Discover the Fifth State of Yoga

PREMA YOGA

The Yoga of Divine Love

By

AiR

Atman in Ravi

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You are ever United with the Lord.

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Atman in Ravi
Ravi V. Melwani

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The world knows of 4 ways to Unite with the Divine...
Through Meditation, Devotion, Action and Education.
Discover the 5th state of Yoga...
Prema Yoga!
And Unite with the Lord through Divine Manifestation,
Loving the Beloved as the Lord.

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When you Love the Beloved as a Manifestation of the Divine...
You are ever United with the Lord.

Prema is Love and Yoga is Union with God. But where did *Prema* Yoga come from? How did I become aware of this state of Yoga, unknown to man? It was a gift from the Divine, a flash of inspiration I had on the 10th of January 2022.

My faith in God has been so unshakeable, my devotion so sincere that for over 40 years, the Divine Grace has always been upon me. It is this Grace that has helped me Realize that God is not God. God is **SIP, the Supreme Immortal Power.** It is on this Divine Monday of 10th January, that I further realized that we could love God, the Supreme Immortal Power that we pray to, the God we yearn for and aspire to attain by loving that Divine Power that is in every human being, and that the Divine Power of the Lord also manifests as our Beloved. Unfortunately, we love the skin, but we don't love the Divine that is within.

Prema Yoga is a Divine gift, a gift of Love, a gift of Yoga. It is through Divine Love that we can attain that state of Yoga to be united with the Divine at all times. The Yogis of the world live in Yoga through the Four states of Yoga or *Yuj*, which means Union. They have realized ***Dhyana* Yoga** or the Yoga of meditation, ***Karma* Yoga** or the Yoga of action, ***Bhakti* Yoga** or the Yoga of devotion, and ***Gyana* Yoga** or the Yoga of knowledge and education. No Yogi has experienced ***Prema* Yoga** or the Yoga of Divine Love. It is a rare unique gift of being in Yoga or being united with the Divine through the Love of the Beloved. When the Beloved appears as the Divine, as a manifestation of SIP, the Supreme Immortal Power, this is not Love, this is the Yoga of Divine Love, *Prema* Yoga.

Love is a very strong emotion. It creates a powerful energy that can push any person to limits beyond common understanding. But where does this power come from? This Power is the Power of the Divine. This Power is SIP, the Supreme Immortal Power in you and me. This Power of Love appears from birth to death. The world does not recognize True Love which is a rainbow of seven colours. Lovers just know of romance and erotic love. But True Love is Divine. It comes from the Soul. It is not just Love from skin to skin. It is Divine Love from the Soul within, to the Soul in the Beloved. When Love becomes Divine, it can reach the Ultimate Power of *Prema* Yoga, the Yoga of Divine Love.

This book shares the experience of *Prema* Yoga, the realization of Divine Love that is for the Supreme that appears in the Beloved. It is Love for the Lord, who manifests as one and all.

It is deep Divine Soulful Love that connects us with the Supreme at all times. In *Prema* Yoga, the Lord becomes a part of our Consciousness, in every breath, through Divine Love for the Beloved. It is not Love, it is *Prema* Yoga, a Yoga that is unheard of, a way to unite with God through the powerful emotion of Love.

This book can transform the way you live, the way you love, and the way you pray. It can transform Love into Prayer and Life into Love. It can change the very paradigm of what Love is, who God is, and what life is all about. When one experiences *Prema* Yoga, one experiences God on earth, one experiences the presence of the Divine, SIP, the Supreme Immortal Power in the Beloved. One loves SIP as one loves their Beloved, not as the Beloved but as the Divine, who appears in the form of their Beloved. Love is no more for the skin. It is for the Beloved that resides within. The lover loves the Beloved as he would love God in heaven. There is no way to find God in heaven. This is an illusion. God is in you and me and when we experience God as SIP in our Beloved and when our Love transforms to *Prema* Yoga, then that Love becomes Divine, that Love becomes the highest form of prayer, that Love experiences the presence of the Divine in the Beloved.

May this book inspire people to realize *Prema* Yoga, to discover the Yoga of Divine Love. May *Prema* Yoga - loving God as the Power of SIP in our Beloved, help us realize God right here on earth, and may it help us become one with the Divine. May *Prema* Yoga give us an experience of Divine intoxication, of joy that is beyond any ecstasy known to man,

of Divine peace that comes with the Consciousness of the Supreme who appears to be with us, all the time, in the form of our Beloved.

Prema Yoga is Love Divine,
With the Lord it makes us Combine.
Love that's Divine, makes us Shine,
When we see God in our Valentine.

INTRODUCTION

This book is not just about Love,
This book is about Prema Yoga.
When we discover the Yoga of Divine Love,
We realize God in the Beloved, not in the Sky Above.

We all experience Love. From the time we are born, till the time we are gone, the emotion of Love makes us develop a strong connection with our parents, then deep friendship with our dear ones. It leads to romance in our teens and finally erotic love for the Beloved. We also experience intellectual Love, emotional Love, and self-Love. In fact, Love is the rainbow of seven colours. But we don't understand where this Love actually comes from.

What is the source of this powerful emotion called Love? Just like the white light from the sun splits through the droplets of water to create VIBGYOR, the beautiful rainbow of seven colours, it is white Love from the Divine Soul within that manifests as the seven colours of Love throughout our life. The source of Love is the Soul and the object of Love, the Beloved whom we Love, is also the Soul. Unfortunately, we don't realize it.

Prema Yoga, the Yoga of Divine Love reveals a Spiritual Secret, a revelation that has appeared as a Divine inspiration. It is the personal experience of Divine Love for the Lord in the Beloved. It is an evolution of ordinary Love into Spiritual Love, not for the one who is made of bone and skin, but for the Divine that resides within. *Prema* Yoga is the experience of the highest form of Love, *Prema*, and the highest form of Yoga, union with the Divine. When there is *Prema* Yoga, one attains God, one evolves from Self-Realization to the Realization that the Beloved is not the Beloved. The Beloved is God. The Beloved is a manifestation of God.

The flash of *Prema* Yoga is based on the Realization that God is not he or she, God is in you and me. When we realize that I am not 'I', I am not this body, mind, and ego that I appear to be, and we realize we are the Divine Soul, this Realization can lead us to *Prema* Yoga. This Realization can gift us the experience of the Yoga of Divine Love. Then, the Beloved becomes God. The Beloved may appear to be the Beloved, but we experience the Beloved as a manifestation of the Divine.

The world knows of Love as hugs, kisses, Valentine's, hearts and romance. But is this what True Love is all about? True Love is bliss, it is not just a kiss. True Love is not just dating and marrying and building a family. True Love is Divine Love. It is Love for God, God who is in reality, SIP, the Supreme Immortal Power that is in all of us. Because we don't realize God, we live with ordinary worldly Love. We don't experience the Yoga of Divine Love. We don't discover *Prema* Yoga. When we realize that Love is Divine, that the source of

Love is the Soul, then, we will Love from Soul to Soul and it will make our life whole. Then, Love is no more Love. Then, Love is Yoga. Love becomes a way to unite with God. ***Prema* Yoga becomes the way to experience God and to live with God in our Consciousness at all times.** The world knows of *Karma* Yoga, *Gyana* Yoga, *Bhakti* Yoga, and *Dhyana* Yoga, but *Prema* Yoga is unheard of. *Prema* Yoga is the Yoga of Divine Love. It is deep Love for the Beloved who is a manifestation of the Divine.

How can we evolve from Love to *Prema* Yoga? How can we make *Prema* a Yoga? How can Love for our Beloved create Consciousness for the Divine at all times? This book will show you the way. It will not only explain what True Love is but will also show the way to make our Love Divine. It will reveal the most powerful Yoga, the Yoga of Divine Love and show us the way how to realize God right here on earth. It will lead us to the Divine, not just in our Beloved, but it will make our Love so Divine, that we will be able to love one and all, as the Divine manifesting in everybody. The Power of Love is in us. But we live, and we die, without igniting that Power into *Prema* Yoga.

This book can kindle our Love with the light of the Divine. This book can make us experience our Beloved as God. This book will make us experience the Supreme in one and all. If only we realize that *Prema* is Divine Love and it can create Yoga, a union with God, then, this book on *Prema* Yoga can transform our life; it can liberate us from all suffering and it can gift us Everlasting Bliss, Divine Love and Eternal Peace in

every moment of our life. As we experience God within us, we experience SIP, the Supreme Immortal Power in our Beloved and we love one and all as the Lord.

There are four known ways of Yoga,
Ways to unite with God.
Prema Yoga is the fifth state of Yoga,
Where through Love for our Beloved,
We can become One with our Lord.

01
CHAPTER

What is Love?

Love is not just romance, it is not just a kiss,
True Love is a fountain of joy, it is pure bliss.

The emotion of Love is the strongest emotion that is gifted to a human being. While there is the emotion of joy that creates happiness and the emotion of sorrow that creates pain, there are some emotions like fear, anger that are very strong and can move a human being to do what he never dreamt he could. The strongest of all human emotions is Love. Love has moved people to leave their home and family, even to give up their crown and kingdom and at times, has led one to kill another for the sake of their Love. Love is a very intense feeling, a deep affection. In fact, it is the source of all happiness. Love creates ecstasy and an intoxication that no stimulant can create. Once Love appears in our life, it becomes the strongest of all desires. However, we have not understood the true meaning of Love.

What is Love according to the world? It is hearts and hugs, kisses and romance, sex, and Valentine's. The moment we

talk of Love, we think of the Beloved. The world has many Love stories that have become immortal. Romeo and Juliet, Laila and Majnu, the list is long. But is Love just about the lover and the Beloved? We believe that Love leads to marriage, a family and children. If it is not channelized properly, it can lead to another lover; it can break a marriage and can even destroy a family. How then, can one Divine emotion of Love create Love in one moment and hate in another? It is only because we have not understood the true meaning of Love. Love is not just Love between lovers. Love appears in us when we take our first breath and continues to fill our life till our death. Not just human beings that come to earth, there seems to be Love even in animals too, but we can't comprehend this Love.

The strongest of all human emotions is Love,
But this Love becomes even stronger,
When it is for the One Above.

Love is a rainbow of seven colours. Just like we see how white light from the sun creates a rainbow of seven colours, VIBGYOR – violet, indigo, blue, green, yellow, orange and red, so also, pure white Divine Love of the Soul manifests as the seven colours of Love in our life. It starts with Violet Love which is between a child and a parent. Haven't we seen how deeply a mother can love a child, just like a child loves its mother? This Love is very strong and the yearning of Love which is Violet can make a person cry. Unfortunately, while we all experience Violet Love, it fades into insignificance when compared to the hype created by the Love for the Beloved.

Once we grow up, Love is experienced as Indigo Love. Indigo Love is deep Love between friends. Haven't you experienced this? Most of us have friends and though our friends are not our 'Beloved', we Love them beyond words. The Indigo Love for our friend creates such a deep trust that we share our deepest secrets with the friend whom we Love. As we grow, Love becomes Blue.

Blue Love is that little romance, that first crush or attraction that we may have as a teenager. Blue romantic Love is a very popular colour of Love and many people think that it is this romantic love that leads to erotic Love, and that this is all what Love is about.

But haven't we experienced Love for ourself? This is Green self-Love. In fact, many philosophers believe that Green Love for oneself is the strongest amongst the colours of Love. We Love ourselves so much that we put everybody else behind.

Then there is Yellow Love. It is intellectual Love. It is love between two heads rather than two hearts. In Yellow Love, one can spend hours, even days, talking about intellectual subjects of mutual interest. This develops a deep Love that is intellectual. And then, there is emotional Love that is Orange, Love that goes from heart to heart, not erotic Love that is from skin to skin. Orange emotional Love is more in women, just like erotic physical Love is more in men.

The seventh colour and the most popular colour of Love is Red, erotic Love. That is why all hearts and emojis of Love are

depicted mostly in red colour. The reality is that Red Love that is erotic is just one of the seven colours of Love. Because the world has given Red Love so much importance, Red Love has created a shadow on the other six colours of Love.

Just like white light from the sun,
Creates a rainbow of colours seven,
Divine Love from the Soul,
Unites us with the Lord in heaven!

Where does Love come from? Just like a rainbow comes from the white light of the sun, the seven colours of Love appear from the White Love of the Soul. We human beings do not realize that just like a computer has hardware and software, the human-computer too has hardware, which is the gross physical body — our hands and feet, our eyes, ears and nose, our kidneys and our brain, to mention a few parts of the hardware of the human-computer. The software of the human-computer is the mind, intellect, memory, and ego. It is like an operating system for the human being. But just like a computer cannot work with just hardware and software, it needs a source of power, so also, the human-computer works on the Power of the Soul.

The Soul is that energy that gives us breath, without it, there would be death. It is that Power of life, known as the *Atman*, the Ruh, the Divine Spirit that appears in the beginning when we are conceived as the first cell of the zygote. This energy or the Soul is with us till the last moment, when we lose our breath. Then, we are pronounced dead. Even our family, our

loved ones destroy our body because there is no Soul, no Divine Spirit. It is this Soul that is the source of Love in our life. That is why a dead body cannot Love. Pure White Divine Love from the Soul manifests as the seven colours of Love in the life of a human being. Without pure White Love, there can be no Love in our life.

True Love is not of the skin.
True Love is of the Soul that is within.

How many people understand that the source of Love is the Soul? How many of us understand where Love comes from? We just say, 'I love you' thinking that 'I am I' and 'you are you.' Little do we realize that it is the Soul in me that is in Love with the Soul in you. Because we do not realize that the Soul is the source of all Love, we don't understand the true meaning of Love. We know of the Love that is a kiss, but we do not know of True Love that is bliss. Therefore, we experience heartaches and heartbreaks. We may think that it is natural in the journey of Love. But in True Love, there is no misery, no sorrow, there is no heartache and there can be no heartbreak because True Love is from Soul to Soul.

Out of our ignorance, we think Love comes from the heart. But in reality, Love does not come from the heart. The emotion of Love is so strong that it makes blood gush from the brain to the heart and makes it appear that it is the heart that is in Love. In reality, Love is in every cell of the human being. Don't we experience Love through the eyes, just as we experience Love through the ears? It is through the touch of

the skin that Love is expressed. Love is controlled by all our senses, but True Love is not sensual.

A very few of us are blessed to discover True Love. In this world, 1% of people are visually blind, but the rest 99% are spiritually blind. They do not discover the True Love of the Divine Spirit. They just live and they die, without discovering the source of joy, bliss, and peace that is within.

Love is a fountain of bliss.
Love is a source of all happiness.

A few amongst us discover Love that is not just erotic Red Love. Not many experience this, but some do experience deep Love for their parents, their kids, their siblings, and their friends. While this is not uncommon, it is very rare to find people who have discovered the fountain of True Love. A rare minority realizes that Love is the source of our peace and our bliss, just as hate emits misery and sorrow. Love develops into kindness, forgiveness, and compassion. Love evolves into devotion and the highest form of Love is the Love for God. How many of us yearn for God, more than we yearn for gold? How many of us seek True Love? Look around you and you will find the world filled with Love that is skin deep. Songs, movies, and theatres focus on Love between a lover and a Beloved. True Love is forgotten. It has faded into insignificance.

The first step to discovering True Love is to realize that Love is not lust. Love is not just romance and sex. Love is not just

hearts, hugs and Valentine's. Love is Divine. Love is Soulful. When we realize this, we start our journey towards the Yoga of Divine Love, *Prema* Yoga that is eternal happiness.

As long as Love remains between skin and skin,
Between heart and heart, between body and body,
We will never discover the Divine Love,
That is between Soul and Soul.

02
CHAPTER

How to Make our Love Divine?

How to make our Love Divine?
How to see God in our Valentine?
This will happen when we think of God as the Moon,
And all of God's Creation as His manifestation, His Moonshine.

If we want to make our Love, True Divine Soulful Love, we must love beyond the skin. We must love the Divine within. Every human being is a manifestation of the Divine. Normally, Love is for the body, the appearance. But when Love is for the Soul, it becomes True Divine Love. Not only is it for the Soul of the Beloved, but it also emerges from deep within, from our Soul. This type of Love is unknown to most of the world. If we want to experience the Yoga of Divine Love, *Prema* Yoga, we must make our Love evolve from worldly Love to Spiritual Love.

Love says, 'I love you because I need you.'
True Love says, 'I need you because I love you!'

Love is not True Love. In Love, there are expectations. Love says, 'I love you because I need you'. This is not True Love. True Love says, 'I need you because I love you'. In True Love,

you seek the Beloved, just as you yearn for God. You seek nothing from the Beloved. You just love the Divine that manifests as the Beloved. Therefore, in this Divine Love there are no expectations, there are no conditions. Love is not a transaction. You love the Beloved despite the Beloved loving you or not. Your love becomes an offering to the Divine that appears as the Beloved.

Worldly Love is more to do with the beauty of the skin. It is more to do with the body, the mind, and the intellect. It is Love that is physical, emotional, and intellectual. Spiritual Love is missing in worldly Love. Therefore, you fall in love, and you fall out of it. You love one and then, you love another. This is because, in worldly Love, there is duality. There is no oneness of the spirit that loves. Worldly Love may extend into a marriage, into children and a family and ultimately, gets over. Worldly Love doesn't unite us with the Divine.

Worldly Love gives us momentary pleasure. We are glad and then we are sad, just like there is day and there is night, there is pleasure and pain, sun and rain, loss and gain in the Love of the world. Unless we make our Love evolve into True Love, we will be attached to the people we love. We are possessive because our Love is for the physical body, not for the Soul. If we want to make our Love Divine, we have to let go of the Love for the skin and go within to discover the **source of Love, the Divine Spirit, the Soul, the *Atman* or the *Ruh*.**

What is the difference between Love and True Love?
Love is for the one on earth, True Love is for the One Above.

Therefore, there is a distinct difference between Love and True Love. As long as you love who appears to walk and talk, to sing, the one who is living, you do not love the Soul, the Divine Spirit that is immortal. The body of the Beloved will die, but the Soul is eternal. So, True Love is immortal. There is no heartbreak when there is a separation between the lover and the Beloved. The Beloved and the lover are one and will remain one forever. This is Spiritual Love. Unless we evolve in the way we love, unless we see beyond he or she, and love the Power that is in you and me, we will only be experiencing worldly Love. **Spiritual Love is for the Supreme Immortal Power that appears in the Beloved.**

True love is a Divine intoxication;
It is an ecstasy of Divine illumination.

How then does one make Love Divine? One must go deep and understand the source of all Love. Love does not come from the lip, it comes from SIP, the Supreme Immortal Power. Love does not express itself from the skin, the source of Love is deep within. When we realize this truth about Love, our Love becomes Divine. It is not just Red erotic Love that experiences physical pleasure, nor is it just Blue romance. Of course, Yellow intellectual Love and Orange emotional Love emerge from the source of Love. These colours of Love are just manifestations, they are just expressions of the True Love that throbs in each one of us. When the Divine Spirit departs at death, and there is no breath, are we capable of loving? When we go deep and discover the source of Love, White Divine Soulful Love, then we experience the ecstasy of Love in all the

seven colours. There is no difference in Love that is blue or red.We enjoy every colour of Love till we are dead, not as the body, but as the Soul.

To make our Love Divine, we must discover Love that is deep in our Consciousness. **Love is no more a thought, a feeling, an action – it is an experience.** In Divine Love, there is ever Consciousness of the Beloved as a manifestation of the Divine. In Divine Love, there is no hate and no heartbreak. Divine Love does not find fault, it accepts the Beloved unconditionally because one does not love the Beloved as the Beloved, but rather as the Divine. When our Love evolves to the point where we see the Divine in the eyes of the Beloved, our Love has become Divine.

Just because such Divine Love is unheard of, it does not make Divine Love a fairy tale. **Divine Love is the only truth. Love is just an illusion.** An illusion is something that appears but is not. So is Love. We appear to love, but soon it turns to hate. How can this be Love? Haven't you heard of people who love each other for years and then, get divorced soon after their love is institutionalized into marriage? Why? It is because True Love is not a contract. Divine Love is not about this world of pleasures and possessions. It is not just about building a family and having children, Divine Love is Love for the Divine. It is realizing the Divine in the Beloved and not considering the lover to be a physical body, but rather a Divine Soul. The world does not understand this type of Divine Love. Therefore, instead of experiencing the ecstasy of True Love, Love of the world creates much misery and pain. If

we want to make our Love, True Divine Love, we have to rise above worldly Love.

Prema Yoga or the Yoga of Divine Love can only be discovered and experienced if we let go of worldly Love and evolve to Spiritual Love. Centuries ago, the Sufis differentiated it as *Ishq-e-Haqiqi* versus *Ishq-e-Majazi*. Even the Greeks worshipped *Agape* as the Goddess of Divine Love, different from *Eros*, the God of worldly erotic Love.

Therefore, Divine Love is not just a figment of imagination. It is rare because people are blind to it. We know of 1% people of the world who are visually blind, but we don't know of the 99% people of the world who are spiritually blind. These people are unable to see beyond the Love of the skin and experience the Divine Love that is within. Therefore, most of us just live and die, and we do not discover the Divine Spiritual Love.

To discover Divine Love, forget the skin and turn in,
Then, you will experience an ecstasy of bliss and joy in the Soul within.

How many of us even stop to ask, what is Love and where does it come from? We sing and we dance, and jump at every chance of making love, because we think Love is pleasure. We do not discover Divine Love that is the true treasure. We are so enamoured by Hollywood and Bollywood, so carried away by the love stories of the world, that we believe that hearts are meant to be broken. We don't even realize that the

heart is not the organ of love.

Love is not born in the heart,
It is in the Soul that Love does start.

Isn't it time to go on a quest and to discover True Love? Isn't it time to make our Love Divine? Isn't it time to discover that Divine Love can become Yoga, a way to be liberated from all suffering and be united with the Divine? Isn't it time to discover *Prema* Yoga, the Yoga of Divine Love? If we just live in this world, and love and die, we will never discover the truth of 'Who am I?' We will love as the body, but death of the body is certain. We will experience Love and then, our heart will break. Our Love will never evolve into Divine Spiritual Love.

If only we go on a quest and discover that the source of all Love, of all the seven colours of Love is the Divine Spirit, the Soul within, not only will we experience an ecstasy of love, that is far more intoxicating than worldly love, we will also be able to realize the Supreme Power right here on earth. We will be able to love our God, when we love our Beloved. We will be able to experience the Divine at all times. For this, we must start our journey of making our Love Divine.

When you learn how 'True Love'to spell,
You discover the Divine that inside does dwell.

03
CHAPTER

Prema Yoga – the Yoga of Divine Love

Prema is Love, Yoga is Union.
When we love our Beloved as the Divine,
there is a Divine Fusion.

Prema Yoga is the Yoga of Divine Love. It is the way to become one with the Divine, to be ever-united with God, by experiencing God in the Beloved. When Love is not just Love, but when Love becomes the deep yearning for the Lord, who manifests as the dearest on earth, this Love becomes *Prema* Yoga.

What is the goal of life? It is to realize 'Who am I?' and 'Why am I here?' and to attain that state of eternal happiness and everlasting peace, as we are liberated from the cycle of death and rebirth. While we have understood the true meaning of Love, and the way to make our Love Divine, none of us really knows that Divine Love can create *Prema* Yoga. Love that is Divine, can make our passion for our Beloved become a way to live a life of ecstasy, of joy unknown to the world, of Divine intoxication. How can we create *Prema* Yoga? For this, we must get a glimpse of what Yoga is and then, discover the

blissful way of making Divine Love a way to unite with the Lord. *Prema* Yoga will then become the key to unlocking the prison in which we are imprisoned and in which we suffer the triple suffering – the pain of the body, misery of the mind, and agony of the ego. It is Divine Love that evolves to *Prema* Yoga that can attain the ultimate goal of *Nirvana*, *Moksha*, Salvation that comes from Realization and Enlightenment.

Our Life has one primary goal,
To realize we are the Divine Soul.

What is Yoga? Yoga is not what the world understands it to be. Yoga means being ever-united with God. The word 'God' itself is confusing. Different people have different perceptions about God. Some think God is *Krishna*, some think he is *Shiva*, and believe him to be Jesus. There are hundreds of Gods and religions, but as long as we believe God to be somebody who lives far away in heaven, we can never attain true Yoga. While we will explain Yoga in detail in the chapters that follow, we must understand that Yoga is the bridge that takes us from Enlightenment to Liberation and Unification with the Divine.

Yoga is a bridge,
When knowledge becomes Enlightenment,
Yoga transcends the mind,
And forever with our Lord, makes us bind.

When we realize that God is not God, God is SIP, a Supreme Immortal Power, then we can unite with SIP by realizing that

we are not the body that will die, not the mind we cannot find, not the ego that says 'I', we are a dot of SIP, a particle of that energy, that Supreme Immortal Power. The first step is the Realization of this truth, overcoming ignorance, and then, letting our Divine Love take us to Yoga, *Prema* Yoga, being in union with the Lord through Love. How can Divine Love, how can yearning for the Beloved, make us reach that state of Yoga, being eternally united with the Divine, is a mystery unknown to man, and something very difficult to understand and digest. However, once we discover Divine Love, and we are enlightened with the Truth about God and about ourselves, then our life can become a fountain of bliss, love, joy, and peace, as we live every moment in *Prema* Yoga.

Prema Yoga is a fountain of bliss,
It is a way to be ever-united with the Lord,
As we experience a Divine intoxication of Joy, Love, Peace,
and Eternal Happiness.

What is this Divine secret of *Prema* Yoga that is unknown to the world? What is the way to make the strongest of all emotions, Love into a deep yearning, a deep passion for the Divine? How can we love our Beloved as God? Let us start the journey of *Prema* Yoga. Let us go beyond the love of the skin, to that Divine Love for the Soul that is within. Each one of us is a manifestation of God. Each one of us is SIP, a Supreme Immortal Power, but we do not know this. Because we live as the body and mind, our Love is shallow. We do not experience that deep love of *Prema* Yoga that unites us with the Divine and creates eternal bliss, and everlasting happiness.

When the Beloved appears to us as the Lord,
Then, through Prema Yoga, we can unite with God.

