

A Testament of the Truth about Life

REALIZATIONS OF A YOGI

By
AiR
Atman in Ravi

A Real Life Journey
from Achievement to Enlightenment

A Testament of the Truth about Life

REALIZATIONS OF A YOGI

By
AiR
Atman in Ravi

A Real Life Journey
from Achievement to Enlightenment

REALIZATIONS OF A YOGI

By

AiR
Atman in Ravi
Ravi V. Melwani

Copyright © AiR Institute of Realization 2022

AiR asserts the moral right to be identified as the author of this book.

ISBN 978-93-5680-727-3

All rights reserved.

No part of the content of this publication (except images) may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Printed by: Vel Murugan Binding Works

Publisher: AiR - *Atman* in Ravi (Ravi V. Melwani)

Kemp Fort Mall, No-97, Old Airport Road, Bangalore-560017.



ABOUT THE AUTHOR

AiR- Atman in Ravi

**Started with Nothing, Became Something...
Achieved Everything, Only to Realize we are Nothing!**

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

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 700 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with

ABOUT THE AUTHOR

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

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

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

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 55 books, composed and sung about 1300 *bhajans*, written several blogs,

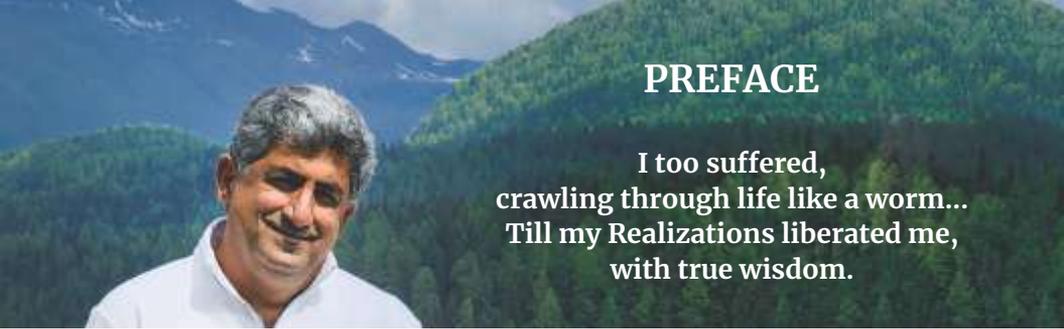
quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents'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

If you have any questions on happiness, suffering, life, death, rebirth, karma, liberation, enlightenment or anything related to spirituality, you can ask your questions directly every day on Zoom at 8 p.m.

Ask AiR

at **8 pm** every day
on  **zoom**

Zoom Meeting ID: 85021104431



PREFACE

I too suffered,
crawling through life like a worm...
Till my Realizations liberated me,
with true wisdom.

This world is full of suffering. But happiness is a choice. This world is full of ignorance. But we can choose to use our intellect and discriminate. Death is certain. Every 'body' must die. But we can realize the truth, be enlightened and liberated from this cycle of death and rebirth. What is the way? We must live like a *Yogi*. *Yoga* is the way to *Moksha* but what is *Yoga*? The real meaning of *Yoga* has not been understood in this world. How do we live like a *Yogi*? Since I was blessed to be enlightened with the truth, I decided to share my journey that evolved from success and achievement, transited contentment and fulfilment till I reached the final peak of Enlightenment, where there is Everlasting Happiness, Divine Love and Eternal Peace.

There are many Masters in this world who appear to be Spiritual but what is real Spirituality? Unfortunately, the world is unaware of this. Not only are we ignorant, but we are also blissfully ignorant of our ignorance. To reach the ultimate goal of Enlightenment, we need the help of a genuine Spiritual Master, a true *Guru*, who takes us from *Gu* - darkness to *Ru* - light. But how will we find a *Guru*? What is the way to start the Spiritual journey? What is the method to overcome ignorance and realize the truth? Who will answer these questions? There are thousands of books that have millions of ideas.

These books talk about Enlightenment, *Nirvana*, *Mukti* and *Moksha*. Everybody has their own concept, formula and secret to liberation and salvation. But what is the truth? There is only one truth. How can we go from the state of Self-Realization to God-Realization and ultimately, Life-Realization? Some people question even the necessity of this journey. 'Why not just have fun till life is done?' they question. They live, they suffer and they die. They do not answer the question, '*Who am I and why am I here?*' A very small fraction of humanity is visually blind, but the large majority is spiritually blind. Unless we overcome our ignorance and remove the spiritual cataract, we will never discover the true meaning and purpose of life. This book will lead you on the right path. It will take you through several Realizations of a *Yogi*, till you are ultimately enlightened with the truth.

This book does not just propound a theory. It is a collection of my personal experiences as I share the journey of my life. Ponder on the fact that the truth cannot be just known. It has to be experienced. We cannot be enlightened by what we read. Unless we seek the truth; unless we yearn for the Divine, we will continue to crawl like a caterpillar in this world. This book can liberate you. It can untie your wings that are tied by strings and give you the freedom to fly like a beautiful butterfly. After writing 55 books on life and happiness and composing 1300 life songs that cover every possible aspect of Spiritual life, I decided to share my journey and my Realizations. This book will show you the way of a *Yogi*. It will surely transform your life.



INTRODUCTION

This book has everything,
you need for Enlightenment.
Are you ready to make,
the right investment?

You have a choice. You can read hundreds of books and spend your entire life trying to pick and choose concepts, theologies, philosophies and doctrines prescribed by the several religions and the hundreds of Spiritual Masters who have traversed this world, or you can read this book and be enlightened. It is your choice.

'Realizations of a Yogi' is a personal experience, the life journey of one who lived in the material world for 25 years, going from one success to another, chasing pleasures, people and possessions. It is the sharing of an experience of being confined, being tied by desires and passions and how one can be liberated from this world of myth as we realize the truth. How can we reach the state of ultimate Happiness? Is there a way to Eternal Bliss, Divine Love, Everlasting Peace and Tranquillity? This book reveals it all.

Who doesn't want to be happy? We all are seeking pleasure just as we are shunning pain. But unfortunately, we become miserable, again and again. We don't realize that happiness is like a shadow. The more we chase it, the further it goes away. We want to be happy, but we don't know how to be happy. We have been fooled as we have been taught that 'Success is Happiness.' This is a lie. The truth is, *'Happiness is Success.'*

For, if you have all the success in the world, you may still be unhappy, but if you have attained the state of ultimate Happiness, you have achieved all success. This book will reveal our true purpose and how we can achieve the real meaning of life.

This is not just a theory book. It contains practical Realizations. It records personal experiences of how I lived in ignorance for 25 years, how I went from peak to peak, without realizing what I should actually seek. On these pages I share the role of my *Spiritual Master*, my *Guru* and how I went on a quest, a *Talaash*. I asked so many questions. What were the right answers? The way to the truth is not knowledge that you can get in books or in any college. Truth is revealed through Realization.

Realization is a spark, an experience. It is not possible to reach that state of Enlightenment until we truly seek it. Of course, we need the right information, knowledge and wisdom. If we do not have the correct raw material, how can we produce a perfect product? The goal of Enlightenment is to remove all confusion and get to the right conclusion. Time is short, the journey is long and we need the best direction to reach our destination. This book has it all. You must not blindly follow what you read in this book, but you must contemplate what you absorb and use your intellect to discriminate. If you are a sincere seeker of Enlightenment, this book will open your real eyes and make you realize the truth.

Contents

A. ANATOMY OF A YOGI	1-18
1. A <i>Yogi</i> Lives in Bliss	2
2. A <i>Yogi</i> is Ever-United with the Divine	3
3. A <i>Yogi</i> Lives in Acceptance and Surrender	5
4. A <i>Yogi</i> has No Fear or Worry	7
5. A <i>Yogi</i> Lives as a Manifestation of the Divine	9
6. A <i>Yogi</i> has No Desires	11
7. A <i>Yogi</i> Transcends his Mind	13
8. A <i>Yogi</i> Lets Go of the Ego	15
9. A <i>Yogi</i> Lives as the Divine Soul	17
B. JOURNEY OF A YOGI	19-29
1. My Success Journey	20
2. My Challenges in the Material World	22
3. My Learnings from <i>My Spiritual Master</i>	24

Contents

- 4. My Renunciation of
the Illusory World 26
- 5. My Quest for the Truth 28

C. THE QUEST OF A YOGI 30-46

- 1. Many Unanswered Questions 31
- 2. The 9 Questions 33
- 3. Scriptures, Theologies and
Philosophies 35
- 4. The Retreats 37
- 5. Meeting Many Masters 39
- 6. Knowledge is Not Realization 41
- 7. