

LET GO OF YOUR
EGO
AND YOU WILL FIND
GOD



By
AiR
Atman in Ravi

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EGOD

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**When the Ego dies,
the Soul awakens.**

– Mahatma Gandhi

PREFACE

When I first got this flash that it is the ego that stops us from realizing God, I wondered, 'How could the ego stop us from God?' My Spiritual Master had sent me an equation in his letter, and I pondered on the equation for long.

MAN - EGO = GOD
GOD + EGO = MAN

Finally, one day, I realized the truth.

To put it in simple words, my realization was this - If we let go of our ego, we will realize the truth about God. It is our ego that masks God. It makes us blind and we cannot see the reality. Along with the mind, it becomes our biggest enemy – Mind + Ego, ME. The mind and the ego make us live as 'I' and this very 'I' makes us live and die without realizing God.

Preface

Each one of us is not just the gross physical body that has two eyes to see, two ears to hear and a mouth to talk. We are conscious of our 5 sense organs just as we are aware that we have certain organs of action like our hands that grasp and our feet that walk, amongst others. We also have certain vital organs that make us live - our heart, brain, kidneys, and lungs.

However, this is just the hardware of the body. We also have a software that drives this body to act. It is MIME - the Mind, Intellect, Memory, and Ego. Unlike the gross body, this is the subtle body. We can't touch and feel it, although we know it exists.

Just like a computer cannot function only with the hardware and software, but also needs a power supply to boot it, our body needs power too to energize it. The life force within us is our Soul. Thus, it is these three essential aspects - the gross physical body, the subtle body - MIME, and the Soul - that together comprise us, that makes us a human being.

All along as we live, we think we are the ME, the Mind and Ego, the 'I'. We have a name, a surname, a nationality, a religion, and an occupation. We identify ourselves further when we say, 'My height and my weight is such,' and it defines our very existence.

Who is this 'I' that keeps saying this is 'my' hand or 'my' eyes? Who is this 'I' that proclaims that this house is 'mine', or this car is 'mine'? The 'I' that constantly says 'me' and 'mine' is our ego!

All through our life, till our last breath, we keep on believing that we are the ego. We have a body, mind, and Soul but we don't realize the truth. We live and die in ignorance as we are lost in the myth which we are taught. We just believe this lie till we die.

I was lucky! My Spiritual Master provoked me to go on a quest to realize the truth. I took with me 9 specific questions that had no answers.

1. We all know how a child is conceived and born, but how is life created in the womb?
2. What happens after death? The body dies but what happens to the one who was alive?
3. We all believe in God. What is the reality? Who is God? Where is God? What is God?
4. Most people believe in heaven or hell but where are they located? Can we go there?
5. Does the Law of Karma actually exist? A law that states that the actions of this life will be the cause of our rebirth.
6. Is rebirth or reincarnation real? Are we really reborn after we die?
7. We talk of a Soul. But what exactly is the Soul?

8. What is the purpose of life for us human beings who live on earth?
9. What is Enlightenment, Salvation, Liberation, *Mukti*, *Moksha* or *Nirvana*? All religions talk of this being our ultimate goal, but what exactly is this?

After two years of being on a quest—my *Talaash* gave me answers that baffled me. I realized that I was not the ego that I thought I was for 48 years. Even my name was just my identity and not my reality. My biggest realization was that my ego was my biggest enemy. It was stopping me from realizing God.

With the grace of the Divine and the guidance of my Guru, I realized the truth about God, that God is not an old man with a long white beard sitting somewhere in the clouds. God is not a statue nor is God a saint. God is a Power that none of us can paint. God is the very Power that gives us breath. Without God, we would be dead. What we call 'the Soul', in reality, is Divine Energy that gives life to each of the over 30 trillion cells of our body. My realization made me even change my name from Ravi to AiR – *Atman* in Ravi or Soul in Ravi.

What stops us from the realization of the truth? What stops us from finding God, the Power that is within? It is our ego. If we let go of our EGO, we will find GOD.

Let me not give away the entire secret in the preface. Let me share step by step how I realized this Divine truth. I too thought I was the ego. How then, did I transcend my ego? How did I kill my mind to find out who I truly was? How did I realize that I am a manifestation of the Divine?

*If you let go of your EGO,
I can promise you one thing - you will find GOD.*

**The Ego is a
veil between
Humans and God.**

- Rumi

CHAPTER 1

WHAT IS THE EGO?

We all speak of the ego. We say, 'My ego is hurt,' just as we tell others, 'Don't be egoistic.' But do we know what exactly ego is? Ego is the Latin word for 'I'. The ego is an identification of who we are. It sees 'me' being different from 'you' just as what is 'mine' is not 'yours'.

While we have a fair idea of what the ego is, some of us don't understand why we must let go of our ego. If the ego is 'me', then just let it be. Some people wonder why I should not be 'I'. They even promote the concept of self-esteem and positive self-importance that is born from a person's sense of ego.

Therefore, is the ego positive or negative, good or bad? What is the significance of the title of this book - *Let go of your EGO and you will find GOD*? As we traverse the journey of

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the ego, we will discover its importance, just as we realize how it masks the truth and makes us suffer. For this, we must go into an in-depth study of the ego, what exactly it is and how it works.

Each one of us has an ego that comes alive once we become conscious of ourselves. Does a child who is just born have an ego? She blissfully screams and is unaware of her existence. Slowly she grows and as a toddler if somebody takes away her toy, she will scream, 'This is my toy!' Here we see the ego coming alive, though somehow subconsciously. As we grow, the ego becomes stronger and stronger. We demand to be called by our name. '*I am Steven,*' we sometimes shout when somebody spells Steven as Stephen. Even the wrong spelling of our name offends our ego.

'My ego is my identity. My ego is me. I don't want anybody playing with my ego. My life, my rules!' We human beings become sensitive to who we are and turn egoistic. 'This is *my* body, *my* hand, *my* nose.' 'This book is *mine*, the car is *mine*, the house is *mine*. That's *my* mother, *my* father, and *my* sister.' Our ego starts dominating our life as we start identifying ourselves with *our* family, *our* society, and *our* loved ones.

Not just egoistic, we form such an inflated opinion about ourselves that we become arrogant, so much so that we do

not pay heed to anyone's advice. We even mock our genuine well-wishers; we scoff at them and pass disparaging comments on them. From being just 'egoistic' we turn 'egotistic' by crossing the fine line that exists between having self-esteem and being narcissistic. We start believing that our birth is the biggest gift to mankind and that we are the centre of the universe. We feel contemptuous about everyone else until one day we stumble and taste the reality. Then we try to end our life by committing suicide and inflicting self-harm without even realizing who we are actually harming – the body that is not the real 'me'.

When our ego becomes the centre of the universe, everything revolves around our ego. We tend to believe that the whole world is functioning with our ego as the fulcrum, when in reality, we are nothing.

The truth is we are just one out of 8 billion people in the world. We are just like one grain in the sands of the beach of creation. But our ego doesn't think so. Our ego believes we are everything. We all believe that 'I' am the most important person in the world. As far as the ego is concerned, it is right. But in a wider and macro perspective, this is a myth. It is the ego that stops us from realizing the truth.

Of course, it is good to have positive self-esteem. If we don't respect ourselves, how will others do so? We must respect

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our body, just as we nourish our mind. We must discipline our life and must live with values and morals. This is what we are. 'This is 'me' and I must live my life with fulfilment.'

But the ego is a very strong force. It seems to keep our body and mind together because it connects the hardware of our body to the software, our mind. We walk and we talk, just as we dream with a scheme and build a team. Who makes this happen? It is 'me', the 'I', the ego. The whole world has grown up believing that the ego is the most important thing. Little do we realize that it is our ego that makes us suffer. The 'I'ness, the 'my'ness and the 'mine'ness of the ego causes so much negative poison that these emotions manifest as toxic thoughts, feelings and actions. The ego causes us to be agonized as we become angry. Our selfishness leads to hate and revenge, just as our individuality makes us live with fear, worry and anxiety.

But where is all this heading to? Can we do away with our ego? As long as we are alive, we will have an ego and we can't do away with it. We are not like sheep that are grazing in a herd. We all have a unique name and we are called by that name. Moreover, we don't just have a name, we also have a surname, an occupation, a nationality, and a religion. The ego is so paranoid that it can be furious if somebody makes a mistake in their designation. 'How dare you refer to me as Mrs. Kiran - I am Mr. Kiran!' the ego howls.

The ego is a dominating force of our life and we have no choice but to live with it. How then can we let go of our ego? Is it necessary for us to do so? As we flip through the following pages, we will realize the truth about the ego, how to develop its positive side, and how to transcend the negative ego. We will learn to observe how our ego along with our mind leads us to disappointments when we desire and crave, and when things don't happen the way we want them to happen.

By now, we seem to have some idea about the ego. We know for sure it exists. Not only do we know what it means and who it is, we have also dug open a little bit about how it behaves. Although we have just touched the tip of the iceberg, we have started our journey with the ego. Let us move forward and discover its relationship with the mind.

TAKEAWAYS

WHAT IS THE EGO?

- The ego is the mark of our existence, our identity.
- In Latin or Greek, ego means 'I'.
- The ego lives with 'I'ness, 'my'ness, and 'mine'ness.
- The ego is alive till we die.
- There are both positive and negative sides of the ego.
- While we cannot kill the ego, we can transcend it.

**More the knowledge,
lesser the Ego.
Lesser the knowledge,
more the Ego.**

- Albert Einstein

What is the Ego?
It is the 'I' that says, 'It is me,'
This is 'my' and this is 'mine'
Without the Ego, we cannot be.

CHAPTER 2

'ME' - OUR BIGGEST ENEMY?

We often say 'me', don't we? 'Me' refers to the same 'I' when it is used in context with others. We don't say, 'Me is going to the supermarket.' There, the ego says, 'I am going.' But when we talk to a friend, we say, 'Are you coming with me to the supermarket?' Therefore, what is this me? It is nothing but the 'I'. All-day long, we keep on saying, 'Don't disturb me. Don't talk to me. Give me that book. Get me a burger.' When 'I' refers to itself when communicating with others, it becomes the 'me'.

But the spiritual 'ME' has far more significance. Of course, it is the ego, but it is a far more strengthened ego. It is the Mind + Ego that is ME. Can the mind and the ego go to the supermarket without the body? Ridiculous! It is just like asking the software of a computer or a mobile to work without the hardware. The ME needs the body to manifest

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as the ego. Once the ME is alive in a body, it drives a person to act, just like an operating system in a computer, boots the device to come alive with its motherboard, memory, keyboard, and screen. The ME also drives the device known as the human being. It creates thoughts that become feelings and leads to actions. It drives us to walk, to talk, and to do whatever we do. If the ME is the software of our life, then how does it become our biggest enemy? For this, we need to investigate further. When the ego grabs hold of its best friend, the Mind, together the ME comes alive. By itself, the ego cannot do anything. But once it joins the mind, it starts producing thoughts.

What is the mind? The mind is a thought factory. It keeps on producing thoughts just like a popcorn machine pops corn. It can produce one thought every second. This sometimes becomes a whopping 50,000 thoughts a day! 'It is my mind!' Remember? What does this mean? It is the ego that confirms that the mind belongs to the ego. Is this true? Of course! Your mind is your mind. It cannot produce thoughts for me. It's quite clear. Therefore, the ME is my mind and my ego. When 'I' get busy with my mind, that's when the trouble starts.

I start saying, 'This is *my* hand; this is *my* nose' and up to here it is fine. But when I start saying, 'This is my car, *my* bank account, *my* pizza,' then the ME is starting its journey as the

ego. All this looks very natural. Then why is the ME a problem? The mind and the ego together hide the truth from us. The ME even hides the fact of who we truly are. It stops us from realizing our purpose on earth. It bombards us with thoughts, more negative than positive ones, and creates fear, worry, stress, and anxiety. Thus, though we think these are our most important assets – the Mind and Ego, the ME is our biggest enemy.

'Don't teach me what I am and who I am,' the ME declares. This is enough to stop us from our quest to realize the truth. The truth is something else. But we are made to believe, right from the time we are children that this is 'ME'. That is why, when we see a group photograph, we gleefully scream, 'That's *me!*' We identify ourselves with the body which we are not. If the picture is of us driving in our favourite car, don't we point at the photograph and say, 'That is me'? We say, 'It is *my* car. It belongs to *me.*' What makes us discriminate and declare that the one in the photograph is '*me*' and the vehicle 'I' was driving was not me, it was *my* car?

This faculty of discrimination is our Intellect. Most of us do not realize that it is not the mind. The mind stops us from such a realization because like a dictator, it wants to dominate our thoughts and lead us to actions without being filtered by the intellect. That is why we call the mind our

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enemy. It is a hidden enemy and we have no clue how it is causing us to be miserable throughout life.

All through life, the ego dominates our existence and makes us believe that there is nothing more important than 'I'. Who causes this to happen? It is ME – the Mind and the Ego. The mind constantly thinks the 'I' thoughts and continues to convince us that everything is 'mine'. It inflates the ego to a level of ignorance that very few of us realize.

Most of us are quite clear about our gross physical body. It is different from our mind and our ego. We understand very clearly that these are our eyes – we see with them. Our nose is pointed and has two nostrils. We have two ears, just as we have teeth in our mouth. We have hands to grasp and feet to walk. We learn that we have a heart that pumps blood and a brain that has billions of neurons spread across every part of the body. This is our gross physical body, and it is a marvel beyond human comprehension. We can physically touch and feel our body and some of our organs can be seen through an X-ray or an MRI.

However, not many of us are aware of our subtle body. It is the software that drives the body to act and to live. We can't see this subtle body, but we know it exists. Its 4 facets are MIME – Mind, Intellect, Memory and Ego. Though the mind cannot be seen or touched, we seem to know it exists.

This is because it is constantly producing thoughts. So also, we have an intellect, that discriminates right from wrong. It filters thoughts and makes us believe in the truth, just as it rejects myth. A well-developed intellect discriminates what is good from bad and helps us live a moral life.

Apart from the mind and the intellect, we have a memory which is another domain of the subtle body. It is like an audio and video recorder that is recording everything that is happening in our life. Its 2 major functions are to remember and to recall. Sometimes, we may remember something, but we can't recall it. That is because of our weak memory.

The last facet of the subtle body is the ego, the 'I' that says, 'It is me.' Together with the mind, intellect, and memory, the ego is a subtle aspect of our existence. Putting them all together as MIME – it is considered the operating system of a human body. While the intellect and the memory are crucial for our wellbeing and happiness, the Mind and Ego, ME, bombards the memory and intellect and dominates our subtle existence. Because of this domination of ME, we are unable to use our intellect and our emotional reactions make us suffer, instead of our intellectual response. Those whose intellect is activated and developed, become aware of their enemy – ME and stop it from destroying their life.

'ME' - Our Biggest Enemy?

Why is ME our biggest enemy? Because throughout life, it makes us live with a 'mistaken identity'. It lets the ego dominate and repeatedly say, 'I,' 'me' and 'mine' when in reality, these are an illusion. For the first time, somebody who reads, 'I am not I,' will wonder what it actually means. The mind will immediately produce a thought that this is incorrect. But if the intellect is active, it will question and investigate everything. Its function is to discriminate after thorough investigation. The goal of the Intellect is the realization of the truth. Without such a realization, each one of us suffers in this world. We experience the physical pain of the body, misery of the wandering mind, and agony of the ego because we don't realize the truth. This entire suffering is caused by the Mind and Ego, ME. The ME does 2 things – it conceals the truth and projects the myth. We don't even realize that it is our Mind and Ego, ME that is causing all our misery. It is the ME that is our biggest enemy. Because we don't realize the truth, we continue to live in this ignorance, and we think our mind is king. But this is a myth.