How can the Beloved appear to us as God? How can we love our Beloved, not as our Beloved, but as the Divine? When we realize that our Beloved is not the bone and skin that covers the Power within, then, our love goes deep from our Soul to the Soul in the Beloved. We go beyond the surface of the skin, to the Power of the Supreme that throbs within the Beloved. The Beloved is a manifestation of the Divine. As long as we love the Beloved as the Beloved, it is Love. This Love can become Divine, as we love the Beloved as the Soul. But the moment we realize that the Beloved is God, appearing as the Beloved, the Divine Love becomes *Prema* Yoga.

We don't see the Beloved anymore as the Beloved. We see the Beloved as a Goddess or God that is walking on earth. God is not he or she. God is the Power that is in you and me. With this Realization, Love can become *Prema* Yoga. It is a deep reverence, not for the lover, but for the Soul that is beneath the cover of the skin.

Prema Yoga makes Love a reverence,
For the Beloved that goes beyond appearance.
Love is not for the lover,
But for the One beneath the skin, the Power.

Prema Yoga is unheard of. For one to read about it and understand it, first, needs a level of acceptance. We need the courage to accept the Beloved as God. This courage is only

possible when knowledge crystallizes into Realization, the Realization that God manifests as every Soul on earth and that the Soul of the Beloved is none other than SIP, the Supreme Immortal Power that we have always called God.

Prema Yoga is the way to love God all the time. It is magic because we are in the presence of the Lord every moment of our life and this magic has clear logic. The logic that man is not made of bone and skin, man is a Power. The logic that God is not somewhere far away in heaven, that God is a Power. God is the Supreme Immortal Power, that appears as you and me. So our Beloved is also nothing but a manifestation of the Divine. When we love the Beloved, we actually love the Lord. This reveals the truth of *Prema* Yoga.

Even science endorses the theory of *Prema* Yoga through its recent discovery of **Wave-Particle-Duality.** Science accepts every cell of a human being to be nothing but energy. Though we are made up of 30 trillion cells, the truth is that this body is a bundle of energy. When the energy in us yearns for the energy in the Beloved, this passion is *Prema* Yoga. The Divine Love for the Beloved is not just Love, it is devotion and prayer. It is communion with the beloved as the Divine.

When with the Beloved there is Divine communion,
There is Prema Yoga, through Divine Love, a union.

While we will get into more details of *Prema* Yoga after we understand Yoga and the states of Yoga, we must raise the curtain on the mystery of how it is not just Divine, but the key

to open the treasure of a heaven on earth. We must be prepared to start a journey of Love that can ultimately lead us to heaven. We must be ready for a paradigm shift that will transport us from Love to *Prema* Yoga, the Yoga of Divine Love.

For now, all we need to do is to get ready to replace the understanding of Love as just an ordinary emotion between a lover and the Beloved on earth, to *Prema* Yoga, the way to unite with the Divine through the power of Love.

Love is a Power that can give to us our God,
When it becomes Prema Yoga, our Beloved becomes our Lord.

There will be some who will ridicule the thought of how Love can become *Prema* Yoga and make us unite with the Divine. They will not take this road, the road less travelled, to attain the ultimate goal of *Nirvana*, of *Ananda*, happiness unknown to common man. However, those who yearn for God, who seek Enlightenment, who seek to be liberated from this world of suffering, they are the true seekers, who love God so much, that they break the myth of blasphemy, as they question everything that their religion has taught them about God. Their passion for God is so deep, their yearning so Divine that they seek God. As they seek God, they realize that God is not God. God is a Power. They then experience this Power in their Beloved, if their obsession for God is powerful enough. They go beyond the beauty of the skin to discover their Lord that is within. Their Love is not Love, their Love is *Prema* Yoga. They find a way to be with God all the time. Do you want to be with God all the time? Then you have the secret in your hands.

Prema Yoga is the Yoga of Divine Love…
The Beloved doesn't appear as one that is beautiful on earth,
But as the Divine that we thought was above.

04
CHAPTER

What is Yoga?

Yoga means 'Yuj',
Yoga means being ever-united with God,
Like a SIM card always has a network,
Yoga is an unbroken network with the Lord.

The term Yoga is grossly misunderstood. People think Yoga is to do with the body. It is about physical exercises or *Asanas*, stretching positions that will unite the body and mind. Yoga institutes all over the world focus on breathing techniques or *Pranayama*, and while these exercises for the body and mind are good, the truth is that they are not Yoga. Yoga is that state of being where we are disconnected from the world and ever-connected with the Divine. Many people define Yoga as the union of body, mind, and Soul. These fancy explanations only confuse us further. Yoga is very simple. Let us try to understand what Yoga is.

We human beings are lost in this material world. We are so caught up in chasing success and achievement that our life is full of possessions and people, but in a flash of a moment, before we realize it, life is over! We leave behind everything. We cannot even take a pin. We come with nothing, and we go

with nothing. But most of us are caught in *Bhoga*. *Bhoga* is being trapped in this material world. It is living as a slave to our desires, and craving till we reach our grave. *Bhoga* is the opposite of Yoga. Either we can be obsessed with this world, or we can be passionate about realizing God. Who is God? Where is God? What is God? Unless we go on a quest, we will never realize this truth. But enamoured by this material world, we are stuck in *Bhoga* and are unable to spend time in Yoga.

If we want to be in Yoga, we must cut the noise,
So that we can hear the Divine voice.
We must still the monkey mind…
Because only then, God we will find.

The one who lives in Yoga is a Yogi. A Yogi seeks God. He not only prays and believes in his Lord but yearns for God so much so that he goes in quest of God. He desires just one thing – to be liberated from this world and be united with God. But to reach this state of ultimate **Unification**, the Yogi has to go through the pre-stages of **Purification** and **Illumination**. Unless one refines their life and cleanses their belief system of all the myths, they will never realize the truth. They cannot become a Yogi who lives in Yoga. Our goal is to become a Yogi, to overcome ignorance, to realize the truth, and be enlightened. Then to live in the ever-presence of the Divine. How can we do this? It is through Yoga.

The Yogis of the world know of 4 states of Yoga. *Dhyana* Yoga or the Yoga of meditation, *Karma* Yoga or the Yoga of action, *Bhakti* Yoga or the Yoga of Devotion and *Gyana* Yoga or the

Yoga of education and wisdom. The Yogi tries to be in Yoga. It doesn't matter how, whether it is through meditation, action, devotion or education. **The challenge for the Yogi is not to break the connection with the Divine.** Unfortunately, because of our sensual desires and the wandering of the mind, our union with the Divine is disconnected. A Yogi transcends the world, controls his senses, and goes beyond his mind to live in a state of Yoga. For him, the connection with the Divine is of paramount importance. This is 'the priority' of his life. Nothing is more important!

A Yogi lives in Yoga, in Divine bliss,
He lives in a state of Consciousness.

The Yogi living in Yoga tames his monkey mind and the monkey becomes a monk. The Yogi cuts the monkey's tail - EY i.e., monk'EY' - 'Ever Yearning' and 'Ever Yelling,' and makes it into a MONK. This state of thoughtlessness, where there are no thoughts, is known as **Consciousness**. The Yogi becomes conscious of the reality that he is not this body that will die, he is not even the Mind and Ego - ME. He is the Divine Soul. It is this Realization that he is a part of SIP, the Supreme Immortal Power that gives him the Power of being in Yoga, in the consciousness of the truth of who he is. This state of Yoga liberates the Yogi from the triple suffering that we experience on earth. He is free from suffering caused by the pain of the body. He is free from the misery of the mind, and he is free from the agony of the ego. Unfortunately, as one tries to remain in this state of Yoga, the body, mind, and ego try to break the Yoga and drag us into *Bhoga*.

The senses crave, the mind wanders,
and the ego drags us into Bhoga,
They are the enemies of the Yogi,
who wants to live in Yoga.

Why should one remain in Yoga? It is Yoga that liberates us from the triple suffering on earth and ultimately, frees us from the cycle of *Samsara*, from taking rebirth. Most of us live and die, without realizing the truth of 'Who am I?'. The body dies but the ME, the Mind and Ego, carries its Karma, its unsettled actions, and is reborn in a new body. The cycle goes on and on and we are born, again and again. Yoga helps us to break the cycle. Yoga takes us from the Realization of the truth to Liberation from rebirth and ultimately Unification with the Divine. Yoga is the way to live in Divine Consciousness, free from the clutches of the body, mind, and ego, ever-united with SIP, the Supreme Immortal Power. How does one do this? The world has prescribed four methods. I was blessed with the fifth state of Yoga, which I am sharing in this book. But how does one live in Yoga? How can one be a Yogi? Is it easy to disconnect from the material world and live in Yoga in a Spiritual world?

Is Yoga all about silence and meditation?
Will meditation create Liberation and Unification?

Many people think that Yoga means meditation. They try to sit in a Yogic posture and keep their spine erect and close their eyes. Unfortunately, their mind wanders. Is this real meditation? Is this Yoga? Yoga is not about impressing others. The world is

so busy buying Yoga mats, Yoga clothes, Yoga music, Yoga fragrances, but the essence of Yoga has been forgotten. Yoga is being in union with the Divine. It doesn't matter how, where or what. As long as we can be disconnected from the material world and be united with the Lord, we are in Yoga. Silence and meditation are good, provided they are used effectively to reduce the **MTR – the Mental Thought Rate.** The rascal mind bombards us with over 50 thoughts a minute. This can amount to about 50,000 thoughts a day. How can we ever be in Yoga, united with the Divine? Unless we use several methods to tame the senses, to slow down the mind, we will not be able to reduce the MTR.

When we experience a Yogic Consciousness,
The seamless bliss is beyond any Happiness.

The goal is ultimately to live in Consciousness, which can be understood as an ocean of awareness, in which thoughts appear as fish that swim through the waters of our Consciousness. Yoga helps us attain this state of Consciousness. Silence and meditation should help us reach that state of contemplation on a single thought. **Patanjali**, the ancient sage did talk of *Asana* and *Pranayama*, but prior, he said there must be *Yama* and *Niyama*, external and internal disciplines. Then, *Asana* or body postures and *Pranayama*, or breathing techniques, would become a part of the 8-step method to attain ultimate Consciousness. According to him, one needed to go into *Pratyahara* or withdrawal from the world. Then, *Dhyana* or meditation, following by *Dharana* or contemplation, until one reached ***Samadhi*, that state of**

ultimate Consciousness. Patanjali called this method the 8 Limbs of Yoga, and the world gives it several names like *Ashtanga* Yoga.

Whatever method we use to attain the state of Yoga, what is important is being ever-united with the Divine, conscious of the truth, so that we can experience that state of eternal bliss and everlasting peace, known as ***SatChitAnanda***. *Sat* means truth, *Chit* means Consciousness, *Ananda* means eternal bliss. Yoga leads us to this state. Unfortunately, because we do not know the meaning of Yoga, we just do some physical exercises and we declare to the world that we are going for Yoga. Can one who is going to the gym to exercise attain God? When will we realize this is a joke, and when will we reach that state of Divine bliss?

Prema Yoga is a gift that I got from the Divine. I too try to live like a Yogi in the cycle of Yoga. I wake up every morning, trying to start my day with *Dhyana* Yoga, or silence. Then, I get into my work, as an instrument of the Divine, trying to live as a *Karma* Yogi. I don't spend a day without *Bhakti* Yoga, expressing my devotion to the Lord I grew up with. My day would be incomplete without *Gyana* Yoga, using knowledge, wisdom, education to be in Yoga.

While the world knows of these four states of Yoga, and the pages that follow will get into details, the fifth Yoga, *Prema* Yoga, that is unknown to the world, has blessed me to live in the ever presence of the Lord through the Yoga of Divine Love. How can loving the Beloved be Yoga? How can Love

liberate us from this world and unite us with God? As we understand the four states of Yoga, we will discover this profound Yoga of Love. Like I live as a *Prema* Yogi, united with the Lord through Love, you too may discover this magical way. But first, let us understand the 4 known states of Yoga.

Yoga is about living in union with God,
Whether it is through silence and meditation or any other way,
We should feel the ever-presence of the Lord.

05 CHAPTER

The 4 Known States of Yoga

We can unite with God through Meditation,
Or through Action, Devotion, and Education,
But the most powerful way to be one with the Lord,
Is to love our Beloved as God's Manifestation.

By now we know that to unite with God, we need to be in Yoga. If we don't keep the Divine connection, we will slip into *Bhoga* and be caught in this world of pleasures, people, and possessions. But what is the way to be in Yoga? Yoga or Union with the Divine is known to be achieved in 4 ways. Either we can be in *Dhyana* Yoga, or the Yoga of Meditation, *Karma* Yoga, or the Yoga of Action, *Bhakti* Yoga, or the Yoga of Devotion and *Gyana* Yoga or the Yoga of Education. Any of the 4 methods of Yoga were used by the Yogis to become one with the Lord.

As a Yogi myself, I added a unique fifth Yoga that was gifted to me – *Prema* Yoga, the Yoga of Love. To me, love is the strongest of all emotions, and if we use *Prema* Yoga, loving the Beloved as a manifestation of the Divine, we can achieve that state of Yoga, being ever-united with the Lord.

When we are in silence and cut this world's noise,
We can be in Dhyana Yoga and hear the Divine voice.

The first way to be united with the Lord is to live in Consciousness. The state of Consciousness can only be achieved when there is thoughtlessness. Practically, it is impossible to live without thoughts. But spiritually, it is possible. When one gets into a practice of silence, one is able to tame the monkey mind and make it into a monk. Silence stops the monkey from jumping from thought to thought. When we practice silence and achieve that state of meditation or ***Dhyana* Yoga**, we become mindful of our true existence. In silence, we realize we are not this body that we wear. We are the ones that wear the body. In silence, we can contemplate and try to find the mind. We will experience thoughts coming into our Consciousness, but where is the mind, we cannot find. It is in silence that we can let go of the ego.

When we practice *Dhyana* Yoga, or when we shut off from the world and its noise and remain in stillness, in silence, it is only then that we can put the intellect in charge of the mind and move one step further into Consciousness. This is not easy. The moment we try to meditate or reach that state of silence or *Dhyana* Yoga, the mind will disturb us. It will bombard us with thoughts, a new thought every second. Most of us fail. Even though we sit in a meditative posture, the mind wanders, and we are unable to be in *Dhyana* Yoga. *Dhyana* Yoga is complete stillness, complete silence. It is shutting off the five senses of the body, just as it is shutting off the mind. While the five senses are under our control, the mind is not.

However, when we start observing the mind as a witness, as an observer, it becomes Conscious and stops. This is, because in reality, there is no mind. It is just a bundle of thoughts. Just like if we want to stop eating or walking, we can, so also, we can stop thinking, if we remain in this state of *Dhyana* Yoga.

Dhyana Yoga is the best way to start the practice of Yoga. All it needs us to do is to be in silence. Whenever we want to get into Yoga, we can just switch off from the world, be it for a minute or two, and get into deep silence and unite with the Lord. While this is possible, can we be in *Dhyana* Yoga 24 hours a day, 365 days a year? It is practically impossible! We will wake up, walk, talk, eat and live, and therefore, if we want to be in Yoga, we have to move from *Dhyana* Yoga to another Yoga which does not cut our connection with the Divine.

Karma Yoga happens when we realize we do nothing,
O Lord! Whatever the hands do, you do everything.

There is a lot of confusion between *Karma* and ***Karma* Yoga**. Karma means action. Everybody has to act. The moment we are alive, we perform actions or *Karma*. As per the Law of *Karma*, these actions good or bad are recorded and returned to us either in this life or in the next. Just like the seed we plant decides the fruit on the tree, the deed we plant decides our destiny. It hardly matters whether the deeds are good or bad. The moment we have *Karma* in our account, we will experience both joy and sorrow as our past actions unfold as circumstances in life. Some people think that good *Karma* will liberate us. But this is a myth. Of course, bad *Karma* will make

us suffer, not just in this lifetime but life after life; and good *Karma* will make us live with happiness and be reborn in preferable circumstances, but unless *Karma* becomes *Karma* Yoga, we will have to return to earth in a new birth and experience the cycle of pleasure and pain, again and again whether we do good *Karma* or bad *Karma*.

However, there has to be the Realization that *Karma* doesn't belong to the body. The body is just an instrument that acts at the behest of ME, the Mind and Ego, and the body ultimately dies, after it rejoices and suffers along with the mind and ego. The residual *Karma* is carried forward by the mind and ego into a new birth, in a new body. The way to escape this is *Karma* Yoga. When our actions are done with the Realization that we are not the doer of the action, that we are not the body that will die, that we are not even the Mind and Ego, ME which appears to be but is an illusion, then our *Karma* becomes *Karma* Yoga. Although we perform action or *Karma*, we act as an instrument of the Divine. We realize we do nothing, the Lord does everything. We are like a flute. The flute doesn't have music of its own. So, we surrender our actions as an instrument to the Divine without having any expectations of results.

Karma Yoga is performing an action as a manifestation of the Lord. We do, but we realize the truth that we are just the instruments of the Divine doing his Divine Will. We do nothing, SIP, the Supreme Immortal Power, does everything through us. It is that SIP in us that empowers us to do. The moment the Power departs, we are incapable of any *Karma*, any action.

Unfortunately, because we are controlled by the senses of the body, desires of the mind, and the passion of the ego, we live as the body, mind, and ego, create *Karma*, and slip out of Yoga. A *Karma* Yogi lives in Yoga constantly. The moment he comes out of *Dhyana* Yoga, he surrenders all his actions to the Lord, acting as a Divine instrument. The moment he finishes his *Karma* Yoga, he either slips back into the peace of *Dhyana* Yoga or the ecstasy of *Bhakti* Yoga without losing the Divine connection of Yoga.

When devotion to the Lord goes beyond ritual and superstition,
There is Bhakti Yoga or Divine Unification.

What is ***Bhakti* Yoga**? It is not *Bhakti* or devotion. *Bhakti* is praying, chanting, and following certain rituals as per our religion and scripture. *Bhakti* is deep devotion and love for God. But *Bhakti* Yoga is different. When devotion becomes so passionate that we disconnect from the world and are united with God, then our *Bhakti* becomes *Bhakti* Yoga. To a Yogi who is a true *Bhakta* or devotee, nothing matters. Only his love for his God matters.

In the beginning, *Bhakti* Yoga is for a God with name and form. But when *Bhakti* becomes a Yoga, the *Bhakta* experiences God in the temple of his heart. He is ever-united, ever-connected with his Master, the Supreme Divine. He has so much faith that there is no fear in his life. He sees the Divine in one and all, eliminates hate, and lives with compassion. *Bhakti* Yoga is a Yoga or union with the Divine that happens with the

ecstasy of deep devotion for God. There are many historical stories of *Bhakti*, one of the most recited stories is that of Mirabai, whose *Bhakti* made her renounce everything, her life itself. Therefore, if one wants to be in Yoga with the Lord, one can be lost in the Divine ecstasy of singing, chanting, and loving God.

A true Yogi who attains the ultimate goal of *Moksha*, lives in Yoga moving from *Dhyana* Yoga or meditation, to *Karma* Yoga or Action and then *Bhakti* Yoga or Devotion. However, for Yoga to evolve into *Moksha*, for one to be liberated, one needs Enlightenment which can only come from *Gyana* Yoga.

Without Gyana Yoga,
There can be no Liberation and union with God.
It leads to Realization that creates the spark of
Enlightenment and ultimately unites us with the Lord.

***Gyana* Yoga** is a very important Yoga. In fact, *Gyana* Yoga is the spark that creates *Yuj* or Yoga that unites us with the Divine. Without *Gyana* Yoga, *Dhyana*, *Karma*, and *Bhakti* may fill our life but not lead us to being in Yoga. It means that one may sit in silence, in *Dhyana*, but not reach *Gyana* Yoga. One may do good Karma, but without the right wisdom, will not attain union with the Divine. One may have a lot of *Bhakti*, but without Realization, one may not be in that state of *Bhakti* Yoga all the time.

Yoga needs Enlightenment and Enlightenment comes from *Gyana* Yoga. Therefore, a true seeker spends a lot of time in

attaining wisdom in education and even after Enlightenment, doesn't stop. *Gyana* Yoga is a powerful method of being united with God. Of course, one cannot be in *Gyana* Yoga all the time. Further, if there is *Gyana* Yoga, and there is no Yoga of *Dhyana*, *Karma*, and *Bhakti*, it only reveals that there is no *Gyana* Yoga.

A true Yogi moves from one state of Yoga to another. Just like day becomes night and night becomes day, the four Yogas are cyclic in the life of a Yogi. The primary difference is that a Yogi surrenders and follows the Yoga that appears naturally. The Yogi has only one challenge – not to fall from Yoga to *Bhoga*. In my journey as a Yogi, I received the profound gift of *Prema* Yoga. This Yoga has transformed the way I live. Now, not only do I follow the four methods known in Yoga, but I live with love, loving one and all as God, and loving my Beloved as a manifestation of the Lord. This has eliminated *Bhoga*, the world, as I see nothing else but the Lord.

A Yogi is free from all suffering and pain,
And then, he doesn't have a rebirth; he doesn't come back to earth, all over again.

Why should one live in Yoga? Why should one take the trouble of being ever-united, always connected? Why can't one drift in this world and enjoy pleasures, people, and possessions? The problem is that once we sink in the world, then before we think and we blink, we start to suffer. We experience the pain of the body, misery of the mind, and agony of the ego. This is because we live as a *Bhogi*, we desire

and crave and take misery to our grave.

A Yogi is free from all suffering. He is in such a state of eternal bliss, Divine Love, and everlasting peace, that he knows of no pain and suffering. He has realized that he is not the body, mind, and ego that suffers. He is the Divine Soul. Living as the Soul, he is united with his source, the Supreme Immortal Power, SIP. He enjoys everything that unfolds in this world as a *Leela*, a Divine drama, realizing that everything is *Maya*, not real. Everything in this world is a projection of energy. The Yogi realizes that he is a manifestation of the Divine. So is everybody else. Everything in this world is energy. SIP is the one reality. A Yogi realizes he is SIP and just like a wave splashes but becomes one with the ocean, so does the Yogi live till his last breath. Then at death, he doesn't return to earth in a rebirth to suffer again. At death, a Yogi is liberated and united with SIP, the Supreme Immortal Power. The Yogi has already dropped all his *Karma* and lives as a *Jivanmukta*, a liberated Soul in *SatChitAnanda*, in *Chit*, Consciousness, of *Sat*, the Truth, experiencing *Ananda*, Divine bliss. The Yogi thus lives as the Divine Soul and attains the ultimate goal of *Nirvana* and *Moksha*.

Yoga is being united with the Divine all the time,
From the moment you open your eyes, till bedtime.

Those who want to be a Yogi, who want to live in Yoga, united with the Divine, must realize that we cannot be in any one Yoga all the time. We cannot be in silence or *Dhyana* Yoga for 24 hours, nor can we be doing *Gyana* Yoga all our life. As a

human being, we have to evolve from one state of Yoga to another, to be a true Yogi, ever-united with God.

Therefore, when we are experiencing one state of Yoga, for instance, when we wake up, we spend time in silence in *Dhyana* Yoga, then we don't go into *Bhoga*, into the material world. We stay above the waters of *Samsara*, the ocean into which most of us sink. We evolve from one state of Yoga to another, from *Dhyana* Yoga to *Karma* Yoga or to B*hakti* Yoga or even *Gyana* Yoga. It doesn't matter which Yoga we slip into. We may be ecstatic in *Prema* Yoga, but we are still in Yoga, united with the Lord. That is what matters. It doesn't matter which state of Yoga we are in or how much time we spend in each state of Yoga. There is no mathematical formula needed, nor do we need to evaluate and calculate how much time we are spending in each Yoga. What matters is being in Yoga. What matters is being always united with God. What matters is not breaking the Divine connection with our Lord.

From the time we open our eyes when we wake up,
Till the time we lose Consciousness in bed,
We must continue being in Yoga,
Till that moment we are dead.

This is the challenge for a Yogi, to be in Yoga all the time. Even when we slip out of Yoga, and are pulled by *Bhoga*, our desires, cravings, and passions, we should gently return to Yoga. It is quite natural for a human being to lose, for a brief moment, that state of Yoga. As long as we are alive, the ME, Mind and Ego will pull us away from Yoga, from being

united with the Divine. However, a true Yogi returns into the state of Yoga.

In my personal experience, when I was experiencing love for the Beloved, I realized it was not *Bhoga*, it was not worldly love, it was love for the Divine, the *Ruh*, the *Atman*, the Soul. The moment I realized it was *Prema* Yoga, it seemed like I found a way to eliminate *Bhoga*. Now, not only do I live in the cycle of the four states of Yoga but enjoy the ecstasy of *Prema* Yoga, loving my Beloved as the Lord and loving one and all as a manifestation of God.

The most powerful Yoga is the Yoga of Divine Love.
It is being ever-united with the Beloved, loving the One above.

While I lived as a Yogi for years together and experienced the presence of the Divine in one and all, I wondered why deep Love for the Beloved was pulling me so strongly. For a moment, I questioned my love – was it *Bhoga*? Was it passion and craving for my Beloved that was taking me into this world of being obsessed with loving the Beloved?

Then came the 'aha' moment when I realized that this was *Prema* Yoga. It was not loving the Beloved who appeared as bone and skin, but the Soul within. When I received the gift of *Prema* Yoga, I experienced a new ecstasy of Divine Love. I received a new gift of the fifth Yoga. The Lord appears as the Soul in the Beloved and every time I love my Beloved, I experience love for God. I feel that the Lord has appeared on earth manifesting as the Beloved whom I love so much. *Prema*

Yoga does not come from my body, or my senses and mind. *Prema* Yoga emerges from deep within my Soul and deeply yearns for the Beloved that is none other than the Divine, the Soul appearing in the Beloved.

Therefore, living as a Yogi in the four states of Yoga, has gifted me the fifth state of *Prema* Yoga, the strongest of all states of Yoga. Now, I am able to love my Lord as I love my Beloved. For me, being in Yoga has become so much more powerful and easier that I remain in meditation of *Dhyana*, then enjoy *Bhakti* or devotion, do my *Karma* or Action, spend time in *Gyana* or education and the rest of the time, whoever I meet, I love them as I love God. Further, my deep love for my Beloved becomes *Prema* Yoga, which is none other than being in Yoga, as I love my Lord.

When we live in union, we live in Yoga,
We achieve the ultimate goal of Nirvana or Moksha.

What is the ultimate goal of Life? It is to realize that we are not this body, mind and ego, we are the Divine Soul. This is our ultimate goal. For this, we must go on a quest, overcome ignorance and realize the truth. We need several Realizations. Some of them are - we are not the body that dies. We are the Soul that departs. Even when we are conceived, first the Soul appears as a zygote, then the body is formed. Several Realizations together create Enlightenment. For instance, there is no mind. Where is the mind, you cannot find. And God is not God, God is SIP, a Supreme Immortal Power.

All the Realizations put together create Enlightenment. Still, we have to live to attain Liberation and Unification with the Divine. We have to live as a Yogi, ever untied in Yoga. Only then, when the moment of death arrives, we will be liberated from rebirth and not return to earth. We will be united with the Divine. This is *Nirvana* or *Moksha* and cannot be achieved without Yoga.

If we want Liberation and Unification, Nirvana or Moksha,
We must move from one state of Yoga to another.
Dhyana, Karma, Bhakti, Gyana
And Prema Yoga can lead us to Moksha.

06 CHAPTER The Fifth State of Yoga - *Prema* Yoga

When Love for the Beloved can connect you to God,
It is not Love, it is Yoga, being in union with the Lord.

The world knows of Yoga and the 4 states of Yoga that we can transition between. But no one knows of *Prema* Yoga. I too was enlightened about this Yoga of Divine Love, *Prema* Yoga very recently. Every Yogi spends time in *Dhyana* Yoga, in silence and meditation. A Yogi cannot be a Yogi without *Bhakti* Yoga, where devotion creates a bond with God. *Karma* Yoga is the essence of a Yogi's life. Unless the Yogi realizes – *I am not the body, mind and ego, I am the Divine Soul; I am an instrument of the Divine and I do nothing, the Lord does everything,* a Yogi cannot be a Yogi. A Yogi has no expectations as he lives in *Karma* Yoga. He spends time in *Gyana* Yoga, wherein he is reading, listening, discussing spirituality and the scriptures that take him ahead in his knowledge and his Realization.

I spent many years moving from one state of Yoga to another, till I discovered *Prema* Yoga. It is the most profound Yoga, more powerful than the other 4 states of Yoga. Let me explain.

Either we can choose to be united with the Lord in Yoga,
Or sink in this material world of Bhoga.

Yoga is being united with the Lord. The mind disconnects us, just as the body and ego, distances us from being united. However, if in a Beloved, we can experience God, see God, feel God, then we spend the day in the presence of God. Our love for the Beloved is in reality not love for the skin, but for the Divine within. This is not Love for the Beloved. This is loving the Beloved as God. How is this even possible? When we realize that the Beloved is not the body, not the mind, the Beloved is the Soul and we realize that the Soul is nothing but SIP, the Supreme Immortal Power, then loving the Soul is loving SIP. It is very simple. We are not chasing the body but yearning for the Divine that resides in the temple of the heart. A person who experiences *Prema* Yoga has to be enlightened. Otherwise, *Prema* Yoga is only *Prema*. It is not the Yoga of Divine Love. It is just Love. Whether it is Love or True Love, it hardly matters. *Prema* Yoga is beyond True Love. It is not only Soulful Love for the Beloved but also deep yearning for the Lord that appears as the Beloved.

If we are enamoured by the beauty of the skin, it is Love, not *Prema* Yoga. If our Love has expectations, it cannot be Love for the Divine. Love for the Divine is Love, where there are no expectations. It is not a transaction. It is unconditional. It is pure and beautiful Love. Because there is no other way to love God, the only way to love God is to love the manifestation of God. Is there any doubt that God is in every atom of existence? Is there any doubt that the Soul is none other than

God? Is there any doubt that the Beloved is God? Then what is loving the Beloved? It is being in union, being in Yoga. *Prema* Yoga, thus, is the way to love the Lord and be ever-united with the Divine.

This Love is not from body to body. *Prema* Yoga is from the Soul to Soul. How would you love God? If God were in front of you, you would experience a Divine ecstasy. You would do anything for God. But God doesn't have a form. God is everywhere, in everything, in everyone. If we can love everyone, that is even beyond *Prema* Yoga for the Beloved. But the intensity in the emotion of Love has so much passion that when the Power of Love is awakened within us and that Power yearns for the Soul within the Beloved, it creates a Divine intoxication that is beyond man's comprehension and experience. Therefore, *Prema* Yoga is not about being possessive about the one you love. That Love is shallow. It is only from body to body. But the body is just an appearance. One day, the body will die. It is the Soul within that gives life to the body and *Prema* Yoga is Love for that Soul. Where does this Love come from? This Love doesn't come from the body, nor the heart, nor the mind. This Love emerges from the Soul and reaches out to the Soul in the Beloved. This is *Prema* Yoga.

Unfortunately, Love has lost its meaning. It has become hugs, kisses, romance, sex, and Valentine's. Does *Prema* Yoga mean that we have to give up these exciting attributes of Love? No! *Prema* Yoga can express itself in all ways, loving the body, the mind, the heart, but Love is for the Soul that appears as a physical being. How else can Love express itself? Love has to

be felt, touched, and experienced, and those who don't understand *Prema* Yoga, do not experience the bliss and the joy that comes from Divine Love, which unites us with God through loving the Beloved as God.

Love is Love,
Love will not always unite us with the Lord.
When our Love is earthly,
This Love becomes a fraud.

All Love is not *Prema* Yoga. Love in this world is just Love. Most popularly, it is Love from the body to body. There are times when it is from Soul to Soul. Occasionally, Love is intellectual. But none of this is *Prema* Yoga. *Prema* Yoga is when Love is Divine and when the Divine Love unites us with God. *Prema* Yoga is loving God, not loving the Beloved. When the Beloved becomes God, and we love the God that appears as the Beloved, it is *Prema* Yoga. If we only love the Beloved, it is just Love. How can the Beloved appear as God? It is the Grace of the Supreme to appear in the Beloved of a True Yogi. It is like a *Prasadam*, a gift from the supreme to the Yogi. The beloved may or may not experience the Divinity that is manifesting from the Divine which can be felt by the Yogi, the one who loves the Beloved as God through *Prema* Yoga.

Does it mean that the Beloved has to become supernatural to appear as a God or Goddess? What must the Beloved do to deserve Divine Love? The Beloved has to do nothing. The Beloved may be an ordinary human being, who is not enlightened and who doesn't understand *Prema* Yoga or the Yoga of Divine Love. As long as our Love for the Beloved is Divine,

and as long as we see the Beloved manifesting as the Divine, our Love becomes Divine. Our Love becomes *Prema* Yoga.

We all know of Love that gives us sensual pleasure,
When will we discover Divine Love, that is the real treasure?

Normally, Love creates pleasure. When there is a sensual interaction between skin and skin, who doesn't enjoy the pleasure of Love! Sometimes, there is great joy just when Love flows from heart to heart. People enjoy Love when two minds twin together or just when there is a deep emotional feeling for each other. All this is Love. It may even be True Love, but it is not Divine Love. Divine Love manifests from the Soul to the Soul. Then, it expresses itself in all ways. While *Prema* Yoga is essentially Soulful Love, it can manifest in physical, emotional, intellectual, and spiritual ways. This means *Prema* Yoga can be expressed through the body, mind, heart, and Soul. However, one who is in *Prema* Yoga lives in the Consciousness that the Divine Love, although expressed in all ways, is essentially from the Soul to Soul. It is the realization that everything that experiences Love, the body, the mind, and the heart, is nothing but the Soul. If there is no Soul, there can be no Love. The moment the Soul departs, there can be no Love from the body to body, from the mind to mind and from the heart to heart. It is the Power of the Soul that expresses itself as Love. When such Divine Love happens, there is union with God. This is *Prema* Yoga.

How can Love unite us with God? Love is just romance.
Divine Love is with the Lord, With Him, then we dance.

How can Love unite us with God? How can Love for the Beloved become Yoga? When you look into the eyes of the Beloved and see God, it is not Love. It is *Prema* Yoga. When the Soul in your eyes touches the Soul in the eyes of the Beloved, there is a Divine spark of *Prema* Yoga that is experienced. The presence of the Beloved itself is enough to create the Divine intoxication, to create bliss, joy, peace, and Love that is altogether an expression of *Prema* Yoga. Thus, the Beloved's presence, the Beloved's look, and the Beloved's touch create a euphoria of Divine joy. Such bliss is beyond any happiness experienced by man. It is a joy that comes from Yoga or uniting with God, through *Prema* or Love for the Beloved who appears as God.

If we want to Love God, how can this ever be?
We can love God, if we find God within you and me.

Is there any other way to love God? If we go to a temple or church and offer the statue or altar anything, will our offering reach God? If we sing songs, *Kirtans*, *Bhajans* and hymns in our places of worship, will God listen? All this is *Bhakti*. It is our devotion for God but it will not unite us with our Lord. However, when we love the Beloved as God, we love God. We are not loving the Beloved. We are loving God who is appearing as the Beloved. If we forget that we are loving God, and just love the Beloved, it is *Prema*, not *Prema* Yoga. The realized Soul lives in the ever Consciousness of God. The enlightened one is incapable of *Prema*. His *Prema* becomes *Prema* Yoga. Not only the Beloved, but he also loves one and all, in the image of God. He sees God in every Soul. However,

when love for the Beloved evolves very deeply, from yearning for God, this Love becomes *Prema* Yoga. This Love is not ordinary Love between human to human. This is Divine Love.

Therefore, *Prema* Yoga unites us with God. It is not just Love. It is deep Divine Love for the Beloved with the Consciousness that the Beloved is not the one made of bone and skin. The Beloved is none other than the Divine that is within. Therefore, when we love the Beloved deeply, it is Love from Consciousness to Consciousness. This is the ultimate state of *Prema* Yoga, where both the lover and the Beloved are conscious of the Divine Love that is flowing.

More often than not, *Prema* Yoga may be one-sided when the enlightened being is loving the Beloved as the Divine when in return, the Beloved is loving the enlightened one in just a human form. It is still *Prema* Yoga for the enlightened one, although it may be just *Prema* for the Beloved. Although the Beloved is not enlightened, when we love the Beloved with the Realization that our Love is not for the 30 trillion cells that appear as the body, but rather for the Power of the Divine that is in each human cell, then our Love becomes *Prema* Yoga and unites us with God. The Power of *Prema* Yoga is so strong that we feel it in every breath of our Consciousness. We feel love for God deeply in the Divine Spirit that appears as the Beloved. Can this passionate Love for the Beloved or *Prema* Yoga continue after the Beloved is dead? There may be a lingering Love in us but when the Divine that manifested as the Beloved departs, then there is no more *Prema* Yoga. In fact,

when the Divine leaves the Beloved, *Prema* Yoga comes to an end. It was the Beloved who was alive and who was manifesting as the Divine that created that Divine intoxication of *Prema* Yoga. It was not just Love for the Beloved, but it was the Yoga of Divine Love that kept us united with God, breath after breath as we continued to love the Lord, who appeared as our Beloved. Therefore, it was not just loving our Beloved, but the Power of Love for the Divine manifestation that kept us ever united with the Lord, who was manifesting as the one we love. Death is not the only reason for Prema Yoga to end. If the Beloved breaks away or moves on and the relationship ceases to exist, Prema Yoga also comes to an end.

Loving the Beloved is just Love,
But when the Beloved is loved as God, it is Prema Yoga.

How does one go from *Prema* to *Prema* Yoga? How does one evolve from loving the Beloved to loving the Beloved as God? When there is a Realization that both we and our Beloved, are not two, we are one, it can initiate the birth of *Prema* Yoga. As long as we live in ignorance and think that we and the Beloved are different, there can only be Love or *Prema*, but no *Prema* Yoga or the Yoga of Divine Love. When we are enlightened with the truth that we are not the bodies that we appear to be, and there is one Soul in you and me, then our Love becomes Divine. It becomes *Prema* Yoga. Everybody loves, but a rare minority is blessed to transform their Love to the Yoga of Divine Love. In fact, *Prema* Yoga is unheard of. The world doesn't know that Divine Love can be a way to

unite with God. *Prema* Yoga has remained unknown to the Yogis of this world and therefore, to be in Yoga is a big challenge. But with the recognition and experience of *Prema* Yoga, when Love can create Yoga, Yoga is far more achievable to the world.

As long as there is Love between you and me,
The Divine Love of Prema Yoga just cannot be.
But when Love happens with the realization, 'We are One,'
Then Prema Yoga happens, and God is Won.

Are we the body? The body came later. First, we were conceived as a single-celled zygote. The zygote that we started as then formed the embryo around it. We were alive before the body was formed. One day, this body will die. Therefore, we must not presume that Love is coming from the body. The truth is Love is a fountain of joy that emerges from the Soul. Although Love manifests as the seven colours of the rainbow, all the manifestations of Love are essentially coming from the White Divine Love of the Soul. When we discover *Prema* Yoga, then the seven different colours of Love beautifully blend into one Divine Soulful Love. Our love for one and all is essentially from Soul to Soul. This Love from the Soul spreads to every cell in the human body and when we realize that Love is Soulful, it can then become the most powerful of all states of Yoga — *Prema* Yoga. It is no different from the seven colours of Love that we experience throughout our life. The source of all Love is one. It is the Soul. This Love from the Soul spreads to every cell in the human body and when we realize that Love is Soulful, it then becomes *Prema* Yoga. While *Prema*

Yoga is for the Beloved who we see as God, it is not just for one person. The Lord can appear as the Beloved in more than one. However, the strong Power of love cannot be diluted. This will end the passionate Yoga of *Prema*. *Prema* is deep Divine Love for the Beloved and it becomes *Prema* Yoga. This can spread as Love for one and all, but it should not dilute the Yoga created by *Prema* Yoga. **The objective of the Yoga of Divine Love is for love for the Beloved to be so powerful, that it unites us with God.**

When love for the Beloved is very strong,
Then we are not just singing a love song,
We are loving the Lord that appears as the Beloved,
And this love is lifelong.

Because *Prema* Yoga is not just earthly love, but Divine Love, it creates that euphoria of bliss, joy, and peace that we never experience otherwise. Of course, Love gives us joy, but the Yoga of Divine Love creates Divine bliss that is greater than any happiness that we have experienced before. Why? Because this Love is for the Lord. This Love is not for the Beloved that appears to be. Because this Love is *Prema* Yoga, the Power that unites us with the Divine creates *Ananda*, *Nirvana*, that cannot be expressed or defined in words. *Prema* Yoga goes beyond heartaches and heartbreaks. It transcends the petty annoyances and miseries of the world. As we become one with our Lord, we experience the Joy, that pure heavenly bliss. There is Divine peace in *Prema* Yoga, a feeling of deepest fulfilment because we have become one with God. However, the Yoga of Divine Love is rare because we are

enamoured by earthly love and we are so enveloped in the darkness of ignorance, it is very rare to experience *Prema* Yoga. In fact, *Prema* Yoga is a gift from the Divine. You cannot experience this euphoria of Divine Love until you are a *Mumukshu*, one who is deeply yearning for God. In this state if we don't experience *Prema* Yoga through the Beloved, then it's not *Prema* Yoga. We need Divine Grace to experience *Prema* Yoga.

When we yearn for God and nothing but the Lord,
Then, we experience Prema Yoga for the Beloved,
Who is none other than a manifestation of the Lord.

This yearning is said to be more passionate than the triple yearning of the world — more than a miser's yearning for gold, more than a lover's yearning for his Beloved, more than a child's yearning for its mother that it has just lost. When there is *Prema* Yoga, the yearning is for the Lord that appears as the Beloved. It is not just yearning for the lip, it is yearning for SIP, the Supreme Immortal Power that is the living God we see in the Beloved.

Prema Yoga, thus, is a way to live a life of bliss and happiness, in Yoga, united with God, as we live with Divine Love for the Beloved. *Prema* Yoga does not stop us from the four other states of Yoga. It only fills our life with the Yoga of Divine Love, leaving no space for *Bhoga* or the world. The moment we are free to sink into the world, we instead sink into the Divine Love for the Beloved that keeps our union or Yoga intact. We continue our mission of Liberation and Unification, remaining united with God on earth in the form of the Beloved. We spend time in *Dhyana* or meditation and

continue our *Karma* Yoga, *Bhakti* Yoga and *Gyana* Yoga. But the rest of our life is now filled with *Prema* Yoga. It is filled with Divine Love that creates Yoga, or union with God who manifests as the Beloved.

Prema Yoga is a Divine intoxication.
It is deep Love for God, a Divine connection.
Prema Yoga creates such a Divine bliss,
There can be no greater happiness.

07
CHAPTER

Living with Divine Spiritual Love

When we live with Spiritual Love that is Divine,
Our bliss is wealthier than any gold mine!

To live a life of eternal bliss and everlasting peace, we must fill our life with Divine Love. We must go beyond Love of the material world. Enough of the skin-deep Love that the world calls Love! Let us discover Soulful Love that is beyond just a crush, an attraction or seeking pleasure from the Beloved. How often do people say, 'I love you because I need you'? It is rare to find people who say, 'I need you because I love you'. True Love is bliss. It is happiness that doesn't come from a kiss. When we evolve from Love to True Love, we start our journey towards *Prema* Yoga. *Prema* Yoga, the Yoga of Divine Love is not possible with worldly Love. As long as our Love is for the bone and skin, we will never enter within to experience Divine Love. What is this Love Divine that can become so profound that it can unite us with God?

Centuries ago, the Sufis called Divine Love, *Ishq-e-Haqiqi*. They differentiated it from *Ishq-e-Majazi*. The former was

Divine Spiritual Love and the latter, worldly Love. According to the Sufis, *Ishq-e-Haqiqi* is for God, who is in each one of us, but hidden by the ego. When we discover God in the form of the Soul or *Ruh*, then according to the Sufis, we could become one with the Supreme. The Sufis did not encourage *Ishq-e-Majazi*, which was normal Love between lovers who experience earthly feelings of joy, pain, agony, and ecstasy in cycles. This was Love between the lover and the Beloved. The Sufis believed that one should evolve from *Ishq-e-Majazi* to *Ishq-e-Haqiqi* where the lover who is human loves the Beloved who is God. This Divine Love of *Ishq-e-Haqiqi* will start our journey to *Prema* Yoga where the lover realizes that he is the manifestation of the Divine. He loves his Beloved as a Goddess, not an earthly being.

The Sufis planted the seed of Divine Spiritual Love and several Sufi saints like *Rumi* and poetess *Rabia* have expressed the depth of Divine Love. Therefore, Divine Spiritual Love is not new to the world.

Centuries ago, the Greeks divided Love by praying to different Gods of Love. *Aphrodite* and *Eros* were the Goddess and God of love, sex, and beauty and their legacy, which continued with their son *Pathos*, focused on lust, desire, and sexual longing and yearning. We also hear of *Cupid*, the ancient Roman God of Love. But of all these Loves, Agape was Spiritual Divine Love. It was unconditional Love and the highest form of it. It was Love for God, not just Love for the skin, but the Lord who was within. While all this may be discounted as being mythological, it inspires us to explore the

truth of Divine Spiritual Love. We don't need to believe in it. We can experience it.

When we are inspired by Divine Spiritual Love, *Ishq-e-Haqiqi* of the Sufis, *Agape* of the Greeks, then we are able to experience the Divine intoxication that emerges from the fountain of True Love. We can feel deep Love from the Soul as it manifests for one and all, who are all none other than God appearing as man. Our Love for our Beloved is deep and it is pure Love for God that appears in a human form. What happens when Love is not Divine? When we think of each other as different human beings and love each other as normal mortals do, then Love creates emotions of jealousy, hate, revenge and anger. Why does this happen? Because we do not understand the true meaning of Love, that the source of Love is the Soul, we believe Love is a physical attribute of the body and mind. In that case, I love you and I have expectations. If the expectations are not fulfilled, I become disappointed and even angry. When I love you, but you love another, I become jealous of the other. This is because of the ignorance that makes me believe that we are all different. Love even creates hate. While this seems to be a dichotomy, it is true that because we love one, we hate another.

There are times that Love creates in us passionate revenge and because we have lost love, we are ready to even give up our life as we avenge our insulted broken heart. Why are we agonized by such poisonous emotions of jealousy, hate, revenge, and anger? It is because our Love is not pure, Divine, Soulful Love. When we realize that Love emerges from the

Soul, that the fountain of Love sprouts from the Divine Spirit within, and that Love that yearns for the Beloved is not yearning for the body of the Beloved, but the Divine Spirit of the Beloved, then we are liberated from these poisonous emotions. The agony dissolves when our Love is Divine Spiritual Love. As long as our Love is earthly, worldly Love, we are sure to suffer in Love.

In contrast, when we live with Divine Love, we experience bliss, ecstasy that originates from the Divine Spirit that is deep within. Because there is no interjection of poisonous emotions in the flow of our Divine Love, our Love becomes seamless and flows like a river.

When Love is from Soul to Soul,
Our life becomes whole,
And this is our goal!

In True Love, we do not become sad. We are always glad because **we accept, and do not expect**. We live with **Divine surrender**. Our Love yearns to give, rather than to get. We seek nothing, except seeking to Love the Lord who appears as the Beloved.

When Love is between skin and skin,
Expectations become disappointments
And heartbreaks lead to heartaches.

Isn't it common to see people crying in love? What a pity! What a shame! Love is to make us blossom. **Love is to liberate**

us and unite us with the Divine. But when Divine Love is camouflaged into ordinary worldly Love, it can inflict hurt, which Divine Love cannot do.

Therefore, we have a choice. We can just live and love as mortals, or we can let our Love evolve into Divine Love of the Gods. If we think we are the bodies that we wear, then our Love will just be Love of the world. But if we realize we are Divine Souls, then the Soulful Love can evolve into Divine Love and ultimately lead to *Prema* Yoga, the union between Soul and Soul, through Love that is Divine.

When one Soul Loves another Soul,
then it is More than Love!
It is a Union with the One above!

Therefore, our ultimate goal is to love as the Soul, not love from skin to skin, but love from the Divine that is within. If only we can discover Divine Spiritual Love, it can lead us to attaining the ultimate goal of life, living with the Divine and loving the Divine as we love manifestations of the Divine. This is Yoga. *Prema* Yoga is that deep yearning for the Beloved who is none other than the Lord.

Is it even possible to love a God is in heaven? What is the way to love the Lord who is somewhere high up in the skies? We cannot love God, until we realize that God is in me, and God is in you. Then, Love is not between he and she. It is between the Divine Spirit that is in you and me. This Love unites two Souls. This Love is heavenly Love. Many of us are searching

for God. We love God. We want God and we go to our temple and church and make several offerings to God. Although these offerings are full of devotion, will these offerings reach God? They can't! God is not a person who can receive our offerings! However, when we make an offering to our Beloved, realizing the Divine Spirit in them, then our offering is directly received by the God who appears as the Beloved.

Many of us even dream that we will go and love our God in heaven after we die. We don't stop for a moment to ponder and realize who will go to heaven. Don't we see that our body is destroyed at death? Then, where is the question of loving God when we go to heaven? The only way to love God is to love God now and to realize that God lives in the temple of our heart. Doesn't the scripture say that the kingdom of God is within, and God lives in the temple of your heart? When then will we realize that Love is within and God is within and when we love another, we are also loving God that is within them? This is the way to make our Love Divine and to live with eternal, seamless, Divine Love.

Unfortunately, the world is unaware of this Divine Love. We don't understand the meaning of Love and thus, we live, we love, and we die. But our Love doesn't go deep within to discover the Divine Spirit inside us, which is not just the source of Love, but also the Divine itself. The moment we realize True Love that is Divine Spiritual Love, our life will be transformed. We will be able to love all the time and be able to live a life of eternal bliss, Divine Love and everlasting peace.

What is Life, if we just live, love and die?
Life is Life, when every moment is
Spent in loving the Divine in the Beloved,
And experiencing Ecstasy and Joy.

08 CHAPTER

Love is the Power of the Supreme

Love is not about hearts, hugs and Valentine,
True Love is for God, True Love is Divine.

What we know about Love is not Love. We don't even understand the meaning of Love. We love, but we don't know where this Love comes from. We love, but we don't know where this Love is going to. We just experience the emotion of Love. An emotion is 'E'motion i.e., Energy in Motion and Love is the strongest energy in motion. There can be no emotion stronger than Love. Love is the Power of the Supreme. It is God, the Supreme Immortal Power, SIP, inside us that is creating this emotion of Love.

Unfortunately, we are so enamoured by the skin,
That we do not discover the Power of Love that comes from the Supreme within.

True Love is God. Realizing True Love means opening the door to see the Power of God within. God is everywhere, in everything. But the Power of Love reveals God. Whenever we

say, 'God', we must not forget that God is SIP, the Supreme Immortal Power. It is that Supreme Power that is throbbing in our heart within, that is actually yearning for the God in the Beloved. Because we don't realize it, we think it is Love from skin to skin. We think it is romance from body to body. We think it is an intoxication from eye to eye. But this is not true. If the Beloved were dead, would we still love the Beloved? We would not. We cannot because our Love was actually for the life, the Soul, the Power within. That Power is the Divine Spirit, the *Ruh*, the *Atman*. We may give it different names, but in reality, our Love is for SIP. Unfortunately, because we are ignorant about what True Love is, we do not experience the Divine Love that can create so much happiness.

We are ignorant, we do not know what True Love is.
Because we do not realize that it is the Power of the Supreme,
We miss the Divine bliss.

Because we have been taught that Love is Love, we cannot digest the truth that Love is Divine. We have mixed up Love to be something to do with women, wealth and wine. What is Love to the world? It is hugs, hearts, Valentine's, diamonds, rubies, emeralds, singing songs and having fun. But is this what Love truly is? Love is something very profound, very deep. Love is not just skin deep. It is the Power in every cell of our body. It is so powerful, that it can unite us with God. That is the Power of *Prema* Yoga, the Yoga of Divine Love.

Since we have not discovered true Divine Soulful love, we do not experience the ecstasy of loving the Lord as a manifestation

in the Beloved. We seek God, we want God. Some of us even yearn for God. But we go to a temple and a church to find God. How can we ever find God? We have to change our search.

God cannot be found in a temple or a church,
But in the eyes of the Beloved, you can end your search.

Those who do not understand *Prema* Yoga may think of this to be strange, but the Yogi who lives in *Prema* Yoga is enlightened about how Love can unite him with God. He lives with Love for the Divine, that is expressed for the Beloved and is ever united. He sees the Beloved not as the Beloved, but as his Lord. This is the Yoga of Divine Love. This is the secret of being ever-united with God.

No doubt the other forms of Yoga can also unite us with God - Meditation, Devotion, Action and Education. But Love is the most powerful of all. Love can create a very strong bond between us and God. This happens when we Love the Beloved as a Divine Manifestation.

The emotion of Divine Love is more powerful than all,
So, we yearn every moment, we seek, we call.

As long as we do not understand that the Power of Love is Divine, we will just live with the diluted, ordinary emotion of Love and never experience what Divine Soulful Love truly is. We will love our family, our friends, our Beloved. We will even love food and clothes and let our emotion of Love be ordinarily earthly. When we discover the true Power of Love,

when we discover that Love is Divine, when we discover that Love is God itself, then that Love will evolve. It will transcend. It will transform into the Yoga of Divine Love. This Love will then keep us ever-united with the Divine. We will not love what we see on earth, but everything on earth will appear to us as the Divine and we will live with the ecstasy of Divine Love, every moment of life.

If what we see on earth is all we love,
We will never discover Divine Love for the one above.

Prema Yoga is not for everybody. *Prema* Yoga is for the enlightened Soul. *Prema* Yoga is for the one who has realized that God is not God, God is SIP, the Supreme Immortal Power. *Prema* Yoga is a gift that comes to the Yogi who yearns for God. Prema Yoga is not Love for the street lover, who wants to love everybody he meets on the street. *Prema* Yoga is for one who sees the Divine deep within. The Power of Love is truly Divine. Out of ignorance, we have made it ordinary. We have misunderstood, we have misinterpreted what Love is. We have not discovered True Divine Soulful Love.

Why is Love so Powerful, so Strong?
Because it is a Power of the Supreme and to the Supreme it does belong.

The Power of Love is Divine. Because the secret of True Love has not been revealed to the world, we love, but we don't truly understand what Love is all about. Every human being loves, and we know that Love is very powerful, but we don't know

why a king gives up his throne for the sake of his love. We don't know why children would forsake their parents for the sake of love. We understand that Love is very powerful, but we don't understand that Love is Divine. Thus, we live, we love, and we die, but we do not discover Divine Love in the eyes of the Beloved. We see the beauty that is all around us and we are flabbergasted, and wonder struck at all the beauty, but have we ever paused to reflect that all this beauty disappears in a moment, when the Love inside leaves? The Love inside belongs to the Soul, the *Ruh*, the *Atman*. The Love inside belongs to the life, not to the skin, not to the eye and thus, the moment we die, there is no beauty, there is no Love.

Do we realize that Love comes from God?
Do we realize that Love is for God?
Do we realize that Love is God?

Do you realize by now, that Divine Love is a Power of the Supreme? Do you realize that True Love is from Soul to Soul? Do you realize that True Love must evolve further to become the Yoga of Divine Love, otherwise Love will remain Love and not reach that pinnacle of *Prema* Yoga? No doubt, when two people love each other Soul to Soul, that Love is Divine, that Love is unconditional. But unless we are enlightened that the Soul is none other than the Divine, and unless we love our Soulmate, our Beloved as God, we will never experience the ecstasy of *Prema* Yoga. When we transform our Love and make it Divine Love for the Supreme, then that Power of Love creates a union with the Divine, through the Beloved, the Soulmate.

It is a great achievement to evolve from Love of the body, mind and heart to Love of the Soul, but the greatest of all achievements is to love the Soul as God. Unless we see God in the Beloved, our Soulful Love will be Divine, but we will not discover *Prema* Yoga, the Power of Divine Love for the Supreme. What is the ultimate purpose of all this? What is the need of Love becoming the Yoga of Divine Love? Why should *Prema* become *Prema* Yoga?

Once our Love becomes the Yoga of Divine Love, then we realize God on earth. Our *Prema* Yoga becomes a Divine union with the Lord, the Supreme. The mystery is solved. We no more need to search for God. We realize God in the Beloved. The Supreme Immortal Power, SIP that vibrates in every cell of the Beloved is the Power of the Supreme Divine. The moment we realize *Prema* Yoga, the moment we live as a Yogi, who is in love with God, as he loves his Beloved as God, we become one with God. Our earthly journey gets transformed into a heavenly journey. We are no more living as a human being, in a society of human beings. We start living as a God, in a heaven of Gods. Every human being appears to us as a manifestation of God. Kindness and compassion become a part of every breath of our life. Divine Love flows through us to one and all. Such is the magic of *Prema* Yoga. When the Beloved kindles in us the Yoga of Divine Love, not only are we ever-united with the Beloved as God on earth, but the Power of Love also flows to one and all that we meet. *Prema* Yoga is thus the doorway to God Realization.

Prema Yoga is a doorway to God-Realization, Our Divine Love experiences God in the Beloved and in one and all.

Prema Yoga makes us fascinated with the Power of the Divine, not just in the Beloved. The moment we realize God in the Beloved and the moment we realize the Power of Divine Love, not only do we remain in Yoga with God, not only do we remain in *Prema* Yoga with the Beloved, but the love in us becomes so profound, that it overflows into the world. Our Love becomes a fountain of bliss, of happiness. We vibrate Divine Love to one and all. We see God in one and all. If only we discover the Power of *Prema* Yoga, the Yoga of Divine Love, and we are blessed to live, loving the Beloved as God, our life will be transformed from an ordinary, earthly one to an enlightened, heavenly one.

What does one seek on earth? Different people seek different things. Some people want success, name or fame. Some people want relationships and love. Whatever we are seeking, ultimately, we are seeking happiness. Our desires, our cravings, and our yearning are for Pleasure and for bliss. That is why, a miser yearns for God, a lover yearns for his Beloved. Even a child who has lost its mothers, cries with tears, as it yearns to find its mother. While we are all seeking happiness, we do not realize that the ocean of happiness is Love. *Prema* Yoga creates such a yearning for the Divine, that it is beyond the triple yearning of the earth. Our yearning for God is so strong, that the **Divine Love creates *Ananda*, *Nirvana*, happiness** unknown to man. This happiness is

eternal and everlasting and is unconditional. It is not based on fulfilling expectations. The Love for the Divine creates happiness, that is beyond human comprehension. Unfortunately, we do not experience this Divine Love, this *Prema* Yoga and thus do not experience the ecstasy of Love for the Supreme.

True Love is from God to God. True Love comes from the God in you to the God in me. But because we do not realize that there is God in each of us, we love each other from body to body. Love remains at the surface. We do not discover the True Love that is within. What is the way to discover this True Love? It is *Prema* Yoga. If only we can realize that our Beloved is not the body, mind that they appear to be, if only we can discover the Power that is in you and me, our Love can become Divine Love. It can unite us with the Divine that is within each one of us. Then, Love will become Love from the God in me to the God in you. The Supreme Immortal Power, SIP, that the world calls God, is actually in each one of us. So, say all the scriptures of religions. All the scriptures talk about Love and God being Love. But the followers of the scriptures do not realize the truth. They love one another, but they do not realize that the source of Love is God. It is the God in me that is loving the God in you. The moment we realize this Divine truth that Love is from God to God, then we will realize the Yoga of Divine Love, *Prema* Yoga. The moment we start loving our Beloved as God, our Divine Love will not stop there. It will love the God in the Beloved and go beyond to love the God that is in one and all. This Divine gift of *Prema* Yoga will then make us live with God, every moment that we

are alive. We will stop searching for God, as we experience God in every Soul around us. We will not only love our Beloved as God, but love the God that we meet in all, every moment, every day of our life. When we realize that Love is the Power of the Supreme, when we realize Divine Love or *Prema* Yoga, we are transported to heaven, right here on earth.

Can everybody experience *Prema* Yoga? No! Only the Yogi, who lives in Yoga will be graced with the Yoga of Divine Love. Unless we overcome our ignorance that we are not the body, mind and ego, we are the Divine Soul, we cannot start our journey of *Prema* Yoga. We must first realize that we are the *Atman*, the Soul. Then we will realize that everybody has the same Power of the Divine within. Thereafter, our Love for the Divine, our yearning for God, will make us experience Love in one and all. Our Love for our Beloved will escalate into *Prema* Yoga, wherein we will love our Beloved as God. But first, we must become a Yogi. Then, we will experience the Divine bliss of *Prema* Yoga, that is *Ananda*, eternal happiness.

Love is the Power of God, when will we realize this?
When we love the Beloved as the Supreme,
We will be blessed with eternal happiness.

AFTERWORD

I always yearned for my God,
I was always in love with my Lord.
My Love was so deep and Divine,
That in my Beloved appeared to me, my Lord.

From the time I was 8 till I was 48, my deepest desire and craving was God. Of course, I wanted success and achievement, but never did I ever put my desire for the Divine second to anything. At first, my devotion was about being devout, living with faith, trust, belief and constant prayer. Then, with the grace of my Spiritual Master, Dada J. P. Vaswani, who mentored me for over 25 years, I started a **quest** to find out who God is, where God is, and what God is. **I evolved from Self-Realization to God-Realization.**

As I realized that I was not the body, mind, and ego, I was the Divine Soul, I also realized that the kingdom of God was within. God lived in the temple of my heart, just as God was the Soul in every living being.

God is not God. God is SIP – Supreme Immortal Power. This Realization crystallized over the last few years. So now, I

experience the Divine in one and all. I see everything beautiful as Divine. I experience the Power of God everywhere, in everything. I realize that I am nothing. I am a particle of the Divine Energy that appears as this body. I am clear that this body will die, and my loved ones will destroy it. Therefore, I am SIP, the Supreme Immortal Power. Everything is SIP. There is nothing other than SIP.

God is in you, God is in me...
God is in a butterfly, God is in a tree.

Because of my deep Love for God, and the Realization that God is SIP, I love one and all as God. Even my DOG, I love as my GOD because a dog may appear as a dog, but in reality, every cell of existence, every molecule of matter is nothing but energy – Divine Energy. This is endorsed even by science.

Recently, I experienced a Divine flash, a flash I call '*Prema* Yoga'. When my love for my Beloved created an ecstasy of joy, a euphoria of bliss, I realized that this Divine intoxication was not Love. It was the Yoga of Divine Love. It was not *Prema*, it was *Prema* Yoga.

What was this Divine experience of *Prema* Yoga, the Yoga of Divine Love that united me with my Lord? It was a gift from the Divine. I loved God so much, but then, how could I love God? God is energy. The only way was the Divine blessing for me to see God in my Beloved. Then, my Love was no more Love. I was seeing God all the time. I was loving God all the time. I was in Yoga, in *Prema* Yoga. This Divine feeling can

only be experienced. It cannot be defined or communicated in words. However, the joy that comes from *Prema* Yoga, the bliss that comes from the Yoga of Divine Love is greater than any ecstasy I have ever experienced. This *Ananda*, this *Nirvana* was coming from the Divine, from SIP, from nowhere else! I was not enamoured by the beauty of the skin. I was madly in love with the Divine within.

How did this happen? It was my deep yearning for God that made me realize God was everywhere. God was in everything. God was SIP, the Supreme Immortal Power. Every beautiful rose is God. Every bird that sings is God. Every time my little pet dog wags its tail, it is the Power of God creating joy in my heart. Therefore, **first came the Experience and then the Realization that man is not man. Man is God.** With this Divine revelation, I changed the way that I served people in my destitute homes. I have 3 destitute homes which have been in operation for the last 30 years. We pick people from the street and put them back on their feet after we bathe them, feed them and serve them. At present, we have 700 people sheltered in these homes. For the first 25 years, it was just good *Karma*. I was doing a good deed, but after I was enlightened with the truth, this was no more *Karma*. It was *Karma* Yoga. Every time I served somebody who was suffering, I was serving the God who was in them. Even Vivekananda had stated that when you realize God in the poor and the downtrodden, and you serve them, it is the greatest prayer.

Today, I inspire my team to reach out to anybody and everybody who is suffering. This is the way to reach out to

God. If we want to serve God, we must serve those who are in pain. I live as a *Karma* Yogi, realizing that I do nothing, everything is His will. If I have served thousands of people in the last 3 decades, it is because **I am an instrument of the Divine. I am nothing. SIP is everything.** SIP does everything. Was it my *Karma* or my *Karma* Yoga that gave me the gift of God through the Yoga of Divine Love? Or was it my *Bhakti* Yoga that created the intoxication of *Prema* Yoga?

In the beginning,
I was doing good Karma by picking people from the street,
And putting them back on their feet.
Now I serve one and all, living as a Karma Yogi,
And this attitude makes my service holy.

For 40 years, I prayed to Lord Shiva. He was my God. To me, this mythological 'God' was real. I believed He was somewhere in Mount *Kailasha* or the heavens and I dreamt that I would meet Him one day. My faith in Him was complete, unconditional, and beyond anything else. But it took my faith 40 long years to evolve from belief to Realization. My Guru must have told me a hundred times – ***Tat Twam Asi,*** **Thou Art That… The Divine Soul.** In every talk he would say, 'God is within.' But our mind doesn't let us understand what this means. We do not realize that God is not in a temple or church. We do not search inside, to realize God. However, my *Bhakti*, or deep devotion was very pure. I fasted every Monday for 40 years and performed every possible prayer to please my God. I even wrote hundreds of *Bhajans*, spiritual devotional songs and I learned to sing for

my God. My faith, my Love, and my yearning for God evolved from *Bhakti* to *Bhakti* Yoga. I ultimately realized that Shiva was not who or what I was taught.

Shiva was not the Lord that I was taught
And so, this fairy tale, I forgot!

From praying *TO* Lord Shiva, I started to pray *THROUGH* Him. He inspired me to build a magnificent temple, probably the best Shiva temple in the world with a 65-feet tall statue of Lord Shiva. The artist who created it, did it without a map, a drawing. It came from his intuition. This was not the work of man. This was the work of God.

As I saw all this magic happening, the magic evolved to logic as my *Gyana* Yoga, my deep quest for the truth led me to several Realizations. I spent a lot of time in *Dhyana* Yoga, in silence and meditation, to get the Realization of the truth on 31st of August, 2014.

Since then, I have lived as a Yogi, trying to be ever-united with the Divine. I moved from '*Om Namah Shivaya*', meaning – O Lord! I bow down to you in your manifestation as Shiva, to '*Shivoham*', Shiva is in every cell of my existence. I am nothing, Shiva is everything. I no more pray *to* Shiva, but I pray *through* Shiva. I see Shiva in one and all. Was this the reason for the Lord to appear in my Beloved and give me **the gift of *Prema* Yoga on Monday, the 10th of January 2022** at 11.45 pm? It came from nowhere. It came as a flash. When I

was singing for the Divine, I got the gift of Divine Love.

I lived as a Yogi, always being in Yoga,
From the Yoga of Meditation to the Yoga of Action,
From the Yoga of Devotion to the Yoga of Education.
Then I experienced the Yoga of Divine Manifestation,
When I got the gift of Prema Yoga.

What was this *Prema* Yoga? I am a man of Love. I love one and all. I retain no grudges for anybody. I forgive and forget. I live with kindness and compassion, trying to care for everyone and love everybody as God. But like most people, I too have a Beloved. My Beloved enjoys my special Love and is my heart and Soul, just as we all have somebody who we dote on, we adore and we love. When I got the gift of *Prema* Yoga, my Love for the Beloved transformed to Love for the Supreme. Suddenly, I did not see my Beloved as my Beloved. I could see my Beloved as a Goddess. My Love for my Beloved became Love for the Divine that was appearing as my Beloved. Suddenly, my Love or *Prema* became the Yoga of Divine Love, *Prema* Yoga.

My deep yearning for God, and my deep Love for the Beloved, united as God appeared in my Beloved, as my Beloved. I could now love God, SIP, the Supreme Immortal Power that was manifesting in my Beloved. My life transformed as I discovered the fifth state of Yoga, *Prema* Yoga which was gifted to me by my Lord when I was in prayer, singing to and humming for the Divine. Could there be any gift bigger than this?

For the last decade, I too knew only of 4 states of Yoga – *Karma* Yoga, *Bhakti* Yoga, *Gyana* Yoga, and *Dhyana* Yoga. I too moved from the Yoga of Meditation with which I started my day, to the Yoga of Action, living as a Divine instrument, doing his Will. I would spend time every day in *Bhakti* Yoga, praying, performing rituals, singing for God. Then I would spend a lot of time in *Gyana* Yoga, in my quest for the truth, which I realized. As I lived as a Yogi, moving from one state of Yoga to another, I discovered *Prema* Yoga. The world never spoke of this. It seemed that it was a gift to me from the Divine. Through love, I experienced a Divine connection that is greater than all other states of Yoga.

We all know that Love is the most powerful emotion, but when love becomes Yoga, it becomes a Divine intoxication, of feeling the presence of God, in the Beloved. When we are able to love the Beloved as God, there can be no greater bliss.

I had actually experienced *Prema* Yoga many years ago without realizing it. It was deep Divine Soulful Love for my Master, my Guru, my Spiritual Mentor, Dada J. P. Vaswani . I used to yearn for him, yearn to see him, yearn to be with him, to touch his feet, his hands, to talk to him, listen to him, walk with him. Just being with him was *Ananda*, *Nirvana*, absolute bliss. While I experienced this deep bliss in loving my Guru, I did not realize that this was *Prema* Yoga, may be because I was not yet fully enlightened with the truth. As I reflect in hindsight, I realize that my love for my Master was *Prema* Yoga, except that I did not know that it was the Yoga of Divine Love. Why do I feel that my love for my Master was *Prema*

Yoga? Because that love gave me so much bliss, nothing could give me so much happiness, and that love connected me with the Divine. Being with my Master meant that I was in the presence of the Lord. That is why I even wrote a book that I titled 'My Guru, My Mentor, My GOD on Earth'. So, there is no doubt that *Prema* Yoga existed in my life many years ago. Alas, I did not realize that it was *Prema* Yoga, it was Divine Love that was uniting me with the Divine.

Today, I try to share with the world, the Yoga of Divine Love, *Prema* Yoga. I try to inspire lovers to love their Beloved, not as the beautiful skin, but as the Divine Soul within. As I continue to live my life fulfilling **my mission of helping people realize the truth about life and attaining Enlightenment**, I share this new revelation with those who want to attain God. It is new. It is nowhere in the books and scriptures. So, don't try to search for it! Try to experience it. Realize that your Beloved is not the body that you love. Your Beloved is the Divine Soul. Your Beloved is God, is SIP, Supreme Immortal Power. If you can experience the Supreme in your Beloved and you can love your Beloved as God, you can live ever united with the Divine, in Yoga.

What is *Prema* Yoga? When you experience deep passionate love for the Divine, that manifests in your Beloved, that is *Prema* Yoga, the Yoga of Divine Love. It is unconditional. It expects nothing. It is not being possessive. It is not loving the external façade of the body. ***Prema* Yoga is loving the Divine, the Soul, the Spirit, the *Atman*, the *Ruh*, that is the life within.** Then you love the Beloved beyond anything, without any heartache and

heartbreak. You experience a bliss known as *Ananda*, or *Nirvana*, a joy you have never experienced before.

Prema Yoga or Love for your Beloved is such a huge fountain of Love that the joy overflows as Love to one and all. Then, Love for the Beloved doesn't get restricted between two bodies. When two Souls love, that Love spreads like sunshine to warm the hearts and souls of many. *Prema* Yoga starts with loving the Beloved, but it goes beyond the Beloved, to loving the God in one and all. No doubt the source of *Prema* Yoga is Love for the Beloved. That should not be diluted, for that kindles the Yoga of Love that spreads to one and all in the world.

Do you want to experience the Divine intoxication of *Prema* Yoga, that seamless eternal happiness, that blissful and peaceful tranquillity, that Divine ecstasy and euphoria of Love? Then love your Beloved as God and you will experience the bliss that is beyond!

Today I live as a Yogi, ever-united with the Lord. I continue to spend time in Meditation or *Dhyana* Yoga. I continue to do my duties in *Karma* Yoga. I have not stopped my devotion as I pray in *Bhakti* Yoga. Every day is a day of learning and sharing, as I live in *Gyana* Yoga. However, in every moment, in every breath of my life, I now experience *Prema* Yoga. I experience Divine Love. My yearning for my Lord has been gifted as my Lord appears as manifestations in the ones I love, as my Beloved. I seek nothing, just to love God, to do his Divine will, and to help people attain that state of Divine bliss, till finally, the Lord will take me home when I will be liberated

from this body, and united with the Divine.

I am a Yogi.
I live in Yoga.
I am nothing, I do nothing. I seek nothing!
I move from one state of Yoga to another,
But in every breath,
I have been given the Divine gift of Prema Yoga.

What is Prema Yoga?
How can Love unite us with God?
How can Love for the Beloved
Make us one with the Lord?

Love is a powerful emotion
It can take us to any length
For Love, kings even gave up their throne
Love has so much strength

But how can we love God?
When God has no body, no form?
When we love the Beloved as God
Within, there is a Divine storm

For when we love the Beloved
As the manifestation of God
When we fall in love with the Beloved
We are actually loving our Lord

This Love is not worldly Love
It is not for the beauty of the skin
This Love is loving the Soul Divine
The Soul that is God within

But how can we see our Beloved as God?
Our Beloved is just our Love
When we see the Divine in the Beloved
Then we love the One above

Divine Love is intoxicating
It creates Divine Bliss
When we love our Beloved just as we love God
There can be no greater Happiness

Unfortunately, we don't know what Love is
We think it's a hug and a kiss
Divine Love is Soulful Love
A fountain of joy that is Bliss

Somehow, we have been taught wrong
That love comes from the Heart
When will we realize Divine Love
And from the myth, when will we depart?

POEM

The truth is this, God is a Power
God is the Soul that is in all
God is SIP, the Supreme Immortal Power
In our Beloved, we must recall

So, when our Love makes us yearn for God
We need not go to a temple or a church
We must look into the eyes of the Beloved
And this will end our search

For God is here, God is now
In our Beloved, does God live
If we open our Real Eyes, we will Realize
And God to us, our Beloved will give

And then, we can love God all the time
We don't need to search for Him
We can constantly love our Beloved as our Lord
And our bliss will go up to the brim

Prema Yoga, the Yoga of Divine Love
Will make us one with the Divine
When we are ever united with the Beloved
This intoxication is greater than any wine

The world knows of four states of Yoga
Meditation, Devotion, Action, Education
But the Divine gifted me the Yoga of Love
Which unites me through the Divine Manifestation

Do you love God, do you seek Him?
Do you have a yearning for the Lord?
Then, realize your Beloved is His manifestation
And in the Beloved you will see God

Love is the Power of the Supreme
Love comes from God and is God
When Divine Love appears for the Beloved
We will be ever united with the Lord

How can one live as a Yogi?
How can one be connected with God?
While the four states of Yoga create a union…
Prema Yoga creates a seamless union with God

Prema Yoga is the strongest Yoga
A Yoga that can't be put in words
It's when you Love your Beloved, deeply as God
Greater than Love that's in 'Lovebirds'

For deep within you will find
God in the Beloved's Soul
Love for the Beloved will unite you with God
And make your life whole

When Love for the Beloved becomes Divine
And through the Beloved, God we can love
This Prema Yoga, the Yoga of Divine Love
Will make us one with the Power above

By
AiR
Atman in Ravi

ABOUT THE AUTHOR
AiR- *Atman* in Ravi

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

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

As a part of the Humanitarian initiative, 3 charitable homes

were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

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

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

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 48 books, composed and sung about 1250 bhajans, written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom, ASK AiR sessions every day and Facebook Live to help people realize the ultimate purpose of their life.

If you have any questions on happiness, suffering, life, death, rebirth, karma, liberation, enlightenment or anything related to spirituality,

you can ask your questions directly every day on Zoom at 8 p.m.!

Ask AiR

at **8 pm** every day

on zoom

Zoom Meeting ID: 85021104431

BOOKS BY THE AUTHOR

1. Talaash

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

2. 3 Peaks of Happiness

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

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

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

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

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

5. Death is Not "The End." Death is "Liberation"

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

6. I Am Not I. Who Am I?

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

7. The Mind is a Rascal

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

8. A Cosmic Drama

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

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

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

10. The A to Z Karma

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

11. Who Are You and Why Are You Here?

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

12. The 4th Factor

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

13. Be Happy in the NOW!

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

14. Questions You Must Answer before you Die!

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

15. Suffer No More

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

16. Success is not Happiness, Happiness is Success

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

17. God = Happiness

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

18. Life! Realized!!

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

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

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

20. True Meaning of Yoga

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

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

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

22. Religion! A Kindergarten to Spirituality!!

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

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

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

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

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

25. The Ladder to Heaven

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

26. FEAR- False Expectations Appearing Real

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

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

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

28. But We Pray!

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

29. 100 Diamond Quotes

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

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

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

31. Life Manual - How to live life?

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

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

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

33. SatChitAnanda - Consciousness of the Truth is Bliss

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

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

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

35. Discover the SECRET within The LAW of AttraCTION

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

36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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

37. My Enlightenment Lifebook

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

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

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

39. World Peace! A Simple Solution

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

40. Many Problems, One Solution

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

41. LIVE LIFE... Moment by Moment

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

42. The Spiritual Jigsaw Puzzle

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

43. The 4 Quarters of Life

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

44. REBIRTH ... The Mystery Solved!

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

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

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

46. Life is Karma

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

47. Enlightenment - The Myth and The Truth

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

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

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness.
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!
So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.

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

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

50. The 10 Commandments of Detached Attachment

What are the 10 Commandments which can liberate us from all attachments? It is common for us human beings to get attached to our possessions, to relationships, to the people we love and we become miserable. This is because of ignorance. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.

AND NOW

51. The Yoga of Divine Love - Prema Yoga

COMING SOON

52. Happiness is Success

53. Give… Before you are Gone!

Discover the Fifth State of Yoga

PREMA YOGA

The Yoga of Divine Love

Discover the secret of how Love for our Beloved can make us live in Yoga, ever United with the Lord. When we realize that our Beloved is not the one they appear to be, that the Power within our Beloved is the Divine itself, and we don't love the physical appearance of the Beloved rather we love the Soul, the Spirit, the *Atman*, the *Ruh* within the Beloved, then we actually love God.

By loving the Beloved as God, we are loving God all the time. This constant Love of God keeps us united with the Divine. Not only do we experience God in the Beloved, but our Love also flows to one and all, who are all manifestations of God.

Prema Yoga is the fifth state of Yoga unknown to the world. People try to unite with God through *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga, the Yoga of Meditation, Devotion, Action, and Education. The most powerful state of Yoga is *Prema* Yoga, the Yoga of Divine Love. Love your Beloved as you love God, and you will become one with the Lord.

By
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