GOD

WHO IS GOD?
WHERE IS GOD?
WHAT IS GOD?

by
AiR

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**Discover the God...
You always thought
You knew!**

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In Gratitude to my Spiritual Master

My Guru, my Mentor Dada J.P. Vaswani was a catalyst in my relationship with God. He always encouraged my faith in Lord Shiva. He taught me to live in complete surrender and joyous acceptance. He helped me realize the Truth!

For him, life was meant to be spent in worship, being constantly in Union with God. How do we connect with God? The only way to connect with God is through the Guru, or Spiritual Coach. He taught me that without a Guru, reaching God is practically impossible. Of course, more important than Guru is the grace of God; but once you have a Guru and the grace of God, nothing can stop your journey of liberation.

He once taught me an equation that didn't make much sense at first. However, when I contemplated on it, it made me realize the truth about God.

Man – Self = God

God + Self = Man

This equation made me realize the Truth: "Man is nothing;

God is everything". When you look at a gold ring and say it's a ring, you don't realize that in reality, it is not a ring. It is just gold. If you remove the gold, there is no ring. So also, we are nothing. God is the cause, and we are just effects of God. Without God, we are nothing.

Today, if I am able to realize the Truth of Who is God, Where is God and What is God, all credit goes to my Master, my Guru. I bow down to him. I express my sincere gratitude for leading me inward, onward, forward, upward and Godward. He is the Master. I am nothing. Because of him I realized that I am not even a speck of dust. God is everything. God manifests as you, me and everything in this world. It is my Master's love that the grace of God has been poured upon me. I bow down to both: My God on Earth, my Guru; and to Lord Shiva, my God in the heavens to whom I prayed to all these years until I finally realized "Shivoham Shivoham" that the Lord lives in the temple of my heart.

||Om Namah Shivaya||

||Shivoham||

||Shivoham||

My favourite quote about God in my childhood:

When the Idea is Not right,
God says "No".
When the Time is Not right,
God says "Slow".
When We are Not Ready,
God says "Grow".
But when Everything is Ready,
God says "Go!"

Preface

Who is God? Where is God? What is God? These questions may seem silly! We all pray to different Gods. We have known our God ever since we were born. God is our Lord, our saviour and our Father in heaven. Suddenly, when one asks such essential questions, it seems ridiculous!

Unfortunately, we don't have enough time to ask ourselves the right questions. It is true that we human beings live and die in ignorance, that we are imprisoned by our own mind, in our own body to believe that we are "me". "I" am the mind and ego. Although we know that our life on earth will end, don't we live as if we will never die? We pray without understanding the meaning of prayer, and we never go in quest of God!

Yes, we go to Temples, Mosques and Churches. We follow scriptures as the word of God, but have we ever tried to go in quest of the truth to realize who we are? Where did we come from? Where will we go after death? Have we ever tried to realize the Truth about God?

We talk of Heaven and Hell, but where are they located? We pray to a Power that has a name and a form but where is this God? Who is this God? What is this God?

Is God male or female? We often refer to God as He or She.

God is beyond gender. God is nameless, formless, eternal, invisible. God is a Power!

For five decades, I lived and loved my God just as I had imagined him to be. I was very religious, and my life was built on a foundation of faith, hope, love, trust, belief and enthusiasm.

One day, my master, my mentor provoked me to find out the truth about God and the true purpose and meaning of life. When I went on a quest, I carried nine questions with me:

1 Who is God? Where is God? What is God?
2 Where are Heaven and Hell?
3 Who am I, and where did I come from?
4 What is death, and where will I go?
5 What is the purpose of life?
6 Does Karma – the Law of Action and Reaction – actually work?
7 Does reincarnation actually happen?
8 Does the Soul exist?
9 What is Enlightenment, Moksh, Nirvana, or Salvation?

After spending a few years in the mountains in silence and introspection, in retreat and meditation, scanning hundreds of books from every possible religion and belief, I finally had the "AHA" moment! I realized the truth. This book sheds light on my realization of who God is, where God is and what God is.

We don't know
Who God is
Where God is
What God is…
But God IS!

1

DOES GOD EXIST?

Who made the Cosmos? Who made the Earth?
Who Created us? Who gave us Birth?
There is a Power. A Power we call God!

Where did this book come from? If I tell you that it just appeared in my hands and I gave it to you, you would laugh. This book has been printed after it was written, edited and designed. It cannot just appear out of thin air. If something as tiny as this book could not have simply appeared without somebody printing it, then how could this entire world just appear from nowhere? Obviously, somebody has created this earth. It is such a magnificent creation with billions of people and trillions of other wondrous creatures that it must have taken a great deal of creative effort to conceptualize and create it. It is this Creator of the universe who we refer to as God. There is no doubt that a Creator exists – God exists!

Scientists often argue that there is no scientific proof of God's existence. Many of them believe in a theory called the "Big Bang Theory". This theory suggests that the entire universe began with a big bang. "The moment of creation" or the Big Bang was created by a big cosmic hydrogen bomb and the universe was born. But if this theory is true, where did this humongous cosmic hydrogen bomb come from? Who caused the Big Bang? It is obvious that there is a source, a power that is responsible for the creation of this amazing universe. A power we call God.

Therefore, while there is no doubt that God exists, nobody really knows who is God, where is God and what is God.

Don't you agree that this universe must have a Creator or

do you believe that the sun, the moon, the stars, the birds, the animals and the flowers just appeared from nowhere? Anybody with a little intelligence can tell that a very highly intellectual power must be responsible for creating something as amazing as this universe. You and I communicate in a language; we understand each others' thoughts and feelings. There are over 8 billion of us on planet earth, which is just a dot in the universe. Can we be so ignorant to say that all this happened without a Creator? It is impossible for this entire cosmos to have come about from nothing and from nobody. There is no doubt that we have not been able to discover who the Creator is but undoubtedly there is a Creator. We don't know who the Creator is but we just refer to him as God. We don't know Who God is, Where God is or What God is…, BUT GOD IS!

Every product you own has a manufacturer. Your phone may have come from Samsung, your MacBook from Apple, your car from Toyota, your television from Sony, your shoes from Nike, and your perfume from Chanel. Everything that you see, touch and feel has a manufacturer. If that is the case, how can the universe not have a Creator, a God?

There is no doubt a power exists. The wind that blows, the water that flows and the sun that glows signify the existence of a life force. Some intelligent power has not

only created this amazing universe, but also seems to be in control of it. The earth rotates on its own axis, causing day and night, day after day. It doesn't stop for a second. Not just that, as the earth is rotating, it is revolving around the sun, causing seasons as we tick days off the calendar, creating years, decades and centuries of time. Does all this happen on its own? Can we consider that such intelligent operations of the cosmos are happening without an intelligent power controlling it? Anybody with an average intelligence will not deny the existence of an intelligent power that is controlling all the cosmic activity.

Who is this power? Because we do not know who the Creator is, for want of a better word we call the power God. If I told you to close your ears and listen to me with your eyes, would you be able to do it? No matter how much we try to lip-read, it is not possible to hear using one's eyes. It is the ears that have been given the sense perception to hear. Similarly, we human beings have not been given the sense to perceive God. We have to realize God.

All religions accept the existence of God. In fact, the word "religion" refers to a particular system of faith, belief and worship of a God or a controlling power. Unfortunately, while religions instil faith in us when we are kids, they don't help us evolve, grow, and realize God. Each religion says that the God they worship is supreme. Today

religious intolerance is causing so much stress and conflict in the world. This is contrary to the impact a religion should have on its followers. While each religion argues about the supremacy of its God and disagrees on the various methods of worship and prayer practised by other religions, all religions agree on one thing – God exists!

What about atheists and agnostics? There are certain people who do not believe in the existence of God. While these are the atheists, there are still others who are agnostics. According to them, nothing is known about the existence of God and therefore neither do they believe, nor disbelieve in the existence of God. They are the sceptics who live and die without faith, hope and enthusiasm. While it is considered that over 85% of the global population believes in God, probably less than 5% of humanity staunchly believes that a Power which created this universe actually doesn't exist. There are many who may not believe in a religion, but for sure, they accept the existence of a power that created the cosmos.

Science asks for proof of God's existence. They seek empirical evidence without which they do not want to consider the presence of a so-called God. In fact, some scientists believe that man has created God. God has not created man! They believe that God is a figment of man's imagination and he is just a myth. Today, however, scientists know that everything cannot be scientifically

proven, but needs to be accepted through inference. The Law of Gravity cannot be proven. However, if we throw a ball up in the air, why does it not continue to move upwards into the sky? We infer that a force called gravity pulls it back to earth. Thus, science accepts the Law of Gravity by inference.

Man lives and dies. He produces the next generation and this causes the cosmos to continue its existence. Along with man, the entire cosmos follows suit. A butterfly may live for 2 weeks, and we human beings live up to 75 years. Birds fly in the skies, as colourful fish swarm the underwater world. Bees cause pollination in flowers as shoots and fruits fill our gardens. If we look around us, everything that we see is a miracle. We cannot even create a tiny ant that crawls or produce a single strawberry on our own. Everything in this magnificent universe is controlled by a magnificent power – a power with intelligence that it is beyond our comprehension. It is strange that we human beings question the existence of God. Rather, should we not admire in awe the cascading waterfalls, beautiful rainbows and stunning sunsets that baffle our creative imagination every now and then as creations of God?

We humans are mortals. We have to die. The body that we live in will not last forever. We come to this cosmic globe called earth and we depart from the world at a time and a

place unknown to us and beyond our control. While we have an entry and an exit in the cosmos, there seems to be an obvious presence of a power that is immortal, a power that has caused the universe; a power that would exist after the cosmos ends, if it ever does, just as the power must have existed even before the cosmos was created. There is an amazing power that our limited intelligence is incapable of defining.

Who decides our place of birth, our time of birth, our parents, or which religion we are born in? We can't change certain things, such as our gender or the colour of our skin. This has been done by the Creator, God probably as per our past actions. But once we are born, after our parents and teachers raise us from a kid to an adult, then God gives us the freedom to steer our life in the direction we wish to. God doesn't control every action of ours. God has given us a free will to choose our actions!

If God did not exist, then why would we pray? A vast majority of human beings fold their hands in prayer ever so often. This is the humble acceptance of the existence of God. Some of us pray because we seek something from the Creator, while others helplessly pray for God to intervene and help resolve issues. It may be a chronic disease, a financial crisis or a broken relationship. This often makes us sit on our knees and raise our heads to an unknown power in the skies above, praying to a God. Of course, God

exists. There is no doubt about it. We may not truly understand who, where and what God is, but most of us humbly accept the belief that a power called God exists. Not only do we believe in the power, many of us also surrender to this power and accept the Divine Will.

If only we take a peek into the human body, we would be amazed at how the Creator of life has designed this amazing creature called a human being. Scientifically, it has been discovered that we are born when millions of sperms try to unite with one ovum and the lucky one becomes a new life. The fusion grows over nine months – from a zygote to an embryo till a child is finally born. All of these, except the act of copulation, seem to be in an auto mode as if some magician is performing magic within the mother's womb. And then, one fine day after weeks of anxious waiting, we celebrate the arrival of a newborn. That is not the end of the magic, but rather the beginning. This tiny foetus evolves into a human being who has eyes to see, ears to hear, nose to smell, tongue to taste and skin that can feel touch. We have a heart that beats and circulates blood through millions of blood vessels. A brain that controls thought, just as bones create a skeleton that facilitates tissues, muscles and blood to be seamlessly stitched under layers of skin that we simply see as a human life. There are 8 billion such beings on the planet, each different and unique with their own exclusive fingerprint. Can you imagine the scale of the production

line that would be required to produce all of these? Can you imagine the intelligence that must have been required to conceptualize and create such a magnificent creation? If we go deeper into a human being's existence, the various races, colours, ethnicities and genes that we possess, we can be lost in a jungle of puzzling thoughts that may consume our life itself. The human body by itself is a miracle that we must marvel at and bow down humbly in gratitude to this power called God. How can we deny the existence of such a power!

Each human body is a true wonder of the world. Each of us is blessed with seven wonders. The eyes, the nose, the ears, the mouth, the hands, the head and the heart. But beyond these seven wonders, humans are a magical and mystical composition that is truly wonderous. Scientific studies have listed what the human body is made of. The human body has 37 trillion cells. It has 30 trillion Red Blood Cells. If the eye was to be compared to a camera, it is a 576 Megapixel camera. It can see 1 million colours. The nose can smell 1 trillion different types of smells. There are 200 different types of cells and 100 billion skin cells. There are 100 billion neurons in the brain. Our brain produces up to 60,000 thoughts per day. There are 60 million sensory receptors and 127 million retinal cells. Our body holds a capacity of 6 litres of blood with 42 billion blood vessels. We take 23,000 breaths and our heart beats 1,15,000 times each day. There are 1 lakh hair follicles on human head.

