lose my Peace of Mind. Therefore, the Realization that must be attained is the answer to the question, 'Who am I?' Am I in reality this body that seems to have a mind and is said to have a Soul? Am I the one who lives from birth to death with my name, my identity and all that is written in my credentials?

One day, this body will die. Is death the end? What will happen to me? When somebody dies, don't we say that this is just the mortal remains of the person? The person has 'departed, expired and has passed away.' What does this mean? Isn't it a lie because the body is right in front of our eyes? It may seem to be dead, but it is the same person whom we knew, with the same name. Then, why do we say that this is not the person who was alive? It is because the person is no more. What does this mean? If this is not the person who was alive, and this is just the body, then this body was never the person who was alive. The person who was alive was the 'life' inside that person's body. Doesn't this seem very simple and logical? While we may read this a hundred times, we still may not Realize the Truth that we are not the body that we wear. We are the ones who wear the body.

Unfortunately, we continue to live in ignorance without Realizing the Truth that I am not this, I am That – the Divine Life Energy. I am not this body that starts its journey when two cells from my parents, in a fusion, become one. The zygote develops into an embryo that is ultimately born on my 'birth' day. By the time I am born, I am a tiny baby. The baby grows eating bread and bun, pizzas and pasta, into what finally appears to be an adult. The adult grows old and experiences disease and decay and ultimately the body dies.

Therefore, there is no doubt that I am not this body that started its journey as a single cell and around which the

organs developed until one day, it was ready to be delivered on planet earth. There is also no doubt that I am not the dead body that lies in front of dozens of people who are crying and mourning my death. If I am not this body that I all along thought was me, then, who am I in reality?

Sometimes we think, we are the mind. We read that the body is just hardware, but we are the software, the software that comprises the mind, the intellect, the memory and the ego. Some philosophers advocate that we are this, the subtle body that drives the gross physical body to act. Just like in a computer there is hardware and software, the body too has the gross body and the subtle body. What we don't realize is we are neither of these. We are That, the Divine Life, that energizes our body to live from birth to death. When that Life Energy departs, there is no breath. This is just like the power supply in a computer, without which neither the software nor hardware can function, we are that Power that makes body and mind work.

We must Realize the Truth that neither are we this gross body nor the subtle mind. We are the Divine Soul. As long as we do not overcome our ignorance and Realize the Truth of who am I, we will continue to live like the individual body, that seems to have a mind and a Soul and we will continue to battle as the ego, that constantly says 'I', 'me', and 'mine' and creates an illusory difference between me and others. As long as we don't Realize the Truth of who we truly are, there can be no end to conflict

in this world. As long as we consider ourselves as different from our brothers and sisters, we will fight with them. As long as we believe we are different from the followers of another religion, we will continue to argue, even fight, proving our religion to be better than theirs. But once we Realize the Truth that we are not different from one another, we are the same, it will end all conflict and reward us with Peace and Happiness.

Unfortunately, we human beings are busy trying to discover everything else. We are busy discovering cosmetics for the skin, but we have not had the wisdom to discover what is the Power that lies within. We are sending astronauts in spaceships into space outside the earth, but we are not going on a quest, to discover the secret of our birth. We are curious whether there is life on the moon and on Mars, but we haven't discovered the life in the flowers.

As long as we continue to live in ignorance and we do not discover that the life in all of us is the same Divine Power and it is not different, we will continue to live with conflict and lose our Peace. But the moment we realize that we are That, the Divine Energy, we are the same, the world will be transformed and will be rid of all battles, all conflicts. Peace will prevail on our planet, if only we Overcome our Ignorance and are Enlightened with the Truth. If we do not Realize the Truth, we will live and die in the battlefield of life.



*Until we Realize the Truth of 'Who am I?'
We will fight battles and we will die.
But when we realize we are all but one,
There will be no war, Peace will be won.*



CHAPTER - 08

WE APPEAR DIFFERENT, BUT WE ARE THE SAME



Religion isn't the cause of wars, it's the excuse.
- Jasper Fforde

We are one though we appear as many. Haven't we seen raindrops falling? When rain starts, the moisture of clouds and fog coalesces into concentrated moisture and becomes distinct raindrops. Each raindrop seems distinct as it falls to the ground. On earth, these individual raindrops merge into one stream, one continuous flow creating a river. Like the raindrops that fall on earth, we also seem to have a distinct identity when we come to earth. We forget that we come from one Consciousness and then after death, we will merge into the one Supreme Consciousness.

We human beings may all appear different on the outside, but, deep within, below the bone and the skin, the Power in all of us is the same. We are no different from each other. Unfortunately, our ego along with the mind, repeatedly convinces us that we are the ME – the Mind and Ego, and along with the body, stops us from Realizing the Truth. Not only does it create individual identity, but it also plants the seed for conflict and war. If only we realize we are not what we appear on the outside, but we are all part of the one Divine Energy, we would transcend the ego and live peacefully and

in harmony with one and all. We come from the same Divine Consciousness and we return to the same Divine Consciousness.

When we go to a jewellery store that sells ornaments of gold, we see so many beautiful pieces of art, intricate gold necklaces, beautiful bracelets, dazzling bangles and exquisite rings, earrings and nose rings. The merchandise is endless and goes on to include beautiful gold idols, anklets and hairbands. Anybody entering a store of gold jewellery would be dazzled by the hundreds, if not thousands of pieces of designer jewellery. However, one who Realizes the Truth realizes that the jewellery is all gold. They may appear to be different products, but in reality, they are essentially made of nothing but gold.

Gold is the cause, the ring, the bangle and the chain are just effects. The effects are nothing but different forms of gold. It is because of gold that they appear. If we remove the gold from these beautiful pieces of jewellery, they will disappear. Nothing remains. While none of us will deny that if we remove gold from a gold ring, it becomes nothing, we don't realize that when the Divine Energy within us departs, there is death, because there is no breath. We become nothing, once the Divine Energy leaves us. However, we do not realize that just as the gold ring is nothing but gold, we too are nothing, but the Spirit, the Soul or the *Atman*. The Soul is the cause, we are just effects. Just like the gold is the cause, and all the different

ornaments are just effects of the gold, we human beings – Indians, Americans, Australians and Japanese appear different, but essentially, we are the Divine Spirit. The moment the Spirit departs, our bodies disintegrate into dust and we the ones alive, the Energy, merge with the one Supreme Divine Energy.

When we Realize this Truth that we may appear different, based on our nationality, our religion and even our ethnicity, but in essence, we are not different from each other, we are all made of the same Divine Energy, we will love one another, accept each other, and live with Peace and Harmony. All conflicts and battles would end the moment we Realize this Truth. Unfortunately, because we appear different, talk different languages, eat different food and dress differently, we get lost in this material world of different shapes and colours and forget that we are in essence, one Divine Spirit. This is the key to World Peace. We are fragmented into pieces only because of our ignorance. We hate one another, get angry and take revenge, only because of this ignorance. The right eye is never jealous of the left eye. Both eyes harmoniously make us see. Why then, are two groups of people from two different religions or two different ethnicities constantly at war? It is because they do not Realize the Truth that they are not what they appear to be on the outside. They are in fact, the Power that is inside.

Just stop for a moment and ponder on the power, the

electricity that is supplied to your house. It is the same electricity that lights the bulb that also gives power to the air conditioner. When summer turns to winter, the power energizes the heaters to heat instead of cool the room. It is the same power that enables the television to entertain us, the same power that fires the induction coils to cook, the tea-coffee machines to brew our favourite beverages. Do we think even for a moment that the power in the hairdryer is different from the power in the bulb? The gadgets appear different, and each has a different function, but the power inside them is not different. If one switches off the main switch, the electricity supplied to the main house will be disconnected and there will be no power, no energy in any of the electrical appliances. We clearly understand this. We even understand that the same electricity powers all the apartments in the building, just as it supplies energy to the entire city. While we are familiar with the one source of power in our material life, we are ignorant of the one source of power in our spiritual life. Thus, we consider ourselves different from each other and we battle with one another, creating tension and turmoil and losing our Peace of Mind and World Peace.

It's time the world Realizes the Truth. It's time we Overcome our Ignorance. This Realization will reward us with Peace in our homes, in our cities and in the world. Then there will be harmony between people of different religions and nationalities.



*I am a Japanese and you an American.
This is not the Truth, it's just an illusion.
As long as we are enamoured by the colour of the skin,
We will battle one another,
Not Realizing we are the Power within.*



CHAPTER - 09 THE SECRET OF REALIZATION

*Mankind must put an end to war,
or war will put an end to mankind. – John F. Kennedy*

When will we realize that there is a simple solution for World Peace? When will we realize that as long as we live in ignorance, we will continue to suffer? When will we realize that as long as the ego incites us to believe that we are different from each other, we will continue to hate, to take revenge, to be jealous and angry with each other? When will we realize that we may be the citizens of different nationalities, but we are all one Divine Soul? When will we realize that we are not the body that we wear, but the ones who wear the body? When will we realize that though we appear to be different when it comes to the colour of the skin, we are all the same energy within? We may follow a different religion, but the Truth is, we are all a part of that one Divine Power, that Supreme Energy that manifests as everything on earth.

The Realization of the Truth is a secret. It is known to a very few blessed people who go on a quest and take the help of a Spiritual Master, a Guru. They are the ones who open their 'real' eyes to Realize the Truth. Knowledge is not Realization. You may read this book, or any other theology or scripture, but there is no assurance of Realization. Realization is an

inner intuitive experience. It happens when the light within comes on, overcoming the darkness we are enveloped in. This makes us experience who we are and transforms our life. Some people experience a metamorphosis with the Realization of the Truth. Once we realize we are not the body that we seem to be, nor are we the mind and the ego that says, 'It's me', then we realize we are the Divine Soul. It is this Realization that we are the Divine Soul that eliminates the turmoil in our life. When we realize that we are all essentially Energy, Divine Energy that appears as the body of over 30 trillion cells, only then we realize the uselessness of wars and battles. What is the point of having conflict with each other, when in reality we are not different from one another? We are not even children of one universal father as it is explained to us sometimes. We are all the same essence, the same cause, that appears as different effects.

Realization is a gift from the Divine. Unless one yearns for it, the Truth may be staring at our face, but we will not realize it unless we have the Divine Grace. The secret of Realization is beyond simple logic. There needs to be some spiritual magic for us to transform our paradigm of life.

The biggest problem in the revelation of this secret of Realization is our own Mind and Ego. The ME, the Mind and Ego, fights very hard to stop us from such a Realization because the moment we experience the Realization of the Truth, both the mind and the ego cease to exist. You can touch your nose and you can see your ears in the mirror. You can also see an X-ray

or MRI of your internal organs like the heart or the brain. But have you ever seen the mind? If we try to find the mind, we can't! Although we feel it exists, it is just a bundle of thoughts that seem to come from every part of the body. The ego that is constantly saying 'I' and 'me' and 'mine', only appears from birth to death. It is the main cause of our ignorance and the secret of Realization is in transcending the ME, the Mind and the Ego. When we realize we are the Divine Soul, that the body is made up of five elements which will ultimately return to their source, then we also realize that the mind and ego, only appear to make us suffer. The secret of Realization is to destroy this ME. However, there is a constant war, and the ME resists our overcoming of ignorance and realizing we are the Soul, because the moment this happens, the mind and ego cease to exist.