Why is it that we human beings do not go in quest to find our life purpose? Are we just born on earth to live and to die? How many of us ask the question, 'Why are we given this human birth? Why did we come to planet earth?' How many of us search for answers of who we truly are? We are so busy eating, drinking, and living, that we don't know the purpose of life. It is because of the ME. The ME wants to

survive, and it knows that if we use our Intellect and realize the truth, then the ME will cease to exist. The moment we realize we are not the body that dies, we are not even the Mind and Ego - ME that is born again and again, then it is the end of the story, both for the Mind and the Ego. Thus, the ME fights very hard to keep us ignorant. The ME constantly projects the illusion, just like we see the image on a movie screen. The image hides the screen and projects the movie. Similarly, the ME hides our reality and projects an illusion. It is only when we overcome this ignorance by transcending the ME, using the sharp weapon of the intellect, that we can destroy our biggest enemy, ME from making us suffer by performing actions, creating Karma and being born again and again.

TAKEAWAYS

'ME' – OUR BIGGEST ENEMY

- We all know we are 'me'. The 'me' is 'I'.
- Not many of us know that the 'ME' is Mind and Ego.
- If we go further, we will realize that our subtle body is MIME.
- MIME is Mind, Intellect, Memory, and Ego, the software of our body.
- All along, we don't realize that ME is our biggest enemy.
- The ME makes us live in ignorance and makes us suffer.

**I feel I am ME, the Ego
that follows the Mind,
I have a fine body,
each part I can find.
But the ME itself is my enemy,
how can this ever be?
When my Intellect comes alive,
then this truth I do see.**

**Burn your Ego
before it burns you.**

CHAPTER 3

I = IGNORANCE

How did 'I' become Ignorant?

We human beings think that we are the smartest species on the planet. Even as children in school, if we don't come first in class, we tend to think that it is our teachers who are to be blamed! We are convinced that we should be selected in the school sports team, not rejected. It is the ego that is inflated with ignorance.

What is the ignorance that we are talking about? The first question that we have not answered is 'Who am I?' Am I the body? Am I the mind? What will happen to me after I die? What is my purpose on earth? We don't have answers to any of these questions. We just live in ignorance till we die. Let us delve further.

I = Ignorance

When we look at a group picture of our school or college, what do we say? 'That is me!' We identify ourselves as the one in the picture – the body. But which body are we? Are we the body that was 3 feet tall in school or are we the body that grew up in college? We are ignorant about our real birthday because that was the day we were delivered on earth. Am I the one who was born on that day or was I alive even earlier? My mother says I was kicking in her stomach long before I was delivered. When did I come into existence? It was not my birthday, was it? Nine months prior to that date, I was conceived as a tiny cell, a zygote. Am I that tiny cell?

Finally, one day I will grow old and I will die. And when people ask my loved ones where I am, they will say, 'He passed away. He departed.' Are they lying? No. Because the body is right there on the floor. That was the same body in the picture which I excitedly called 'me'. Is the ego not ignorant, not knowing who 'I' truly am?

Oh, yes! I am the mind. I worry, I fear. 'That's me,' the ego thinks. But where is the mind? Thoughts pop in our head like corn pops in a popcorn machine. There is a thought practically every second. But if I try to find my mind, 'Where is the mind?' I cannot find! But the ego still considers the mind to be me.

Throughout life, it is our ego that makes us live in ignorance. We seem to know beyond doubt that we are this body-mind complex. The ego is very clear – 'I am 'I', you are not 'me'.' But this is ignorance because the Ego doesn't know who we truly are. When we do a pedicure, we scrub what we call dead cells. But it is not only these cells in us that die. Every cell in the body is regenerated every 7 to 10 years. Therefore, if we are 50 years old, we are possibly living in the sixth body. Every organ, every limb is said to be replaced through the regeneration of cells. But the ego will not accept this. It will call the baby, 'I,' just as it calls the old person we have become, 'me.' This is because the ego is immersed in ignorance. Not only does the ego remain blissfully ignorant of who we truly are, it lives and dies without realizing the truth of why we are here on planet earth. The ego doesn't go on a quest to find why we are given this human birth.

Are we meant just to live and to die? Why were we born on a particular day, to specific parents, in a particular country, city, town or village? Why were we born healthy or unhealthy, black, brown or white, rich or poor? What was the reason of our birth in all these pre-determined circumstances? The ego remains ignorant as it believes in the myth.

Throughout life, the ego is taught to believe in several lies.

I = Ignorance

We are taught that success is happiness. And throughout life, it is the ego that says, 'I want to be happy' or 'I want to be rich and successful.' It is this very philosophy that makes us suffer as we live as ME - the Mind and Ego.

Most of us are lucky, we can see the beauty of this world. We can see the clouds in the sky and the birds that fly. We can see fruits on a tree and dolphins jumping in the sea. We count our blessings when we see somebody who is blind. 1% of the world is visually blind, but what we don't realize is that the rest 99% are spiritually blind. Due to ignorance, we just cannot see the truth. All we know is - What *I* want. What is *mine*. What belongs to me. And how I take care of my people and *my* things!

So, what is the problem? Because the ego is so blinded, we are unable to let go of the ego. We live and die in ignorance and the biggest problem is that we are ignorant about our ignorance. Because we are convinced beyond doubt that this is 'me' and 'I' know what I want to be, we are unable to find the truth about God. Unless we let go of the ego, we will never find God. Where do we start? We need to ask the question, 'Who am I?' We must not just believe what we have been taught all along. We must go on a quest and ask and investigate until we realize the truth.

TAKEAWAYS

I = IGNORANCE

- We live without realizing that we are ignorant.
- This is the biggest problem – our ignorance about our ignorance.
- We don't know who we truly are.
- Are we the body that is constantly changing?
- Are we the mind that we cannot find?
- What will happen to me when I die?
- Who am I and why am I here?
- We have eyes to see, but we are blinded by ignorance.

**I know who I am!
How dare you say
I = Ignorance?
When we go on a quest
and find the truth,
Then there will be
bliss in abundance.**

CHAPTER 4

WHO AM I?

Those who read this question for the first time will actually wonder what it means. *'I know who I am, don't I? I am Mr. Rajan Gupta. My father is Mr. Ratan Gupta. I have two children and I have a factory in Haryana. I am a member of Rotary club that does charity work. I have a team of over 200 people. I am a Hindu Punjabi and a patriotic Indian. I was born on the 6th of June 1965 and I am 55 years old. What more do I need to know about myself?'*

But is this the truth of who we are? Sure, we have a name, a surname, a family and relationships, a date of birth, gender, nationality, occupation, and social connections. But all this is *ours*. This is not who we *are*. Unfortunately, we never realize the truth of who we really are. That is why the ego makes us falsely believe that we are a millionaire who owns 14 cars and 3 villas and soon plans to buy a private jet. This doesn't reveal who we truly are.

Who am I?

To find out who we truly are, we must go on a quest, a quest that asks all the relevant questions about us. When we go in search of the right answers, then we will realize at first who we are not. 'Am I the body?' Which body am I talking about? The body that I currently possess or that body which was a small boy in school. That body was born and could be held in our two hands effortlessly. Am I that? What was I before this? I was a baby inside my mother's womb waiting to be delivered. If I go one step back, I was just an embryo that was being formed before it became a foetus. What was I before that? I was just a zygote, a cell that was formed by fertilization between two gametes. But what was I before that? I didn't exist. Looking forward from where I am today, one day, the body will die and people will say, 'Rajan Gupta passed away. He departed and moved on.' Are they lying? Rajan Gupta is lying on the floor. He has not gone anywhere. No! This is not Rajan Gupta. This is just the dead body or the mortal remains of Rajan. He has left the body and moved on.

Is this contemplation not enough to realize that we are not the body we all along believed ourselves to be? We are not even the name that we identify ourselves as. The name didn't come with us when we were born. It was given to us and at death, the story of that name is over. Rajan Gupta's body will be cremated or buried, and in reality, that is the end of Rajan Gupta! But not of the one who was alive as Rajan.

We must realize that our body will die. But 'we' will never die. When we leave the body, death happens. To find out who am I, we must, therefore, contemplate the next question - at death, who leaves the body? What we see is that every cell of the human being remains intact. All the organs are contained in the dead body. Then who has departed?

We have already learnt about MIME. It is the subtle aspect of our body which cannot be touched or felt. This subtle body known as the inner instrument or *Antahkarna* departs. It is the Mind, Intellect, Memory, and Ego. Immediately, our ignorance will question, 'What is the proof that MIME departs?' To that question, one must realize that there is no proof that it exists in the first place. It is only through inference that we realize the presence of the mind or the thought factory, the intellect or the one that discriminates, the memory that remembers and recalls, and the ego, that says, 'It is me!' That is why the MIME is considered to be a subtle body and is known only by inference.

There is no proof that the Law of Gravity exists. But if I throw my mobile phone up in the sky, it doesn't fly away into the clouds. It comes back into my hands because it is pulled towards the centre of the earth by a force we call gravity. We cannot prove that gravity exists, but through inference we accept its existence.

Who am I?

So also, through inference, we accept that MIME exists and at death, it leaves the body. Some will question and suggest that the MIME is also within the body, only to be buried or cremated. However, those who go in quest of the truth, realize that as per the Law of Karma, the one who was alive, has to settle their past actions. The past actions or Karma are carried, not by the body which returns to dust, but by the subtle body that leaves at death. Thus it is the MIME that is reborn again and again.

Some may still question and argue, 'What is the guarantee that the MIME departs when we cannot see it departing?' Suppose it is just a fairytale and in reality, there is no departure of MIME and no arrival in a new body. Then, Karma would make us understand through inference that this phenomenon is inevitable. We must learn to submit to certain magical phenomena of the universe. Will somebody ask for proof that a mobile phone connects a person from India to someone in America even when there is no wire? We know for sure that we can see someone on a video call and send text messages. All these text messages, voice notes, and images are proof that we can transfer data from one continent to another. If we human beings, with our limited capabilities, can do this then why can't the Divine ensure that the MIME gets transferred from one continent to another, from one womb to another, from one life to another?

Most of us can digest only up to this point, that we are the Mind and Ego, ME. We can't go beyond to realize we are not even the mind and ego that we seem to be. For now, if we realize that we are not the body that dies, but the ME, that's a big achievement! However, this is not the truth. When we reach the level of self-realization, we will come face to face with the ultimate reality. At this point, we should be absolutely clear that we are not the ego that all along considered the 'me' to be the entity that had a name, possessions, and relationships. It is because we do not realize the true answer of 'Who am I?' that we continue to suffer. Even with a partial realization that we are not the physical body that will die, we still experience the misery of the mind and agony of the ego, as we suffer, first in this journey on earth and then in subsequent lives when we are reborn, again and again.

What is important - is the quest, the search, the constant probing of 'Who am I?' Until we realize the truth that we are not the body, that we are not even the ME - the Mind and the Ego, we will continue to suffer, not only till we die, but even beyond that as we are reincarnated.

TAKEAWAYS

WHO AM I?

- Until we go on a quest, we will never realize who we truly are.
- In the first phase, let us understand who we are not.
- The body is constantly changing, and we cannot be this body
- We were a child that was earlier a baby and before that an embryo and a zygote.
- One day, the body will die, but we know that we depart from the dead body.
- Our first realization is that we are not the gross body that dies, but rather the MIME - Mind, Intellect, Memory, Ego.
- This is not the ultimate reality. But it is one step forward in realizing the ultimate truth - we are not even the ME, Mind and Ego.

'Who am I?'
This question we must ask.
This is our life's
most important task.
The body that lives with a name,
eventually dies.
We are not this,
we are the one that flies.

**Somebody told the Buddha,
'I want happiness.'
The Buddha replied,
'First remove 'I' – Ego.
Then remove 'want' – Desire.
What is left is Happiness.'**

CHAPTER 5

OUR EGO

MAKES US SUFFER

In this journey of realizing the truth about the ego, the ego along with the mind becomes ME, the Mind and Ego, our biggest enemy. It then envelops us in ignorance and doesn't let us discover the truth of who we truly are. What does our ego do? It makes us suffer.

No human being likes to suffer. From the time we are born, a human being is created to live with the 'Pleasure-pain Principle.' Every human being wants to be happy, just like no human being wants to suffer. Unfortunately, because of the 'I' and the ME, the mind created by the ego, we suffer.

Most of humanity thinks that we are a body-mind complex. We think we are a physical body. While we say, 'This is *my* hand' and 'This is *my* head,' we actually don't mean it. We think this hand and this head, and everything else in this

body is ME. That's why we suffer physical pain of the body. Most of us say, 'I have a headache' because the ego believes that the head is 'me', otherwise we would say, 'My head is aching.' Some of us do say this, without realizing what it means. It is just like saying, 'My car had an accident.' It is very different from saying 'I had an accident.' *My* car is not 'me', but we human beings believe our body is 'me'. Very few people are fortunate to realize that we are not the body. Those who do, don't suffer the physical pain experienced by the body. No doubt the body suffers pain when there is an injury to our skin, muscle, or bone or any of our organs. These pain signals are transmitted to the brain, which in turn creates the physical pain that the body suffers. Most of us go through this, but a few realized ones transcend physical pain and suffering.

I know of people who believe in the philosophy - 'Kill the pain before the pain kills you!' At the slightest sign of a headache, they take a tablet because they don't want to experience pain. While it is easy to comprehend this physical pain and the way we deal with it, it is a little tricky on how we deal with the misery of the mind.

What is mental illness that we all talk of? It is not physical. Either it is purely stress, worry, and anxiety, or it can be a phobia or paranoia that can be so serious that it triggers the brain to release hormones that manifest as physical pain.

What causes this misery of the mind? It is the Ego - 'I'. Because we don't realize that we are not the mind, we take the mental misery as ours. To most people, it is impossible to think of the mind as being separate from who I am. The ME, the Mind and Ego together, get so amalgamated into a human alloy, that they become inseparable. It is this ME that causes so much misery to us, far more than the physical pain that can be dealt with by administering simple paracetamols or painkillers.

Haven't we experienced people living with fear that appears as danger, worrying about things that don't matter, and having anxiety attacks about things that are long gone and forgotten? Our mind keeps on swinging into the future and makes us sweat and feel cold due to a perceived danger, when in reality, there is none. If it was only the mind that was worrying, and we were watching it as an observer, we wouldn't suffer. But because of the amalgamated ME, where 'I' think I am the mind, we suffer and we worry, losing our peace and joy.

While we suffer the pain of the body, and misery of the mind, we are quite blind to the knowledge that the highest suffering is the agony of the ego. The ego experiences terrifying anger when something it wants to be done is not done. 'How dare you not obey my instructions?' screams the ego. It is because of the ignorance about ME that we suffer

such wrath. It is not just anger, the ego in its ignorance develops hate because it feels itself separate from another and develops dislike and hate. Whether the hate is because of the colour of the skin or for any other reason, it is born out of the ego that separates one from others. Have you ever heard of the right hand hitting the left hand? Ridiculous! They both belong to one body. But we don't realize how much the ego suffers because of 'I'.

The ego goes on and takes revenge. When it wants to get even with somebody for some act of the past, it schemes ways to hurt the victim through the emotion of revenge. What do these – fear, hate, anger and revenge do? They make us suffer. Although we are trying to harm others with our words and deeds, we do not realize that the hand that is trying to throw burning coal on others, first ends up burning itself. Therefore, the biggest suffering beyond that of the body and mind, is the agony caused by the ego. It is an agony born out of the ignorance that says, 'I am this body, I am this mind. It is ME – the Mind and Ego and you are a different distinct entity.' The truth is that this belief is an illusion and as long as we don't realize the truth that the ego that we believe ourselves to be, in reality, is a myth, we will continue to suffer the agony of the ego.

Can we overcome this triple suffering of the body, the mind, and the ego? Of course, we can. The moment we realize the

truth that we are not this ego, the moment we let go of our ego, we will find eternal joy and everlasting peace. Although the body may suffer physical pain, we will learn to accept that pain as the suffering of the body and watch it, attend to it without feeling the suffering caused by the pain. For people reading this for the first time, it sounds impossible. But those who realize that this is possible, transcend physical suffering and live in bliss. They are the same people who do not experience the misery of the mind because they separate themselves from the mind and watch the mind worry and wander without falling prey to making the mind become ME. These fortunate people who let go of the ego, transcend not only physical pain and mental misery, but they also overcome the destructive agony caused by the ego that makes people live lives of depression, anxiety, and unhappiness.

Letting go of the ego is a big thing. Overcoming suffering is just a tiny benefit of it. Realization of who we are, going beyond being the body and mind, not only enlightens us with the truth, sweeping away the darkness of ignorance, and the triple suffering, it opens the doorway to heaven. When we let go of the ego, we let go of pain and misery. But there is something far more valuable. We also find our biggest treasure – God.

TAKEAWAYS

OUR EGO MAKES US SUFFER

- It is our ego that makes us suffer physical pain.
- The misery of the mind is caused by ME.
- The ego suffers beyond this, as it gets agonized with anger, hate, and revenge.
- All this suffering is because of our ego.
- We can overcome suffering if we realize we are not the body, we are not the mind.
- We must let go of our ego if we want true bliss, peace, and joy.

**It's the Ego that
causes us agony,
And suffering of the
body and mind.
When we let go of our Ego,
True bliss and joy we will find.**

Big Egos have little ears.

– Robert H Schuller

CHAPTER 6

WHO IS, WHERE IS, AND WHAT IS GOD?

Till now, we have been discussing 'I', the ego, and how it is an illusion. Along with the Mind, the Ego becomes ME and makes us suffer. It stops us from our ultimate goal of realizing God, the Universal Power that has created this entire cosmos.

Along with the mind, what does the ME think? It thinks that God is a statue and we continue to pray to our God in temples, churches, gurudwaras, synagogues, and monasteries. It doesn't permit us to realize the truth of who God really is. From the time we are born, we have been conditioned to believe that 'I' am Raj and 'my' God is Krishna. Our devotion to our God grows stronger and stronger. But as long as we don't realize that 'I' am not Claire and 'my' God is not Jesus, we will never discover the Power that is God. Why does the Bible say, 'The kingdom of God is

Who is, Where is, and What is God?

within'? Because that is the truth! It is the ego that separates us from God by saying, 'This 'I' is 'me' and that is God.'

Can God be somebody that is made of bone and skin? Can God be born, and can God die? If we use our intellect, we can realize that God is immortal, not a person or saint. God is beyond human comprehension, a Power that no human being can paint. God is near, not far away. God is within. But we do not realize this truth because of the ego. Those reading this for the first time may think it makes no sense. All along, we have believed in the duality of 'I' and 'my' God. And so, we pray to our mythological God and we never realize God in the temple of our heart. God is not an old man with a white long beard, sitting somewhere up in heaven. But the ego, along with the mind, makes us a monkey that doesn't use the Intellect to discriminate this simple truth. Does God actually live somewhere far away in heaven and does God have a private jet to come to earth? Can't we see through and through that this is a myth? Then why do we believe it?

The problem is the ego. Unless we let go of the ego, we will never be able to find God. But at this point, we cannot realize what this means. For a start, let us at least understand what God is not. Then we will realize, who God is, what God is, and where God is.

Do we doubt whether God is? Some people are atheists and some agnostics. Either they do not believe in the existence of God or are doubtful about it. Some of them are mere skeptics who don't have faith. Thus, they suffer. But some agnostics are intelligent people and do not accept God because of the way the world prays; because we don't know whom we pray to and what we say. Some people become agnostics, not because they do not believe in God, but because they do not accept God in the form they are told to pray. Their intellect doesn't permit them to murmur prayers that they don't understand. Unfortunately, this, sometimes, stops people from believing in God and prevents them from realizing the ultimate purpose and goal of life. Instead, they should ask questions and investigate, until they realize the truth.

There is no doubt that God exists. *There was once a conference about science and spirituality and a famous scientist debated the existence of God with a spiritual saint. They were both intelligent and after two days of deliberation, they agreed to disagree about the existence of God. Before departing, the scientist visited the saint to bid him goodbye. As he was leaving the office of the saint, he noticed a beautiful globe made of ornate marble with an intricate design in gold, on the table of the saint. He asked the saint, 'This is a beautiful piece of art. Where did you get it from?' The saint replied in wonder, 'I don't remember. One day, out of the blue, it just appeared on my table!' The scientist got a bit*

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annoyed and replied, 'If you do not want to tell me where you got the globe from, please just say so! Do not give me a story that it just appeared on your table.' The saint, realizing the Divine opportunity, replied, 'For the last two days, you have debated at the conference and insisted that this entire universe and this beautiful earth just appeared from nowhere! And now, you are unable to believe that this tiny globe on my table can't just appear from nowhere. It must have a manufacturer, somebody who created it! Why can't you believe that a Divine power that we call God created this humongous globe that we live on?'

The scientist left, hugely impacted by this incident. There is no doubt that a Creator whom we call God exists. Somehow, because we believe we are the ego, we lose sight of God. If we truly love God, then we will go in quest of God, transcend the ego and mind and find God.

Over 6 billion people in this world believe in God. But not even a small fraction realize the truth of who God is, where God is and what God is. We just pray, without understanding what we say. We look up at the heavens for our God as if God is living on a distant star. Who is causing this ignorance? It is the ego - 'I'. It is the ego that doesn't understand who we truly are and who God is. Of course, we exist. We can feel our breath at this very moment. But we don't stop to realize what happens at death. We don't find out the secret of our birth and how and why we came to

planet earth. Our biggest enemy is the ego and along with the mind, it becomes the ME that not only suffers the pain of the body, the misery of the mind and agony of the ego, but continues to suffer birth after birth as it lives in ignorance, praying to a distant God far away. The ME creates Karma as the ego living in a body and returns to earth to settle past actions. Why does this happen?

It is because of the ignorance of the ego. The ego doesn't realize that we are all a manifestation of the Divine. The ego makes us live and die as an entity called a 'human being'. We don't discover the real connection between us and God. The ego distances us from the very God we seek.

If we truly want God, if we truly want to achieve the ultimate goal of life, we must explore what this journey called life is all about. We must understand what the ego is doing and how with the mind, it creates the illusion of ME that makes us crave till we reach our grave. We need to overcome the ignorance and realize we are not the body. When we proceed on the journey of life and realize we are not the mind, then the ego faces the question, 'Who am I?' If we are amongst those who don't believe in the Divine, if we are non-believers and don't believe in the existence of the God that created us and this beautiful earth, then we will just die only to be born again and again. However, if we believe in God, and we want to achieve our ultimate goal,

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then we will realize we are the Divine Soul. We will realize that we are a manifestation of the Divine and we will be liberated from all suffering forever. Let us explore this journey called life.

TAKEAWAYS

WHO IS, WHERE IS, AND WHAT IS GOD?

- We pray to a God without truly knowing who God is, where God is, and what God is.
- Some of us realize that God exists, but we think he is somewhere far away in the skies on a distant star.
- The ego separates us from God and makes us live in ignorance.
- The ego stops us from realizing that God is within.
- Along with the Mind, the Ego lives as ME and suffers without realizing God.
- God is not a statue or a saint. God is a Power.
- But the ego believes in the myth and doesn't realize the truth.

**We don't know who God is,
where God is, and what God is...
It is the Ego that
stops us from realizing this.**

CHAPTER 7

A JOURNEY CALLED LIFE

What is the necessity of finding God? Why should we let go of our ego? Some people even ask the question, 'Why should we live?' Life is a gift and instinctively, most people value it. We count our blessings for being born as a human being and we try to enjoy this journey called life. Every human being seeks to be happy, just like each one of us hates to experience pain. We live and die with this 'Pleasure-pain principle'.

Why do we go to God? Most of the time, it is because we have problems that we can't solve, or we have desires we want to be fulfilled. That is the reason we fold our hands and appeal to God through prayer. Unfortunately, we don't realize God. We keep searching for God and we don't find God. It's a pity that it is our own ego that stops us from understanding and realizing God. But we don't know this.

To realize how ego and God are connected, we must go further and evolve on the spiritual journey. We must ask questions and investigate life. Then, we will realize the truth.

While life is that journey between birth and death, when were we actually born? We celebrate our birthday the day we were delivered on planet earth but were we not alive in our mother's womb before that? Our mother will endorse that we were kicking in her stomach. At that time, we were still evolving as a foetus, as an embryo that started its journey as a zygote, the first sign of existence as a living human cell. Nobody can deny this as it is scientifically true. Can science deny death, that every human being must die? What is death? Is it like sleeping wherein every morning we wake up after a dream? We realize that the dream was just a dream but we awaken to experience a continuation of life that was before the sleep and the dream. Sleep is thus very different and is only a process for the restoration of body-energy. At death, there is no breath, there is no waking up. It is the end of the journey called life.

Throughout this journey, we are seeking happiness. In the beginning, we want achievement, pleasure, and success. Most people think that success is happiness, but even after achieving success, they are unhappy. Isn't this a paradox? If happiness belonged to the rich, then they should be glad.

Why is it that many of them are sad? They even commit suicide. Unless we contemplate life, we will never understand all this and the relationship between the Ego and God.

As a normal ego, what does a person think? We think we are a human being that wants to live and be happy. We know that ultimately, we will die, but we want to build beautiful relationships, enjoy loving, and being loved. Any normal person wants a good house, a good car, a good job, and decent money in the bank. Anything wrong? Absolutely not! While there is nothing wrong in living like a normal human being, the problem is that we suffer. We desire and then experience disappointment. Our heart loves and then it breaks. We marry, and then sometimes we divorce. Why? Because we are seeking happiness in whatever we are doing.

Every human being in essence wants to be happy. We want success, achievement, and money because we believe it will make us happy. We want love, marriage, and kids because we dream of bliss. We go through a divorce, we break a friendship, we shut a business because we are fed up with the pain and the misery these are causing us. It is normal for human beings to do things that make them happy and to stay away from whatever causes misery, pain, and suffering.

We don't realize what is the cause of the suffering and who is the one who is suffering because we don't realize this truth. We live as the ego 'I' and we die. Life becomes a merry-go-round and we go round and round, passing pleasure and pain, experiencing loss and gain. This happens again and again and then one day, we die.

In this journey called life, we go to God. We visit temples, mosques, and churches and even go on several pilgrimages to please God, to pray to God, even to thank God and express our gratitude to Him with offerings and tithes, with charitable donations with the hope that God doesn't take away this beautiful life he has given us.

We don't realize that life is a cosmic drama. We are just actors. We come and we go. Everything that happens is a show. Although we know we come without anything, and we will go without anything, we say, 'This is mine' and 'That is mine.' The ego makes us ignorant, just as it makes us suffer. We live and we die. The drama goes on. Death is not the end. It is just one act finishing in the drama of life, with a new act to begin. In the first act, we had a different role, and in the next act, we will come back as another actor, to live and to die. We will be commanded by ME – the Mind and the Ego, and in every role in the life drama, we will seek happiness. Very few of us stop and contemplate. A small minority evolves beyond seeking pleasure to seeking

purpose. The ego makes us blind to the reality that life is just like a puppet show. In the end, all the puppets will be packed in a box. Along with the mind, the ME stops us from realizing our life's purpose. It stops us from going on a quest to realize the truth.

Over 8 billion people live in the world today. There are different nationalities, Indians, Chinese and Japanese, Americans, and Europeans; we classify ourselves by our religions - Hindus, Muslims, and Christians. As life evolves and becomes faster and faster, we only get zapped by this fast-paced life. We zoom from the womb to the tomb, without even understanding the meaning of life. Thus, we are born again and again, only to suffer. Those who think they are the body, live without morals and values. The Law of Karma gets at them and they are born in circumstances where they will experience suffering. It may be health or wealth, but Karma decides what our next role in the life stage is going to be.

This humongous stage, with over 8 billion human beings and trillions of other living organisms, is managed by Universal Laws, Laws that make the earth go round causing day and night, laws that create seasons, that create male and female, so that this world is preserved. Laws, like the Law of Karma, are instituted to unfold on behalf of the Creator. But do most of us realize this? We seem to live, but in reality, we

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just exist till we die. When will we wake up and ask questions? When will we stop chasing pleasures and live a life of contentment and fulfilment with tranquillity and peace? It is in these moments that we can contemplate and go on a quest to realize the truth.

TAKEAWAYS

A JOURNEY CALLED LIFE

- What is life? Most of us just exist and die.
- We don't realize that death is not the end; it is just a bend.
- Life is like a drama. After one act, there will be another.
- We are just actors, we come, and we go.
- Our new role in a new life depends on our Karma our past actions.
- While we seek pleasure and happiness, we suffer and experience misery too.
- The cycle of death and rebirth goes on and on.
- Our ego stops us from going on a quest and realizing the truth about life.

**Life is a journey,
we come, and we go.
We are all actors,
and this is a show.**

CHAPTER 8

IN QUEST

OF THE TRUTH

In our journey to find God, the most important challenge is to overcome ignorance and to realize the truth. For 46 years, I thought I knew the truth. What was there to know beyond what I already knew? We human beings are ignorant, but there is a bigger problem. We are ignorant of our ignorance.

Our ego makes us think we know everything. 'I know who I am and why I am here. I have goals and I want to be happy and successful. I have educated myself from the best university and I have all the knowledge.' This claim of our ego, most unfortunately, makes us remain in darkness. All the bookish knowledge in this world doesn't help us realize the truth because our Ego along with our Mind becomes the very ME that stops us from the truth.

One day my Spiritual Master, my Guru in reply to one of my

questions said that I was an idiot, an ignoramus. I knew nothing about the reality of life. Because I deeply loved Dada, my life coach, I followed his advice and went in quest of the truth.

It took me 2 years in solitary retreats in the mountains to find answers to these questions. One day, I experienced my moment of spiritual 'aha!' and it looked like the pieces of my spiritual jigsaw puzzle fell into place.

Like anybody else, I too wanted to be happy. I was a successful businessman for 25 years and thought that I was the happiest man in the world. Actually, I was! But something was missing. My Master provoked me and asked if I knew what the purpose of my life was. Would I just live and die? Little did I know that I knew nothing.

The questions that formed my quest for the search for truth, made me study every possible religion. I read every scripture, followed Spiritual Masters and philosophers. I even studied the life of the Buddha and read ancient scriptures like the Upanishads.

Most of us don't realize that we seek everlasting happiness while we experience happiness only in cycles. There is pleasure and pain, just as there is loss and gain. We pass both success and failure on the highway of our life and

ultimately, one day, we die. We earn and earn, only for others to burn what we earn. While we know death is certain, we don't stop to understand the truth about it. What will happen after death? Where will we go? Where did we come from? Why were we born as a male or female, an Indian or an American, to specific parents, in a specific city? We don't contemplate to find the truth. We don't discover who we truly are because we think we already know the truth.

All through life, we pray to a God. We don't know where this God is, but we blindly follow the herd. We dare not ask questions about God because it is considered blasphemy. So we just live and we die. We go to our temple, our mosque, our church, but we don't search. If we really loved our God, we would seek God, want God so much that we wouldn't let anything stop us from realizing God.

Very few of us are lucky. We realize the truth. Most often, a search, a *Talaash* or quest, leads us to our intuitive realization. The search for truth opens the door to investigate, 'Who am I?' and 'Who is God, where is God and what is God?' It is the quest that reveals the truth about birth and death, about suffering and pain, about rebirth and Karma, about the body-mind-Soul and about Liberation and Enlightenment.

Most of us, about 99% of the people in the world in fact, do not find it necessary to go on a quest. We live, we exist, and we die. We don't realize that the very 'I' who thinks it's 'me' and believes everything is 'mine' is stopping us from discovering the true purpose of our life. We permit the cosmic illusion to hide the truth as we believe the myth that it projects. Along with the mind, the ego not only fails to discover who we truly are but continues to live in ignorance and we pray to a God that is born from mythology. When we go in quest, not only will we realize the truth about who we are, and experience self-realization, we will also start our journey of discovering God. Once we do, we will experience God-realization as we evolve on the spiritual path.

If we do not go on a quest, we will just die and most of us will think it's 'game over!' Some of us are fortunate. Our quest takes us to a study of death, of rebirth, and how this entire world continues to exist generation after generation. Some of us are fortunate to go on this quest and find answers to the questions, 'Who?' 'What?' 'Why?' The rest of us, just live and die.

TAKEAWAYS IN QUEST OF THE TRUTH

- Most of us just live and die.
- We don't ask questions.
- Who am I? Who is God? What happens after death?
- These questions can't be answered with knowledge. It needs realization.
- Realization happens when we go on a quest in search of the truth.
- We have to drop the Ego and the Mind, because it is the ME that stops us from the quest and from realization.

**We must go on a Quest,
and we must ask, 'Why?'**
Who is this 'me'? Who is this 'I'?
Who is God and where is He?
**We must find answers
before we die.**

CHAPTER 9

THE EGO, DEATH, AND REBIRTH

How many people are really bothered about finding God or realizing the truth about the Divine? How many people really want to find the true meaning of the ego? Why must we let go of the ego to find God? What is the connection between ego and God? Most of us prefer to live in the domain - 'ignorance is bliss!' We want to be blissful without realizing the truth. But, is ignorance truly bliss?

If we ignore a boil in our body which is cancerous, and live blissfully, will we overcome the anguish that cancer will cause? Those who use their intelligence, attack the cancer at an early phase and eliminate it. Similarly, a few fortunate ones go in quest of the truth and realize the truth about the self and God and ultimately eradicate the darkness of ignorance.

What happens to us at death? Who dies? Will you die? If you are Peter Rodrigues, then Peter will die, but you, who was alive in Peter, will depart. Don't we see this happening every time somebody dies? What do we observe? The person who had a name, religion, a nationality, the person who was somebody's son, somebody's brother, somebody's father, that person ended his journey of life. But if somebody asks, 'What happened to Peter?' we say, 'He left for the heavenly abode. He departed, he passed on.' Why do we say this? Is this a lie? Peter is right here in front of us, dead on the floor. Are we all liars? No! We know for certain that this is not Peter. This is only his dead body. Peter has finished his journey of life. He will never return as Peter Rodrigues. We seem to have no doubt and we are absolutely sure that this is not the Peter who was alive. But we have no clue about what happened to Peter. Where did he go?

Every human being who is born, has to die. None of us can escape death. But we don't realize what exactly happens at death. Every night when we sleep, is that death? Of course not! Because the next morning we wake up. But after a person dies, does that physical person wake up? No! The physical body is lifeless. Where did the life go? The energy that gives us life exists in every cell of our body – over 30 trillion cells. When it leaves, there is no breath. We are dead. We may call this energy life, power, *Prana*, *Chi*, *Atman*, Spirit or Soul. It doesn't matter what we call it. The Japanese call it

'Kotodama'. The German call it 'Seele' and the Arabs 'Alruwh'. Just because the French call 'Ame', it doesn't change what it is. It is that life inside a human being that departs at death. The Soul is our power supply. It is different from the body, and the MIME. When it leaves us, it is like air leaving a balloon. The air merges with the air that is everywhere. So does our Soul! Unfortunately, there are so many myths about the Soul, we call it 'my' soul and 'your' Soul, there are 'good' Souls and 'bad' Souls. All these fairy tales about the Soul confuse us and even make us believe that our Soul will go to heaven or hell. Then our Soul will be reborn. But is this the truth?

When Peter Rodrigues died, he slept forever, but the MIME of Peter Rodrigues woke up in a new body as the Soul power made that MIME start a new journey of life. Most of us are familiar with the Universal Law of Karma or the Law of the Boomerang. It states, 'As you sow so shall you reap.' 'What you give is what you will get.' If we plant apples, we will never get mangoes on the tree. This is a Universal Law, and nobody can deny it nor escape it.

Peter through his life had performed so many actions, good and bad. While it seemed that it was Peter doing these actions, these actions were driven by his Mind, Intellect, Memory and Ego – his MIME. It was this very MIME that was born as Peter based on its previous actions, before being

born as Peter. Now, after Peter's life journey is finished, the very same MIME starts another journey to settle its Karma, the unsettled actions of all previous life accounts. This is not a fairy tale. It is based on the universal principle of action and reaction and if one wants to realize the truth, one can contemplate and get to the root. That is why jackfruits don't grow on coconut trees. The Universal Law will not permit it.

Do you think a child is born blind just out of luck? Nothing happens by luck. It is all as per Universal Laws, a Divine plan that is unfolding and is not based on chance, but rather on the choices we make that lead to acts. That is why some people are born in fortunate circumstances, whereas others are born in poverty and diseases. Is it because the Creator, whom we often refer to as God, is cruel? How then, can people even imagine that the Divine is responsible for our miseries? Is it so difficult to understand that the Creator is not micromanaging the problems that confront us? Why do we blame the Divine for whatever is happening in our lives?

The answer is simple. Because we do not realize the truth, we can't see a simple fact that unfolds. We human beings live in ignorance. We have not understood the truth about the Creator and how Divine Laws manage the show on earth. We have not pondered over who we are and what our true relationship with the Divine is. We have not discovered the cause of our circumstances and what

controls our destiny. Instead of realizing the truth, we often look up at the sky and question, 'Why? Why did this happen to me? Why is there so much injustice? Why do bad things happen to good people?'

The universe operates on some basic Universal Laws. The world seems to be in an auto mode and there is no intervention by anybody in the unfolding of events on earth. Waves in the ocean come and go, the earth rotates causing day and night and people and animals procreate as the world continues its existence based on many Universal Laws. Whatever happens to people is also controlled by a law and a very few people are fortunate to discover this secret as to why things happen, both good and bad, to every human being who lives on earth.

Every day, Peter used to sleep and wake up. But at death, there was only one difference. Peter Rodrigues slept only to wake up as a new person in a new life. His new life is based on the carried forward actions of the MIME that existed in Peter. That MIME might have been Indira before Peter and may now be born as Mustafa. These are different chapters in the book of that MIME. Each chapter is a new life in a new body, with a new name. The only thing that continues with the MIME is its Karma, its actions that remain unsettled.

Death happens suddenly and all our actions can't be settled

before we die. In fact, if this was how the world was designed, that we settle all actions before we die, then there would be no continuity. If death was the end, there would be no rebirth, and life on earth would come to an end.

The Law of Karma is now accepted around the globe as a Universal Law. Nobody can escape this law, and we see it unfold in our day to day life. We realize what goes around comes around. What we do, comes back to us.

Where does the ego come into the picture? The ego is a part of MIME – our subtle body. After we are born, the moment we become aware of ourselves as we mature and our mind starts thinking, the 'I' comes alive. While the 'I' never dies, it goes through different phases of peak and valley. The moment the ego dominates, it takes charge of our life. It starts to believe that we are the body. That is why Peter says, 'I am Peter Rodrigues.' This is not true. That is only his name. But his ego is in bloom. Along with the Mind, the Ego becomes ME and forgets its purpose. Our ultimate goal is to be liberated from this cycle of death and rebirth, dying as Indira to be born as Peter. Then dying as Peter, to be born as Mustafa, only to suffer as the body, mind, and ego. This cycle of *Samsara*, known as transmigration, continues till we are ultimately liberated.

It was the Buddha who was born as Prince Siddhartha

Gautam, the crowned prince and who had a beautiful wife and a son, who observed that the world was full of suffering. He wanted to find a way to escape from this suffering. He was Enlightened with the truth, as he went on a quest to realize his true self. He called it *Nirvana*. He found a way out of this constant cycle of death and rebirth, of suffering on earth. It was only when he was able to let go of his ego, that he found the truth – the very truth that leads us to liberation and to unification with the Divine, our ultimate goal.

TAKEAWAYS

THE EGO, DEATH, AND REBIRTH

- Every human being has to die, but death is not the end. It is only a bend.
- The body dies, but the one who was alive, wakes up in a new body.
- Karma controls our rebirth. Nothing happens by chance.
- The ego who thinks, 'It is me,' lives and dies only to be reborn and to suffer.
- Our goal is liberation, to overcome ignorance and realize the truth.
- The Buddha who was born as Prince Siddhartha, went on a quest, to attain Enlightenment. As he let go of his ego, he realized *Niroana*.

**Death and Rebirth,
the cycle goes on and on.
It is based on our Karma,
how we will be born.**

**You can either be
a host to God, or
hostage to your Ego.**

– Wayne Dyer

CHAPTER 10

SELF-REALIZATION

As long as we think, 'I am me,' we will never find out the truth about the self. Who is this 'me' that we keep talking about? 'What are we in reality?' To most of humanity, asking this question is ridiculous. This is because we are imprisoned by *Maya*, the cosmic illusion. We are slaves of our own Ego which along with our rascal Mind, becomes the 'ME' that lives and dies.

How many people actually go on a quest to realize the truth? How many of us are even interested in what happens before birth and after death? Less than 1% of humanity goes in quest of the truth and of that 1%, less than 1% attains the state of self-realization.

What is self-realization? It is realizing the truth about ourselves. Even these terms - 'I', 'me', 'myself', 'the self', 'the

body', 'the being' are very confusing. Is there any doubt that we exist? My writing this book and your reading it, makes us conscious of our existence. If we were dead, neither of us would be able to do so. But who are we in reality?

We are a human being that is made up of a gross body. Will anybody deny this? We have the 5 senses or sense organs. We can see, smell, hear, touch, and taste. We also have 5 organs of action. We have limbs to walk, a mouth to eat and talk, hands to grasp, the anus to excrete and the genitals to reproduce. We also have several critical organs – the brain, the heart, the kidneys, and others that make the body function. If one were to dissect a human body, one would first experience the outer skin or the epidermis. Beneath the skin we can see flesh, blood, nerves, and finally bone. If one breaks the bone, we will find bone marrow. Is this all that we are? The gross body of a human being is often referred to as the hardware. It is like a computer that has a screen, a motherboard, a keyboard, and several other drives that when put together enable the machine to be operated. But can the hardware function without the software? When we boot our computer or even our mobile, we first see it start with an operating system. Then it loads all the software that makes it run. Even the human body has software. Most of us think it is the mind which we cannot see or touch. But in reality, it is MIME. Our subtle body consists of the Mind, which is the thought factory, the Intellect that discriminates

right from wrong, the Memory that records everything to be recalled later if needed, and the Ego, that says, 'It is me.' If a computer could talk, it would say, 'I am an Apple MacBook' or 'I am a Samsung laptop,' just as a Samsung mobile would say, 'I am a Galaxy S10.' In fact, some of them do - when you switch them on, the first thing they show is their identity. In us human beings, it is the ego that constantly expresses itself with a name, a nationality, a religion, and an occupation amongst other marks of personal identification.

Together, the MIME - Mind, Intellect, Memory, and Ego, forms our subtle body or software. Without the MIME, we would not function, just like both hardware and software are both needed for a gadget to work. Those who think we are just skin and bone, are mistaken, just as those who think we are just the brain or the mind. It takes all this together to make a human being what it is. However, can the laptop or the mobile phone function without a power supply? It may be a power cord connected to an electrical source, a battery or a power bank. There needs to be a source of power for the gadget to function. What is the source of power that we human beings have that makes us walk and talk? We too have life energy that we call the Soul, the *Atman* or the Spirit. What does the Soul do? It gives power to the gross body and to the subtle body, and it makes us live.

There are several systems that run the body. We breathe to

inhale oxygen. After respiration the heart pumps blood so that the circulation can lead to the supply of oxygen to the entire body. In fact, if our system fails and we don't supply oxygen to the brain, we can be dead in about 5 minutes. When we eat, we have a process of digestion which gives the body energy to live. The leftovers are removed through the process of excretion. And finally, there is reproduction. All these systems are powered by *Prana*. Most of us just think that our *Prana*, or life energy is just about breathing. We don't understand the intricate connection of the *Prana* or life system inside our body. There are 5 *Pranas* that are titled as *Prana*, *Apana*, *Udana*, *Vyana*, and *Samana*. The first *Prana* is called *Prana* itself. It supplies the body with oxygen, flowing from the nostrils to the heart. People think this is the only *Prana* but there are 4 more *Pranas*. *Apana* influences the lower part of the body and regulates the elimination process. *Udana* is famous for its *Kundalini Shakti* and is ascending *Prana* flowing from the heart to the brain. *Vyana* flows through the nerve channels and is to do with breathing. *Samana* is that *Prana* that distributes the energy of nutrition throughout the body. The life energy inside us is a power supply that continues to remain a mystery. Some call it the Soul, some the *Atman* or the Spirit. It is this power that gives us life. Without it, we would be dead.

Therefore, what are we in the final analysis - body, mind or Soul? Are we any of these or all of these? Without any one of

the 3, could a human being exist? If there was no body, how could we be? If there was no MIME, there would be no thought, no feelings, and therefore, no action. If there was no Soul, there would be no power and we would be dead. Self-realization is all about realizing who the true self is, who we are in reality. It is only after self-realization that we can reach God-realization – that we can find God.

Many spiritual sages say that we are the *Jivatman*, the body, and mind, along with the *Atman*, the Soul. As long as we are alive, we are a body-mind-Soul complex. This seems quite logical. However, realized saints like Ramana Maharishi asked the question, '*Naan Yaar?*' – 'Who am I?' Others asked '*Koham?*' to which the reply is '*Soham.*' Thou Art That, the Divine self, not the body that appears to be, not the mind which we cannot find. *Neti Neti* - Not this, not this. Adi Shankaracharya went on to say, '*Chidananda Rupaha, Shivoham Shivoham.*'

What does all this mean? All these are recitals that are meant to take us to the ultimate truth of who we are. The realization of who we are, or self-realization ultimately opens the door and we will realize God.

What is the key to self-realization? What is the way to realizing the truth about ourselves? A simple way is to realize what we are not. We are not the body. We are not the

mind. Then who are we? Because there is no doubt that we are, we exist.

Are we the body? This body is made up of gross elements that we have already elaborated on. We were born as a baby. But even before being born, we were alive in our mothers' womb as an embryo. In fact, we were alive much earlier when we were a foetus and we started our journey in the womb as a zygote. Are we the zygote that finally appears as a body? The cells of the body constantly die and are regenerated. Thus, practically giving us a new body every 7 to 10 years, with every cell being reborn. Are we, therefore, living with our third body or fourth body depending on our age?

What happens at death? The body dies. But we do not doubt that the one alive is no more in the body. That is why we don't hesitate to cremate or bury our near and dear ones. They are no more! We even say that they passed away, departed, or moved on although their body is right here in front of us. If this body is not them now, then it was never them. They were something else. What were they?

What happens at death? We often see, either personally or on television or on the internet, people taking their last breath. Then they die. What happened? Every cell of their body is intact. Every organ in place. The life inside the

person departs. It is this life that we refer to as the Spirit, the Soul, or the *Atman*. When it departs, there is no breath. This is death!

Are we the Soul, the Spirit, the *Atman* that departs or are we the ME – Mind and Ego, more specifically the MIME – Mind Intellect, Memory, and Ego? For the sake of ease, we will refer to this as ME. All along life, what do we believe? We believe we are ME and we have a Soul. Those who don't believe either in ME or Soul, just live and die. Of course, death is not the end! They will have to pay back for all their actions. Thus, although they think they are just a body that lives and dies, they will be reborn along with their Karma, their past actions.

Those who realize that we are not the body, know that ultimately the body will die, but we will be reborn. They do good Karma, perform good actions, so that they can be born with good health and wealth in fortunate circumstances. Such people normally believe that the ME that is reborn is accompanied by the Soul. In fact, they don't differentiate much between MIME and the Soul. They may even consider the subtle body to be, MIMES – the Mind, Intellect, Memory, Ego, and the Soul. Such people are born again and again.

Very few people are fortunate to realize this truth. They are the seekers of the truth and they realize that they are not the

body that dies. Don't we see that we come with nothing and we go with nothing? Still, because of the ME, we live as the ego and think that this is '*mine*'. We don't accept the reality of death and the fact that at death, nothing will belong to us. We live and die with ignorance. The fortunate ones realize that we are not the body that will die. Death is not the end, it's just a bend and we transcend to a new life. However, these people still think that they are the ME, the Mind and Ego, and they are reborn as per their Karma.

A rare minority realizes that they are not even the ME. They are the Divine Soul. They realize that the Mind and Ego, ME or the MIME – Mind, Intellect, Memory, Ego is the subtle body that actually doesn't exist. It appears due to *Maya*, the cosmic illusion. It is this illusion that causes the ignorance that makes us live and die again and again.

Those who realize the truth of *Neti Neti*, that they are not the body, not even the Mind and Ego, ME, they realize that they are the Divine Soul. Many may know of this, but do not realize this truth. What is the difference? Knowledge is not realization. Millions may read about this in a book and thus know about it. But they don't realize the truth. Self-realization is achieved by those who are inspired intuitively that they are the Soul, and they live as the Soul. They drop the ego like a pebble in the ocean and transcending ME – Mind and Ego, they live as the Divine Soul in the body of a

human till their last breath. Such a person is often referred to as a *Jivanmukta* or a *Sthitpragya*. It is rare for such a realized Soul to lose their enlightenment or realization, although there is a constant war within. A war with the senses of the body, the Mind and Ego on one side, and the realized Soul, alive in this body on the other side. If the realized Soul is in command of their intellect, they will be able to slay the mind and ego, and control the senses of the body and live with self-realization. If they fall prey to the war within, and lose to the ME - Mind and Ego, then they will start living as the body-mind and ego, and will not move forward to the next and ultimate step of God-realization.

TAKEAWAYS

SELF-REALIZATION

- Self-realization is the realization of the truth about the self.
- It is not just having knowledge, but rather a deep intuitive realization.
- One realizes *Neti Neti*, I am not the body, I am not the mind.
- It is the realization that we are the Divine Soul.
- A realized Soul transcends ME – Mind and Ego and lives as a *Jivanmukta*, a liberated Soul.
- Unless we drop the ego and transcend ME, we will not reach the state of Self-realization and move towards the next step of God-realization.

**What is Self-realization?
It is realizing 'Who am I?'
'I am the Divine Soul.'
Not Mind and Ego that is reborn
when the body will die.**

**The Ego steals God from us,
It keeps us from the Truth.
If we want to realize God,
We need to get rid of this brute.**

CHAPTER 11

GOD-REALIZATION

We all love God. Many of us truly seek God. But unfortunately, we are ignorant of the truth about God. We don't know who God is, where God is and what God is, although we don't doubt that God is. So where do we search? We go to a temple, mosque, and church. We live and die believing in God, having faith and hope, trusting God with enthusiasm, even loving God, but we don't find God.

We believe in a myth that God lives on a distant planet. We believe that God is controlling everything that is happening on earth through micromanagement, which is impossible. We don't go in quest of God to realize that God manages the universe through Universal Laws that are automatic. God is not a person that is controlling everything that happens on earth. God is a Power, a Power beyond human comprehension.

Our biggest problem is that we want to comprehend God. So, we easily believe in Gods with names and forms. As kids, this is understandable because otherwise, we cannot relate to God. But as we grow up, is it still difficult to realize that God is not made of bone and skin? God is the Power that resides within.

The journey to finding God is not easy. We cannot discover God like how Christopher Columbus discovered America. We cannot invent God like how Alexander Graham Bell invented the telephone. We have to realize God. Realization happens when we are enlightened with the Truth. It happens when we overcome the darkness of ignorance. Realization happens when we open our 'real eyes'. Suppose I am wearing a Nike T-shirt and I ask you what I am wearing. It is such an easy question and you will answer it. Unfortunately, we are only seeing what appears to be – a T-shirt. We are not seeing the hundreds of threads that are knitted together that appear as the T-shirt. Why?

In this world, it is said that 1% of the population is visually blind. They are unable to see with their eyes. What we don't realize is that 99% of the world is spiritually blind. We are unable to see with our 'real eyes'. We see a statue of God and we think it is God. In reality, it is clay, it is mud. The same clay and mud are used to make a pot and a plate. We don't call these as mud. When we look at them, we look at them as

a pot, as a plate, and as God. If you remove the mud, there will be nothing. These are just effects of the cause – mud.

Gold is the cause. The ring, the bangle, the bracelet, and the chain are just effects. They look like beautiful pieces of jewellery and we often say, 'What an amazing ring! What a gorgeous bracelet! What a stunning chain!' If we open our 'real eyes' they are none of these. They are all pure gold. If you remove the gold, none of these would exist. Gold is the cause, these are just effects. Because 99% of the world is spiritually blind, we live in darkness, and we are not enlightened with the spiritual truth.

Is there a doubt that God exists? Absolutely not. The only problem is that we are seeing all manifestations of God as all the beauty that surrounds us, but we don't realize that all these are God. A beautiful butterfly, a bird in the sky, a gorgeous flower, and a cute little rabbit are all Divine energy manifesting as these living creatures. We see the beauty in them, but we don't realize the Divinity within. These are just effects. The cause is the Divine – God. When God leaves these beautiful living organisms, they die, and all the beauty disappears. Still, we don't realize that there is Divinity in all the beauty that surrounds us.

What stops us from realizing God? It is our ego. The ego thinks, 'I am ME and God is HE.' This self-identification of

the ego makes us continue to be enveloped in the darkness of ignorance. It stops us from realizing the self. It constantly thinks we are the body, mind, and ego that has a Soul. It doesn't realize the truth that we are the Soul. The constant bombardment by the mind with thousands of thoughts makes the ego stronger as it makes us suffer. Then, we go to our worldly God, not realizing that God is within. Because the ego exists, we are unable to open our 'real eyes' and see God within. We keep seeing the skin and identify people as black, white, or brown. When will we go beyond the skin and realize the God within? *A little child went to a park and was amazed by different coloured gas balloons fluttering in the sky. The man was filling colourful balloons and tying them to his gas tank with a thread to attract children - red, blue, green, orange, yellow, pink, white. There were all colours. The child went up to the man and asked, 'If you fill gas into a black balloon, would it also fly in the sky?' The balloon man smiled and replied, 'Of course, it will. It is not the colour of the balloon that matters; it is what we put inside that makes it fly in the sky.'*

We human beings are unable to see God within each of God's manifestations. God is everywhere. But we can't see God. We must realize God. It is just like the analogy of gold discussed before. We don't see the gold. We only see the ring, the chain, the bracelet, and the bangle.

God is a Power, a power that gives us life. The moment the

God-power leaves us, we are dead. Each of our cells, over 30 trillion of them, is empowered by the God energy that is within. Why then are we not able to realize the God that is within? It is because of the ego. The ego is not willing to accept that 'I' don't exist, only God does. The ego is not willing to see the truth - '*I am not, alone God is.*' The ego is not willing to contemplate the cause. It wants to believe in the effects. 'It is me; it is I.' Why? Because the moment the ego realizes I am nothing, God is everything, it ceases to exist. So does the mind. Therefore, the ME - Mind and Ego fight hard to stop us from self-realization and God-realization.

What is the connection between self-realization and God-realization? When we realize we are not this body that ultimately dies, and we realize we are not even the mind as we try hard to find it, but we can't, then we realize we are the Soul. That is our true identity. If I am the Soul, and you are the Soul, we are all nothing but Soul energy.

Let us take two balloons, two dead rubber balloons and blow air into them. Suddenly, the two balloons come alive as they bounce. The moment we deflate the two balloons, the air in the balloons merges with the air that is everywhere. So does it happen with our Soul. At death, our Soul merges with the supreme universal Soul that is omnipresent, present everywhere. The Soul is the power that gives us life and makes everything breathe on earth. It's

God-Realization

a fallacy to presume that there are 8 billion Souls in this world giving life to the billions of people. It is one supreme Soul, one single source of life power that gives life to everything that breathes on earth. What is this Supreme Power? It is God Power. A Power beyond human comprehension.

God is a Power that exists everywhere. God is the Power in you and me. God is the Divine Soul. This is God-realization. We can't find God, we have to realize God and as long as the ego says 'I' and 'me', we will remain in ignorance. The moment we let go of our ego, we will realize God in the temple of our heart.

TAKEAWAYS

GOD-REALIZATION

- We can't discover God, invent God or find God. We must realize God.
- To realize God we must open our 'real eyes' as we overcome the darkness of ignorance.
- The ego that keeps saying 'I' and 'me' along with our mind stops such realization.
- God is everywhere. All beauty is Divinity. We must be enlightened with this truth.
- God is the life power in you and me. The moment God leaves, we are dead.
- Just like when a balloon is deflated, the air inside it merges with the air that is everywhere, so at death our Soul becomes one with the Supreme Soul.
- If we let go of the ego, we will realize the truth of who we are, just as we will realize God in the temple of our heart.

**We can't find God in a
temple, mosque, or church.
We can realize God
if we go within and search.**

CHAPTER 12

LETTING GO OF THE EGO

When I first realized that it is my ego that stops me from my God, I was shocked. I could not digest it, as my mind kept me going round and round with contradictory thoughts. But this was not simple knowledge. It was a realization! I no more had any doubts about the truth. I had a choice – to let go of the ego, or to let go of God!

The moment ego appears, God disappears. It is like dark clouds that cover a beautiful blue sky. The sky exists, but we can't see it. The beautiful sunshine has not gone anywhere. It has been stolen by the dark clouds – our ego. As long as we are alive, we cannot kill the ego. People believe that we must annihilate the ego, destroy it completely! But can we? As long as there is breath, and a person is walking and talking, thinking, feeling and acting, the 'I', the 'me' and the 'mine'

cannot be destroyed. Yes, we can transcend it. We can go beyond it by letting go of it.

Why are we in this journey wanting to let go of our ego? It is only because the ego distances us from God. It stops us from seeing God. It stops us from realizing the truth about God. Therefore, it is shocking to know that our own ego is our biggest enemy. Not only does it make us suffer the agony and the anguish in our day to day lives by creating desire, craving and expectation that makes us suffer, it also robs us of our biggest treasure – God.

As long as we believe we are the ego, there can be no self-realization and thus no God-realization. We must realize that the ego is an illusion, an imposter that is causing ignorance and suffering and taking God away from us. This is the first step towards self-realization.

There is only one way to find God – we have to let go of our ego. As long as the ego believes 'I' to be different from God, we have already started distancing ourselves from the truth and from the Divine. In the Himalayas, there is a deer called the musk deer. All through its life, it appears to be chasing this beautiful fragrance of the musk that seems to emerge from the forest, very close to it. It searches and searches but cannot find the musk. It goes around in circles as if the musk is just behind it. Ultimately, it falls off the steep cliffs and

dies searching for the musk. Hunters below know of the musk deer and its ignorance. They tear open its navel and retrieve the valuable musk that was all along within the musk deer. We too are like this musk deer. Our ego is constantly looking for God. Due to ignorance, the ego lives and dies, without realizing the God it was seeking is within. If we let go of the ego, we will find God.

How can we let go of the ego? It is through realization. Realization that we are not this body, we are not even the mind, and we are not the ego that is constantly brainwashing us to believe all this is mine. Although we know nothing is mine – we come empty-handed and we go empty-handed. Still, it is the ego that makes us sink in the ocean of ignorance. Like the dark clouds, it stops us from seeing beyond.

People wonder why excellence is a mark of our ego. Excellence seems to be something beautiful, to be our best, to achieve, to stand out, but the question is, 'Who is it that is trying to excel, to stand out?' 'Who wants to produce excellence?' It is the ego. The moment the ego raises its head, we start losing the sight of God. Until we eliminate the ego, we will not find God and this is our ultimate goal. Therefore, excellence too, is an obstacle when it comes to God-realization.

Even though we may read all this, the ego will still rage a war within. It will desire and crave, till we reach our grave, only to be reborn again and again. The ego becomes the 'I' that is the doer of all action. Along with the Mind, the ME creates Karma and it is reborn based on its Karma. If there was no ego, then the mind wouldn't create actions that create Karma. We could live as an instrument of the Divine, acting on behalf of the Creator, in complete surrender, without any desires. This is possible only when we realize that the ego is an illusion. It is the enemy of God-realization. When one lets go of the ego, they find God. As the ego surfaces in a human being, the ego makes us live as an ordinary human being. It then seeks, craves, desires, and acts, creating Karma that makes the ME - the Mind and Ego experience rebirth again and again.

It is not easy to let go of the ego. It may seem impossible to renounce using the words 'I', 'me', and 'mine'. But the stronger the realization, that 'I' am not 'me' and that nothing is 'mine', the closer we become to God. The ME, Mind and Ego, is constantly fighting to destroy our realization. Although we may realize that we are nothing and God is everything and also, that we are just effects, God is the cause, still, the Mind and the Ego pull us back to being 'ME'. The moment we fail in our realization that 'ME' is nothing, we lose God. If we shoot down thoughts of the mind, in that very moment we become conscious of the truth of who we are - the Divine!

This world is a cosmic drama. We human beings are like waves in an ocean. We seem to appear, but then we disappear. We come on the earth stage, we do our part and we go. Unfortunately, we don't realize this truth. We become attached to the stage and we think the drama of life to be real. 'This is *my* house, *my* car, *my* money, *my* wife, *my* kids,' there is no end to it! The truth is nothing is mine. We are just manifestations of the Divine. Even science has proved that a human being may look like trillions of cells, that work together in a human life, but even if one cell is studied under a sophisticated microscope, science confirms that what appears to be mass of electrons, neutrons and protons is nothing but energy. The 30 trillion cells in a human being are nothing but energy. There is no 'I'. This 'I' is an illusion. It stops us from seeing the truth. It stops us from God. If we truly want to find God, we have to let go of the ego. It's a choice!

TAKEAWAYS

LETTING GO OF THE EGO

- The ego is our biggest enemy. It stops us from realizing the truth about God.
- Just like dark clouds stop us from seeing the beautiful sun and the blue sky, the ego stops us from seeing God.
- The 'I', 'me' and the 'mine' distances us from God as it makes us live in ignorance.
- Along with the Mind, the Ego becomes ME and makes us sink in ignorance.
- In reality, we are nothing. We come without anything and we go without anything.
- As long as we live as the ego, we will never find God.
- If we want God, we have to let go of the ego.

**'I', 'me' and 'mine'
make us blind,
and stop us from our Lord.
Unless we let go of our Ego,
we will not find God.**

**God can be realized,
God is a power that is within.
The Ego makes us go
round and round,
And this battle we never win.**

CHAPTER 13

REALIZING GOD WITHIN

Where is God? Is God living far away on a distant planet? Is God that old man with a long white beard floating somewhere in the clouds, as we sometimes make our children believe? Is God the statue in the temple? Is God the saint whose picture is painted and framed on the wall? Unless we realize who God is not, we will never realize the truth about God.

Haven't you seen people pray? Most of us, most of the time, intuitively close our eyes when we pray. Sometimes, we take all the trouble of going on a pilgrimage, but the moment we reach 'our God', at that point, we close our eyes. Why? Because, intuitively, we realize that God is not outside. God is within. Because we are so enamoured with the attractions of this world and the distractions of our mind, we are unable to go within. Then comes the ego

which states, 'This is ME.' How can 'I' be God? Along with the mind, it makes our ignorance reign supreme and continues to make us suffer.

Most of us accept that God exists. But we think that God is the one we pray to in the temple, mosque, and church. We don't search for God because our yearning for God is overtaken by the yearning for material pleasures. Thus, our life escapes us as we pray, but we don't really find out to whom we pray, nor do we understand the meaning of what we say.

Once we realize that we are not the body, the mind, the ego and we realize we are the Divine Soul, then we realize God within. However, as long as we do not let go of the ego, we will never find God in the temple of our heart.

How does one realize God within? Is it enough to read and understand this Divine truth? In such a case, millions around the world should have realized God inside their heart. But God-realization is very rare. Only those who truly yearn for God and are willing to let go of the world, reach destination God. Their yearning for God is more than a miser's yearning for gold, a lover's yearning for their beloved, and a child's yearning for its mother that it has just lost. If we truly yearn for God, if we truly seek God, then we will be able to let go of our ego and find God.

Realization is not for the ordinary. It is not like finding your favourite restaurant on Google. It is not even looking for that unique merchandise in the supermarket. Realization of the self and of God, is very simple, but still, the most difficult challenge in the world. Why is it simple? Because God is within. Why then is it the most difficult challenge? Because the Ego along with the Mind, ME, makes it near impossible to realize this truth.

There was an old lady who was searching for a diamond ring she had just lost. All the neighbours gathered outside her house to join in the search. They asked her several questions. How did the ring look like, did it have a diamond, was it gold? But nobody could find the ring. A smart neighbour who joined the search, asked her the question, 'Where exactly did you drop it?' She replied, 'I dropped it inside my house.' In utter surprise, he asked her, 'Why then are you searching for it outside the house?' 'Oh!' she said, 'You don't understand. There is no light inside my house.'

As long as we are looking for God in the wrong place, how can we find God? God is not far away, but we must pass the 4 doors to find God. These 4 doors are like 4 milestones that we must pass on the highway to reach the destination. The first door is Dispassion or Detachment. It is all about living dispassionately without being attached to people or possessions. The second door is Discrimination. It is about using our intellect and choosing right over wrong. It is the

ability to make intellectual decisions and not emotional ones. The third door is Discipline that starts with complete control of the mind and goes on to control the senses of the body. True discipline is about overcoming desires and cravings. The fourth door is to Desire the Divine and to seek Liberation, not to seek the worldly pleasures that people usually do.

Most people don't realize that God never leaves us from the moment we are born, till the moment we die. It is God-energy in us that makes us breathe from birth to death. But because the ego is screaming, 'I,' 'me' and 'mine!' we cannot hear the sweet silent voice of God, that sometimes speaks as our conscience, and at other times, appears as a flash of inspiration, intuition, or sixth sense. The scriptures of all the religions advocate that God is within. The Bible, the Quran, the Bhagavad Gita, the Guru Granth Sahib, and the Upanishads, ask us to realize the God that is within. Still, the ego takes us outside. The ego stops us from God.

We have a choice. We can choose to be the ego or we can choose to live as God. We can't be both. The moment we behave as the ego, we cannot see the light of God. The famous Indian poet Kabir Das said, '*Jab main tha tab Hari nahin, Jab Hari hai main nahin... Sab andhiyara mit gaya, Jab deepak dekhya mahin.*' It means, 'When 'I was,' then 'God was not,' now 'God is' and 'I am not.' All the darkness and all the

illusions mitigated, when I saw the light within. There was illumination.' The light of God gets enveloped in the darkness of the Ego. It is only when we let go of the ego that we will find God.

What actually happens in our day to day life? A seeker can practically experience how the mind robs our Divine Consciousness. When we try to meditate and contemplate the God within, we experience a Divine peace. In that very moment of devout prayer, our mind steals our Divine consciousness. We can experience this consciousness of God within, but this moment of *Ananda* or bliss is short-lived because of ME – the Mind and Ego. Together, it jumps like a monkey, from thought to thought, from a past that is gone to a future not yet born. We lose that present moment of Divine consciousness. Thus, the ancient sages prescribed Yoga to realize God within.

Yoga is a Divine exercise that helps us transcend the ego as we unite with God. Unfortunately, we have even manipulated the term Yoga to be just a few physical exercises or *Asanas* and breathing techniques or *Pranayama*. These are just two of the eight limbs suggested by Saint Patanjali to attain that state of *Samadhi* or Divine union – Yoga.

Yoga means *Yuj* or Union. It is the art of transcending ME – Mind and Ego and building a Divine connection with God.

Just like a good SIM card is constantly connected to the satellite, and gives us a strong network to communicate, Yoga is building a strong connection with the Divine that is within us. The Divine is everywhere. It is within me and it is within you. It is in every living organism on earth. So, everything beautiful is a manifestation of the Divine. *Satyam Shivam Sundaram* – the truth is God is beautiful. The truth is everything beautiful is God. Because we live in *Bhoga*, there is no Yoga. *Bhoga* is craving and connection with the material world. Yoga is union with the Divine.

How can one live in Yoga? To live in Yoga or in Divine Union, one must constantly move in the Yogic cycle of *Dhyana* Yoga, *Bhakti* Yoga, *Gyana* Yoga and *Karma* Yoga - Yoga of meditation, of devotion, of education and of action. It is not easy to be in Yoga all the time, but it is possible.

If one wants to be in Yoga, one must make a conscious decision to be in Divine Union. If we do not do this, the senses of our body and the wandering of our mind, will make us go round and round in this world of attractions and distractions. The first step is to let go of the ego, because it is the ego that takes us to *Bhoga* – desires and cravings of this world. When we realize we are not the body-mind, but the Divine Soul, only then can we become conscious and live a life of Yoga being ever united with the Divine.

One who lives in Yoga is a Yogi. A Yogi is conscious about the truth – 'I am not 'I'.' The Yogi realizes that we are all the *Atman*, the Soul or the Spirit and our goal is to be one with the *Paramatman*, the Divine, the Supreme. Such a Yogi who is conscious of this truth, transcends the thoughts of the mind and cravings of the body. The Yogi starts his day with *Dhyana* Yoga, or the yoga of meditation. This is all about being silent and communicating with the Divine. The Yogi then acts as an instrument of God and follows the Divine Will as prescribed. This is the Yoga of action or *Karma* Yoga. The Yogi is a sincere seeker of God, and thus lives in *Bhakti* Yoga or Yoga of devotion, with prayer and hymns. Any free time the Yogi has is spent in *Gyana* Yoga, or the yoga of education, trying to acquire wisdom. A true Yogi tries to be in this cycle and remains constantly united with the Divine.

As long as the ego dominates, we cannot live in Yoga. Yoga is all about acceptance and surrender. It is letting go of the ego so we can be united with God. God is within. We have to realize that light of life that is throbbing inside us is the Divine. It is the energy that makes us walk and makes us talk. It is the life that makes us see and lets us be. The moment the life leaves, we are no more. We are dead. While it is so simple to realize God within, why is 99% of humanity blind to this truth? It is because of our ego. As long as we believe 'I am I' and 'This is me,' we can never see the HE – the Holistic Energy that gives life to our 30 trillion cells. Do you

want to realize God within? Commit today to let go of your ego and if you do, you will find God! You will find God shining in the receptacle of your heart. You will realize that your *Atman* is *Paramatma*, your Soul is God. Then you will live a life of eternal joy and everlasting peace.

**Jab main tha tab Hari nahin,
Jab Hari hai main nahin...
Sab andhiyara mit gaya,
Jab deepak dekhyah mahin.**

- Kabir Das

TAKEAWAYS

REALIZING GOD WITHIN

- God lives within the temple of our heart. We are ignorant of this.
- Unfortunately, since we are searching for God outside, we don't realize God inside.
- The ego constantly says 'I' and 'me' and stops us from going within.
- To realize God within, we must live our life in Yoga, in constant Divine Union.
- The Yogic cycle has *Dhyana* Yoga, *Bhakti* Yoga, *Gyana* Yoga and *Karma* Yoga - Yoga of meditation, of devotion, of education and of action.
- We have to pass the 4 doors of Dispassion, Discrimination, Discipline, and Desire for the Divine to realize the power within.
- We have a choice. Either we can let go of the ego or we can let go of God.

**God is within,
but we see him not!
Because we search outside,
in this world we are caught.**

CHAPTER 14

LIVING IN ANANDA

Most human beings suffer. We experience triple suffering – the pain of the body, the misery of the mind, and the agony of the ego. This is only because we cling to the ego. We are so attached to ourselves that 'I' becomes everything in this world for us. Thus, we never experience a state of *Ananda* or Divine bliss. If only we let go of the ego, we will not only find God, but we will also live in a state of *Satchitananda* – eternal Divine bliss. What is *Satchitananda*? *Sat* means truth, *chit* means consciousness and *Ananda* means bliss. The moment we become conscious of the truth, we experience a state of bliss. What is the truth? That we are the Divine Soul. God lives within the temple of our heart. We don't have to go to God for happiness. The Divine is within us and thus, the ocean of happiness we are seeking is inside, not outside. The moment we become conscious of God's Divine presence, we are liberated from the triple suffering. We are

blessed with the bliss that comes from God-consciousness.

Unfortunately, while this may sound very good, we are unable to remain in *Satchitananda* for long. Most of us are unable to taste the nectar of this Divine consciousness. Those who do experience it find it stolen by the thief, ME. Our own Mind and Ego together steal our consciousness as they bombard us with thoughts.

Every human being lives their life moment by moment. What occupies our moment? We human beings are filled with thoughts that become feelings and then become actions. There is no 'thoughtless' period where we can experience Divine consciousness. Therefore, the importance of making the mind, which is a monkey, into a monk. We have to stop the jumping of our mind from thought to thought so that we can be conscious of the truth and experience *Ananda*. The monkey mind is such a rascal that it doesn't even let us sleep in peace. Even then, it is bombarding us with thoughts that result in dreams and stop us from having that much wanted 'sound' sleep.

We must develop the art of letting go of the ego. The ego 'I' is an imposter, an illusion. It is a thief of our bliss and we must not cling to it. As long as we cling to 'I', 'me', 'mine', we will not enjoy this everlasting peace and bliss.

God is happiness. God-realization is a gift of being

seamlessly happy, without interruptions of misery. The ego keeps interrupting our God-consciousness with thoughts from the mind. It first makes us ignorant and tries to make us believe that we are 'me', this body, and this mind. It then makes us pray to a God that is not really God, but just a symbol of God. It spoils our journey called life, chasing possessions and people and stops us from the quest for self-realization and God-realization. Because we live as the ego with the mind, we become the doers of action, creating our own Karma and we are born again and again, life after life, needlessly. If only we realize that we are the Divine Soul, and we are successful in letting go of the ego, we will be like waves dancing in the ocean, fearless, without any worries or anxiety, realizing that we are Divinity, living in this human form. We are not what most people think – human beings having a spiritual experience on earth. The reality is, we are a Mind and Ego, ME, imprisoned by ignorance in this body. The moment we become conscious of the truth, we are liberated, and we experience *Ananda*.

Very few people are blessed with Enlightenment, with realization. They become conscious that they are not this body and mind. They transcend the ego. But can they be conscious of this truth all the time?

The Ego and the Mind constantly make us flip over from HE to ME, from being the Holistic Energy, HE to Mind and Ego,

ME. We can only be one, the consciousness or the mind at any point of time. As consciousness, we can see the mind. But if the mind is thinking, we lose consciousness of the truth. Our challenge is to be a *Sthitpragya*, one with a steady intellect. One who lives with a steady intellect is able to be conscious of the truth and experience *Ananda*. But even such a person is disturbed by the ego. As long as we are alive, the 'I' cannot die. The ego will keep raising its head and robbing our consciousness and *Ananda*.

One who has achieved the state of Self-realization and God-realization transcends the ego and the mind. Such a person is not affected by the world as they have realized the truth. They are enlightened beings and they remain in a state of *Ananda* all the time. Ordinary human beings become happy with achievement, but they are never satisfied. A small fraction of humanity lives with contentment and fulfillment. But none of these are free from misery and suffering. It is only a rare minority that reaches the third and ultimate peak of Enlightenment. They live in *Ananda*, eternal bliss as they let go of their ego.

The ego constantly steals our bliss. Either it makes us suffer the pain of the physical body or experience misery of the wandering mind. It also constantly creates agony and anguish as it erupts in anger, or with jealousy, hate and revenge. If only we let go of the ego, we can live in *Ananda*, everlasting Divine bliss.

TAKEAWAYS

LIVING IN *ANANDA*

- The ego makes us suffer the triple suffering of the body, mind and ego.
- It stops us from living in *Satchitananda*, Divine bliss that comes from being conscious of the truth.
- We are not this body or mind. We are the Divine Soul.
- God, the ocean of happiness, is within us. But the ego stops us from realizing this.
- Either we can be miserable with thoughts or we can be blissful, as we remain conscious of the truth.

**We can live in *Ananda*,
in Divine bliss,
If we only let go of the Ego,
we will experience this.**

CHAPTER 15

OUR ULTIMATE GOAL

What is the ultimate goal of life? Are we just meant to live and die? Why did we come to earth? Why were we given this human birth? Most people just exist. They don't ask such existential questions. Thus, they never realize the truth. They do not find the true meaning and purpose of life.

Others blindly believe that the goal of life is to be happy. All through life, they chase happiness, but happiness is like a shadow. The more you chase it, the further it goes away. They believe that success is happiness and they zoom from womb to tomb seeking achievement. Some of them succeed, some don't. After all, everybody cannot achieve success. But happiness remains elusive even to the achievers because even the multimillionaires of the world suffer. The most successful people still experience the pain of the body, misery of the mind, and they experience agony because of the ego.

The ultimate goal of life liberates us from all suffering. It blesses us with everlasting joy and eternal peace. It liberates us from the cycle of death and rebirth. It is achieved when we realize the true purpose of life. When we find meaning and answers about who we truly are and why we are here, we attain bliss and peace, just as we overcome all sorrow. How do we achieve this ultimate goal?

Who is it that suffers? Who wants to be happy? Who wants to be successful? It is 'me'! It is 'I'. 'I' seek, 'I' desire, 'I' crave and thus 'I' become disappointed and miserable. Why? Because we are ignorant about who we truly are. We don't realize that the ego makes us suffer. Along with the Mind, the Ego becomes ME and accumulates Karma and is born again and again. Everybody who is born must suffer. The cycle of death and rebirth goes on. Our goal is to escape from this cycle. Such an escape liberates us from all suffering and gives us the ultimate *Ananda* or bliss. This is our ultimate goal - to realize we are not the body, mind, or ego. We are the Divine Soul! All through life, we live as the ego, and we suffer out of ignorance. The ego stops us from self-realization and God-realization. Our goal is to let go of the ego. The moment we do, dark clouds are cleared and we see the beautiful blue sky and the sunshine. Dropping the ego, therefore, will make us realize God. Then, we are face to face with the Divine, we are liberated and are ready to unite with the Divine.

Because we live as the ego, we are unable to attain God. We may pray to a God in a temple, mosque or church. But it is the ego that stops our search for the eternal truth. We are nothing. We are just the five elements that come together when the Divine Soul makes us come alive. At death, when the Soul departs, we return to the 5 elements – earth, water, air, fire, and space. Because of our ignorance, we are unable to realize the ultimate goal of our life. We are unable to go from Realization to Liberation and ultimately to Unification. Because of the ego, there is no purification and there is no illumination of the truth. It is the ego that stops us from Enlightenment and Ultimate Unification with the Divine.

The ego stops our realization by constantly projecting 'I'. Because it keeps on saying 'me' and 'mine', it doesn't realize the truth that we are not this body, not this mind – *Neti Neti, Tat Tvam Asi* – not this, not this, Thou art that. This is the ultimate truth, but the ego stops us from realizing this. Unless we let go of the ego, we will not realize who we truly are.

The truth is that we are just effects. God is the cause. Just like gold is the cause and the bangle, the ring, the bracelet, and the chain are the effects. Mud is the cause, manifesting as the statue, the pot, and the plate. So also, God is the cause. You and I are just manifestations of the Divine. Because the ego

appears, God disappears! We can either be the ego or realize we are manifestations of God.

Our ultimate goal is to realize the truth – 'I am not! Alone God is!' We can achieve this goal by just letting go of the ego. But there is a big problem. The ego doesn't want to let go. Along with the mind, it keeps saying 'ME' and the Mind and Ego together, stop us from achieving our ultimate goal.

Most of humanity just lives and dies. Some are fortunate. They realize that they are not the body that dies. They discover the Law of Karma and live a life of good morals and ethics. Their ultimate goal is different. It is to accumulate good Karma so that they can be born in fortunate circumstances. They spend their entire life doing good actions, so that they can carve out a destiny of joy and bliss. While these people are far better off than the rest of the world, they will still be born again and again, to experience their good Karma. They will also suffer, as nobody born can escape from disease, decay, and death. Their Karmic cycle continues, but they do not realize the ultimate goal of life. A rare minority of the human race, less than 1% goes in quest of the truth. Of this 1%, a tiny fraction realizes the truth. But they too, miss the ultimate goal. The ego and the mind pull them back in *Samsara*, and they lose the battle, just short of the ultimate goal!

Only those who are blessed with the grace of the Divine and are lucky to experience the guidance of a Guru, escape the tentacles of this alluring world and its attractions. They transcend the mind and its distractions. They let go of their ego. They are the fortunate ones who find God. They realize God within themselves by realizing they are nothing. God is everything! They realize that they are not this gross physical body that will return to dust. At death, when the fire leaves, the air escapes, the water evaporates, and the space we occupy shrinks, they realize the truth - 'From dust, we come and to dust we go.' We are just a God particle, nothing else, such a powerful particle that gives life to our 30 trillion cells in a flash. They realize we are the Divine Energy, the Soul, the Spirit, the *Atman*. The *Atman* is nothing but the *Paramatma*, the Divine Energy is nothing but God.

As long as the wave doesn't realize it is not the wave, it is the ocean itself, it will keep splashing as a wave. So it is with the ego. As long as we don't realize we are not the ego, we will never find God. We will not realize we are just like a wave that comes from the Divine ocean and goes back into Divinity. It is our ego, that causes this ignorance and imprisons us in this ignorance throughout life, holding us back from our ultimate goal.

For centuries, science and spirituality were at loggerheads. Science always asked for proof and considered the body to

be nothing but pure physical matter. Spirituality, on the other side, always believed that we are energy – Divine spiritual energy. Thousands of years ago, the Upanishads stated – *Neti Neti, Tat Tvam Asi* – we are not the body that we appear to be. Even the mind that dominates us is not me. We are that – the Divine energy, the Spirit, the Soul, or the *Atman*. Science did not agree with all this. Today, it does. Science, through its experiments, has come around to believe that a man, who is said to be made up of over 30 trillion cells and appears to be you and me, is actually nothing but energy. It all started in the early part of the 20th century with scientists like Max Planck and Albert Einstein. Together, they started experimenting in what is known as quantum theory or quantum physics and went on to coin the term 'Wave-Particle Duality'. Scientists, under a sophisticated microscope, made certain scientific observations that completely transformed the way the world had believed in matter and energy. The smallest particle of a human cell, much smaller than electrons, neutrons, protons – a quark, that was being observed under such a microscope suddenly disappeared and became an energy wave. As they continued to observe, the scientists were flabbergasted to see the particle of mass being formed again. They inferred that mass was becoming energy and then, returning back to mass. They coined this as 'Wave-Particle Duality'.

This was what the world knew as $E=MC^2$. Einstein had

discovered that all mass had an equal amount of energy and vice versa. Therefore, the total energy would remain constant. 'Energy can neither be created nor destroyed. It can only be transformed from one form to another.' This became a popular law. Somehow, while there has been so much discussion on this, it has taken the world a century to come to terms with it.

If one studies ancient philosophers, right from 500 BC, they believed in the spiritual truth that the universe is composed of 4 elements, earth, water, air, and fire, which occupied space. None of these perish, but these elements experience a continual rearrangement. Philosophers like Epicurus, Empedocles, and Thales of Miletus had a fair idea. But only very recently have modern scientists performed experiments that have proved this theory to be true.

In 2012, scientists at CERN, the European centre for Nuclear Research, Geneva, announced that they had almost nabbed the Higgs boson, and dubbed it as the 'God Particle'. This was theorized 48 years ago by Peter Higgs and now, practically validated at the Large Hadron Collider. The discovery of this particle explains why everything in this universe has mass. To explain it in common terms, atoms are not just made up of neutrons, electrons, protons, and the tiniest of them - quarks, but rather, everything is energy. You and I may look like a mass of molecules, but in reality,

we are essentially energy. This is what Higgs boson or God particle does. It is a field where the energy takes the form of mass. The Higgs boson is the new elementary particle discovered by the scientists at CERN. Actually, their theory was, that all of space, everywhere in the universe, everything is filled with the Quantum field of energy and this field came to be known as the 'Higgs field'. Photons or light particles pass through this field, without resistance. But other particles, end up appearing as mass when they pass through the energy field or the Higgs boson field.

From 1964 till almost a decade ago, this was just a theory, but in 2012, scientists proved the theory in the laboratory in CERN. It took thousands of scientists and engineers from around the world to build this machine LHC. The LHC is the most sophisticated machine humans have ever built. In the LHC, scientists discovered that visible particles were a collection of these tiniest quarks that were held together by gluons, and actually appeared as they do because of the 'God particle'. This dates back to 1907 or earlier when Einstein and Max Planck spoke of the equation $E=MC^2$.

What does all this reveal? It makes us realize that spirituality and science no more contradict their essential belief about man being energy. The fact that we are not the mass that we appear to be and that we are energy, is not just some spiritual jargon, but the real truth. We may appear to be trillions of cells

that look like you or me. But in reality, we are just energy. All this only endorses what our ultimate goal of life is – to realize we are this energy, not the body that we appear to be and then, to escape from this prison of suffering and unite with the Divine that is bliss.

When will we realize the truth? When will we achieve our ultimate goal? It is only when we let go of our ego. When we consciously drop our ego, then we will be able to realize the truth. Unless we transcend the dark clouds of ignorance, we will not experience realization. This is the first step of the ultimate goal. If we have truly transcended the ego, then we will start living as a *Jivanmukta*, a liberated Soul. If we have let go of the ego, we become a *Sthitpragya*, who lives with a steady, enlightened intellect. It is a big challenge for one to live transcending the ego. But if we do, then at death, we will be liberated. We will not return with our Karma and be born again. If we let go of the ego, then when we die, we will be liberated and be united with the Divine. To achieve this ultimate goal, we have to learn to let go of the ego, then only we will realize God.

TAKEAWAYS

OUR ULTIMATE GOAL

- Our ultimate goal is to realize that we are the Divine Soul, not the body, the mind, and the ego that we appear to be.
- God is the cause, we are Divine manifestations.
- The ego stops us from this realization and from our ultimate goal.
- The truth is that we are nothing, God is everything. But the ego doesn't agree to this.
- Today, science, through scientific experiments agrees that the human cell is nothing but energy. We are God particles.
- If we want to achieve the ultimate goal, we have to let go of the ego and live as the Divine Soul.
- Then, there will be Purification which leads to Illumination. And we will unite with God.
- If we have truly transcended the ego, then we will start living as a *Jivanmukta*, a liberated Soul.
- If we let go of the ego, then when we die, we will be liberated and be united with the Divine.

**What is our Ultimate Goal?
To Realize we are
the Divine Soul.
It is only when we
let go of our Ego,
We will find God.**

**I too lived as the Ego,
For 46 long years...
Till I finally realized God within,
With joy and blessed tears.**

CHAPTER 16

MY JOURNEY AS THE EGO

I don't even remember when my ego came alive. I was an innocent young child who loved to bask in the sun, running in the playgrounds of my school. My memory barely remembers anything until I was a teenager. Yes, there were a few incidents that have been etched in my memory. But they can be easily numbered. It always seemed that I was the son of my father and my mother or the grandson of my grandparents. The ME in me, was dormant. Then suddenly I became conscious of it. 'I' wanted to go to Singapore, wanted a motorcycle, and wanted good clothes. I even fell in love without realizing what this young romance was all about. But my ego came alive as I stepped into my teens.

Till then, I was not really conscious of my existence. Of course, like every child, I wanted a new cricket bat, just as I wanted stationery for school. But the ego did not demand

anything. It was a quiet and silent entity that had not yet sprouted. Then, suddenly, it came alive when I was probably 16 years old. 'I' wanted to do well in my school final exams, 'I' wanted more money for food and my other needs. 'I' wanted to succeed. I started seeing myself as different from the world that surrounded me. It seemed like my ego was born.

Children are innocent. That's why young children don't suffer. They don't have a complicated mind and they don't have an aggressive ego. Most studies advocate that a child develops its own identity, the root of its ego after it is about 8 years old. This may vary from child to child. But all children are innocent until such time that the ego takes over.

I too lived an innocent life till my ego got aggressive in my mid-teens. The first 15 years of my existence slipped away into the history of my life without a significant ego. But the next 25 years were all about 'me' and 'I'. I started an advertising agency and I called it 'Ravi Advertising'. If we take a quick glimpse into history, most businesses are proof of the ego's dominance in our life. That's why we title them with names, for instance, Ford Motors, Carnegie Steel Company, Tata Motors. While I achieved success and amassed a fortune, what excited me the most was the publicity I got when my name was splashed across newspapers, magazines, and the television. Suddenly,

somebody who was unknown was in the limelight. This inspired me to work very hard and my business grew at an unbelievable pace.

Fortunately, when I was about 25 years old, I met my spiritual mentor, Dada J.P. Vaswani. He was an epitome of humility and used to constantly preach, 'We are nothing'. I didn't understand the true meaning of his humility till I matured in my spiritual evolution. While my ego was very vibrant, my Spiritual Guru, it seems, was planting seeds of humility in me.

Between the age 16 to 40, I was quite arrogant. My ego had dominated a large part of my life. I feel grateful today that although I used to get angry and imposed my 'I'ness on those around me, I did not hurt too many people. Sometimes, an ego can create so much arrogance, that it makes us completely blind to others' circumstances. I was blessed, probably with the grace of God and the guidance of my Guru, with compassion. So, on the one hand, where my ego wanted to succeed and achieve wealth no matter what, on the other hand, I was humble, kind, and considerate to those around me.

It is unlikely that a highly successful man would so easily give up his empire and walk out of the world of his ego. The first sign of me conquering my ego was when I shut down

my business at the age of 40. By that time, I had already built a charitable organization and a huge temple. My interest was more in H.I.S. work - Humanitarian, Inspirational, and Spiritual work. One day, after I crossed 40, I decided to walk a new path to pursue my passion. I decided to switch over from just making money to making a difference. My life transformed.

Over the next 10 years, in the fifth decade of my life, I realized that money and success were not happiness. There was something beyond. I tried to evolve on my journey to contentment and fulfillment as I took an exit from the highway of achievement. Still, my ego did not leave me. I changed my name from Ravi V. Melwani to RVM. My ego created a new brand for itself. I converted my retail business into a real estate business that would just give me rentals. I was free to travel around the world. I started my journey as an author and a speaker. I thought I was the happiest man in the world.

It was only when my spiritual master told me one day that I was an 'ignoramus' - that I knew nothing about the meaning of life, that my ego got a big jolt. By then, my ego had already experienced some humility as my Master had taught me the principles of happiness. He provoked me to go on a quest to discover who I truly was. I was now 46 years old, and I spent the next 2 years on this *Talaash*, or search for

answers. When I started my quest, I was shocked to read 'Naan Yaar?' - 'Who am I?', a book by Ramana Maharishi that opened my eyes. I went on to reading the Upanishads, and several spiritual books by Adi Shankara, Vivekananda among others.

I experienced several realizations in my quest. The first was the realization of who we truly are. Most people don't know and don't even bother to know the truth about life. We appear to be this body, but I realized that we are neither the gross body which we can touch, feel or see, nor the subtle body that we experience. I realized we are the Divine Soul. I thus realized that I am not 'I' - the one I thought I was for 48 years. My life went through a transformation again as I realized that I will never die, that death is not the end. Ravi Melwani, the name I had adorned for over 48 years was just my identity. It was not me. Ravi Melwani would die, but the ME - the Mind and Ego, would be born again. As I studied the life of the Buddha, I realized the ultimate truth. It is so simply explained in the *Kathopanishad*. We have two options at death - either to be reborn as per our Karma or to be liberated and be united with God.

One day, my Guru sent me an equation which I could not understand at that time.

Man - Self = God

God + Self = Man

It was after a lot of contemplation that I realized what this truly meant. It actually meant,

Man – Ego = God

God + Ego = Man

I realized that as long as I am the Ego, I will never find God. If I decided to give up my Ego, then I was nothing. What remained? God!

My life went through a metamorphosis. I knew for sure that I was not Ravi Melwani. I never was. It was just my identity. It was my ego. My true identity was the Soul. I was Divinity that was manifesting in this body of Ravi Melwani. This realization made me change my name to AiR – *Atman* in Ravi. *Atman* means Soul or Spirit and my name now signified my realization that Ravi was just a body that was carrying me, the real me, the *Atman*, the Soul, the Spirit.

As long as we are alive, it is not easy to live as the Divine Spirit. There is a constant war within – a war between ME – the Mind and Ego on one side, and the Soul and the intellect on the other. Both these forces exist within and continue to fight a war within. If the ego is very strong, then with the mind, it will dominate and live as the ME, creating Karma and will take birth again. However, if our realization is complete, and there is the grace of the Guru and God, then we can transcend the Mind and Ego, and live as a *Jivanmukta*, a liberated Soul. Such a person has to live as a

Sthitpragya, one with a steady intellect, till death.

Post my metamorphosis to AiR, I started a new journey, a journey that made me live in *Satchitananda* - a state of bliss. I lived blissfully, conscious of the truth of who I was. As I remained conscious of the reality, the Mind and Ego continued to attack me, so that they could dominate and defeat my realization. Even today, each day, the challenge continues for me to let go of the ego, so completely, that it disappears.

My Guru's guidance has helped in a big way. He always said - 'I am nothing, Thou art everything.' 'I am not, alone Thou art!' My Guru coached me spiritually to a level where there was no going back. He led me to realize the truth.

Once 'AiR' realized that he was not Ravi Melwani, that day Ravi Melwani was dead. Although Ravi was biologically alive, the one that was alive in Ravi had completely transformed and had let go of the ego. As long as we are alive, we cannot annihilate the ME, Mind and Ego. But if we transcend the ME, we can live fearlessly, without worry, stress, or anxiety.

One who lets go of the ego, realizes that we are no different from each other. We are all manifestations of the Divine. Such a person lives a life of peace, bliss, and joy.

My Journey as the EGO

How do I live as AiR? I try to live in constant Yoga, in union with the Divine, as I spend each moment as an instrument of God. I expect nothing and seek nothing and try to do the Divine will without letting the ego surface. I don't always succeed. But I try to be AiR each moment that I live. The ultimate goal is to live the Divine will till the last breath of this body, and then, if it be the grace of the Divine, to be liberated and to unite with God.

However, I have realized the most important truth - if I want God, I have to let go of the ego. It's a choice and my decision is clear - to let go of the ego.

I am Nothing!
Thou art Everything.

- Dada J. P. Vaswani

TAKEAWAYS

MY JOURNEY AS THE EGO

- Like anybody else, I too was unaware of my ego as a child.
- As a teenager, my ego seemed to come alive.
- Between the age 16 to 40, for 25 years, my ego chased success and wealth.
- At 40, I shut down my business and transformed my life.
- My spiritual Master helped me go beyond my ego with humility.
- I lived a life of fulfilment for 6 years, before going in quest of the truth.
- I went on a quest when I was 46, after my Master told me I was an 'ignoramus'.
- At 48, I realized the truth. There was a metamorphosis. I became AiR – *Atman* in Ravi.
- As AiR, I live as an instrument of the Divine, doing the Divine Will.
- The ultimate goal is Liberation and Unification. For that, I have let go of the ego so that I can constantly live in Yoga being conscious and ever united with the Divine.