The body produces 23,000 litres of saliva in a lifetime, enough to fill a humongous swimming pool. Our brain electricity when awake can light a small bulb. The heart creates energy daily, which can drive a truck for 32 km. The brain holds information bits of 1 quadrillion (1 million billion). The heart pumps 1.5 million barrels of blood in a lifetime. If the heart is separated from the body, it can still beat on its own electrical impulse. Our taste buds are replaced every 10 days. Such is the marvel of the human body.

Not only is the human body a creative wonder, but the world above the skies is also a wonder beyond wonders. We are amazed at the creation of a human being and are flabbergasted to comprehend planet earth and its magical existence. But what happens when we realize that the earth is nothing more than a dot in the cosmos. It is just like one grain of sand on the vast beach of creation. Contemplating the skies can truly humble us as we accept the existence of a power called God. Earlier scientists believed that the Milky Way was the only galaxy in existence. But today our insignificance magnifies to a level of nothingness as we realize that the Milky Way itself is nothing more than a dot in the cosmos. The Creator, the power we call God, is more amazing than all of humanity can together imagine. All we can and should do is to fold our hands and surrender to the Divine Power – God.

Have you ever had the good fortune of diving into the fantasy that's underwater? It is another world by itself. Millions of colourful fish swim into their coral homes, to the ecstasy of snorkelers and scuba divers. Sharks, stingrays, whales, dolphins are just cherries on the cake that has been baked by the Creator. A few are fortunate to play with the Creator's creativity when they come in contact with amazing dolphins or penguins. Truly, the Creator must be such an amazing beauty. His creation itself is so amazingly beautiful!

If one goes into the world of animals and plants, one will find it so enchanting to hear the colourful birds chirp in nests made on trees as helicopter-like insects circle the jungles that are home to thousands of different kinds of animals. Elephants, tigers, lions, giraffes, zebras only add to the glory of God. If we were to come face to face with a tiger and were about to face certain death in the attack that would follow, the only thought that would occur is probably that of God. All along, most of us fail to open our eyes to see God in everything that He has created. We don't appreciate the love from our pet dog that wags its tail as the work of a Cosmic Power that exists – a power that we often relate to as God.

How can we deny God's existence? With all the amazing creation that we see on planet earth and all the magic that unfolds in man and beast as this cosmos continues to

unfold divine magic day after day, how can we choose to deny the existence of God? It will be utter foolishness to even think that such an amazing magic show that we see on earth is happening without a magician. There is no doubt that a Creative Power, which is far more powerful and far greater than man's wildest imagination, exists, has created and controls the universe!

Who made
the Sun, the Moon, the Stars,
the Birds, the Animals, the Flowers?
Who Created them?
There must be a Creator, a God!

2

Religions and God

Religions differ on many things
But there is One thing they
all agree on
GOD EXISTS!

What is religion? A religion is an organized system of beliefs and practices to worship the Creator or cosmic power, commonly referred to as God. There are many religions in the world. Amongst the known religions, including Hinduism, Christianity, Islam, Buddhism, Judaism, Sikhism, Jainism, Bahai, Zoroastrianism, Shinto, Cao Dai, the largest are Christianity, Islam and Hinduism. Each religion has its own God and its own scripture. What do religions preach? They define how we must pray and lay down dos and don'ts of our moral life. Most religions have divine rituals that are devoutly followed by its followers. Every religion forms its own cultural lifestyle and has its own places of pilgrimage. While all religions differ in most aspects, the one thing that they all agree on is the existence of a Creator, God.

It is strange, but every religion claims that its God is supreme. There is so much devotion, dedication and passion for their God that most unfortunately, their followers inadvertently start condemning other religions. If one was to introspect, it becomes so obvious that there is only One God. All of creation seems to have one Creator, one God known to different religious followers with different names and different forms. Just because water is called *aqua* in France, *mizu* in Japan, *shui* in China and *paani* in India, the essence of water doesn't change because it is known by different names.

Why were religions created? It seems that religions were

formed when groups of people accepted the theology and philosophy of their saint or sage regarding a belief system to pray to God. Religions are needed to organize faith and prayer, and to make our relationship with God more effective. Imagine if a child is born without any religion, how would the child ever know the meaning of God? How would the new entrant into this world comprehend the power that created life, and everything on the planet? As kids, whether we are Hindu, Muslim or Christian, religion plays an important role in igniting faith and building our theological foundation of spirituality. While most of the beliefs of a religion maybe mythological, the principles behind religions are founded on very sincere objectives of connecting man with God. However, as time passes, man starts following religious dogmas, rituals and superstitions more than the founding principles and teachings of the religion. While this is unfortunate, it is definitely better than a scenario where we are lost without a religion and not taught to accept and believe in a God.

Religion is a kindergarten to spirituality. All religions ignite our faith in God and teach us the basics. It is then for us to evolve, grow and transcend from being religious to being spiritual. Each one of us has an intellect and it is up to us to use this power of discrimination to pick the foundations of our religious beliefs and to knit it into a peaceful and blissful spiritual philosophy for our life.

A young child asked his father, “What is the moon?” As

the father points to the moon and explains its characteristics, the child thinks that the finger pointing to the sky is the moon, rather than the beautiful ball in the sky. Unfortunately, we human beings are often like this child. We imbibe and misunderstand the technical commandment of our religion rather than the principle that it points to.

Shouldn't we grow up and evolve as religious souls? Is it not time for us to contemplate and introspect our religious beliefs to discover what they truly mean to convey rather than just blindly follow what they seem to say? Of course, God exists. Religions give their God a name and a form, and often, mythological stories form the foundation of religions. The objective of this is to create an interesting religious tale for youngsters to believe in. What is more important is to understand the existence of God and the realization that the name and the form are meant more to build our faith in the Creator than to be enamoured by a picture that symbolises God. We human beings need form and shape to comprehend something and God being nameless and formless would never be understood unless there were religions. It has been a remarkable feat of saints and sages of all the religions of the world to create believers in the vast majority of people. The belief in God as religions project, unfortunately has become so strong that we can't see the true power that lies behind the name and form that we pray to. As kids we need a religion to

initiate our belief in God, but most unfortunately, we never grow up. We keep our childlike belief till we die.

Why is there a war among the followers of different religions? The power of faith is so strong that the followers become obsessed with their God believing that their religion is supreme and others are inferior. It is common for people of a faith to consider their God as the one and only real God and all other Gods to be imposters, duplicates or a false representation. This passion behind believing that one's God is supreme amongst different religious followers and their sincere eagerness to evangelize their religion across the globe has led to conflict and war. Instead of peacefully realizing that God is a power known to different religions differently and understanding that essentially there is one God, people continue their conflict against other religions. If only people realized that their God was no different from the God of other religions, it would foster peace, acceptance and love in the world. Although we pray to different Gods, we should realize that in essence, God is the power behind all the Gods of all the religions in the world.

Most religions come with their own set of scriptures. Scriptures lay down specific written commandments, rights, duties and obligations that their followers must adhere to. It often contains the philosophy of a saint considered to be God. There are also some scriptures that are anonymously written as they have evolved over the

centuries. Essentially, all scriptures talk of God and about ethical and moral living. No scriptures call anyone to oppose and fight with followers of other religions. However, we have misinterpreted several scriptures and have mistook the directions to be the licence to destroy all other religions, forgetting the principle objectives of the scripture, to realize God. If one were to compare the teachings of most religions, one would realize that all scriptures urge us to bow down to the Creator, the power called God and not wage wars against followers of other religions.

God is a power – a power beyond shape, name and form. It is our inadequacy and incapability of comprehending God that we make a saint into a God. There's actually nothing wrong in doing that because all saints of all religions are manifestations of one Creator, one power, God. God created the earth and everything on it. God also created man, but man is a mortal being. He is born and he dies. God is immortal. God appears on earth time and again, taking form as a saint in a religion. These god-men are sons of God. They are manifestations of God, and so in a way, they are God. But we should realize the truth and realize the power or spirit that is alive in these saints that we consider God. Since we cannot see the invisible power and cannot comprehend the power without name, shape and form, there is no harm in considering a religious saint to be God. However, we must realize the truth beyond. Those

who are fortunate to realize the truth pray to God through their Saint rather than to their Saint.

God is a power beyond human comprehension. We have not been given the sense to perceive God. We understand that God exists. God is the creative power of this cosmos, but we are unable to define who is God, where is God and what is God. To realize God, we need the help of a religion just as we need to pass kindergarten to further our education. Religion is just the basic foundation. No religion can give us God, but it can ignite in us a love for God that will eventually make us seek God and realize God.

Religion is the Kindergarten to Spirituality. One cannot Realize God without Religion.

3

How many Gods Exist?

Is there One God in Heaven,
Or is there a God in every Tavern?

How many Gods Exist?

Can there be more than one God? Is it possible for the Christian God to have made the earth, for the Hindu God to have created life and the Muslim God to have made the moon, the stars and the sky? It is ridiculous for us to think like this. God is a power that has created the entire cosmos and all life in it. God is one power although we may give this power different religious names and forms.

If there were many Gods in the heavens, then a war would have started in the heavens and continued on earth. The simple fact that the cosmos is managed smoothly and without interruption signifies the presence of a Universal Power.

God is not the God that we human beings consider as God. As children, we are told of the tale of an old man with a white beard. But we live as children all through our lives not going beyond the name and form and without trying to realize God. As children, we are taught about Santa Claus and other mythological tales, but most unfortunately, we don't grow up. Those who gave name and form to God made it very interesting, both to look at and to believe in. Gods have been designed as super humans with supernatural powers so that we comprehend the omnipotent power. It is sad that we human beings limit our understanding of God to the superhuman power rather than going beyond and realizing the truth.

In India, it is estimated that there are thirty three million Gods. Most people of the Western world find this to be amusing as they believe in the presence of one God. A documented list of thirty three million Gods is not available, but there is a logic behind it. God is a power and God manifests as a saint, a sage or a God of a religion. Hinduism started with three main Gods – the Creator, the Preserver and the Destroyer. In reality, these were the three functions of the one Supreme God. The Hindus pray to a different God for wealth, still another God for wisdom and a special God for solving problems. The reality is that there is only one God and the multiple Gods we pray to are just different aspects of the same God. Not only are all the thirty three million Gods one, but also all Gods of all religions of East and West are one.

The concept of God is grossly misunderstood. We human beings have such a petty mind that we do not understand God. We are blessed with an intellect, but we do not use this faculty to discriminate between what is right and what is wrong. We let our mind believe in the fairy tale of God and we live and die in the illusion without realizing the truth about God. Of course, God exists, but neither is God the thirty-three million Gods that the Hindus pray to, nor the Gods of all the religions in the world. God is beyond this. God is a power – a power beyond definition, a power beyond human comprehension, and a power beyond all the religions of the world.

What do you think? Do you believe that the God who created this entire universe is a form with flesh and bone? Do you believe that God is the statue that we pray to, the saints who teach us faith or is God beyond all that? Can God be limited to a God of one religion or is God the Creator of life and everything on earth, of the earth itself and the cosmos including all the millions and trillions of stars, planets, galaxies in which the earth is not even a speck? Our insignificance should make us realize the significance and power of God. We are a speck in our city. Our city is a speck in our country. Our country is a speck on the globe. The globe is a speck in the Milky Way, our galaxy. And the Milky Way is a speck in the cosmos. All these are created by the power we call God. How amazing God must be!

Just because Water is called
Aqua in France, Mizu in Japan
Shui in China and Paani in India,
It doesn't change
What Water is!
Names are many of God
But One is the LORD!

4

Who is God?

Who made the Sun, the Moon, the Stars?
Who created the Birds, the Animals, the Flowers?
Who is the Creator? The Creator is God!

Who is God?

If you ask anybody, "Who is God?" – the common answers you will get is, God is Jesus, God is Allah, God is Krishna or you will hear a name of a God they pray to. Most of humanity not only believe that God exists, but they also think that they know God. It is the one who they pray to every day. It is such a simple question, a no-brainer, but in reality, who is God?

God is the Creator of this universe, the earth, we human beings and everything else on this planet. God is the Creator of the entire cosmos.

Unfortunately, we human beings pray to the God of mythology and fairy tale. As children we are made to believe in a God that has a name and a form so that we understand and relate to this power, but we never grow up. We carry the belief to our graves. A very few amongst us choose to go on a quest to realize the truth of who God is.

God is a power. God is energy. God is life itself. Because we human beings live and die in ignorance, we do not realize the truth. We do not evolve from our religious beliefs to discovering the truth about God. Of course, God exists. We are not denying that, but we are complicating our belief and misunderstanding God. God is not a statue. A statue is made of mud, metal or stone. It is just an image or a form of God. Anyone with a little intelligence will

agree that a man-made statue cannot be God. God made man. How can man make God? Just like a statue cannot be God, man cannot be God. Man is born from his parents with flesh and bone. Man will die, but God is immortal. God cannot die.

God is a power that is beyond human comprehension. We human beings do not have the intellectual capacity to define God. We are born and we die, and in the few decades that we live, we are able to comprehend whatever our little mind and intellect can. Man has not been able to discover life beyond earth. While scientists hope to do so one day, God's powerful, expanding cosmos is beyond the grasp of man. God is a Superpower! We are very tiny, insignificant specks of this cosmic power.

God is Omniscient. God knows everything. God is the power that has created the cosmos, the earth, and life on earth, the skies, the mountains and the oceans. Being the Creator of all this, God knows absolutely everything about it. It is just like the company Toyota, knowing every nut and bolt fitted in its cars. Being a manufacturer of the car, they are in complete command, in complete control of it. Being the Creator of the cosmos, it seems that the Creator is totally in charge of every single aspect of the cosmos. God seems to be managing the cosmos through several cosmic laws that have been set in motion.

There is a Law of Order in existence. The Law of Order

ensures that everything in the cosmos works in an orderly and sequential manner. There is no disorder or chaos. Each event of the cosmos is linked to the previous and the next, thus ensuring order in the cosmos.

Then there is the Law of Energy or vibration. Everything in the universe vibrates and has energy. Quantum physics endorses the fact that everything moves, and is in motion. Studies go on to show that we human beings are not physical matter that we seem to be. We are energy.

Another Cosmic Law is the Law of Compensation. It states that in the cosmos, for somebody to win, somebody else has to lose. Good compensates evil, just as sweet is compensated by sour.

Then comes the Law of Cycles, which is a cosmic law ensuring that things go around in circles. It works along with the Law of Balance and the Law of Sequence and Energy.

Finally, there is the Law of Opposites. Everything in the cosmos has its opposite. There is male and female, up and down, truth and untruth, just as there is east and west, cold and hot, love and hate, light and darkness. In addition, there are laws like the Law of Gravity that keep everything intact on earth. The cosmos operates on several of these cosmic or universal laws. On earth, we seem to be completely in control through surveillance cameras, GPS,

and several other tracking systems. Man is proud that he is able to put together any information he needs by using modern technology. Just imagine what God can do!

God is omnipresent. God is everywhere. How can God be everywhere? To man, God lives in the heavens. The exact location of God is unknown. It is a mystery, and it remains a mystery. Man goes from one pilgrimage to the other in search of God. Hindus throng Banaras and Kashi, Muslims go to Mecca and Christians to Jerusalem. The question that remains unanswered is whether God lives in these places of worship. Of course not. We all have visited these places, and while they may have tremendous spiritual power, we don't meet our God, see our God or hear our God at these religious destinations.

Then where is God? To those who realize the truth, God is everywhere. God is omnipresent. God is in the sun, the moon, the stars, the birds, the animals and the flowers. God is in you! God is in me! But because we are imprisoned by a darkness of ignorance, we cannot see the light of the truth. Hopefully, we will soon realize that God is omnipresent.

God is omnipotent. God is all-powerful. God is capable of doing anything. God can perform any miracle. We can see God's power every day in everything around us. The power of the wind that blows, the energy of the sun that

glows and the force of the water that flows are just very tiny examples of God's power. We human beings are nothing but insignificant mortals. We come empty-handed and go empty-handed but we think we are the most powerful entities. We are enslaved by our ego, which believes that this is my world, and I can do anything I want.

But can we? The truth is that we are powerless creatures at the mercy of the divine. The Divine Power is all-powerful. We are nothing. God is everything. In a matter of seconds, we can drop dead. We have no command on our life. In fact, we cannot even choose the date of our birth, the place of our birth, our parents and how and when we die. All these are controlled by a power we call God, a power that is omnipotent. This power can do anything. As you are reading this book, if it be the will of the divine power, you can lose your sight instantly. The power is capable of doing anything. We are helpless spectators. We have no choice but to accept. Of course, the power has been kind to give us an intellect and a will power to be able to choose how to live. But this is a tiny gift that we have received with grace. The Creator is all-powerful. The entire cosmos seems to be at the control of His fingertips. The earth rotates causing day and night as it revolves around the sun creating seasons. But the Divine Power can interrupt his "Earth Show" with hurricanes, tornadoes, or tsunamis. The omnipotent power can do as it likes. We should learn

to surrender and accept.

God is the giver of life. Man is incapable of creating life. Man can ejaculate semen to fertilize an ovum, but if it is not the Divine Will, he may never be able to conceive a new life. Without the God factor, man is not capable of doing anything. Man has tried very hard to create life in the laboratory, but is far from being able to do so. We build skyscrapers, supersonic jets, spacecrafts and bullet trains, but can we give life to a single ant that crawls on earth? Only God can give life, and at the appropriate moment, God takes it away. Our arrogance makes us proud, and we salute the brain that makes the train and the plane. But who made the brain?

How helpless we are? We fold our hands in prayer when we are told that somebody we dearly love is terminally ill. The doctors declare that this cannot be set right by any face, but can only be set right by grace. Billionaires from around the world can do nothing when they lose a little child in an accident. All their money cannot bring back their child to life. The Divine Master alone holds the key to life and death.

He causes death. What is death? If we carefully analyse, death happens when the life inside us departs and we no longer breathe. Nobody knows when they will die. A newborn infant that is barely a few hours old may die

suddenly, just as somebody may live till the ripe old age of 120 years. Man has not been able to decode the mystery called death. We see a dead body lying in front of us, and we say that the person has passed away or departed. Where did the person go? Only God knows.

People around the globe haven't been able to realize God. They know that God exists, but they don't know who is God, where is God and what is God. Some people understand that God is the producer–director of this cosmic drama. They realize that this earth is just a show, a theatre, a movie, and God is the producer of it. God directs this cosmic drama. Like actors, we come and we go, but it is God's show.

While God is popularly called by a name, and seen with a definite form and identity by its followers, the truth is that God is formless and nameless. God is beyond human comprehension and definition and is the divine producer of the cosmos. God has created everything on earth.

If we are fortunate, we may realize God, but we can never discover God. Man has not been gifted the sense perception to perceive God. The eyes have the sense perception to see just like the ears can hear. If I ask a blind man to see me with his ears, is it possible? Just as it is impossible for a blind person to see as he does not have the perception of sight, we human beings have not been given

the sense to perceive God. We can know God, accept God, believe in God and imagine God, but we cannot discover God. The true seekers of God are the few rare ones who realize God.

God is immortal! God cannot die. The continuous existence of the cosmos is proof of this. We humans are mortal. We come and we go, we live and we die, but God continues directing the show called life. The truth is that we human beings don't know beyond this. What we do know is that a planet called earth exists. We know that we are born and we will die. As science has progressed, we have discovered rotation, revolution, seasons and the way climate changes. But do we know everything?

Just think about it. The earth seems to be humongous in size. We are a tiny speck in a city, which is a tiny speck of the country that is a tiny speck of the continent, which is just a speck on the earth. The earth is a tiny speck in the Milky Way and the Milky Way is a tiny speck in the cosmos. Now imagine this entire magical creation is the work of a power we call God. How can that power be mortal? That power is supreme and beyond human imagination.

God is beyond gender. God is a power and we humans who refer to God as he or she make a big mistake in understanding and defining God. Considering God to be a

male or a female is acceptance of our total ignorance about God. God is not a human being. God is the supreme power that has created mankind, the earth and everything that we see. It is strange, isn't it that an Indian God looks very Indian and the African God looks African? This is the limitation of our mind, which confuses us into making God Japanese or Chinese. It is sad that we human beings cannot think beyond a point. There was a man who was fishing. A spectator observed something very funny. He was putting some of the fish in his bag, while he was throwing some back in the sea. He could not control his curiosity when he saw that this strange man who was fishing was throwing all the big fish back into the water. He went across and asked him "Why are you throwing all the big fish into the water after measuring them with the size of your palm?" The man answered "You are a fool; you don't understand. My frying pan is only 8 inches in diameter." We human beings are like this man. We can't think big enough in our comprehension of God.

While God is religion and religion is God, it is appalling that actually religion limits God. Of course, religion teaches us about God and helps us build our faith but after that it takes us around in circles till we die. We don't seek God. We don't go on a quest to truly understand the truth of the Creator and thereby, we live and die in ignorance.

God is not a Person
God is not a Saint
God is not a Picture…
that anyone can Paint
God is a Power
The Universal Power!

5

Where is God?

Do You Know Where is God?
Can You Give me the address of Your Lord?

Where is God?

Have you ever wondered where God is? Have you met God in your place of worship and found God talking to you? Never, except in your dreams or imagination! Even if God spoke to you, God spoke to you from within yourself. Therefore, is God inside us?

There is no doubt that Shiva is not in Kailasa, nor is Krishna in Brindavan, Jesus in Jerusalem or Allah in Mecca. We believe that our God is in heaven, but where is heaven? Has anyone seen heaven?

The famous saint Swami Vivekananda was in search of a spiritual master. He was looking for somebody who had seen God. He continued his quest asking one simple question to all the sages and saints that he met. Have you seen God? The spiritual leaders whom he spoke to smiled in embarrassment. Some even laughed at the strange question. One day he met Ramakrishna Paramahamsa and he asked him the same question, "Have you seen God?" The man, half naked, wearing an Indian dhoti said, "I see God every day. I can see God now. I meet and talk to God all the time." The young seeker was flabbergasted. Though skeptical, he continued to follow the spiritual man who finally went on to become his master and helped him realize God.

God is not a statue or a picture available in an art store. We know that. God is not even present in temples, churches

and mosques although these places resonate spiritual vibrations. God is not up in the mountains, under the ocean waters or deep below the earth. Where is God? Some people look up at the skies, at distant planets and stars and imagine that God's home is somewhere there and God controls the earth by a spiritual remote control from the distant skies. Man doesn't know where God is, but there is no doubt that God is. It is very strange that we travel for days together to reach a place to see God, but when we reach the divine spot and fold our hands, we close our eyes. Why do we close our eyes? If God is in the place of worship that we are visiting, then we should open our eyes to see God.

Man has not been able to discover the physical domain where God exists. Although we are sure that there is a Creator, a power, we have no clue about the whereabouts of the power. A spiritual seeker meditated for the answer. He contemplated on where life is within our human body. This was in place of the thought – where is God. Is there life in my eye? Of course, there is. What about my ears, my nose and my tongue? Yes, there is life in all of these parts of the body. Is there life in my little toe? Yes, life is everywhere in the body. Now he virtually removed these parts one by one and kept them on a table and contemplated. He found no life in any of the parts that were on the table. What happened? Where did the life go? The life energy was in all these parts, but suddenly they

seemed dead. As he continued his contemplation and virtually peeled his entire body, imagining the organs, the flesh, the blood and the bones on the table, he found that there was NO life in any of the body parts that were on the table. In the end, the entire body was imagined to be on the table – cell by cell but there was no life. Where did the life go? He then had the realization that the life force that was inside the body escaped into the consciousness that was everywhere and not just inside the body. Unfortunately, we human beings do not realize the truth. God too is everywhere, but we are unable to realize God. The reason we are unable to realize God is because we do not know who is God and what is God. Some of us think God is a magician who can perform any magic. Others believe that God lives in places of worship, and through prayer, God can be called upon to perform miracles. Most of humanity, in fact, pray to God to either fulfil a wish or to solve a problem, but we don't know who is God, where is God and what is God. We just pray with divine innocence but in unfortunate ignorance. In fact, most people don't even understand the meaning of prayer, but because they seek something, they pray.

Do we need to go to a temple to pray? Does God live in a church? Will our prayers be answered only if we pray in a mosque? We know the answers to these questions. Then why do we go to places of worship every Sunday, Monday and Friday to pray? Villagers go every Saturday to the

village market because the farmers come to sell their produce on that day, but for sure, God does not make calculated and organised visits to all the religious institutions of the world on particular days to shower his blessings only on those present.