There are many methods of Realization. One simple method is to perform a virtual experiment in a sealed room. Although we dismantle every cell of our body and safely preserve each cell, in the end, we cannot find the mind and the ego. The body dies and if we virtually assemble the entire human being that was alive, we cannot put back the 'Life Energy' back into the body. The Energy that caused life would merge with the Universal Energy, resulting in a virtual death in the imaginary experiment.

It is not difficult to understand the Truth and to gain knowledge about it. But rarely, only one in a million, would realize who we truly are. Thus, the world lives in ignorance, battling one another and fighting in ignorance. Those who struggle to Realize the

Truth may rely on a recent scientific theory. The discovery came after an experiment was coined as 'Wave-Particle Duality'. In fact, this scientific theory is based on the famous law of thermodynamics, popularly known as the Law of Conservation of Energy. All of us must have learnt in school what this Law states. It states that Energy cannot be created or destroyed. It can only be transformed from one form to another.

Scientists, in this experiment, took a cell of the human body and tried to examine it under a microscope. They were successful in getting to the tiniest part of matter that existed in a human cell. Not just molecules, atoms, electrons, protons, neutrons, but they finally got to the 'quark'. As they were examining the quark, the tiniest part of the human cell, they were baffled as it suddenly disappeared. As they discussed the possibilities, that particle suddenly reappeared. Putting their scientific brains together, they realized that it was the energy law that was demonstrating itself. The particle of matter transformed into energy and the energy once again transformed into the particle of matter. Thus, they called it 'Wave-Particle Duality', based on the existing law of conservation of energy.

What did this scientific experiment reveal? It revealed the secret of Realization. It revealed that though we human beings appear to be a body mass of over 30 trillion cells, in reality, we are nothing but energy. We are all a part of that one universal supreme Divine Energy.



*We human beings appear to be a body, mind and heart,
But what happened when scientists tore the body apart?
They found every cell of our body was nothing but energy,
Revealing the secret of Realization- Who is the real 'me'?*



CHAPTER - 10

ENLIGHTENMENT – THE SIMPLE SOLUTION

*Peace can only come as a natural consequence
of Universal Enlightenment. – Nikola Tesla*

What then is the way to World Peace? What is the simple solution to attain Tranquillity and Harmony around the globe? It is Enlightenment.

Everybody talks of Enlightenment, but what exactly is it? The word 'Enlightenment' means to switch on the light within. We human beings live bright lives on the outside, but deep within, our life is full of darkness. When it comes to life, happiness, and sorrow, meaning and purpose, we are quite blank about it. We just live and we die, without answering the question, 'Who am I?' and 'Why am I here?'. It is for this very reason that we fight with one another. We form groups and create conflict. Our nations go to war, just as religions battle one another. If only we were Enlightened with the Truth, there would be no conflict, no war and Peace would prevail.

Enlightenment is all about realizing what our true essence is. It is switching on the light to Realize the Divine within. The human body is said to have 9 doors – 2 openings in the eyes, 2 in the ears, 2 in the nose, one mouth, an organ of excretion and an organ of procreation. All these 9 doors open to the outside

world. None of them opens within and thus, we are not Enlightened with what we are on the inside. It is only when we open the 10th door, that we see the light of Truth and we are Enlightened with the Truth that we are not just made of bone and skin, but in fact, we are the Power that is within. The moment we are Enlightened with this Truth, that we are not the mind and ego that says, 'me', but rather we are Divine Energy, we will also be Enlightened to the reality that we are all no different from one another. If I am not the body, mind and ego that I seem to be, and I am Divine Energy, this Enlightenment reveals that even you are not the physical body that you appear as. You too are Energy. When we are Enlightened with this Truth, we realize that every human being in this world is not a mass of 30 trillion cells, but in reality, Energy. This is the Enlightenment that we need. In this simple truth lies the solution for World Peace.

Aren't we as a human race, strange people? We are so concerned with the 1% of us who are visually blind that we have even created a blind language popularly known as Braille. But we pay scant attention to the 99% of us who are spiritually blind. If only we shift our focus to the malady of our spiritual vision, we will be able to see through and through and Realize the Truth. We need this Enlightenment for creating Peace and Harmony in this world. As long as we continue to live with this 'spiritual cataract', we will continue to live like the blind fighting the blind.

Have you heard about the dramatic transformation one experiences after a cataract surgery of the eyes? One who was hitherto blind and could barely see anything, as if by magic, regains sight - he sees the light again. Enlightenment is a far more enriching experience when the light of Truth dawns upon us. We are able to see our reality. We are able to experience the Divine Soul that we are.

The enlightened one becomes conscious that we are not the body and mind that calls itself by a name. It is our ignorance that makes us believe that we belong to a nationality. It is our foolishness that makes us fight with other religions for the supremacy of our God and scripture. When we are Enlightened with the Truth, we will realize that we are all part of one Divine Energy. We are all, in essence, the Soul, no different from one another. When this Realization dawns upon us, it is Enlightenment. It is this Enlightenment that is needed in the nations around the globe for us to have World Peace.

The solution is simple. But as long as our attention is on the material aspects of our life, we will continue to spend our millions in discovering new cosmetics and medicines for the skin, but we will never discover the Truth within. We need a new education system that teaches children how to love one another as the Divine Soul. We have to get to the root and teach our future generations the Truth, otherwise, they will continue to shoot with anger, revenge, hate and jealousy, and the fruit will be none other than conflicts, wars and battles.

Unless the world transforms with the Enlightenment of the Truth, there will be no World Peace. We will continue to live, fighting with one another in the shadow of the darkness of ignorance. When we switch on the light within, the darkness will disappear. The light of Truth will reveal our true identity and our Enlightenment will create harmony.

Enlightenment will create a new world order, a world where there is compassion for one another, where people understand each other, and love people of other nations and religions, just as their own. Enlightenment will create a world where revenge will be replaced by forgiveness, just as hate will be replaced by love. When Enlightenment makes us Realize the Truth about this world, about life and our universal existence, the anger that causes terror in our hearts will be replaced with Peace.

It is only when there is Peace in our heart that there will be Harmony in our homes and there will be World Peace. But how will we replace these negative emotions that are poisonous with positive emotions that have power? The way to flip over from negative to positive, is Enlightenment. The moment we Realize the Truth, we don't need to sit together in large conventions and draft complicated Peace treaties. The Peace in our Enlightened hearts will vibrate into the World making this World a heaven of Bliss, Joy and Peace. The world needs Enlightenment!



*Unless there is Enlightenment within,
Unless we switch on the light,
There will be no Peace in this world,
In Ignorance, we will battle and fight.*



CHAPTER - 11



NOTHING BELONGS TO US

*Nothing belongs to us,
even the air we inhale must be exhaled.*

- Kiran Shettar

While most of humanity is trying to earn, to conquer, to own and to possess money, jewels, wealth, land and everything that seems to be valuable, does any of this ultimately belong to us? Is there an iota of doubt that everything that seems to be ours is actually not ours? It is something that comes into our hands for us to use, but ultimately, we will lose it all and depart. The earth is a big stage and, in this drama called Life, we are just actors. We come and we go. In this show called Life, we get caught in the myth, in the illusion that this is mine, that it belongs to me. When will we Realize the Truth that nothing belongs to us?

When we realize that we are not the ego that says 'I', when we transcend the ME, the Mind and Ego, only then will we stop quarrelling with one another for something that doesn't belong to us. As long as we don't realize this simple Truth, that everything is given to us as a trust, to use during our lifetime, we will continue to remain in ignorance and lose our Peace of Mind, believing in the myth that I am the owner. When we Realize the Truth that we don't own anything, we will reach that state of Peace and Bliss that replaces Tension with Tranquillity.

If we look back at history, what do we see? The famous world conqueror Alexander the Great, tried to conquer country after country. His goal was to amass all the wealth he could. One day, it is said that he was bitten by a malaria mosquito. In those ancient days, there was no cure. But he called the traditional doctors and offered them all his wealth to save him from death, but they couldn't. It is also said when he died, he left a message for the world by asking that his hands be let out of his coffin without anything. He wanted to tell the world that even the world-conqueror Alexander, could not take a pin with him.

Don't we know beyond doubt that at death, nothing will belong to us? Don't we also know that it is an absolute Truth that none of us can escape death? When it is so clear to us, that one day we will die, and in that moment of death, nothing will belong to us, then what makes us continue to fight and quarrel with one another? It is our own Mind and Ego, ME.

As long as we live as ME, a human being with a name, a body, a mind and ego, we will continue to battle with each other. As long as we live in ignorance, we will declare war against other nations. As long as we do not Realize the Truth of who we are, and that nothing is ours, we will continue to fight against people of other religions and force them to follow our beliefs.

As long as we live and die in ignorance, there is no possibility of World Peace. It is unfortunate that we just follow the myth that we have grown up with, we just believe in the fairy tales

that we are taught, that we do not Realize the simple Truth that nothing belongs to us. Is it a complicated matter to understand that if I die, all my money will be left behind? My properties will not belong to me. My gold and diamonds will remain in the lockers. Even the body that I think is mine will return to dust. These are startling facts and nobody on earth can deny them. No religion in this world can disprove this Truth. But still, we continue to live in ignorance, believing we are ME and believing that everything is mine. We continue to imagine that all our wealth and possessions will remain ours forever, although deep within, we know the absolute Truth that none of this is ours and that we have to leave it all behind.

It is this very ignorance that creates conflicts between people, families, communities, nations and religions. The moment we overcome the ignorance, we will have Peace in our hearts, in our homes, and in the world.

Today, the cause of war in the world and the cause of continued stress, conflict and anxiety is because of our deep-rooted ignorance. Although people know these simple facts, they do not realize the Truth of it. One cannot understand the Truth. One has to Realize the Truth. Unfortunately, centuries have passed and the richest of men, have lived and died, with the illusion that their wealth belonged to them. If only they had Realized the Truth, they would have experienced a paradigm shift and lived life with a new philanthropic philosophy, which would in turn foster World Peace.

Stop for a moment and look back at all the wealthiest men in the world who are no more. With all due respect to Steve Jobs of Apple, Lee Kun-Hee of Samsung, the billionaires who died recently, what caused them to amass wealth, which they ultimately left behind? Then there was John D. Rockefeller and Andrew Carnegie, who were great philanthropists, but who still died as amongst the world's wealthiest men. The list is endless, Henry Ford, Dhirubhai Ambani and the several Nizams and kings in India, the Sheikhs in the Middle East and the several dictators of the world. Did any of them take their wealth with them?

Although it is the absolute Truth that nothing belongs to us, the Mind and Ego in us, the ME, fools us into believing that all this is mine. It is this very ignorance that creates conflict amongst the people of this world. It is this very ignorance that makes us fight in the name of religion. The only difference is that money and wealth is a material cause, and religion an emotional one. However, both are rooted in the ignorance of not realizing who we truly are. When we contemplate the air we breathe in to live, we will realize that every breath has to be exhaled. If the air too, is not ours, how can anything else be?



*Do you have a doubt that nothing belongs to you?
That you will go empty-handed, is absolutely true!
Because you don't Realize the Truth of who you are,
You lose your Peace of Mind as you go to war.*



CHAPTER - 12

REALIZE WHO WE TRULY ARE



*A lie can travel halfway around the world,
While the Truth is putting on its shoes.*

- Mark Twain

Why is it that the whole world continues to fight with one another, creates conflicts and wars, although we know the fact that we are not going to be here forever, that nothing belongs to us? Why then do we continue to kill one another, and destroy our Peace and Happiness? Don't we know that Peace is priceless? Don't we know that war is not a solution? Don't we know that when we shed each other's blood, we are only creating a future of turmoil and further misery?

Although we know many things, we don't Realize the Truth. We don't open our 'real' eyes to see beyond what we have been taught. If we have been taught the fairy tale of Santa Claus, we don't stop and change that belief to help future generations Realize the Truth. We just continue to believe in the myth. It takes a little common sense to understand that there are not many Gods living in different heavens, controlling the one planet that we live on. Although we know it, we don't go one step further to Realize the Truth. Because we don't Realize the Truth, we continue to create conflict and our ignorance takes us to the battlefield and we lose our Peace of Mind.

The key to World Peace is Realization. Realization of the Truth is a step beyond knowledge. The world is growing in terms of our educational institutions and universities, and we are producing far more graduates than ever before. But all that we give to them, is knowledge. There is no Realization. Realization is not something that can be taught in a school or college. It is an inner understanding and experience of the Truth. It happens when one goes in quest of the Truth, asks and investigates, and one doesn't stop till they Realize the Truth. As long as the world continues to believe in the myth that we grow up with, we will never get to the bottom of the root. We will live, quarrel with one another, create stress and anxiety in our communities and in the world, and ultimately die. There will be no World Peace.

The solution for World Peace is simple. It is the Realization of the Truth. It is contemplating our knowledge and then transforming our thoughts with the paradigm of the Truth that we realize. It calls for us to stop believing whatever we are told blindly. It calls for us to have the courage to question our teachers, our family, even our culture and our religion. It is only when we question, that we will come to the ultimate Truth. The rest of us will just blindly follow the herd and suffer.

What is the Truth that we must Realize? There are several. But they all are to do with our Life. Some of them are these:

- Death is certain. Nobody can escape it.
- Ultimately, nothing belongs to us.

- We don't control our birth or our death.
- The body that we think is 'me', ultimately dies.
- There is a Power that departs at death.
- Success is not Ultimate Happiness!
- All the rich people in this world are not necessarily happy.
- Peace is the foundation of happiness.

There are many more such Truths that we must contemplate. These will lead us to the ultimate quest that is the secret to World Peace. The quest that gives us answers to 2 questions:

1. Who am I?
2. Why am I here?

Who am I? We think we know who we are. We have a name, a nationality, a religion, a profession and an occupation. There is no doubt in our mind about who we are. Unfortunately, this is not the Truth. You say, 'I am John.' But were you born as John? John is just a name given to you. One day, John will die, but you, who were alive, will depart. That's why we say, 'John passed away' or 'John moved on.' Don't we know that this dead body is not John? It is just the mortal remains of John. But where did John go? We have to Realize this Truth.

Some of us consider ourselves to be human-computers. We have enough knowledge of hardware and software and we think our body to be the hardware and our mind, intellect, memory and ego, to be the software. We are also reasonably knowledgeable about the power supplied to a computer – it

may be electricity, a battery or a power bank. But do we know the source of power supply to the human-computer, our own body? There is no doubt that there is a Power that appears when we are conceived, much before we are born or delivered on earth. The same Power gives us life from birth to death. Then, one day, there is no breath. The Power leaves and we know, we are not the bone and skin that is left behind. We are the Power that was within. This knowledge though known to us does not crystalize into Realization. When we realize that we are not this body, and we realize we are not even the mind, only then, we Realize the Truth that we are that Power known as the Soul, the *Atman* or the Spirit. Some people believe they are the mind, but those who go in quest of the Truth realize – where is the mind, you cannot find! They realize we are the Soul. The Realization that we are the Soul, reveals to us that we are all part of one universal energy. The Soul in you and me is not different. But as long as we do not Realize this Truth, we will continue to believe that we are the bodies we wear and not the Soul. This lack of Realization is the essential cause of the ego creating conflict and war and stealing Peace. The moment we realize we are not the physical body, not the mind, not the ego, but the Divine Soul, there will be Peace. Realization of this Truth will not only create Peace within but will lead to World Peace.



*Who am I? Am I the body that will die?
Or am I the mind, where is it, I cannot find.
I am the Power within, the Life, the Divine Soul,
To realize this, is my Life's Ultimate Goal.*



CHAPTER - 13

HOW CAN THE WORLD BE ENLIGHTENED?



*Knowing others is wisdom,
knowing yourself is Enlightenment. – Lao Tzu*

If we want World Peace, there are simple steps that we need to take. But we must be sincere and focused on our actions and our intentions. If Peace is a treasure and a foundation of all happiness, then we must be willing to pay the price. How do we start?

Man needs to go in quest of himself. He has to ask two simple questions – 1. Who am I in reality? 2. What is my purpose on earth? The answer to the first question is simple according to most of us. I am who I am. I have a name, a family, a nationality, a profession, a religion and I can look at myself in the mirror. While man thinks he knows the answer, he doesn't realize that the reflection he sees in the mirror is constantly changing. He can see his hair becoming grey, just as wrinkles appear on his face. Doesn't man know that one day he will die? If we ponder on our birth, we think we were born on our birthday. But weren't we alive one day before in our mother's womb? Some babies are born premature, weeks before their due date of delivery. However, a few months before we are born, our life already existed. The body was formed around the zygote, which later became an embryo. A careful introspection will reveal that we were born, when two cells of our parents, by a Divine fusion

became one. Our existence was from that date. That is why, while the world denies it, many, including people like Mother Teresa, consider abortion of a zygote as murder. But man continues to ignore these vital questions. He just lives as the ego, who has a body and mind. Thus, he continues to experience the triple suffering – physical pain of the body, misery of the mind and agony of the ego. It is this ego-driven man that loses his Peace of Mind, just as he destroys Tranquillity in his home, his community, his country and the world. If only man overcomes his ignorance to realize that he is not the body, the mind and the ego, he is the Divine Soul, he will end all hatred and conflict. Realization of the Truth will lead to World Peace, but for this, man needs Enlightenment.

Just as we do not know who we truly are, we have no clue about what our purpose on earth is. We believe that our goal is happiness, and from the time we are born, we keep seeking pleasure, just as we try to shun pain. We attain momentary happiness, only to sink back soon into a valley of misery. To be happy, we do everything possible to be an achiever, because we are taught that success is happiness. We keep chasing success and happiness, only to realize that they are like shadows. The more we chase them, the further they go. Man is never satisfied, and he lets his needs become his greed. Enough is not enough and this illusion to be greater, to be an achiever, to compete with others, to be the best, creates stress and anxiety. This not only steals his own Peace, but his ignorance destroys the Harmony in the lives of all those he knows. When man overcomes his

ignorance, that his purpose is not just to be happy through pleasure, and not just to make others Happy, and gain Peace, only then will he Realize the Truth. Man must realize that ultimately, all the material wealth, the pleasures he seeks, the name and fame, and the success, will be left behind. He will soon be forgotten, the moment he sighs his last breath. At death, his name, his relationships and all that he treasured, all that he traded his priceless Peace for are useless. Man knows this just as he sees the Truth unfold, but he doesn't realize it. He needs Enlightenment.

How can the world be Enlightened? How can we shift our focus and live a life of true Peace and Happiness? How can we attain World Peace and live in Harmony? The world needs a paradigm shift, and it starts with a new education. We are so busy trying to learn languages, mathematics and science and are so focused on information technology and biotechnology that we are making great strides and progress in our material world, but we are losing sight of our Spiritual Life. Man is so busy exploring the stars and trying to find Life on Mars that he has not stopped to discover the Life that is in him and in the flowers. Unless our education focuses on answering these two critical questions – Who am I and why I am here, we will continue to live in ignorance, and we will never Realize the Truth. We will spend our lives creating more weapons of war and try to be mightier by using the sword. Alas! We will continue to destroy valuable lives and murder Peace, the very foundation of happiness. Unless the world shifts its focus from gaining knowledge of the outside world to gaining wisdom of what is within, we will

continue to find better medicines for the bones and the skin, but we will never Realize the Truth of what lies within.

Do we want World Peace? The solution is simple. We must all work together to create a new education policy. We must take away some focus on history and geography and invest that time on spirituality. We must invest in teaching our children that all religions are good, but they are only like kindergartens and that they must evolve and grow as they graduate in the university of Spirituality. Instead of teaching our children that success is the main thing, that it is the only thing, we must train them to be better human beings, who live with love and compassion. More important than educating our future generations to be successful and to make money, we must teach them to be spiritual and make a difference. If we do not change our philosophy and create a paradigm shift in our basic education system, we will continue to focus on a life of Achievement. There will be no Fulfilment and Contentment and we will never reach our ultimate goal of Enlightenment. Yes, it is possible to have World Peace and the solution is simple. But it needs a strong commitment to enlighten the younger generation with the Truth. Just as we must overcome our ignorance and live with brotherhood, love and compassion, replacing hate with love and war with Peace.



***World Peace has a simple solution -
To Overcome our Ignorance and gain Realization.
We must stop our chase from Achievement,
And shift our focus to Enlightenment.***



CHAPTER - 14

WE NEED SPIRITUAL LEADERS, NOT POLITICAL AND MILITARY LEADERS

***The terms of Peace may be negotiated by political leaders,
but the fate of Peace is up to each of us. – Barack Obama***

If the world must have Peace, then the world needs spiritual leaders, not political and military leaders who take us to the battle ground and destroy our tranquillity. The world today is full of political leaders who have their own political agenda that promises us a better standard of living. But it doesn't guarantee us a Peaceful life. We have many military leaders who, with their power of dictatorship, build the foundation of their economy, but they destroy the foundation of happiness, that is Peace! As long as we continue to create more dynamic leaders who declare war, the people of this world will have no Peace. Unless we human beings support leaders who are ruled by their spirit, we will continue to follow leaders who may promise us material progress, but in the end, we will have no Peace and Happiness.

Today, the world is in need of spiritual leaders, leaders who inspire people to Realize the Truth. We need saints that teach people to go beyond their body and mind and to live as the Divine Soul. We need Realized Souls who will make people understand that the ultimate goal is not pleasure, but Peace, leaders who will teach us to realize – *What would it gain a man,*

if he gained the whole world, but lost his own Soul.

We need leaders who develop our Spirit, not our mind. As long as we are motivated and let our mind follow, we will continue to live as a herd and follow the world into the battlefield of conflicts and war. Unless we fly like a bird, up in the sky, and search for the Truth, unless we realize that ultimately, we are the Divine Soul, unless we are Enlightened with the Truth, we will continue to suffer without Peace. We need leaders who will help us in the journey of Enlightenment, leaders who can liberate us from suffering. We don't need leaders who create more stress and anxiety in our life, motivating us to kill others for our religion and destroy others for their material or political agenda. We need true spiritual leaders who take us within on the journey of Peace and Tranquillity.

Enough have we seen of world leaders, who massacred millions without an iota of compassion. Let us do away with those leaders who promise us money in the bank but steal the Peace in our hearts. It is time to raise our voice against those who are robbing the very essence of what we seek in life – Peace. If we have everything, money, houses, cars, clothes, gadgets, food, but we don't have Peace, we will be devastated. To provide us with Peace and Tranquillity, and to create Harmony in this world, we must encourage spiritual leaders to lead us forward.

Imagine a world where the leaders of superpowers were

Enlightened Souls, each Realizing the Truth, would they sign Peace treaties trying to manipulate each other? Their focus would be to create Harmony amongst nations, to support one another and to replace hate and war, with love and Peace. Unfortunately, the world has more and more mighty leaders, who use their oratory skills to motivate us to fight with each other. They manipulate our minds for their own selfish agenda and out of ignorance, we follow them. Thus, the world today is filled with conflict and war and there is hardly a place where there is Peace. If only the world had spiritual leaders who ruled, there would be Tranquillity in the streets and not tension in our lives.

Before we take a step to find spiritual leaders to lead us forward in a world that has Peace, we must beware and not jump from the frying pan into the fire. We must not hand over the leadership of the world to religious leaders, who may be even worse than the political and military ones. We need genuine spiritual leaders who are not controlled by a religion or a scripture but are inspired by their own Soul. We need spiritual leaders who are Enlightened with the Truth, that in essence, we may appear different as Americans or Indians, Japanese or Chinese, but we are all ultimately a part of the supreme Divine Soul. If we must have World Peace, we must have spiritual leaders who unite us, and not divide us on the basis of our culture, our religion, our nation or on any other grounds. A true spiritual leader is one who has Realized the Truth about life, one who seeks nothing because he knows that ultimately nothing

belongs to him. If we have world leaders who are Enlightened with the Truth, they will not try to create more Power for themselves, but rather focus on how to have Peace in the world.

Yes, the world can have Peace, if the leadership around the globe shifts into the hands of those whose objective is Tranquillity. As long as there are leaders who are competing to make their own nations mightier in terms of wealth, in terms of progress, and in terms of Power, they may achieve their objective, but there will be no Peace. Peace is contagious. When more countries have spiritual leaders, they will create Peace, not only in their nation but also within the hearts of their people. This will inspire people from other nations to exchange war for Peace. They too will support spiritual leaders rather than political or military ones. But we must start that change now. Unless, we, who seek Peace, and who understand the basic Truth about life, hand over the leadership of our nation to an Enlightened Soul, we will continue to be puppets of political leaders who have no agenda to create World Peace. The solution to World Peace seems very simple. It is absolutely true that by overcoming our ignorance and having Enlightened leaders, we can be sure that this world will be a heaven of Peace, Joy and Bliss.



*As long as we have military leaders
Who take us to war,
And political leaders who'd rather power seize,
We will suffer in a world full of conflict,
Where there is neither Happiness
Nor is there Peace.*



CHAPTER - 15

HOW CAN THE WORLD START A NEW ERA OF PEACE?

*Peace cannot be kept by force,
it can only be achieved by understanding. – Albert Einstein*

What is the way to World Peace? How can we start a new harmonious life on earth? How can the era of war, battle and conflict be transformed to understanding, compassion, love and Peace? It needs a strong will. We must all flip over from living in ignorance to Realizing the Truth and we need spiritual leaders who will take us in that direction.

As long as we live in ignorance, and we do not Realize the Truth about life, as long as we do not overcome the ignorance that nothing belongs to us, we come with nothing and we go with nothing, we will continue to crave till we reach our grave. This desire, passion and obsession, born out of ignorance must be overcome if we want to see the dawn of World Peace. We have to wipe out this ignorance on the planet if we want to see the world transformed to a world of Peace.

The solution is simple, but it cannot be compromised. We have to overcome the myth and Realize the Truth. As long as we continue to believe in the fairy tales of our religion and culture, we will continue to live in the kindergarten of life and hate one another without realizing that in essence, we are all

one and the same. This Realization can spark the start of a new era of World Peace.

Enlightenment is the key, but we cannot just talk about Enlightenment. We must start the journey. We must eliminate negative emotions like hate, revenge, jealousy and anger and replace them with love, forgiveness, compassion, kindness, brotherhood. When will we do this? When we Realize the Truth about who we are and why we are here. It needs a strong political will in our leaders that should ultimately percolate to the grassroots. Unless we change the root, and plant Peace, we will continue to reap the fruit of conflict, war and battle. And this must start from one heart to another. It must grow till it overpowers the world and transforms a world of hate, into a heaven of love. Realization of the Truth will give us the gift of forgiveness. It will make us overcome our blindness and we will open our 'real' eyes to see a human being as a Divine Soul. This is the way to World Peace. There is no other way!

If leaders around the globe truly want Peace on our planet, they must stop and understand what the cause of war is. No good doctor can cure us of a disease without a proper diagnosis. A good remedy can only be found when we are aware of the cause of the problem. Do we have a doubt on why there is conflict? It is born out of our ignorance, the desire to own the world and everything in it. It stems from the agony of the ego that gets infuriated when its directions are not followed. It gets triggered by hate when we see each other as different, recognizing people

by the colour of their skin. It spreads from country to country, community to community, because we want to avenge the past. Intelligent leaders who reflect on all the causes of war can easily realize that it is due to ignorance. The moment we overcome our ignorance and we are Enlightened by the Truth, the world will start a new journey, a new era of peace.

Is the solution easy? Is it simple? Yes! It is not complicated to understand, but unless we work on it with a strong will, we will continue to live with ignorance believing in the fairy tales we are taught. The solution is simple – to Realize the Truth – who am I? But if we do not work to find the answer to this simple question, we will continue to see ourselves as distinctly different from one another and continue to live in conflict.

How can we make our world a paradise? How can we create heaven on earth? How can we eliminate the hell that we experience day in and day out? The world needs to start a new era. Unless we make a start today, the world will continue to remain in darkness. Just like the first ray of light at dawn lights up our dark skies, World Peace can see bright sunshine if we eliminate the darkness of ignorance. After understanding the facts that it is our ignorance that is causing terror, after realizing that Enlightenment can transform the world from hate to love, if we continue to live with ignorance, ruled by our ego, the dream of World Peace will always remain a dream.

It is a choice, and we must make this conscious choice. Peace

will start in our hearts and will be empowered by our Soul. It will first begin in our bedrooms and then grow into our boardrooms. Unless we initiate Peace in our homes, how can any community live in Harmony? As communities grow in their understanding and compassion, cities will become Peaceful. The Peace in our cities will overpower the way of war in our country. Once countries choose to do away with battles, realizing the uselessness of war and conflict, we will see a new era of Peace in the world. But it must start from within.

Unless the ME inside, the Mind and Ego, is transcended and we live as the peaceful, Divine Soul, we will continue to battle with each other, triggered by our ignorance. But when we switch on the light of Truth within and realize that we are all manifestations of the one Divine, we will start a new era of Peace. It will make us flip over from the belief - 'I am everything', to the Truth, 'I am nothing!' It will inspire us to choose Peace from birth to death, rather than conflict and war. But the transformation of the world from war to Peace must begin from within. Unless we are Enlightened with the Truth and we wipe out our ignorance, we will continue to kill each other and suffer. It is a choice which we must make through our actions if we truly want World Peace.



*We can make our world a heaven,
if we only make the choice.
If we wipe out the darkness,
we can all rejoice!
If we overcome our ignorance
and Realize the Truth...
We will live with Peace,
and not have bombs on our roof.*



CHAPTER - 16 PEACE OR PIECES – IT'S A CHOICE



*You may say “I am a dreamer” but I am not the only one.
I hope someday you will join us. And the world will live as one.
– John Lennon.*

What would you have? Would you prefer your world to have Peace, or would you like to continue to see it in pieces? It's a choice. We can look up at the sky and ask, 'Why?' as we cry when we see people die. Or we can go on a quest to find out the answer to the question – Who am I? The moment we Realize the Truth that we are not this body that we wear, but in essence, we are the Divine Soul, this Realization will plant the seed for a world that will live in Peace. The moment we are Enlightened and live with Self-Realization as a manifestation of the Divine, we will learn to live with love and compassion, kindness and forgiveness. This will transform the world from a planet in turmoil to a world in Tranquillity. But there must be Realization of the Truth.

If there is no Realization, then our ignorance will continue to create conflict. We will hate one another because we think we are different. We will want to take revenge on our enemies, not realizing that they are not different from us. We will be jealous of our neighbours, and battle and war in competition for supremacy because we are ignorant that we are all effects of the same cause. Ignorance will make us angry, and anger

will burn us even before we realize it. The hand that picks hot, burning coal to throw at another, will first burn itself. Thus, the Realization of the Truth is the key to transforming the world into Peace. Today, the world is in pieces and it is getting further fragmented as people are complicating relationships by the day. Instead of uniting and living as one, we are creating more and more differences, leading to greater conflicts and more wars. More religions are appearing in the world as existing religions break away into sections and subsections. Each denomination of a religion fights against its own religion and further divides its followers to live in conflict with one another. Instead of living peacefully in synergy, we are wasting our energy, creating more pieces and segments, leading to conflicting theologies and philosophies of life.

Every day the world is breaking into more and more pieces and this fragmentation is the cause of destroying World Peace. Every time we try to differentiate ourselves from others, be it through our nationality, our religion, our caste, our creed or the colour of our skin, we are resorting to taking weapons and killing one another, losing the precious Peace within. How can the world have Peace if we continue to break it into pieces? We have one beautiful globe that is controlled by one Power that created it. But on this planet called earth, if we keep on warring, fighting and breaking away from each other, we are inadvertently losing the very foundation of Happiness – Peace and this is a choice. We can continue to let the world break away and disintegrate or we can unify and live with Peace.

It is a choice! We have to make an effort to create synergy and the simple solution is to realize that we are all a part of one energy. It is not difficult for us to understand that the electricity in our house comes from one source of energy. It may light different coloured bulbs and they may appear different, just as it powers different motors or different gadgets. But the energy is the same. When we realize that we may seem to appear black and white by the colour of our skin, but the power within us is the same, we will have Peace. When we stop looking at each other based on our ethnicity, and the way we appear on the outside, we will realize we are all the same on the inside.

We have to make an effort to look deeper and find out the Truth. We have to move towards Self-Realization before the world experiences Liberation from terror and conflict, from battle and war. Unless we choose to bury our hate and replace it with love, unless we destroy our drive for revenge, and live with forgiveness, unless we let go of our anger and are kind to one another, we will continue to live without Peace and Tranquillity. Harmony is a choice. But it has a price. It is the Realization of the Truth. For as long as we don't realize that we are all but a part of one global family, we will continue to consider others different from us and this becomes the start of a never-ending war. But once we Realize the Truth, there will be no more diversity and fragmented pieces in the world. There will be Peace.

The world can be a heaven of eternal Peace and everlasting Joy. We can experience seamless Tranquillity and Harmony in every moment that unfolds if we choose to love one another as a part of that Divine Supreme Soul. The moment we do not find reasons to fight with one another and instead find ways to love one another, the world will transform. This is not a dream. This can be a reality if each one of us makes a sincere and genuine effort to Realize that neither are we the body that will die, nor the mind that we cannot find. When we realize that it is our ego that is triggering all the stress, anxiety and tension in the world, we will transcend the ego and live as the Divine Soul, loving one another.

One may wonder – 'Is the solution for World Peace so simple?' Yes, it is. It seems simple, but it is not easy to be Enlightened with the Truth and to overcome ignorance. Our own Mind and Ego, ME, is our biggest enemy and it stops us from the Realization of the Truth. It continues to inflate the ego and makes us think we are different from others. This is the biggest threat, the biggest danger. The moment we transcend the ME, and realize we are the Divine Soul, we will be free from turmoil, liberated from terror and transported to a heaven of Peace. What would you choose? Do you want a world that has Peace, or do you want to see the world continue to be fragmented into pieces?



*Do you want to see the World in pieces,
or do you want Peace?
Do you want to live with war,
or see suffering cease?
If you Realize you are the Divine Soul,
then you can rejoice.
But first, to seek Realization of the Truth,
you must make a choice.*



CHAPTER - 17

FOR THE WORLD TO TRANSFORM, WE MUST TRANSFORM



*If you change the way you look at things,
the things you look at change. – Wayne Dyer*

For this world that is in turmoil to have Peace, we need to change. If we keep on doing what we are doing, we will keep on getting what we are getting. There must be a transformation. We, ourselves, must transform for the world to transform. What is the change needed? We have to change our perspective. We need a paradigm shift.

Suppose you take a bottle of mineral water and put it into a red glass. The water looks red. If you put the same water into a green glass, the water looks green. Has the water changed? No! It is just appearing different because of the colour of the glass. We need to change the colour of our glasses, our spectacles, if the world must see a change. We have to view this world with our 'real' eyes. As long as we continue to live with our ego, without Realizing the Truth, we will not hesitate to harm others for our own benefit. If there is a transformation in our paradigm and we view other people as a part of our Divine Soul, we will not create conflict. We will not create conflict with other religions and condemn other cultures. We will be patriotic towards our country but will have equal respect for other nationalities as we realize that

our countries may be different, but our Soul is the same. If the world must change, we must change and for this to happen, we must take the first step in the right direction.

As long as we live in ignorance and continue to live following the fairy tales we have been taught, we will never be Enlightened with the Truth. We will celebrate another's defeat because they are our enemy and such an attitude is the very cause of our misery. When our ego competes with others, we plant the seed for a destiny of war and conflict. We have to overcome this ignorance that we have to be better than others, wealthier than the rest. We have to be the best. As long as the ego dominates our Life, we will continue to fight with one another. What is the transformation needed? We must flip over from pride to humility. Unless there is this change and we replace our cruelty with compassion, our anger with kindness, we cannot dream of Peace in our hearts. Where is the question of World Peace? But if we transform our hearts and learn to respect others, seeing in them the Divine Soul, then we will sweep away the conflict of competition and create an environment of friendship and brotherhood. Instead of picking guns to kill one another, we will shake hands and hug each other, knowing that we are all children of one family known as Creation, with one heavenly father. Although we appear to be different, but in reality, are the same.

Surely the world can change and there can be an end to all

war. Peace can dominate our lives, if only we Realize the Truth that we are not what we appear on the outside, but rather, what we are in the inside. Suppose you take two balloons, one red and blue and fill them with air. They appear to be two distinct balloons, different from each other. Now, you burst both the balloons. What happens to the air in the red balloon and the blue balloon? Can you retrieve the air separately? Impossible! The air from the balloons has merged with the air that is everywhere. The air of the red balloon and blue balloon has become one. While we clearly understand this, when will we realize that at death, our bodies will return to dust, but our Divine Soul will merge with the Universal Supreme Soul? The Truth is we are all part of the one universal energy, but we don't realize this. We war with each other only because we consider others to be different from us. This must change. If we transform our thinking and realize we are all the same, there will be an end to war.

Yes, World Peace is simple. But without a transformation in our thoughts, it is impossible. We will continue to hate one another, kill each other and take revenge. We need to re-program the software of our minds if we want World Peace. If we want the world to change, we must change. If we do not transform on the inside, what will appear on the outside will be continuous conflict.

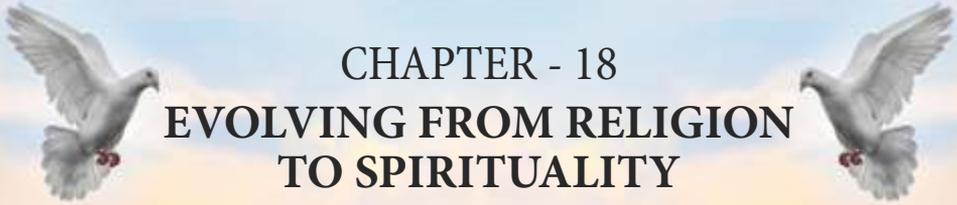
Do we really want World Peace? Do we really seek Harmony? Deep within in our hearts, are we tired of conflict and war?

Unless we regret seeing the world in pieces, fragmented by different beliefs, cultures and religions, we will just continue to live and die. Unless we really want a change in the world, we will never change. We will transform our lives only when there is a passion for Peace. Unless there is an obsession to end conflict, battle and war, our ego will continue to dominate. We must plant new seeds across the world for new fruits to appear, fruits of Peace and love, kindness and understanding, forgiveness and compassion. In today's world, these are rare to find. We heartlessly slit one another's throats to fulfil desires and for our self-gratification. The moment we transform and view others as Divine manifestations, see another human being as a reflection of ourselves, respect other nationalities, as different human beings with the same Soul, we will transform from thoughts of conflict to a paradigm of Peace. This change in our mindset will be the beginning of change in the world. It will start with a few people transforming their attitude, but this will spread and envelop the world with Peace, replacing hatred with love. Do you want the world to transform? Then, you must transform today. And you must help this transformation to reach every part of this world.

World Peace is not a dream. It is a possibility, and we can make it real if we change from believing the myth to Realizing the Truth. Instead of the world continuing to be in pieces, it can be transformed and there can be Peace. Let us make this change!



*If we want Peace in the world,
we must transform.
We must not believe in fairy tales,
our beliefs must reform.
Then we will live with Love,
there will be an end to hate.
If only we change,
the world will change its fate.*



CHAPTER - 18

EVOLVING FROM RELIGION TO SPIRITUALITY

God has no religion. – Mahatma Gandhi

For the world to have Peace, the world must evolve. The world must grow from the kindergarten of religion to the university of spirituality. All of us go to kindergarten but thereafter, grow and go to high school and college. When it comes to religion, we remain in the kindergarten of religion till our death. This is one major cause of conflict and turmoil. We must learn to graduate in our thought process, in our religion and move forward, then the world will have Peace.

What does this mean? One of the major causes of conflict in the world today is religion. We believe that our religion is the best religion and our God, the real God. We have been taught that only our scripture is right. Other theologies and philosophies of life are wrong! These beliefs have been so deeply rooted in us that many of us have become fanatics and remain indoctrinated in the kindergarten of religion throughout our life. We don't ask questions and investigate the Truth because we are taught that it is blasphemous to question our religion. Thus, we become so passionate about our religion, our scripture and our God, that we develop a conflict with other religions. Our obsession with our religion is so deep-rooted, that we even

kill one another in the name of religion. Isn't it foolish that the God of our religion who teaches us Peace and love, becomes the very cause of hate and war? What is the cause of this turmoil? Most unfortunately and inadvertently, it is religion.

Does it mean that we must change our religion? Of course NOT! We do not have to change our religion, but we have to change our paradigm. We have to understand that religion is just a kindergarten. Its job is to teach us the ABC of God. Just like we go to high school and university, we must then step into spirituality. As long as we fight with each other, trying to convert others to our religion, and forcing others to pray to our God and follow our scripture, there is bound to be conflict and war. The solution is spirituality.

What is spirituality? Spirituality is not a religion. It is the science of the Spirit. It is a journey that starts with Self-Realization and goes on to God-Realization. It is the process of overcoming ignorance and Realizing the Truth. It has nothing to do with religion, although it is built on the foundation of it. According to spirituality, all religions are good. The science of spirituality believes that all the Gods of all the religions are the same. It is one universal supreme Divine Power. Therefore, there is no conflict in spirituality. It does not compete with any religion but complements all religions to help us Realize God. It helps us attain our ultimate goal to realize we are the Divine Soul as it makes us Realize the Truth about God. Therefore, it is a solution to end all religious conflicts, to stop the hate that is present in

this world due to different faiths and to end all religious conflicts that are trying to prove the supremacy of their God.

If the world must have Peace, we must evolve from religion to spirituality. We must learn to grow and to mature in our belief. We must not continue to believe in the fairy tales that we have been taught. We have to question every ritual, every superstition and every dogma, that becomes so much a part of our nature that we get into fights with one another destroying each other's Peace. When we evolve from religion to spirituality, we transform hate to love and difference of opinions to compassionate understanding. We move from the question, 'Who is right' to 'What is right', as we together Ask, Investigate and Realize the Truth. While we continue to believe in our religion, spirituality makes Peace prevail as it makes us realize we are all the same Spirit, and this makes us agree to disagree. We may be reading different scriptures, but we will sit at the same table and eat the same food. We may go to different institutions to pray to different Gods, but spirituality makes us love one another to jointly celebrate our festivals with the Realization that ultimately, God is one. We may look at our God with different perspectives and call our God by different names, but spirituality makes us understand that the God we all pray to, is one, the same Supreme Power. This leads to an end of all conflict and war caused by religion. This can lead to a world of Harmony and Peace. But if we do not evolve from religion to spirituality, we will continue to fight with one another in the name of our religion and our God.

For the world to have Peace, religions must change their perspective. They must inculcate tolerance as a key virtue in their followers. They must emphasize that their God is not different from other Gods of other religions. They must desist from hating other religions and evolve to loving the Spirit that exists in man and beast. Unless all the religions in this world commit to grow beyond the basics, there will be no World Peace. Most of the global conflicts are motivated directly or indirectly by religion, just as religion is very powerful and can be instrumental in nullifying global conflicts. Therefore, if religions are committed to World Peace and evolve to the Truth that the Gods of different religions are not different, they will create Peace.

We may call it the Spirit, the Soul or the *Atman*, but the life inside us is Divine. Most scriptures directly or indirectly advocate that God lives in the temple of our heart, that the kingdom of God is within and that wherever we go, God is with us. When will religions create World Peace by making their followers understand that their God is not far away? When will religions make us realize and believe that God lives in our hearts? When this happens, we will stop killing one another and there will be World Peace.