**My life was in full bloom,
as my Ego thought I was
the best in the room.
Until I realized and let go of
the Ego and Mind,
then the treasure of God did I find.**

E GOD POEM

By
AiR
Atman in Ravi

*For God do we all search
In temple, mosque, and church
Little do we know that the ego does hide
That very God that lives inside*

*We must let go of the ego
If God we must find
And for this, we must realize
The biggest enemy is the mind*

*But first, it is the ego
That keeps saying 'I' and 'me'
It dominates our life so much
That God we cannot see*

Poem

*God is not on a faraway planet
Nor an old man with a long white beard
God lives in the temple of our heart
Alas, his voice is not heard*

*The ego makes us deaf and blind
It stops us from the truth
And makes us pray to a statue and a saint
And a God with a snake and a flute*

*What does the ego do in fact?
It creates duality
It makes God different from us
And the truth we cannot see*

*The world has hundreds of religions
And thousands of Gods to whom we pray
The fact is we don't know who God is
And we don't even know what we say*

*As long as the ego dominates our life
Between God and us, it creates a veil
And though God is right here and now
To realize God, we fail*

*Because the ego causes ignorance
The truth we cannot see
We believe in the myth and superstition
And just be who we are told to be*

*The ego is my identity
The ego says, 'This is me'
Because I keep saying 'My' and 'Mine'
The God within, I don't see*

*The ego makes me suffer
Triple suffering with body and mind
It is the ego that makes me cry
With miseries of a different kind*

*'How dare you did not do it!'
This anger, revenge, and hate
It's the ego that makes us go around
And stops us from heaven's gate*

*Who is, where is, what is God?
The ego makes us juggle so much
It makes us search here and there
As our God, it tries to touch*

Poem

*But God, in reality, is within
God has no bone, nor skin
God is a Power that gives us life
In the trillions of cells within*

*What is birth, what is death?
Why did we come to earth?
God is the one that makes us live
God gives us the human birth*

*Without God, what are we?
Without the Soul, we are nothing
The body, in the end, returns to dust
It is God that is everything*

*Unless we go in search for the truth
Unless we start our quest
We will just believe the myth
And fail if we don't question and test*

*Life is like a spiritual puzzle
The pieces we must find
We must put together who we are
And not live like we are blind*

*The truth is simple, but we don't see it
After death, there is rebirth
It is our own actions, our Karma
That brings us back to earth*

*The Soul is a Power in us,
With the body and mind, just a part
The Mind and Ego is the one reborn
When God in us departs*

*But we do not realize this truth
Because the ego says, 'It's me'
The Soul, the God that is within
The blind ego does not see*

*The ego is always looking out
With the senses and the mind
It does not realize the self, that's us
Being a prisoner of the mind*

*We are not body, we are not mind
The truth is we are the Soul
Self-realization is the first step
That takes us to this goal*

Poem

*When 'we' realize, not body and mind
We are the Power that's the Soul
We also realize the God in all
That manifests as the whole*

*What stops us from such Realization?
What stops us from Liberation?
It is the ego that stops us from God
And from Divine Unification*

*Man minus Ego is God
If we remove the Ego, we will find
God plus Ego is Man
With Body, Ego, and Mind*

*So, we must let go of the ego
If God we must find
For as long as we think we are 'ME'
The journey we will rewind*

*God actually lives within us
His silent voice we do not hear
Because the ego and the mind
Make us live with a deaf ear*

*They make us live in this world and suffer
Believing all this is real
They hide the God that is within us
As in the world we twirl*

*God is not far away, God is near
God is in you and me
But as long as we believe we are the ego
God we cannot see*

*The very God we are looking for
Is right inside our heart
But the ego that is screaming day and night
Tears the truth apart*

*We just live and we just die
And God do we all seek
It is the ego that stops our climb
From scaling the spiritual peak*

*What is our life's ultimate goal?
To realize we are the Soul
We are the very God we seek
Not the ego that plays its role*

Poem

*The ego that lives saying, 'It's me'
Makes us go round and round
It stops us from finding God within
As it fixes us to the ground*

*The truth is this and nothing else
God lives in us within
Let us stop going in search outside
And go within our skin*

*What stops us from going within
It is the ego and the mind
Though God is very near in us
Our Lord we never find*

*God never leaves us even for a moment
God is with us all the time
But the ego is craving for this and that
And so God we do not find*

*It's easy, all that we must do
Let go of the ego and mind
Then shining deep within
God we will find*

ABOUT THE AUTHOR

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, transformed his life from Ravi V. Melwani to RVM, living by the RVM philosophy - Rejoice, Value Life, and Make a Difference. He started doing H.I.S. work - Humanitarian, Inspirational and Spiritual work. His mission was to 'Make a Difference' in this world before his journey was over.

About the Author

As a part of the humanitarian initiative, a charitable hospital and charitable homes were set up with an aim to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 homeless and suffering people are served and cared for in destitute homes and provided with free shelter, food, clothing, and medical care.

A School of Inspiration was set up that inspired the lives of many people through motivating talks, inspirational books and videos, and thought-provoking quotes.

A Shiva Temple was built 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 we all have to go beyond religion to truly realize God.

One day, his Guru provoked him to introspect: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

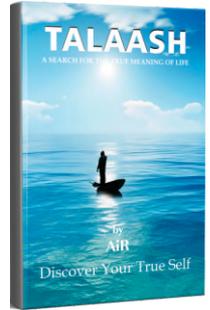
After a few years of intense search in retreat, deep in the mountains, he realized that we are not this Body. We are the Soul, the *Atman*. He changed his name to AiR - *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as RVM and started living as an instrument of God doing His Divine 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 we live in. While the Truth is the Truth, our mind still resists from accepting it. Based on his realizations, AiR has published over 30 books, written 1100 bhajans, blogs, quotes and poems and has taken up several other initiatives that can direct people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve in their spiritual journey to realize the Truth. 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.

BOOKS BY THE AUTHOR

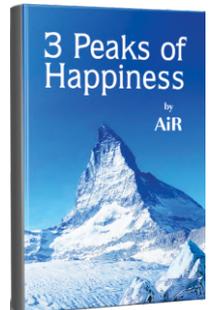
1. Talaash

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.



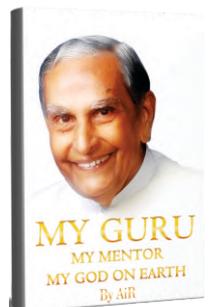
2. 3 Peaks of Happiness

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.

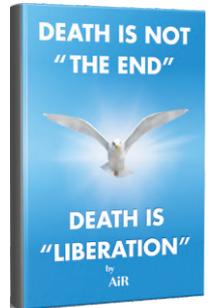
4. I will Never Die, Death is Not “The End”

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.



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.



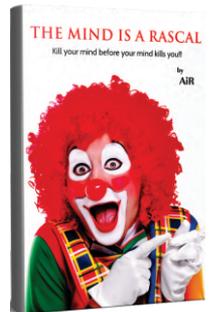
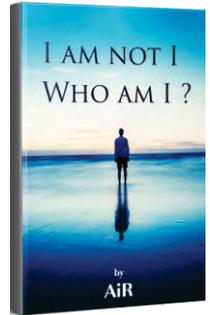
6. I Am Not I. Who am I?

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 house but we are not the house. 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

Can you believe that the mind is a rascal? You always thought that the mind is king—it is everything. But just 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 amazing book by AiR will teach us that the mind is our enemy. It is the one that makes us suffer. It is time to find the rascal and kill it. How do we do this—is revealed in the book.



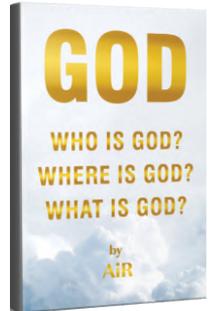
8. A Cosmic Drama

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.



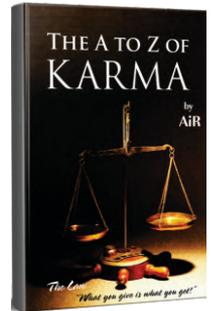
9. Who is God? Where is God? What is God?

Well, this might seem to be a simple set of questions 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 simple book will change your perception and belief about God and bring you closer to the Power called God. It will help you realize God.



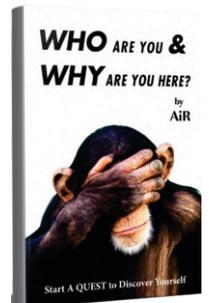
10. The A to Z of Karma

Most people are aware of the concept of Karma – the Universal Law that states, “What you give is what you get.” But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from it and achieve 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?

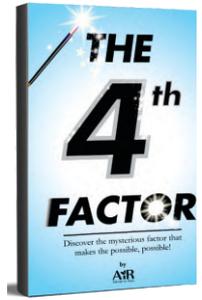
This is a simple book that prompts us to ask the right questions to discover the secret of our



life – who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a purposeful, meaningful and blissful life.

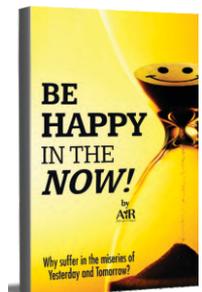
12. The 4th Factor

Man thinks that his Karma controls everything and he can achieve anything through his efforts, equipment, and the method of his actions. But he is ignorant about something which is more powerful than Karma – the 4th factor. This is an informative book that makes the readers understand why things happen the way they happen and even if ten people use the same equipment and perform the same action, still, they never produce the same results, because apart from their own action, each person seems to be graced with another factor – the 4th factor that is beyond human comprehension and without its consent even the possible becomes impossible.



13. Be Happy in the NOW!

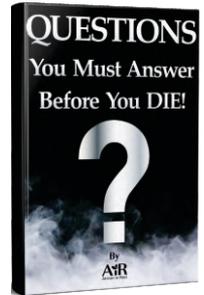
Every human being on earth wants to be happy. There is nobody who enjoys pain. People want to achieve Happiness but they fail to realize that Happiness is the journey itself, not the



destination. Then, 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.

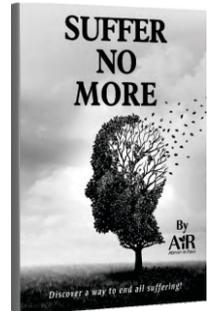
14. Questions You Must Answer before you Die!

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

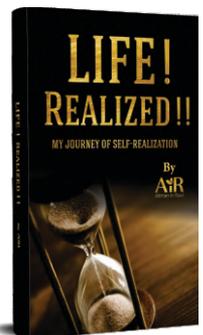
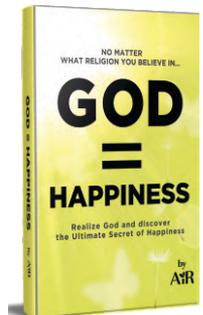
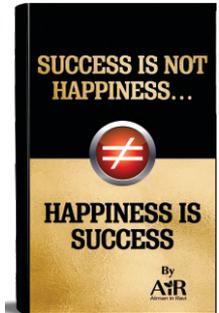
In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for Happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life! Realized!!

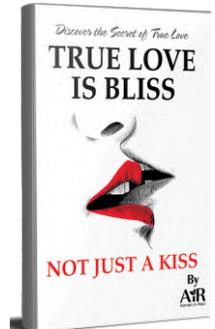
This book is a personal reflection of the author on his several realizations about everything that matters in the journey of life – the realizations that he attained while on his quest for the Truth.

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

It is sad that love which is the source of joy and happiness is not understood by the world. This

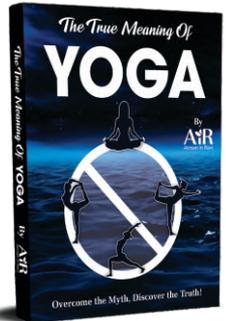


book is an attempt to explore True Love that is beyond passion, romance, and kisses. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



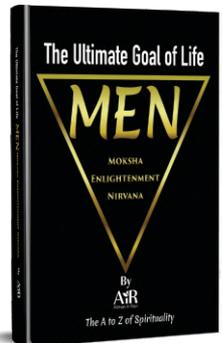
20. True Meaning of Yoga

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 Union with the Divine. This book attempts to explain everything about Yoga, its meaning and significance, how it must be practised and how through Yoga, one can be liberated and experience Ultimate Divine Peace and Bliss.



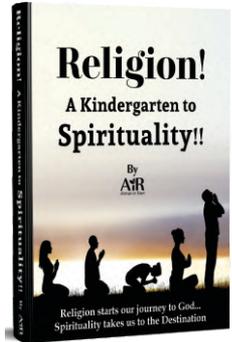
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



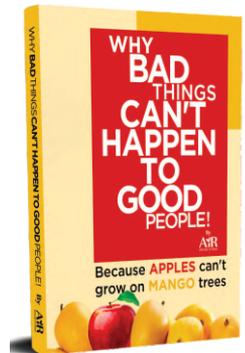
22. Religion! A Kindergarten to Spirituality!!

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.



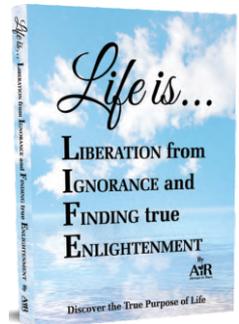
23. Why Bad Things Can't Happen to Good People!

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

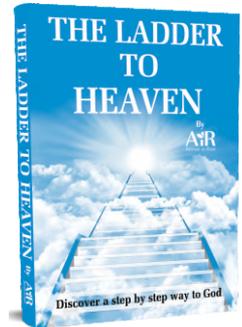
What is Life all about? Most people exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success, and achievement, people don't realize that



though they may gain a lot of these, they lose their most precious gift – life itself.

25. The Ladder to Heaven

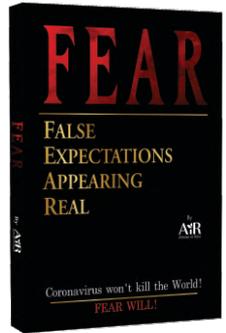
While we pray to God calling God by different names, the vast majority of humanity believes in God and aspires to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of belief, prayer, faith, hope, trust and so on. This book is an effort to help genuine seekers of God to climb the Ladder to Heaven. It shows a step by step way to God-realization as we pass through self-realization, overcoming the ignorance that we live in.



26. FEAR- False Expectations Appearing Real

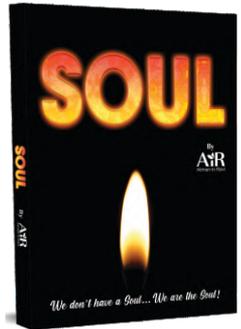
Through this book, the author wishes to help people change their paradigm and live with courage—that they should take appropriate precautions and not panic. The world has changed because of Coronavirus! But it's up to us to live with FEAR or to live with FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. For the

first time ever, all the countries of the world have closed their borders and shut down their economies. Facts confirm that when compared to the Spanish flu, it is not as fatal a pandemic as the world thinks it to be. This book F E A R, will help readers overcome these tough times of the global pandemic.



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

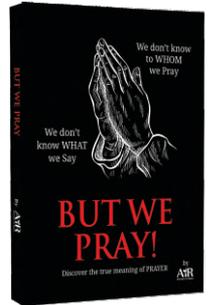
The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe that we have one. People talk about 'good' or 'bad' Souls, ghosts—spirits of the dead, heaven—hell, and the reincarnation of the 'Souls'. This book will help the genuine seekers of the truth to do some Soul searching and discover the ultimate truth about our most important aspect—our very own Soul. We will realize that we don't have a Soul...we are the Soul!



28. But We Pray

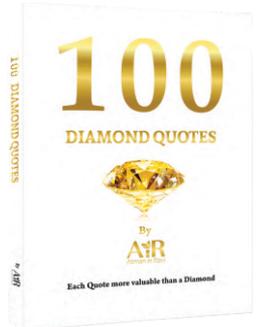
The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most

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 make us conscious of what we say when we pray. It will help us know the God we pray to and 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, *100 Diamond Quotes* does just that. It is a selection of AiR's quotes on Happiness, Realization, Liberation, Spirituality, and Enlightenment. These inspiring, thought-provoking quotes can trigger a metamorphosis and can transform our life as they lead us forward in our quest for the true meaning of life, giving us more Peace and Happiness than all the Diamonds of this world.



And Now...

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

Coming soon...

31. Life Manual - How to live life?

Books by the Author

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

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Please visit the following link

www.air.ind.in/ask_air/



Visit  Google play or Scan the QR Code
to download the AiR - *Atman* in Ravi App.
www.air.ind.in | air@air.ind.in

A.i.R.
AiR Institute of Realization
Ask Investigate Realize

LET GO OF YOUR EGO AND YOU WILL FIND GOD

Are you in search of God? Are you seeking God? Here is some good news!
There is a way to find God. All you have to do is to let go of your Ego.

Most people don't realize a secret

MAN - EGO = GOD

GOD + EGO = MAN

It is our very own Ego that stops us from realizing God.

'The kingdom of God is within you.'

'God lives in the temple of your heart.'

Who then stops us from God? It is our biggest enemy - ME! The Mind and the Ego envelop us in ignorance, and we go round and round in circles without discovering God within.

This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego. It will open the door to eternal peace and everlasting joy. If only you let go of your Ego, you will move from Self-realization to God-realization and you will realize God within.

A.i.R.

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