Therefore, where is God? If God is not in the cathedrals, monasteries and the gurudwaras of this world, then where is God? Those who realize the truth discover that God is everywhere, in everybody and in everything. The common man will scoff at this idea because he is a prisoner of his own mind. The mind does not let us realize this truth, and we continue to go to places of worship although we know God does not reside there.

The biggest problem with humanity is that we misunderstand God to be a powerful human being who lives somewhere unknown micromanaging everything that happens on earth. Is it possible? How can God control every action of 8 billion people second by second being in the East and the West at the same time? God is a Supreme Power that has put the earth on autoplay with Cosmic Laws that need no intervention. If we understood God, then we would know where God is.

As long as we interpret God to be a person and not a power, we will keep using GPS to find God, but when we realize that the real meaning of GPS is not Global

Positioning System, but rather God's Powerful Signal, then we will stop searching for God and start realizing God.

Although, you may not believe it now, if the Divine Grace be upon you, you will eventually realize the truth and know that God is everywhere and in everything, and whatever you touch and feel is nothing but a manifestation of God. At this point, you are like a person sitting in your house garden and thinking that your garden is the only place in the world. As you go to the second floor of your house, you see dozens of homes and your world expands. It is only when you take an aeroplane and go thousands of feet above into the sky that you see how big the city is. We human beings have to spiritually evolve to greater heights to realize the truth of God's existence.

Is God in a Temple?
Is God in a Church?
Is God in a Mosque?
Continue your Search
When you get to the Root
You will Realize the Truth!

6

What is God?

Is God a Statue? Is God a Saint?
God is a Power that no artist can Paint.

If God is not a person, but a Cosmic Power that is omnipresent, present everywhere; omnipotent, all-powerful; and omniscient, all-knowing, how does one understand what God is?

We know God exists. God is the Creator of this universe. Just as God is the preserver of life on earth, the entire cosmos is controlled by God through universal laws. But beyond this, little is known to man. God is immortal, invisible and beyond comprehension. Unfortunately, human beings in their effort to define God have confused all of humanity.

A few blind men were asked to define what an elephant looked like. One said the elephant was like the trunk of the tree as he hugged the elephant's foot. Another who caught its tail said that the elephant was like a rope. Another blind man who was adventurous and lucky to climb on top of the elephant said that the elephant was like a fan when he caught hold of its ear. The fourth blind man who was lazy just leaned on the elephant's side and exclaimed that the elephant was just like a wall. The last of the blind caught hold of the tusk and screamed, "The elephant is like a spear!" Who was right and who was wrong? Each of the blind men was trying to honestly share his subjective experience, and his interpretation was dependent on the specific part of the elephant that he had touched. But none of them could truly define the elephant because they were

blind and they had a limited comprehension of the elephant. We human beings too are like the blind men when it comes to comprehending God. Our perspective and paradigm of God is limited to the senses that have been given to us. Alas, we are not gifted with the sense to comprehend God! A few of us, genuine seekers of God who seek nothing else except the Divine Master, eventually realize God.

So what is God? God is the cause; we are the effect. God is everything. In essence, we are nothing without God. We appear as though we exist, but in reality we don't. We are just reflections of the cosmic power. To understand that we are just manifestations of God, one must understand the Law of Causation.

The Law of Causation has three tenets:

1. For every effect, there is a cause

2. The effect is nothing, but the cause in a different form

3. Remove the cause, and there is no effect

God is the cause; we are the effects. For instance, gold is the cause. A gold ring, a gold chain and a gold bangle are effects of gold. They may seem like different pieces of jewellery, but in essence they are all gold. But if you remove the gold from the ring, necklace and bangle there

is nothing left – no ring, no bangle and no necklace. Therefore, these are just manifestations of Gold. They appear as jewellery and there is no harm in calling them a ring, a bangle and a necklace. But the truth is they are all nothing but gold.

You and I too may appear as two different human beings. What we don't realize is we are only manifestations of God. We are the effects. God is the cause. Without God, we are nothing. Therefore, what are we? We are God appearing as man. Just as a ring, a bangle and a chain of gold are appearing as jewellery. Although it is so simple to understand, we human beings are unable to realize this truth because our own mind denies it, as it is under the influence of Maya, a cosmic illusion.

A pot, a plate and a statue, which are all made of the same clay or porcelain, are considered to be the products that they visually seem to be. But can anybody deny that without the clay, there would be no pot, plate or statue? These are the effects of the cause clay, just as we are the effects of the cause God.

Everything in this universe is God. The sun, the moon and the stars, the birds, the animals and the flowers are all manifestations of God. The mountains, the river and the seas, the bees, the flowers and the trees, the fish and the seals, you and me are all effects of the one power source,

God. How can 8 billion people be God? We can understand how this seemingly impossible truth can be justified by the following analogy.

We know there is only one sun. If we keep a bucket of water, we can see the reflection of the sun in the bucket. If we keep two buckets, we see two reflections, and if we keep ten buckets, we can see ten reflections of the sun. The sun is one, but the ten buckets of water – each have a reflection of the sun as it gloriously shines in each of them. That is how the power of God gloriously shines in 8 billion people. Each is nothing but a reflection of the supreme power.

If God manifests in each one of us, then what is God? For this we need to realize who we are before we realize what God is. Our ignorance makes us believe that we are the body, we are the mind, we are the ego, but the truth is we are none of these. We are the life energy popularly known as the soul, the spirit, the *Atman*, the *Prana* or the *Chi.* Only when we realize this truth can we truly realize what God is. Till then we will live and die like some blind people who believe that there is nothing in this world just because they can't see anything. When will we overcome our blind ignorance and realize God?

Even science today admits that we human beings who appear to be made up of cells, which can be further broken

down into neutrons, electrons, protons are finally in essence nothing but energy that appears as the physical body.

Therefore what is God? God is everything. Whatever you see is God. Whatever you touch and feel is God. Everything in the universe is a manifestation of God. We are not. Alone God is. God is the Universal Consciousness that is everywhere. God is Energy that is in everything. Only God exists – nothing else!

God is Omnipresent,
present everywhere;
God is Omniscient,
knows everything;
God is Omnipotent,
can do anything!

7

The Universal Ignorance – Maya

It is a Cosmic Illusion that causes this Show!
Nothing is Real, we Come and we Go!

The Universal Ignorance — Maya

Why is it so difficult to realize who is God, where is God, and what is God? This is because of Maya – a very powerful ignorance that envelopes humanity. What is Maya? The word Maya itself means illusion – the illusion that everything in this world is real as we see it. The fact is that the world is not real. The world "appears" to be real because of Maya.

This is easiest understood when it is compared to a dream. Is a dream real or unreal? Of course, it is unreal. We know that everything that happened in a dream actually did not happen. When the body sleeps, the mind traverses in imagination and within minutes, we experience a dream that may seem to last several years. The moment we wake up, we realize that whatever was happening in the dream was just a dream. It was an experience of the dreamer, but the dream world ceases to exist the moment the dreamer becomes the waker. That is why if somebody borrowed a million dollars from you in your dream, you would not go and claim the money when you wake up because you know that it was only a dream. It was not real!

The world too is like a dream, but unfortunately, we do not realize the truth because of Maya. This illusory power has two aspects. First, the power of Maya projects an illusion, and second, the power of Maya conceals the truth. Together these two powers of Maya imprison us in ignorance, and we consider what is untrue to be true.

Because of the ignorance of Maya, we do not realize who is God, where is God and what is God. The projecting power of Maya projects God with a name and a form to be real. The concealing power of Maya conceals the very God that is within us. It is this concealing power of Maya that withholds self-realization and God-realization. If we want to realize God we must first overcome the ignorance of Maya, and then we will be able to realize God.

Those who are under the spell of Maya live and die in ignorance. They do not realize the truth about God. A very few are lucky to realize the truth. They realize that the earth is a big stage on which 8 billion actors are performing a show called life, that the show is produced and directed by a cosmic power, the Creator. Whatever happens on the earth's stage is a drama, a cosmic drama. It is a *Leela,* a show produced and directed by God. While a drama is very real in the sense that the actors are real, the light and sound are real, at the end of the theatrical performance, we know it was just a drama and not real. Life on earth is no more than a theatre, a divine *Leela.* Unfortunately, while we understand what a drama is, we do not realize that life itself is a big cosmic drama, a *Leela* of God. This illusion is considered real because of the projecting and the veiling power of Maya.

There were two friends who were once arguing about how many spots were on the snake that was lying in the bushes

just ahead of them. It was late in the evening, and one counted and said that the snake had 46 spots and the other was convinced that he had counted 48 spots on the snake. Their argument did not last very long because another friend who was nearby arrived with a torch. When the light of the torch fell upon the snake, the argument ended because both the friends who were arguing realized that the snake in question was not a snake; it was just a rope. When we human beings overcome the spell of Maya, we too will realize the difference between a snake and a rope, the Maya of this world and the reality. The realization will reveal that everything that we see on earth is nothing but a manifestation of God. God is the cause – people, animals, insects, trees and nature are all effects that appear to be real. But in reality, they are God's energy appearing as you and me.

If we were to overcome the illusion of Maya, we will realize the truth of who we are and eventually realize God.

What is Maya?
The Universal Illusion!
It has two powers:
It Projects a Myth,
and Conceals the Truth!

8

Search for the Truth!

Just because the World Believes in Something…
It is not necessary that it is the TRUTH

Search for the Truth!

What is the Truth? What is the reality about God? If one really wants to discover who is God, where is God, what is God, there is only one way. It is referred to as God-realization. There is no other way. The omnipotent, omnipresent and omniscient power that we call God is beyond human comprehension and discovery. God can only be realized. It is not an easy journey. Climbing Mount Everest is not easy, but those who want to do it get there. It takes a lot to prepare and to ascend; one even risks one's life to reach the summit. Those who want to realize God have an equally if not more compelling challenge. They first have to realize themselves. They have to realize who they are before they can realize who God is, where God is and what God is. They have to realize the entire truth. Therefore, one has to search for the truth about oneself before realizing God.

Who are we? Are we the body? The body keeps changing. It is conceived with a fusion of two cells and it becomes a zygote – so tiny that the human eye can barely see it. The zygote develops into an embryo and finally a human being is born on planet earth. From being just a few pounds, the baby grows into a toddler, a teenager and then into an adult. Finally, we human beings grow old and die. We realize at death that the body is made up of five elements – air, water, space, fire and earth, which is why it is said that we come from dust and go back to dust. Are we just dust? A dynamic human being can't just be dust, but we live and

die, thinking we are this body, which we are not.

Science has proved that the human body is constantly regenerating itself. We are aware that our body cells die and new cells replace the dead cells. Not all of us are aware that practically every cell of the body is replaced every five to seven years. To understand this, we can consider that after seven years, we have an entirely new body. By the time we are 14, we have changed two bodies and a man celebrating his 70th birthday has experienced 10 different bodies, different kidneys, different lungs even different muscles and bones. How can we be the body that exists only for seven years? Obviously, while we have a body, we are not the body. Then, who are we?

Are we the mind? Many of us think that we are the mind. We know we have a mind because it's constantly producing thoughts. In fact, though the other aspects of our subtle body are different from the mind, the intellect, the memory and the ego, all these subtle faculties are together considered to be the mind. We experience our mind wondering and worrying as it produces over 50 thoughts a minute. We don't realize that the mind can produce over 50,000 thoughts a day. Many of us believe we are this wonderful mind.

Those who want to seek the truth, who want to realize who they truly are, go on a quest to find the mind. If you

virtually peel the body, you will find skin, tissue, muscle, bone and even bone marrow. You will discover all the organs – the kidneys, the lungs, the heart and even the brain, but you can't find the mind. Where is the mind?

A scientist was puzzled when he was told there was no mind. How could there be no mind? We know we have a mind. It is ridiculous to say there is no mind. A monk suggested to a scientist to sit in silence for a few hours and find the mind. The scientist tried very hard but he was unable to find the mind. He then realized that the mind was only a function, an activity of the body just like walking or talking. There was in fact no mind that he could find. How can we be the mind which we cannot find? So who are we?

Are we the soul? Many people consider that we are a body–mind–soul complex – a combination of these three. But if we are not the body and not the mind, then we probably are the soul. What is the soul? The word soul can be very misleading and confusing. It is defined as the spiritual or subtle part of a human being that is invisible and immortal. Nobody has seen the soul. Therefore, some people question its existence. Everything that exists need not be visible. The wind and the breeze blow through the trees, but can't be seen. Just as the wind exists, so also a life power exists inside of us. It is better to call it life energy than to refer to it as a soul or spirit. It arrives at birth and

departs at death. Are we that life energy?

If we are not the body, although we know we have a body and we are not the mind, although we believe in the illusion that we have a mind, there is no other option than to believe that we are energy. We are that life energy that arrives at birth and departs at death. This has also been endorsed by science. If we are energy, then one more startling fact comes to light. Suppose we take two balloons and fill them with air, both the balloons are still individual balloons. But if we let the air out, the air in both the balloons becomes one. They merge. We too are part of one universal energy. When the energy escapes at death, it merges with the universal cosmic energy.

This is the truth. When realized, it will make us realize God. Not only do spiritual saints advocate that we are nothing but energy, after several centuries, science too has endorsed this fact. What does science have to say?

Everybody knows God
But nobody knows the Truth!
Search for God with your Heart & Soul
And you will get to the Root.

9

Science and Spirituality

Science says the World
was caused by a Big Bang
Spirituality agrees but asks:
Who caused the Big Bang!

Science and spirituality were always at loggerheads. Scientists have always questioned the existence of God as they wanted proof that God exists. For them, this world is a physical world, a world of matter.

Over the years scientists have softened their stand. They too have started to accept inference rather than proof. Is there any proof that the Law of Gravity exists? I can prove that this is my mobile phone when I use my fingerprint to unlock it, but the Law of Gravity is believed through inference. When we throw a ball up in the sky, why does it not drift away into the clouds? Because there seems to be a force that pulls everything down towards the earth. Thus, it is inferred that the Law of Gravity exists.

Science has moved from its focus on atoms to electrons, neutrons and protons, and the smallest particle – quarks. Recently, scientists were conducting an experiment examining the smallest particle of matter. When one such tiny particle was being investigated under a sophisticated microscope, scientists were baffled when the particle of matter disappeared. The scientists debated and concluded that this was similar to Einstein's theory and formula $\mathbf{E = mc^2}$. It seemed that the ancient law, "Energy can neither be created, nor destroyed but can only be transformed from one form to another" was practically demonstrated. Endorsing this, scientists inferred that the particle of matter disappeared as it transformed to energy.

As they were about to conclude their discussion, another miracle happened. The particle of matter that had disappeared suddenly reappeared. Scientists coined a new theory titled "Wave–Particle Duality." According to this theory, matter and energy could no more be separated from each other as one form could convert to the other and vice versa.

Scientists also agreed that human beings like you and me may not be who we seem to be. Instead we may be trillions and trillions of tiny energy particles, which when put together appear as you and me. What does this mean? It means that science finally agrees with spirituality that we human beings are in essence energy and not matter that we appear to be.

Many scientists today endorse that we human beings in reality are not the body that dies, but energy consciousness. Scientists state that our body cells are being constantly recreated as they are regenerated naturally. What does this scientific theory lead to? This means that every cell of our body dies and is reborn. In a matter of 5 to 7 years, our entire body is renewed. Our heart, our kidneys, our skin and our bones are completely recreated every 7 years. Therefore, a man who is 50 has already changed his body 7 times.

How can we be a body that is completely renewed and

regenerated every seven years? Obviously, we are not the body. Then who are we? We are Energy. When we go into a deep contemplation, we then realize we are nothing but Energy and God is also Energy! What is the connection between the two? Only when we continue our quest to realize the truth, we will realize God!

Science and Spirituality have no Synergy!
But one thing both Agree on:
That we are Energy!

10

Our Goal is God!

What is the Purpose of Human Beings on Earth?
To Realize God, that's why this Birth!

Our Goal is God!

Humanity, by and large, believes that the goal of life is to be happy. Of course, everybody wants to be happy. But being born in this world, we can't escape suffering. Our ultimate goal is to realize the truth of who we are. This automatically gives us peace, joy and everlasting bliss. It eliminates misery, pain and sorrow. Thus, this is the ultimate goal of life.

We shuttle between joy and sorrow. We live, we die and we don't even know why. We are born and we just zoom from womb to tomb. We don't have the time to realize the truth. We are so busy in this world of objects that there is no time for realization of the truth, the solution to all our misery and pain.

Less than 1% of humanity go on a quest to seek God and the truth. They are the ones who truly live. The others just exist. They are no different from a table and a chair, which are there till they are eventually moved out.

From this 1% who go on a quest to find the true meaning and true purpose of life, not all progress on that path. Less than 1% of such seekers gain the knowledge about self-realization and God-realization. While they gain the knowledge, they still don't actually realize the truth. This makes it 0.01% of the population.

From this tiny group, who gain the knowledge of God, less

than 1% actually realize the truth about God. This means that less than 0.0001% of humanity actually realize who they are and who God is. And even these few people are constantly engaged in a war between their mind and intellect. Not all of them are able to live blissfully and peacefully as realized, liberated souls.

Therefore the goal is not easy, the challenge is not for the common man. It really takes a lot of passion and devotion for somebody to progress on the spiritual path. And even after all the effort, it seems like without the grace of God, one cannot achieve the goal of life and realize God and attain ultimate bliss.

We human beings live and die without realizing the presence of God. We don't feel the power that is within all along. We are like the musk deer. All through life, the musk deer passionately seeks the fragrance of the musk, which actually lies in the receptacle of its own navel. It goes round and round in a frenzy searching for the perfume till it finally falls off a cliff and dies. The hunters tear open the navel and retrieve the musk. The mind makes us behave like the musk deer searching for happiness outside by withholding the knowledge that happiness is inside us, and that we essentially are happiness. The moment we realize we are happiness, we don't need to follow the mind and chase happiness. We can shoot it down and just remain in a state of *Nirvana*, peace, joy, and bliss.

Our Goal is God!

God is within us but we search the whole world going from place to place trying to find God. It is said that a human being has nine doors - two eyes, two ears, two nostrils, a mouth and an organ of excretion and an organ of procreation. All these nine openings are in the body but are not looking inwards. All the time, we are looking out into the world. We need to open the tenth door that looks inwards to realize the presence of God within, and to know who we truly are. This will lead us to the answers of our Ultimate Search and to our ultimate goal of everlasting peace and joy.

While the World Thinks
That Happiness is Our Goal,
The Truth is this:
To Find God in our Soul!

11

Are we the Soul?

If we are Not the Body, if we are Not the Mind,
then we are the Soul, this TRUTH we must FIND!

In the quest for God and the realization that God is the energy within, we face a question: "Are we the Soul?"

What are we? It is absolutely clear that we are not the body. The body is like a garment. Yes, we have a body but we have realized both spiritually and scientifically that we are not the physical body. We have also realized that while we feel we have a mind, we are not the mind. When the body is sleeping, the mind dreams, but when the mind sleeps, in that deep sleep state, we experience bliss. We are the ones who experience all three states of consciousness – the waking state, the dream state and the deep sleep state. We are the ones who are aware. We are energy. We are consciousness.

Many people refer to this consciousness, this life energy as the soul. Some call it the spirit, some call it the *Atman*, while the others even call it *Prana* or *Chi*. Whatever we name it, it is the life energy that is eternal, immortal and invisible. But it exists – arriving at birth and departing at death.

Since we know we are not the body and not the mind and our existence is from birth to death, then it becomes very obvious that we are that life energy inside a human being, which departs at death. Because the word soul is used in a different context, it is preferred to consider ourselves to be life energy rather than calling it "Soul".

How is this connected to realizing God? This has a direct relationship because the life energy that we now believe is truly us is nothing but "God Energy".

Nobody has been able to create life. Life and death still remain a mystery, and they are exclusively in the hands of the Creator. People often wonder where this energy goes at death. If you take a balloon and fill it with air, it suddenly bounces with life. Now if you deflate the balloon, where did the air go? The air merged with the air that is everywhere. In fact, while we were blowing the balloon, we inhaled the air that is everywhere to inflate the balloon.

The life energy too is just like the air that is everywhere. When it departs, it merges with the universal cosmic energy of the Creator. And like the air of the balloon, once it escapes, it cannot be contained.

Putting it all together, if we are not the body and we are not the mind, then like science has also proved, we are trillions of energy particles, which when put together appear as a human being. This shows that we, in reality, are nothing but energy, God Energy. How can the little mind of man understand this? The mind does not have the gift to perceive this truth. We can only see what the physical eyes see. We do not open our real eyes to realize the truth.

Once a villager came to meet his friend in the city. The

friend took him for a movie. It was a movie about a battle – the sky was full of smoke and there were horses, elephants and soldiers everywhere on the screen. The friend of the villager who brought him to the theatre in the town asked him, "What do you see on the screen?" He answered, "I see horses." "What do you see behind the horses?" asked his friend. He replied, "I see elephants." "Now what do you see behind the elephants?" again his friend asked. "I see soldiers." His friend further inquired, "What do you see behind the soldiers?" He said, "I see smoke in the sky." "What do you see beyond that?" continued his friend. He said "I can't see anything beyond that." And his friend laughed because he was just teasing the villager. Suddenly, the movie stopped. The friend asked the villager, "What do you see now?" The villager said, "Well, I see nothing! I see a plain screen." Then his friend explained that the horses, elephants as well as the soldiers and the smoke in the sky were all projections. They were not real.

Just like a movie is nothing but energy projected on a screen, we too are Energy, Life Energy! We appear as a body–mind–soul complex, but in the end, we realize we are nothing but "Life Energy", Spirit, *Atman, Chi, Prana*, a Soul. At death, the Energy departs and there is no breath.

Very few amongst mankind are able to realize the truth. It often starts with contemplation about death. What

happens at death? The body returns to its five elements and finally to dust. There is no mind. Even if we try to find the mind, we can't. What we can easily make out is that the life energy inside has departed causing death. There is no breath. We were the consciousness that was alive inside. Whether you call this consciousness life energy or the soul, it doesn't matter. What matters is that we understand the truth that we are energy that is alive within. This energy is God Energy! When the God energy departs, we die.

What is the Energy
that Gives us Breath?
What Life Energy leaves us
that causes our death?
We are that Energy, we are the Soul.
To Realize this Truth
is our Life Goal!

12

First, Experience God Then, Realize God!

In the Wind that Blows
The Water that Flows
The Sun the Glows
Feel God, Experience God!

On the journey to find God, many of us experience a wondrous feeling of God's divine presence. We experience God in the sun, the moon, the stars, the birds, the animals and the flowers. We know that God exists, and we go beyond our religion to feel God's divinity in the wind that blows, the water that flows and the sun that glows. Although we cannot prove it, we experience God's divine presence in His creation. Everything that God has made is so very beautiful – the flowers in the garden, the fruits and trees, the butterflies and birds, the underwater world, the clouds and the stars in the skies. Creation is so amazing that it can't be the work of anyone else other than the Creator, God.

If one gazes at a large expanse of the ocean, one can experience the presence of a Universal Power. If we look up at the sky, we know that everything up there is the work of the master. We experience God when a blanket of fog appears from nowhere and fills a green valley with white clouds. The clouds seem to create a rainbow as if by magic, the rainbow appears and it disappears. In winter, snow appears from the skies and creates a magical feeling. In summer when one goes below the waters of the ocean, millions of colourful fish create breathtaking snorkelling for swimmers to experience God's magic. Nobody has to explain to us that this is the work of a Power. We feel God's presence. We experience the Divine Power. Still we are unable to reconcile. The mountains and the trees, the

rivers and the seas, the butterflies and the bees – all these make us mere spectators of a Divine Show on earth. We experience God every morning in a sunrise. And it seems that God's power is leaving us when the sun sets and darkness envelops the earth. Who is managing the show? Who is causing all this magic to happen? We experience the power all around us all the time. Is experiencing the power of God enough? We still live in ignorance far away from God and are separate from him. We still seek God as the Cosmic Power that exists somewhere far away. We don't realize that everything that makes us experience God is nothing but a manifestation of God. All of God's creation is God itself appearing as this and that, but we are unable to realize the truth.

We often differentiate between the animate and the inanimate, those that are alive from those that are dead. We don't realize that even the chair and the table lying in front of us are made up of molecules and atoms that are moving with life. They are different from living creatures, but they have got power in them. Everything created by God has power present within. We experience the Power, but we are unable to realize the truth of who is God, where is God and what is God.

Many of us are so busy in this world that we don't experience God. But the fortunate few who do feel the presence of God all around them, still don't realize that

God is within them and is present everywhere.

It's good to begin your God-Discovery through God-Experience. It's a good idea to experience God in all His creation. When you see a beautiful butterfly, when you see a lovely rose bloom, when you see an amazing sunset, it's great to think of God. Experiencing God in a dense fog or during a wintery snowfall is a positive sign towards getting to the Truth.

However, this is not realizing God. This is just building a connection that takes you closer to the Truth and to God.

After experiencing God, what next?

Experience God in the Mountain,
the Butterfly, the Tree and the Sea.
Then slowly you will Realize
that God is in You and in Me.

13

Realize the Truth!

If we want to Realize the Truth,
We must Open our REAL EYES!

Realize the Truth!

What is the truth about God? While we human beings can't define God, a few of us are blessed to realize the truth. How do we realize the truth?

It starts with a quest. Seekers go on a search to discover who is God, where is God and what is God. They pray, they shed tears in entreaty but they reach a dead end. They live with faith, hope, trust and enthusiasm but they are not able to discover God. Some even hop from one religion to the other hoping that their conversion will reveal God but it's of no avail. Then, there are the blind believers who seek God in their dreams. The God that they pray to appears in mythological form blessing them and showering them with miracles. Their ignorance and illusory belief stops them from a true search of God. The true lovers of God are showered with His grace. They are the ones who progress on the path of realization – first, self-realization and then, God-realization.

What is the method of self-realization? It starts with realizing who we are not. We are not this body, the mind or the ego. We go on to realize that we are the life energy that departs at death. The fact that we are life energy is not just a spiritual belief, but also a scientifically endorsed theory. Our own mind creates a bottleneck in realizing the self. We have to overcome and transcend the mind to realize the truth of who we are. On realizing that we are not this body–mind complex, we progress on the journey of self-realization.

Our mind is constantly producing thoughts. It produces about 50 thoughts a minute, which adds up to a whopping 50,000 thoughts a day. It keeps on jumping like a monkey from thought to thought. It stops us from contemplating the truth. It is an enemy of self-realization. Even though we use our intellect to understand the truth, the mind with its rascal behaviour confuses us and puts us back into darkness. Unless we transcend the mind, actually kill it and put the intellect in charge, we will never be able to discriminate and realize the truth. We have to make the monkey mind a monk. How does one turn the monkey into a monk? The way to do so is to reduce the production of thoughts, either through meditation or through silence. This controls the mind from jumping. It helps to give us clarity and to realize the self.

However, it is not enough to just subdue the mind. To realize the self, one must live with dispassion as one discriminates using the intellect. One must also live with discipline over the body and with a burning desire for God and realization of the truth. This becomes possible by "Union" with God or Yoga. How does one unite with God? Four common methods are known to man. We can stay united by "Action", becoming an instrument and letting all our actions be an offering to God. We can also be united through spiritual "Education" – reading scriptures and texts of realized masters that will help us realize the truth.

The other common methods of being united with God are "Meditation" and "Devotion". Silent contemplation unites us with God, just as a passionate love for God or deep devotion keeps us ever connected. This union with God is very important for us to remain in a state of self-realization. The moment we lose connectivity, we drift away from God. It can be compared to a SIM card that must always be connected to the network. If we switch off the device, we lose our connection with the satellite. Self-realization is not an easy thing. It is not meant for the faint hearted. Unless one is obsessed with the desire for God, one will slip during the journey to the peak of realization.

A true seeker on a quest for self-realization passes all these milestones and realizes his true self, knowing that he is not the body–mind complex, but a Divine Energy encapsulated in this body. This self-realization is the first step and the most essential need for God realization. Without self-realization, it is not possible to realize God.

Self-realization is the realization that we are not the body, the mind or the ego that we think we are. We are energy. We are a speck of the universal power. If each of us is just a speck of the universal power, then the power is everywhere. The God power is in me and is in you. When this very God power leaves us, death happens and there is no breath. The body turns to dust.

Who is God, where is God, and what is God? If you ask

someone this question, they will spontaneously reply with the name of their God. They will go on to reply that God is in heaven and they will laugh at the question what is God. God is God they will say. God is the Creator of the universe.

We human beings cannot realize God beyond a point. We can realize who we are and what we are. We can realize that God Energy is within us just as God is present everywhere – in the stars, the birds, the animals and the flowers. Everything is a manifestation of God. Once we realize that we are nothing but energy and we also know God is nothing but energy, we can't prove anything beyond that. We have to realize it. What is the connection between the energy that is in us and the energy that is God energy? How can we presume that it is the same energy? These answers don't come by proof but by inference or by direct experience.

A spider teaches us what God can do. From its own secretions, the spider creates a web – a world in which it lives. Just as the spider creates the web, God manifests as everything in this universe. God is the cause, we are just effects. God is the source of the life energy. A birth on earth happens when God manifests as a new life. Without God there is no life. We can realize this truth about God only after we realize the truth about ourselves. When we see a human body lying dead, we realize that the person who was alive has not died, the body has died. We say the

person has departed. Therefore, the truth is clear. We are not the body. We are not the mind. We are that life energy that was giving breath. Without that breath, there is death. We are that life energy. We are God Energy.

Can we deny the truth of birth and death? Can we reject the fact that we are not this body and not this mind? Even science endorses that we are energy. What is this energy that is in us? Where did this energy come from? This energy is cosmic energy. It is the cosmic power that's everywhere. It is the same power that manifests as the Universe and controls it. A supreme power unknown to man. And we cannot put this power in a statue or a person and restrict this power there. The Power is Omnipresent – it's everywhere. The Power is Omnipotent – it is all-powerful. The Power is Omniscient – it knows everything. This Power is God. God is beyond name, beyond form and beyond definition. God is beyond human comprehension.

What is the way to Realize the Truth? Our mind refuses to accept it. All we can do is pray!

As long as We Believe the Myth,
We can never Realize the Truth!

14

What is Prayer?

True Prayer is not just Talking to God,
But rather Listening to Him.

What is Prayer?

Prayer is a mode of communication with God. As kids, we are taught to believe in a God that our parents and family members believe in. We are born into a religion and we are taught from a particular scripture. We are even made to fear God and to follow his commandments. We are taught to live ethically with kindness, compassion and love.

Many of us grow up with the belief, but we don't question it. We blindly believe in the God that we are told about. We fold our hands in prayer. We ask God to fulfil our dreams. We go to God to solve our problems. But we don't go on a quest to discover God.

Somehow, we believe in the myth. Mythological stories talk of the heavens and angels and the various Gods that live on distant planets. As children, our prayers are based on these fairy tales. We continue to believe these stories till we die without discovering the truth about God. Most of us pray out of Fear rather than out of Faith. We fear God and his wrath that could probably descend on us if we don't pray or if we don't perform certain rituals. So we just pray, but we don't understand what we say.

People devoutly go to the church, temple, mosque, monastery, gurudwara and synagogue. But the question is – where is God? Is God present in all these religious institutions? Is it necessary to go to such places to pray? What is the purpose of visiting the church every Sunday, the temple every Monday and the mosque every Friday?

Those who started religion probably had noble intentions – to help people believe in God, to pray and to lead a happy and healthy life. Unfortunately, our focus is more on religion and its practices rather than on God. It is like the little child who was constantly taught to look at the moon. The father used to point out to the moon every day. Eventually, the child started believing that the father's finger was the moon, rather than the moon itself. Religions point out to God, but prayer should take us beyond religion to God itself.

Prayer is communicating with God. It is spending time with God. It is like having a daily appointment with God. Just like how we call somebody we love, prayer is calling out to God. Just as we would go back to our beloved again and again, prayer is reaching out to God again and again.

It does not matter how you prefer to do it, as long as one is communicating with God, talking to God, and listening to God, one is praying effectively.

Prayer can be easily grouped into three types: The simplest prayer is when groups of people get together and take the name of God – chanting, singing, performing different actions as per their religion. In this situation, the body and the mind are forced to disconnect with the world and connect to God.

Prayer evolves to a second level where somebody just

chants a mantra or a piece of a scripture, a hymn, a bhajan to connect with God. This prayer can be performed anywhere and in any manner, but is more difficult because the senses may wander. Only the voice along with the mind is involved in this prayer. The other senses are free. And as a result, this type of prayer often gets disturbed due to unavoidable distraction.

The most difficult prayer doesn't include chanting or singing neither does one have to go to a place of worship to perform any actions. The most evolved type of prayer is silent concentration, introspection, meditation, connecting and uniting with the divine power. While all three forms of prayer are good, it is in this most evolved form of prayer that man can realize the truth of who he is and who God is.

Prayer is essential to realize God. A prayer can be in any form and belong to any religion, but devotion born out of a devout prayer is the doorway to God. It is the starting point of seeking God. Without prayer, it is impossible to seek God. And even after realizing the self and realizing God, one still needs prayer to keep the connection with God alive.

While prayer is very essential on the spiritual journey, it is only the start of the journey. It is like buying an air ticket, going to the airport, boarding the flight and strapping your seat belts, but this will not take you to your

destination. Unless the pilot takes off and flies the plane, you will be where you are. We all need something beyond prayer to reach God. We need a pilot, a mentor, a master or a Guru who can help us realize the truth.

If you don't Understand what you are Saying and To Who you are Praying, How will you Realize God?

15

Can you realize God without a Mentor, a Master, a Guru?

Just like a Conductor is needed to
Orchestrate a Band,
To Realize God we need a Spiritual
Master to Hold our Hand.

When we are born, we are innocent children who seem to know nothing. Soon we grow up, we are educated and we start learning to live. We are influenced by our parents, our teachers, society and even religion. We grow up and develop a personality and a philosophy of our own. There is a global debate as to what is the key to our behaviour. Is it nature or nurture? Is it our genes or our upbringing? It really doesn't matter in this context. What matters is by the time we wake up as adults, we have already lost about two decades out of the eight that we were probably meant to live for.

In such a short life span, it becomes practically impossible to realize the self and God without the help of a qualified spiritual master.

Imagine if somebody was born on an uninhabited island that had no connection with the outside world, would it be possible for such a person to become fluent in English? Now presume that there were some other people on the island but they didn't know English, would it make any difference? Even if a treasure of English books was found on the island, but nobody knew how to read and write English, would it help? It needs somebody who is fluent in English to teach a person to read and write. Even the teacher must have learnt from another teacher. An entire language cannot evolve in one lifetime.

Keeping the above analogy in mind, how can a young adult realize the truth about God, if there was no mentor, no coach to teach or guide him? Not only is it necessary to have a mentor to guide us to realize the truth about God, the master must be a qualified spiritual master who has himself received the tutelage from a spiritual master who has spiritually evolved himself.

If one is passionate to realize God, the only method is through the help of a realized master, a mentor, spiritual coach or Guru. There is no other way.

The subject of God is not easy to understand. It can be considered to be the most complicated wisdom to acquire in life. It is far beyond any skill for it needs the grace of both a spiritual master and God to realize the truth.

People without a Guru or a spiritual guide are like modern day men who are trying to navigate a complicated city without a GPS. They are sure to be lost. A spiritual master teaches us to use a spiritual GPS – God's Powerful Signal – to arrive at the truth.

What does the spiritual master do? He nurtures the disciple, understanding his state of mind and helps him grow spiritually. Slowly and steadily, he coaches the spiritual aspirant to understand the meaning of God, even as he teaches his disciple to develop a triple longing for

God – the longing that a miser has for gold, the longing that a lover has for his beloved and the longing that a young child has for its mother who it has just lost. A good spiritual master teaches us to love God. This is the first step. He then goes on to coach us to be united with God, to be ever connected, just like a SIM card is always connected to the network and the satellite. He coaches the aspirant to be in union with God either through meditation, education, action or devotion. If he finds the spiritual aspirant both capable and keen, only then he holds his hand and walks along with him to help him realize God.

The path to realize God is not easy and neither is it easy to find the right spiritual master. Somebody has put it very nicely: "When the student is ready, the master will arrive". It is not everybody's good fortune to go on a quest on a spiritual path and to find a qualified spiritual master. That is the reason why there are so few realized souls.

It is a very difficult challenge for both a spiritual aspirant and a spiritual master to achieve God-realization. It takes a lot of effort on the part of the student to live dispassionately with discrimination and a lot of discipline, desiring only God and God-realization. It takes even more effort for a spiritual master to share the truth about God and help the aspirant realize God. Unless the spiritual aspirant is able to transcend his mind and ego, which is by no means easy, it is impossible for him to realize God. Both

the spiritual aspirant and the master need to work with spiritual intimacy to arrive at the destination of God-Realization.

While it looks like an arduous task to find a spiritual master and to realize God, imagine a situation without a spiritual master? It would be absolutely impossible to Realize God.

What is it that actually stops us from realizing God?

If you can become a Champion without a Teacher to Teach, then without a Guru, to God you can Reach!

16

Our Mind stops us from realizing God!

The Mind is a Rascal, a thief the Mind...
But Where it is You cannot Find!

Our Mind stops us from realizing God

If somebody told me that my own mind was stopping me from realizing who God is, where God is and what God is, I would consider them crazy. How could I realize God without my mind? According to me, my mind is king, it is everything. It is only with my mind that I think about God. How is it possible to even think of God-realization without the mind? I would be dead without the mind.

Most of us alive on planet earth believe that we are nothing without the mind. But unfortunately, it is the mind that is the enemy of God-realization. Let us understand why.

What is the mind? We all know we have a mind. Our mind thinks, wonders, worries, remembers, decides, and feels. It is the mind that produces thoughts that become feelings and finally leads us to actions. Our understanding of the mind itself is wrong. Somehow we have confused the four subtle activities that are invisible to be the mind. However, these four subtle faculties together known as the inner instrument are distinctively separate and different from each other. They are the mind, the intellect, the memory and the ego.

The mind is a thought factory. It is a function of the brain. It produces up to 50 thoughts a minute, which can be up to 50,000 thoughts a day. The mind thinks, wonders and worries. But it is different from the intellect. The intellect is the discriminating faculty of the brain. The intellect

analyzes what is right and wrong and helps us choose and make decisions. The third faculty is the memory. As the name suggests, this faculty remembers everything that happens in our life and when we recall such information it helps us retrieve the same. The fourth domain of the subtle body is the ego. It is the ego that creates the "I"ness, "My"ness and "Mine"ness. I am Donald Stevenson. This is my wife. And that villa is mine. The ego and the mind together trap us in deep ignorance about who we are and who God is. It is the rascal mind that gives birth to the ego and confuses us about the reality of life and God. Why? This is because the moment we realize the self and realize God, the mind and ego are both destroyed and they cease to exist. Therefore, they fight very hard to survive by keeping us ignorant and stopping us from realizing the truth.

Unless we are able to conquer the mind and the ego by developing a strong intellect, we will never be able to realize God. If we question every thought, belief and feeling with a sharp intellect, it would not be difficult to realize the truth.

Sit quietly for two hours and try to find the mind. Where is the mind? You will realize that you cannot find the mind. In fact, if you virtually peel the body, you will find skin, flesh, blood, bone and bone marrow, but not the mind. You will find the heart, kidneys, lungs, intestine and the

brain, but you can't find the mind. In fact, the mind doesn't exist. It is just the function or activity of the brain, just like seeing is that of the eyes and walking is that of the legs. But all along the mind fools us into believing that we have a mind and in fact, that we are the mind.

When we realize with the intellect that there is no mind and that we are neither the mind nor the body, but the life energy within, this is the state of self-realization. When we further realize with the help of the intellect that we are energy and the energy in you and me is no different, then we are heading towards God realization. With the help of a spiritual Guru and the grace of God, we will be able to realize the truth if we are able to transcend our mind and go beyond.

Our challenge is simple – to make the monkey a monk. The mind jumps like a monkey from thought to thought. As long as it keeps jumping we can never realize God. To realize God we must turn the monkey-mind into a monk – silent, calm, and peaceful. If we are able to do this, then we are on the way to realize the self and God.

It is not possible to realize God without using the treasure of our intellect. This is the second step – the first step, however, is to reduce the production of wild thoughts. The next step is to discriminate between myth and reality and realize the truth. All these are possible only for the one who goes on a quest, a search to find the truth.

Who stops us from Realizing God? Our Mind is the Enemy. It hides from us Our Lord!

17

Go on a Passionate Quest!

We can just Choose to Live and Die,
Or we can go on a Quest to
Realize the Truth "Who Am I"!

If you truly want to realize who is God, where is God and what is God, you must go on a quest, a passionate quest, searching for the truth. It does not mean that you should doubt your God or religion, but instead you must go one step further. You must be so obsessed with your search for God that you must question everything with your intellect. Where is my God? Where is heaven? How can I talk to God, meet God, and communicate with God? How did this whole universe come about? How does God manage the show? When one passionately goes on such a quest, then one is able to find answers to questions that he has never asked before. We live in a bliss of ignorance and are indifferent to the truth, but this quest makes us open our eyes – our "real eyes" so that we can "realize" the truth. But nothing will happen until we go on a passionate quest. As long as we exist accepting traditional beliefs, following rituals and superstitions that don't make sense, we will just drift till we die.

What is the purpose of life? A true seeker on a quest will search for answers to such questions. Eventually, the quest is one. It will first make us realize who we are and then make us realize who God is, where God is and what God is. But unless we are truly passionate about our quest for God, we can never realize the truth.

What does one do when one goes on a passionate quest? One questions everything! One allows one's curiosity to

go wild. One keeps asking questions. It doesn't matter whether the questions are relevant or not. On such a passionate quest, people question more and more. What happens with this questioning? It propels some crazy thoughts, ideas and propositions. One questions one's existence, life, death, God, the world, and many a time, such questions have no answers. But that's the idea of going on a passionate quest. Therefore, when one starts asking questions, this leads one to the second step of one's passionate quest, to investigate.

When you have questions and you don't have the answers, you don't take "No" for an answer. You don't believe that there is no answer. You believe that the answer lies somewhere. Your passion for your quest makes you seek further; you investigate, and you take each question and tear it apart. And as you tear apart each question, you start finding answers. Some of the answers cannot be proved – there is no tangible proof. But through inference, you get a direct experience. You directly receive answers to your questions through telepathy from the universe. And you get that "Aha!" when you realize the answers to all your questions, as a result of your passionate quest. Unless you are truly passionate, this won't happen. You must have fire in your belly, and you should not be willing to take "No" for an answer!

When you go on a quest to realize the truth, what do you

realize? You realize that you are not who you think you are. You always thought that you were a body–mind–soul complex, but suddenly you realize that you have a body but you are not the body. When you try to find the mind, you realize there is no mind. The ego that always thought that you were your name and everything associated with it realizes that this is a myth, an illusion. You even realize that you will never die, although the body dies and death is not the end, but just a bend to transcend. You come to a conclusion that the earth is only a dot in God's cosmos and everything that happens is not real but just like a dream. The Creator is the producer–director of this mammoth cosmic drama that has been staged on a theatre called earth with the help of several cosmic laws that the Creator has created.

You realize that in reality there is no yesterday and no tomorrow. You cannot go there. There is only now. If your search lacks power, you will be defeated by your own mind and you will not be able to realize God. God-realization is not an easy task. Have you seen the fire in the eyes of those who want to trek an unscalable mountain? Have you seen the passion in the eyes of divers who want to discover the deep oceans? You need fire in the belly, desire in the heart and obsession in every cell of your body to seek God. You must really want to find God no matter what. Nothing should stop you. Your quest should be unstoppable. You should devote and dedicate your entire

life to this one passion – to realize God. Nothing else should be more important in your life's journey. You should be willing to sacrifice everything, even your life to realize God. If your quest is so passionate and your desire for God and realization genuine, nothing can stop you.

As you progress on the Quest and you realize the truth that you are nothing but Energy and you also realize that God is the Universal Cosmic energy, you discover the most amazing Truth of life!

If you want the Best,
Go on a passionate Quest.
Put every Belief to Test!
First Realize God, then Rest!

18

Realize God!

God is not Someone You can See with Your Eyes,
God is not on the Earth or in the Skies.
Those Who Realize God are Conscious of God...
In everything they see they can feel the Lord!

Realize God!

What is it to realize God? Can one read this book, gain the knowledge and realize God? No, it's impossible. Knowing the truth about God, and realizing God are two completely different things.

One may read several scriptures, several books on the whereabouts of God, the reality of God, the power of God but just with knowledge, one cannot realize who is God, where is God and what is God. This is undoubtedly the biggest mystery that humanity has faced and has been unable to solve.

Even those few rare and fortunate ones who realize God only touch the tip of the iceberg. It may seem that they have realized everything, but in reality they have realized practically nothing. What have they realized?

Those who have realized God realize that God is a power beyond definition and comprehension. They realize that everything in this world is a manifestation of God. Only God exists. Nothing else! God is the ultimate cause. We are all just effects. God is invisible, intangible, immortal, and indestructible. God is a Power. A Power beyond human understanding. God is a supreme Power: a Power that is present everywhere – Omnipresent; a Power that knows everything – Omniscient; and a Power that is all-powerful – Omnipotent.

The ones who realize the truth realize that "We are Not!

Alone God is!" It appears as though we are, but in reality we are all mere projections, illusions like a dream. Everything that happens on earth is a divine cosmic drama – a theatre or *Leela* of God. The realized souls realize that neither are we born nor do we die. We just take forms when we appear on earth and when the God energy within us departs, we seem to die.

How does this God-realization happen? A true seeker passionately seeking God starts his quest. He realizes clearly what he is. It starts with realizing what he is not. He is not the body, he is not the mind. He is nothing but energy. He is absolutely sure that he is energy. Spiritually, he is sure he is energy; scientifically, it is endorsed that he is energy; and at death, it can be seen that the physical body becomes dust. He is nothing but the energy that departs. This is self-realization. The seeker now goes on to seek God. He asks the question, "Who is God?" He knows God exists although we don't know who God is, where God is, and what God is, we have no doubt that God is. He knows that God is a Power. He knows that God is not a statue, not a Saint – who is mortal. God is immortal and invisible. God is a power that is everywhere and in everything. The seeker also knows that the whole of creation is nothing but energy. This energy is not contained like air in a balloon. This energy is universal. It is cosmic. The energy in me and the energy in you are separate only as long as we are imprisoned in the body.

The moment we die, the energy becomes one with the universal energy. Therefore, the energy that is in everyone and everywhere in this universe is one universal energy. And God is nothing but that universal energy. Therefore, the ultimate realization is that we – who are nothing but a speck of energy, an atom of energy – are nothing but a part of God's Universal Energy. God is nothing but the entire Universal Energy. While this cannot be proved, this can be realized through inference. This is God-Realization.

Those who realize God realize the uselessness of worry, fear and anxiety. They live in a state of ultimate bliss, peace and joy. What causes this supreme, eternal happiness in their lives? The realization of the truth - the realization that God lives within the temple of their heart and they are not this body and mind. They are God particles themselves. This profound realization that they are a part of God makes them live in a state of eternal joy, bliss and peace.

What else does this realization do? Not only does this make us realize that we are nothing, God is everything – it also makes us realize that if I am nothing but God Energy, then you are also nothing but God Energy. It leads to the realization that everything in this universe is God Energy. Everybody is God. It may sound crazy to a common man. But realization reveals the truth that if we are not the body and mind, then we all are nothing but God. The energy in you and the energy in me comes from the same source –

God. If in your house, the light bulb is powered by electricity, and so are the air conditioner, hair dryer and coffee maker, where does all this energy come from? The energy comes from one source – the central electrical supply.

It may seem that the ornaments are a necklace, a bangle or a ring. But realization reveals the truth that they are not what they seem to be. They are all gold. God-realization further reveals that even gold is God, just like mud is God. You are God and I am God. Everything is nothing but God. Everything is a manifestation of God. Realization leads to this ultimate truth, and this liberates us from prisons of misery and sorrow. God is the cause, we are just effects. Without God, there is nothing. Everything that happens happens because of God.

We human beings are born and we die; and during our life, we experience both pleasure and pain. Like a merry-go-round, we go in circles, living in phases of being glad and sad. But we can't escape from suffering. The human life is designed in such a way that we age and as the body grows old, we often experience disease, decay and finally we all have to die. Death causes immense pain but not to the ones who have realized the truth. For them, death is just like a sunset somewhere which is nothing but a sunrise somewhere else. The realized souls do not suffer from pain or misery because they have realized the truth.

Knowledge of the truth about God is not realization. One may have all the book knowledge, but may not internally realize the truth. This is because they have not been able to overcome or transcend their mind and ego. There is a constant war between the intellect on one side and the mind on the other. And even if the intellect is more powerful, it continues to struggle to defeat the mind. Unless there is the grace of a Guru and God, one can never realize God.

While God-realization is not a very difficult subject, it is a rare gift bestowed upon a very select few. Only these fortunate ones realize the truth of who is God, where is God and what is God.

God can't be Invented
God can't be Found
God can't be Discovered…
on the Sky or on the Ground!
God will be Realized
When you open your Real Eyes!

A SUMMARY

WHO IS GOD?
WHERE IS GOD?
WHAT IS GOD?

DOES GOD EXIST?

Of course, God exists!
We don't know
Who God is, Where God is, What God is...
But GOD IS!

Who is GOD?

The One who created
the Sun, the Moon, the Stars,
the Birds, the Animals and the Flowers.

The One who created You & Me!

The One who created and manages the
Cosmos!
We call that Creator GOD!

HOW MANY GODS EXIST?

There are thousands of Religions...

But can there be as many Gods?

No! It's not practically possible!

God is One!
One Universal Power!

WE LIVE IN IGNORANCE!

Humanity lives without Realizing the Truth!

We blindly follow Rituals & Beliefs

We don't Question
We don't Ask
We don't Seek the Truth!

Who is God? Where is God?
What is God?

HOW IS THE COSMOS MANAGED?

God manages the Cosmos
through many Laws!

Cosmic Laws such as The Law of Karma.

God does not micromanage everything!

God has many laws
There is a Law of Order
The Law of Compensation
The Law of Cycles
The Law of Opposites

God has created Universal Laws
to manage the Universe!

THE POWER OF MAYA!

Maya means "Illusion"

It has 2 Powers

It Conceals the Truth

It Projects the Illusion

Look at this picture. It looks like a parrot.

If you look at the picture more carefully,
you will realize that it is a lady who is sitting.

This Illusion of Maya stops us from God-Realization
It projects the world and it conceals God.

What Stops us from Realizing God?

OUR OWN MIND!

It's Our Biggest Enemy!!

It makes us Believe the Lie
That we are the Body & the Mind

If we want to Realize God
We must Transcend our Mind!

GOD CAN BE REALIZED

Only through Self-realization

To Realize God
First we must Realize
Who we are?

Once we Realize the Self
We will Realize God

Man – Self = God
God + Self = Man

WHAT IS SELF-REALIZATION?

It is the Realization that
We are Not the Body
We are Not the Mind
We ARE the Life Energy within.

Even Science endorses we are Energy,
not the matter that we look like

We must Realize
"We are Not This. We are That!"
We are God Energy
Imprisoned in a Body-Mind complex

WHAT IS GOD?

God is not a Statue
God is not a Saint
God is a POWER
God is Energy!
Universal Cosmic Energy!

God is the Energy that gives us Breath.
Without God, there is Death!

THE ENERGY WITHIN IS GOD ENERGY!

The Energy in You & Me is the same.
One Energy.

The Energy within is Power.
It gives Life.

In fact, everything is Energy
There is Nothing Else!

What is this Energy?
It is GOD!

GOD CAN'T BE PROVED
GOD HAS TO BE REALIZED!

God Exists!
God is a Power.

God manifests as the world
and everything in it.

God is the Cause.
We are just Effects!

We are Nothing....
God is Everything!

WHY DON'T WE REALIZE GOD?

Who is God? Where is God? What is God?

It is because we don't go in Quest of God!

We are Lost in the World,
We Forget God,
We have no Connection with God!

WHAT IS OUR LIFE GOAL?

Our Ultimate Goal is God-Realization.

It gives us
Eternal Peace & Joy!

We must develop a Deep Love and
Longing for God!
We must Seek God above everything else!

WE LIVE AND DIE IN IGNORANCE

Because we don't Realize God
We Suffer Pain of Body & Mind
Which we are Not.

We Think we are a
Ego-Mind-Body complex
This makes us Suffer!
Due to our Actions
We are Reborn to Suffer again and again!

REALIZATION IS LIBERATION

The Realization that we are not The Ego, Mind and Body liberates us from Misery & Sorrow!

Once we realize that God is within us, we live with Blissful Consciousness that God is Everywhere!

WHO IS GOD?

God is the Creator of the Cosmos!

God is not a Person,
God is not a Saint
God is not a Picture that anyone can Paint!

God is a Power!
A Power beyond Human Comprehension!

WHERE IS GOD?

God is Everywhere
Not just in a Temple,
Church or Mosque
There is no place where God is absent.

God is in everything.
There is nothing other than God.
Whatever we see, touch, feel is God.

Everything is a manifestation of God!
God is Omnipresent!

WHAT IS GOD?

We cannot define God!
But we cannot deny God's existence!
God is the Cause of the Universe.
We are just Effects.
Without God there will be nothing!

God is the Creator and Controller
of the Cosmos!
God is everything.
We are nothing!

Poem

Who is God?
Where is God?
What is God?

Poem - Who is God? Where is God? What is God?

I searched for God in temples
But nowhere was He found
I looked into the skies and waters
And everywhere on the ground

To me, God was a statue
I prayed to Him for years
I was in love with my Lord
And I used to pray with tears

I thought God lived in the temple
It was Heaven in every way
I used to talk to my Saviour,
Morning, night, all day

God gave me everything I wanted
There was nothing more to need
I used to be ashamed of myself
When I looked upon my greed

I had everything I wanted
But one thing I never found
I was looking for the God I prayed to.
Wanting to hear His sound

One day it dawned upon me
What is life's real test?
To find true purpose and meaning,
I set out on a quest

I started studying the scriptures
In religion for Him I found
I went for many pilgrimages
Just going round and round

Who is God? Where is God? What is God?
This quest did I start
I had nothing else to desire
There was only one thing in my heart

I decided that I will not stop
My passion, I must find
I was willing to give up everything
There was only one thing in my mind

What use was the wealth that I earned?
What use was this pomp and show?
I knew my life wasn't forever
I knew one day, I will go

I knew I was living in ignorance
The truth I couldn't see
I was seeking happiness
But in peace, I could not be!

The world talks so much about God
But little do we know
God is such an amazing power
This cosmos is His show

Poem - Who is God? Where is God? What is God?

The Sun, the Moon, the Stars
The Birds, the Animals, the Flowers
They are just manifestations
Of the one and only Power!

We think our goal is happiness
And pleasures do we seek
So shallow is our passion
We never reach the peak

We may get everything we desire
We may achieve all we dream
But if we can't realize God
Then our life is without a gleam!

The purpose of life is to find God
We must realize the truth
We must realize what we are not
Only then, we will get to the root

A few of us are lucky
We start seeking God
We give up everything else that we have
Because we are in love with the Lord!

All cannot find the Master
It depends on His Grace
A few of us are lucky
To finally see His face

Not in temples, churches or mosques
Neither in Scriptures you tear apart
Those who truly love Him
Will find Him inside their heart

God is Everything, Everywhere
He manifests as You and Me
He is the Cause and we just Effects
Without Him, we cannot be

God defined is God denied
We must believe that he lives
He is beyond our comprehension
But He is the One who gives

This is a Cosmic Drama
The Earth just a big stage
We are all just actors
We perform till we age

Then one day, the time will come
We have to pack and go
When Death will take over life
It's the end of the show

Who, Where, What is God?
Don't question, just have faith
Try to realize the Truth
Then you will reach the gate!

Poem - Who is God? Where is God? What is God?

When you find what you are not
And the truth stares at your face
Then in your own heart, you will find
The Heavenly Master's grace

God cannot be Discovered
He manifests as Everything!
God will be Realized
When the Truth our Soul will Sing!

ABOUT THE AUTHOR

AiR

ABOUT THE AUTHOR - AiR

AiR – *Atman* in Ravi, or Soul in Ravi, is an embodied soul whose only mission in life is to realize the Truth and help people realize the Truth.

He was born on October 15, 1966 in Bangalore, as Ravi V. Melwani. At a very young age, he mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores Kids Kemp, Big Kids Kemp, and Kemp Fort.

After making millions, he realized that life is not just about making money. He shut down his business at the age of 40, transformed his life to RVM living by the RVM philosophy – Rejoice, Value Life, and Make a Difference. He started doing H.I.S. work – Humanitarian, Inspirational and Spiritual work. His mission was to "Make a Difference" in this world before his journey was over.

As a part of RVM's humanitarian initiative, RVM Humanitarian Hospital was set up in 1998 with an aim to provide free medical treatment and care to the poor, destitute, and needy. The hospital has no cash counter. From the current 250-bed hospital, it will soon grow into a multispecialty 1000-bed hospital for the poor and destitute. Over 700 homeless and suffering people are served and cared for in destitute homes and provided with free shelter, food, medical care, and clothing.

RVM, through the RVM School of Inspiration, transformed

the lives of many people through his motivating talks, inspirational books and videos, and thought-provoking quotes.

RVM built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. An ardent believer in Lord Shiva, he has written and sung over a thousand bhajans – songs of devotion. He now believes that religion is just a kindergarten to spirituality, and we all have to go beyond religion to truly realize God.

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

After a few years of intense search in retreat, deep in the mountains, he realised that we are not this body. We are the Soul, the *Atman*. He changed his name for the second time from RVM to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as RVM, and started living as an instrument of God doing His divine will. This led to several realizations that formed his new mission of life – to realize the Truth and to help people realize the Truth.

Books by the Author – AiR

1. Talaash – A search for the true meaning of life. Discover your true self

This book by AiR is his personal journey to realize the truth. It is a journey to realize that there are 3 peaks of happiness and that we are not the body and the mind that we seem to be. We are a power – a power that is Omnipresent, Omnipotent and Omniscient. This search and quest by AiR made him transform his life. It is a journey that made him realize the truth. This is a book that can lead you to liberation!

2. 3 Peaks of Happiness

3 Peaks of Happiness by AiR is a simple book that talks about the universal quest of humanity. Everybody wants to be happy. But is everybody happy? No. Why? This is because we are stuck on the first peak of happiness – Achievement. 20% of the people are lucky to climb the second peak of happiness – Fulfilment, that comes from

contentment. But there is a third peak beyond these two peaks. The third peak of happiness will liberate you from the prisons of misery and sorrow and give you eternal Joy and Bliss.

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

My Guru, My Mentor, My God on Earth is a book by AiR in which he shares his experiences with his Guru who was not just his Guru and Mentor, but also his God on Earth. We all need a coach, a teacher to live life and this book "My Guru" will inspire you to find your Guru or to make your relationship with your Guru more fulfilling and meaningful.

4. I will Never Die. Death is not "The End"

In the journey of his life, AiR realized many truths. One of the truths was that he would never die. The body will die, but the one who lives in the body never dies. We are not the bodies that we wear; we are the ones who wear the body. Death is not the end. It is a bend to transcend. This book reveals the truth about death.

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

This is the second book in the series of books on death by AiR. It touches upon the secret of the *Kathopanishad,* which talks about what happens at death. One of two things happens – if we think we are the body and mind as the "doer", we are reborn. But if we realize we are not the body and mind but divine energy, we are liberated to eternal joy and peace.

6. I am not I. Who am I?

I am not I. Who am I? is a very interesting book by AiR that talks of his realization that we are not who we think we are. We have a house, but we are not the house. We have a car, but we are not the car. We have a body, but we are not the body. We may have a mind, but we are not the mind. Who are we? Discover the truth!

7. The Mind is a Rascal

Kill Your Mind before Your Mind Kills You!

Why? Why should we kill our mind? Because it's our biggest enemy. The mind is like a monkey, jumping from

thought to thought – over 50 thoughts a minute – taking us away from our true goal of eternal happiness. This book will amaze you!

8. A Cosmic Drama

The Earth is a humungous stage where 8 billion actors perform a mega drama each day. Yes. That's the truth! Life on Earth is no more than A Cosmic Drama. People come and people go. We are not just actors but also the audience. We should realize the truth that there is a Producer–Director who controls everything. He is in charge. We should learn to enjoy the show!

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

COMING SOON!

10. The A to Z of Karma - The Law "What You Give is What You Get!"

11. Who are You and Why are You Here?

| |Om Namah Shivaya| | | |Shivoham| |

Visit Google play **or Scan the QR Code to download the AiR - *Atman* in Ravi App.**
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Who is God? Where is God? What is God?

It seems that everybody knows the answer…
But nobody really knows the Truth!

We search for God in Temples, Mosques, and Churches without realizing that God doesn't live there.

Although we know that God is not a face, a form, or a name, we pray to a statue, a sage, or a saint. We live in ignorance of who God is, without realizing the Truth that God lives within – in the temple of our own heart.

The following popular quotes are taken from religious scriptures, followed by the majority of humanity.

- *The Kingdom of God is within you. (Luke 17:20, 21)*
- *Not This, Not This. Thou Art That.(Upanishads)*
- *He is with you where ever you are. (Surah 57:4)*

Although all the religions believe so, still we don't realize the Truth! God is invisible, immortal, and beyond human comprehension. God is all-present, all-knowing and all-powerful. God is everywhere, in everything. God is in you and in me! GOD IS A POWER!

This book will help you realize God in the Temple of your own heart. It will change your belief in God and transform the way you pray!

AiR

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