*When Religions stop fighting
about the supremacy of their God,
When we realize that names are different,
but one is the Lord,
When the world will evolve
from Religion to Spirituality,
Hate and war will become Peace and Tranquillity.*



CHAPTER - 19

WE ARE ALL EFFECTS. THE CAUSE IS ONE



*The day the Power of Love overrules the love of Power,
the world will know Peace. – Mahatma Gandhi*

The world can become a heaven. There can be Peace and Tranquillity across continents, amongst countries, between religions and in our homes, if only we Realize the Truth that we are all effects. The cause is one. The moment this Realization dawns upon us, love will flow like a river and Peace will dominate our planet.

When we look at a pot, we naturally look at the shape and its appearance and call it by its name – a pot. We may call it a cup or a mug. What we don't realize is that it is not a pot, a cup or a mug. It is just mud. The moment you remove the mud, there is no pot, no cup and no mug. The essence within is the mud. It is with the same mud that the potter creates a pot, a plate and a statue. Because of the cosmic illusion, we only look at the appearance, but not what is intrinsically within. The moment we realize the cause, we will be liberated from our ignorance.

It is the cosmic illusion that makes us see the waves in an ocean as a wave. In reality, there are no waves. These just appear and splash on the beach before becoming one with the ocean. We too are like these waves that appear and disappear.

We come from the ocean of the Divine and we go back into the ocean of the Divine. Unfortunately, we don't Realize the Truth. We live as the ego, and we make a lot of noise before returning to be the tranquil ocean. The ocean is the cause. The waves are just effects. We must Realize this Truth.

There is so much noise in the world, so much agony and anger because the ignorant ego dominates. The ego hides the fact that we are effects, and the cause is one. It makes us believe that we are different from each other. And thus, we continue to hate one another, compete with each other and become jealous, retain grudges in our heart and take revenge. We continue to live in ignorance, letting the terror of anger rule our hearts. The day we realize that we are not different from each other, we may appear as different effects, but the cause is one, Peace will overrule anger, hate, revenge and jealousy and the world will be a tranquil paradise.

When will we realize the truth that in reality we are nothing? We appear as the effects of the one cause – the Divine. The day the Divine appears and gives life to the zygote in the womb of our mother, we are conceived. The zygote develops into the embryo and we are born. Our body has about 30 trillion cells, but each cell in essence is nothing but energy. Not only spirituality, but even science has endorsed this. We are just effects, the cause is the energy. When the energy departs, there is no breath, there is death! The energy in you and me is not different. The cause in us all is the one Divine supreme

energy. The day we realize this, we will drop all our differences and live with Peace, Love and Brotherhood. The Truth is that we are effects. The cause is the Divine.

When we go to a gold shop, we are enamoured by the jewellery. Thousands of different shapes fill the display shelves – rings, earrings, nose rings, bangles, bracelets, chains and necklaces. The list is endless. We are fascinated with the different pieces of jewellery and we ask the jeweller, 'What is the price?' To the jeweller, the shapes don't matter. What matters is the weight of the gold that an ornament is made of. To the jeweller all the pieces of jewellery are just forms and shapes. The cause is gold. If he melts the jewellery, none of the beautiful rings, bangles and chains will remain. They will disappear into gold. Gold is the cause. The different pieces of jewellery are just different effects.

God is the cause. We are just effects. But we don't realize this. It is because of God that we appear, not the Gods of the different religions, but the one supreme Creator, the universal Power whom we call God and give different names as per our religion. God appears as you and me. God takes the shape of all that is alive on the planet. It is because of God energy that things are alive, they walk and move on the earth. God is the cause of our birth. But we don't realize this. We look at the different people in the world, we look at the effects without realizing the Divine cause that is within each one. God lives in the temple of our heart. The kingdom of God is within. Most religions and most

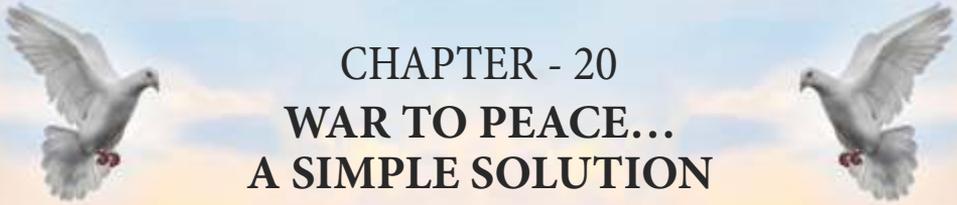
scriptures admit it. Science endorses it through the law of thermodynamics and the Wave-Particle Duality. Spiritual saints and sages have been sharing this wisdom for thousands of years, but we continue to live in ignorance. The moment we overcome our ignorance and realize the cause Divine that is within and understand that we are just effects, in that very moment, there will be Harmony. Just like the right eye is not jealous of the left eye, the right hand doesn't get angry at the left hand, the right leg doesn't take revenge on the left leg, knowing that the eyes, the hands and the legs belong to 'me', the Realization of cause and effect, will drop all the negative poisons that we live with and instead, we will live with Peace.

A life of kindness and compassion, love and understanding, fellowship and brotherhood can rule the world if people around the world Realize the Truth that we are all one. We may appear different, with differently coloured skins. But deep within, the Power is one. We are that Power, we are the cause, not the effect that we appear as. This Realization is the simple solution that will create World Peace. Peace will be effortless if deep within our hearts we know who we truly are. We will give and forgive, live and laugh, and hug each other rather than hurting one another, once we Realize the Truth about the Law of Causation. It's time for the world to transform. It's time to Realize the Truth.



*We may appear as different effects,
but the cause is the same.*

*When we realize this, there will be no battle games.
We will no longer hate, based on the colour of our skin,
We will start loving one another,
Realizing the Divine within.*



CHAPTER - 20

WAR TO PEACE... A SIMPLE SOLUTION

An eye for an eye only makes the whole world blind.
- Mahatma Gandhi

The world is like a jungle. The law of the jungle rules as we kill one another, claiming to be more powerful. We understand the tiger killing the deer to survive, just as it is natural for a lizard to swallow a fly. But we human beings are blessed with an intellect. We are not meant to live like the other animals and make our world a jungle. The gift of our intelligence should bless us to live civilized peaceful lives. Unless we live by our intellect, we will let our minds make us battle one another.

The solution is simple. There can be an end to war and life on earth can be a seamless journey of Peace and Tranquillity. Once we human beings Realize the Truth, we will stop killing one another, stealing each other's Peace of Mind. When we realize that the earth is a stage and the life that unfolds on it is just a show, we will have Peace. When we realize we are just actors that come and go, nothing belongs to us, there will be Peace. When we realize that we are not the body and the mind, but the Divine Soul, there will be Peace. When we realize that the Soul in you and me is the same, and in essence, we are not different from one another, there will be Peace. What remains is the Realization of the Truth. The Truth is

staring at our face, but we need the Divine grace. Only then, will we embrace one another and replace hate with love.

There was once a war in an artefact store. A 6-inches tall clay elephant was fighting with a 12-inches tall clay horse. The horse claimed, 'I am far bigger than you. Be silent before I crush you!' The elephant laughed and replied, 'Have you forgotten that you are so tiny, I can trample you to death?' The clay horse and the clay elephant kept fighting with each other. The potter who got fed up with their argument took both of them and immersed them in a tub full of water and they returned to their original state – a lump of clay. This little tale reminds us of how we live and quarrel with each other. We fight with one another and claim to be superior, more powerful, more influential. What we don't realize is that ultimately, nothing matters! Our ignorance of the Truth causes us to compete and quarrel, to fight and to have conflict. In the end, nothing will matter, because we all have to leave this beautiful world and depart.

Of what use is it to fight for a tiny piece of land and claim ownership? In the process, we lose this beautiful gift of life in stress and turmoil. In the end, even if we get the piece of land, we will have to leave it behind. So is it with money and wealth! We fight with one another, go to courts and arbitrations, to snatch each other's wealth. In the bargain, we lose our Peace of Mind. Ultimately, we leave all our wealth behind.

People rally together and declare war between one nation and another. Every day of war steals our Peace. If we look back at history, our history is filled with wars. The one thing that matters and is evident is that all those who go to war lose their Peace. People of one religion are fighting with people of another religion. The one God who has created this universe is looking at his creation and laughing. In the name of God and religion, we quarrel, we get into conflicts, and we even kill one another. Ultimately, all this is irrelevant. What is relevant is that we must not lose our peaceful life. We should be able to pray with Peace, Joy and Love.

Our challenge is to transform this world from a world of war to a world of Peace. Our challenge is to Realize the Truth and make all misery and suffering cease. Our challenge is to understand that we are living ignorant lives, that we have not Realized the Truth and most importantly, we are losing our biggest treasure - Peace.

Peace is priceless. You cannot put a price tag to Tranquillity. Every moment of Peace that is destroyed by war is a pity. It is a shame that we let our life escape us, as we create conflict with one another. Whatever we gain in the bargain, is useless because, by losing Peace, we have lost life itself. Our life is made up of years, each year made up of months, weeks and days, and each day is ultimately made up of minutes and moments. Every moment is a gift, a gift to love and laugh, to live, to give and to forgive. When we do this, we have made

the best of our treasure called Life. But if we don't, we have lost our biggest gift.

Of what use is it to exchange our Life of Joy, with a Life of terror and then to collect the trinkets of the world that will ultimately not be ours! Our glass of life is slowly becoming empty, and the glass of our possessions is becoming full. Then suddenly one day, life will be over. If we spend our entire life in war and hate, then what is the meaning of life itself? Rather, if we live every moment with Peace and Bliss, Joy and Love, that is a life well-lived.

The solution for World Peace is very simple. In fact, it appears too simple to be true. But if only we choose to Realize the Truth about life, our life will be filled with Peace. This will lead to Peace in our families and in the world. This will put an end to war. The solution is very simple, it needs action. It needs Realization. Then there will be Liberation from war and a new era of Peace will start. The process of World Peace can become an effortless one. The moment our hearts are transformed, we will not have to work towards resolving conflicts because Realization will not let conflicts arise. When we start loving one another as one, then the battle has been won. We must start the journey of overcoming our ignorance. This simple solution can transform the world to make it a real heaven on earth. May we be blessed to Realize the Truth and be Enlightened so that we can live together with Peace and Harmony.



*The whole world is at war, there is no Peace!
We can end all our battles and conflicts with ease.
If only we realize that in essence, we are one,
We will stop our Quarrels, and Harmony will be won.*



AFTERWORD

*We can never obtain Peace in the outer world,
until we make Peace with ourselves. – Dalai Lama*

As I used to pick up my morning newspaper or turn on the television for the morning news, the only thing that would sweep across my mind is misery, pain and suffering. There is stress, worry and anxiety all over the world as we see people fight, squabble over tiny issues, quarrel over money and war over territory. There is no Peace in the world. We rarely hear good news. Most of the news is sad and depressing. But I believe there is hope. There is a simple solution for World Peace. The world can be transformed from a place of hate to love, from revenge to forgiveness and from anger to kindness.

After writing several books on Happiness and Suffering, Life and Death, God and Heaven, Self-Realization and Enlightenment, Fear and Faith, and even Love, I was inspired to write this book on World Peace. As I come towards the end of this book, I am so much more confident that the world can have Peace, that we can eliminate all wars, that we can eliminate disputes, and make mutual understanding and the resolution of our conflicts a way of Life. But how will this ever be possible?

As long as we live as the body and mind, driven by the ego, we will always fight with one another. Unless we let go of the ego, we will never find Peace, and this is a big challenge. I myself lived with greed and passion for over 25 years. My ego caused stress and anxiety as it tried to fulfil the cravings of the body and desires of the mind. I went from one success to another, believing success is happiness. I was zooming down the highway of life trying to scale the peak of achievement. Little did I realize that it was an illusion. I was fortunate to be guided by my Spiritual Master, Dada J.P. Vaswani. He was a man of Peace and Simplicity, of Harmony and Tranquillity. He was an epitome of humility and kept repeating to me, 'We are nothing!'. It was my Guru, Dada, who inspired me to go on a quest to Realize the Truth. He encouraged me to read Ramana Maharshi's book - 'Who am I?' He often quoted Vivekananda and Rumi and spoke of the Upanishads and their principal statements. Little did I realize that he was pouring into my heart and Soul, Divine Peace that would eject all negative poisons like hate, anger, revenge, and jealousy. It was the guidance of my Master and the grace of the Divine that my life transformed into a heaven of Bliss and Tranquillity.

As I lived a peaceful life, I often wondered why the world is full of terror and anxiety, fights and conflicts, battles and wars. I then realized that just like I was enveloped by a blanket of ignorance for over 25 years, people too are killing one another because of the ignorance caused by the cosmic

illusion. My Peace was due to my Realization of the Truth that I am the Divine Soul. The Soul in me and the Soul in you is the same Power of the Divine. We are all one, but because people do not Realize this Truth, they continue to fight with one another and lose their greatest treasure of Peace.

I realized that World Peace could be achieved, and the solution was simple. If only people realized that we are not the body that will die and return to dust, we are not the mind that we cannot find, we are the Divine Soul, we could achieve World Peace. If only we Realized the Truth about Life and Death, about our purpose on earth, we could start living with kindness and compassion, love and forgiveness, fellowship and brotherhood, that would make us unite and live as manifestations of the one Divine. This is the Truth, but we don't Realize it. If only we overcome our ignorance and are Enlightened with the Truth, we would not only find Peace in our hearts, but Tranquillity will flow into our homes, our communities and across the countries of the world. I realized that this is not just a theory, this is the absolute Truth, and any Enlightened Soul will endorse this. Any Spiritual Master, who has realized we are the Divine Soul, will agree that World Peace has a simple solution. It is Realization. It starts with Self-Realization and goes onto God-Realization which is caused by Enlightenment. Unfortunately, this is missing in the world today.

Everybody in the world wants Peace. Nobody enjoys the stress and pain caused by war. But still, we continue to live

with our ignorance and we still kick one another in anger, and we take revenge, as the mind that cannot forgive. We inadvertently hate our God, who is disguised as man in our ignorance and continue to be jealous of others possession as we live in the shadow of dark ignorance. The solution is simple. When we Realize the Truth of who we are, all this immediately dissolves as mist in the morning sun. No effort is further needed to end war. All battles will automatically cease as conflicts will be replaced with Peace, Peace that is born because of the Realization of the Truth. The solution is simple, but it eludes all of mankind.

We all have the knowledge, and we know the Truth, but we don't Realize it. Are we ignorant of the fact that ultimately nothing will belong to us? Then why do we fight and kill each other to possess something that will not be ours? Why do we kill one another for the sake of property and power in the name of religion and God? It is because of our deep-rooted ignorance. It is because of the wrong education that we are indoctrinated with. If we change our philosophy and theology, going beyond our religion and evolving on the journey of spirituality, we can attain World Peace. We must Realize we are the Divine Spirit, or the *Atman* or the Soul. This Realization will end all the wars and battles of the world. This Realization is guaranteed to Enlighten us with the Truth and create a new world that lives with eternal Peace and Happiness.



*I too lived with ignorance.
I too fought many a war!
But Realization of the Truth made
my suffering cease,
And gave me the gift of Divine Peace.*



POEM

A Simple SOLUTION for WORLD PEACE!

*There is a simple solution for World Peace
A way that the whole world must know
When we Overcome our Ignorance and Realize the Truth
Then we will peacefully enjoy the show*

*Why do we fight with each other?
Why all these battles and wars?
Because we don't realize we are not different from each other
Our life is full of tears and scars*

*We want to be more powerful and rich
Just as we are driven by our greed
Our mind makes us desire and envelops us in ignorance
Never satisfied, fulfilling our need*

*But what did we bring to earth?
And what will we take when we go?
When we Realize the Truth that this world is not real
We will blissfully enjoy the show*

*The solution for World Peace is simple
It is in Realization of the Truth
It is being Enlightened and Overcoming our Ignorance
Till we get to the bottom of the root*

*Why do we battle with one another?
What is the cause of the fight?
When we investigate what triggers our conflict
Only then will we see the light*

*The root cause of all wars is the ego
It makes us believe that we are 'I'
Together with the mind, it makes us different from others
And we are ready to make others die*

*I am an American, you are an Asian
I am better than you
When we compete with one another, there are battles
Isn't this what we do?*

*Why do we get angry and take revenge?
Why do we get jealous and hate?
Because we don't Realize that we are not different, we are the same
We take swords to each other's gate*

*The answer lies in the simple fact
We are all the same Divine Soul
We are not the body and the mind that we appear to be
To Realize this is our goal*

POEM

*How will we Realize this Truth?
We are not different, we are one
For till we don' t, we will continue to shed blood
Be it with the sword or a gun*

*This body starts with nothing and ends as dust
And have you ever seen the mind?
When you go on a quest to Realize the Truth
Who we truly are you will find*

*In essence, we are all Energy
Even science confirms this pact
That every cell of the human body is not matter that we seem to be
We are Divine Energy, in fact*

*When you burst two balloons full of air
Where does the air in them go?
The air in the balloons merges with the air that is everywhere
This truth for sure, we know*

*So, at death, when the body dies
And our bones and skin become dust
The Soul inside each of us becomes one
To Realize this truth is a must*

*When we Realize the Truth, we are the Soul
Then all battles and wars will end
Just like the right leg will not kick the left leg
From war to Peace, we will transcend*

*The solution lies in knowing the secret
We are not different, we are one
The moment we do this, we will not fight with one another
World Peace will be won*

*Why is the world today in pieces?
Why is there no Tranquillity and Peace?
Until we Realize the Truth of who we are
Conflicts will never cease*

*But once there is Realization of the Truth
Then, there is no need to fight
Why kill one another and lose our Peace of Mind
This Realization comes to light*

*Although we appear different on the outside
The Truth is we are all the same
We are all manifestations of the one Divine
This is His Divine Game*

*But because this secret we don't understand
We fight and lose our Peace of Mind
But once we Realize we are all the same Divine Soul
We will be loving, compassionate and kind*

*For this, we must Overcome our Ignorance
And the Ultimate Truth we must know
The Power that makes creatures walk, run and crawl
Is the Power that has created this show*

POEM

*The Creator is everywhere, in everything
The Power that is in you and me
When we Realize that we are all a part of the Lord Divine
Peace in the world there will be*

*Would we take a sword and kill God?
Would you hate the Lord Divine?
If we knew that every enemy was in fact, the Almighty
All war we would rewind*

*Then there would be an end to all battles
And all wars in this world would cease
When we Realize the Truth of who we truly are
The world will surely have Peace*

*But till we don't Realize the Truth
We will hate each other and fight
We will even drop nuclear bombs and destroy cities
Just to prove our might*

*But once we Realize the Divine Truth
That we are all the one Divine Soul
Our hate, our anger, our jealousy and our revenge
Will burn away like coal*

*We must go beyond nationalities
And religions we must leave behind
We must give up all differences that cause war
Then, Peace we will find*

*We must learn to accept one another
And not identify each other by the colour of the skin
Then, there will be Peace all over the world
If we Realize the Lord within*

*Aren't we all just travellers?
We come into this world at birth
But we live with ignorance with stress, worry and anxiety
And lose our Peace on earth*

*Let us reform the World now
Let us all live with Peace
Let us Overcome our Ignorance and be Enlightened with the Truth
Let all battles and wars cease*

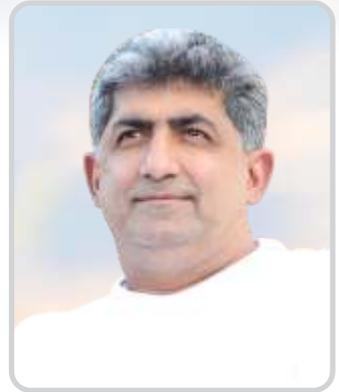
BY
AiR
Atman in Ravi



ABOUT THE AUTHOR

AiR - *Atman* in Ravi

AiR - *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work - Humanitarian, Inspirational and Spiritual work.



As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with

free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to Help People Realize the Truth.

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 40 books,

composed and sung about 1190 bhajans written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

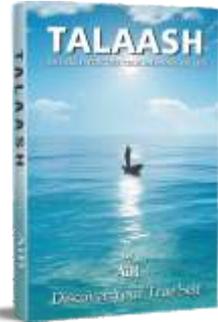
AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this is our Ultimate Goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

*Started with nothing...
Became something...
Achieved everything,
Only to realize we are nothing!*

BOOKS BY THE AUTHOR

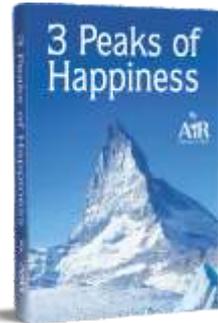
1. Talaash

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.



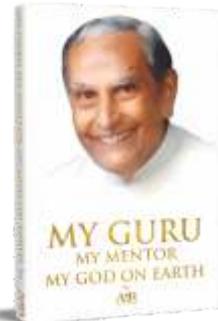
2. 3 Peaks of Happiness

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.



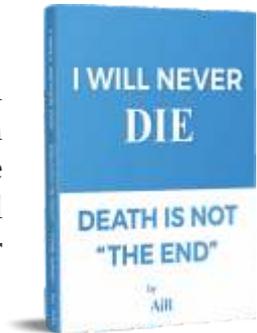
3. My Guru, My Mentor, My God on Earth

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.



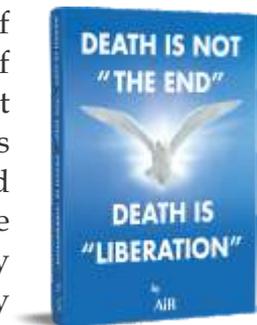
4. I will Never Die, Death is Not “The End”

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.



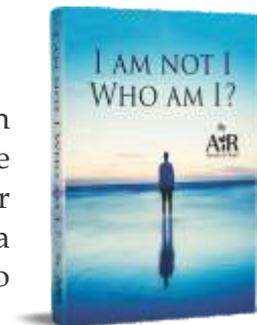
5. Death is Not “The End.” Death is “Liberation”

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.



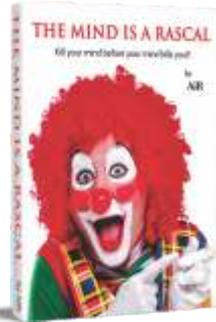
6. I Am Not I. Who Am I?

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.



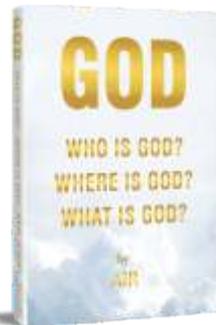
8. A Cosmic Drama

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.



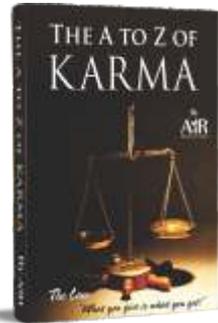
9. Who is God? Where is God? What is God?

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.



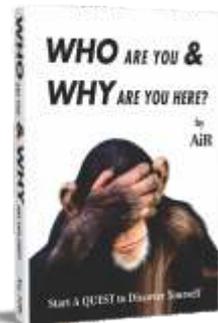
10. The A to Z Karma

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.



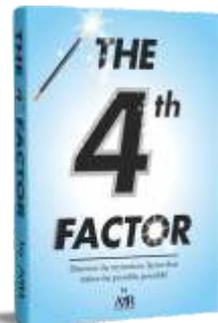
11. Who Are You and Why Are You Here?

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.



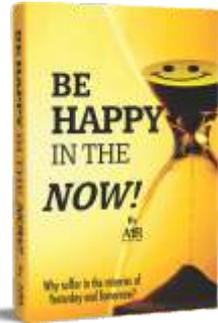
12. The 4th Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4th 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!



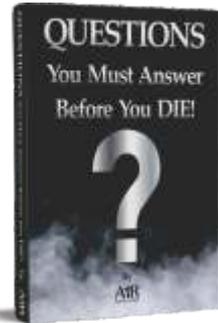
13. Be Happy in the NOW!

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.



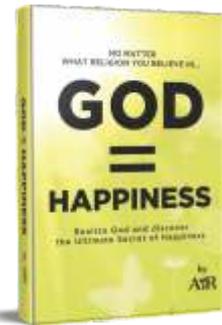
16. Success is not Happiness, Happiness is Success

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.



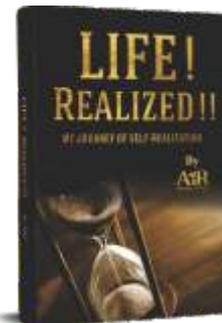
17. God = Happiness

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.



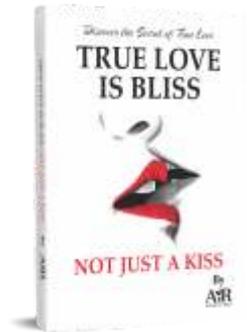
18. Life! Realized!!

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.



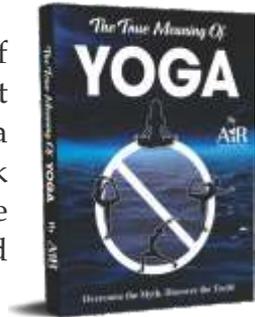
19. True Love is Bliss...Not Just a Kiss

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.



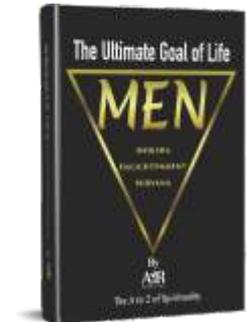
20. True Meaning of Yoga

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.



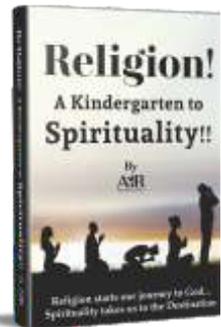
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



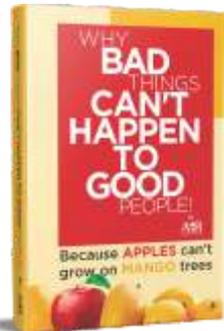
22. Religion! A Kindergarten to Spirituality!!

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.



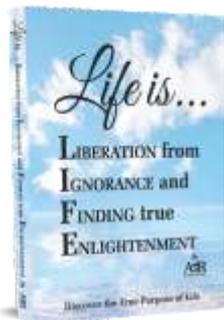
23. Why Bad Things Can't Happen to Good People!

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!



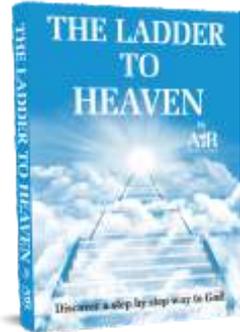
24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

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 though they lose their most precious gift—life itself. This book reveals what life is all about.



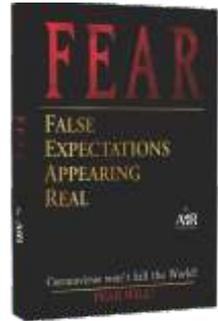
25. The Ladder to Heaven

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.



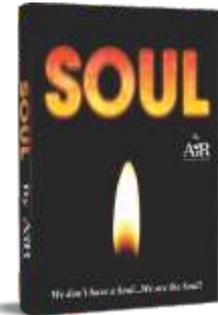
26. FEAR- False Expectations Appearing Real

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.



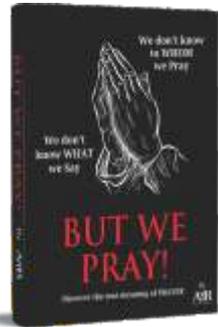
27. Soul – We don't have a Soul... we are the Soul!

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!



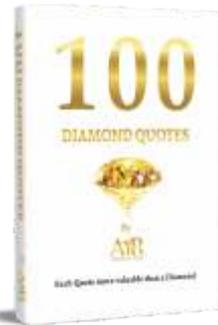
28. But We Pray!

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.



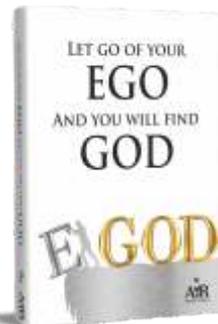
29. 100 Diamond Quotes

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

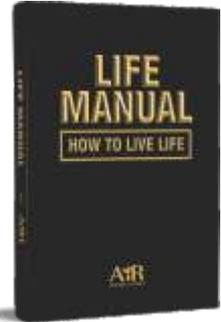
Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round and round in circles without discovering God within. If only we let go of our Ego, we will move from Self-realization to God-realization.



This book will transform your life. It will show you the way to God just as it will guide you on how to let goof your Ego.

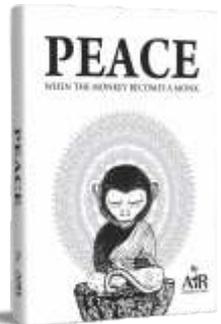
31. Life Manual - How to live life?

Whenever we get a new gadget, we read the operating manual before we start using it. But have we ever read a manual on life? Is there such a manual? There is no simple document that tells us what life is, how we should live it and how we should make the most of it. The 'Life Manual' is just the book we have been waiting for.



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

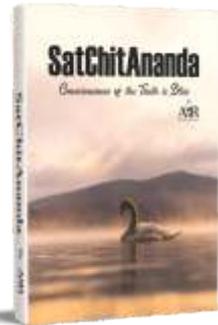
We human beings are enveloped in ignorance. We seek peace of mind but we don't realize that peace is not an external thing; it is our original state. It is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it into a monk, we will 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.



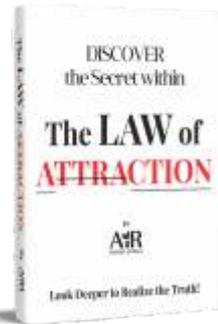
34. **Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That**

What is the way for a common man to be enlightened and realize the truth? This book reveals the key to opening the door to this profound realization. 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'.



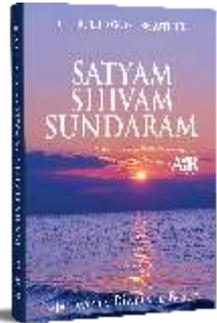
35. **Discover the SECRET within The LAW of AttraCTION**

Many of us believe in the Law of Attraction, that we can realize our dreams through this magical, mystical law. But then, why aren't some people able to translate their dreams into reality despite believing in this law? This book reveals the 'real secret' within the Law of Attraction that actually works. It is the law of Action.



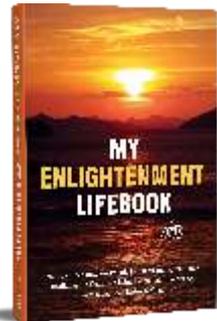
36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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 make us experience God in everything beautiful. This book 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

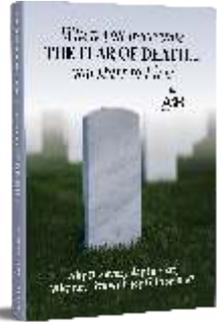
This book is unlike any other book. It is a treasure of crystalized wisdom that is put together in a simplified manner to help one Realize the Truth. It is a book of life. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment where every page on the left is offered to the reader to make notes, jot down thoughts and questions as one progresses on the path of Realization.



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 a False Expectation Appearing Real, but when we fear death, we are unable to move. We begin to live with phobias. We become paranoid. Everything we do makes us fear that we will die. And because we fear we will die, we refrain from doing things that otherwise we could do. Unless we overcome the fear of death, we don't really start to live. Are you living with fear or are you living with faith? This book will help you overcome the fear of death and inspire you to celebrate every moment of life!



And Now...

39. World Peace! A Simple Solution

If you have any questions on life, happiness, success, rebirth, liberation or anything related to spirituality, you can visit Ask AiR, and AiR will answer your questions.

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WORLD PEACE!

A SIMPLE SOLUTION

Why is there no Peace in our world? Why are we constantly at war, fighting battles, and in conflicts with each other? If it is not a family feud then it is our culture or our religion that is making us hate one another. The turmoil has spread across the world as countries are at war to become more powerful. The result - there is no World Peace.

There is so much progress in the world and we have moved forward in technology, health and various other spheres, but there is one domain where we have failed- Peace!

There is more stress and enmity than ever before. Why? Why is the world in pieces? Why are we so fragmented in our thoughts? Why are we ready to kill one another because of our nationality, our religion, and even the colour of our skin?

The cause is ignorance. If only we Overcome this Ignorance and are Enlightened with the Truth, this world will become heaven on earth. There will be World Peace just as all wars, all battles, and all conflicts will cease. Isn't it time to discover this Simple Solution for World Peace!

A.i.R.

AiR Institute of Realization
Ask Investigate Realize

Kemp Fort Mall, #97, Old Airport Road, Bangalore - 560017

+91 9845155555 | www.air.ind.in | air@air.ind.in

By
AiR
Atman in Ravi

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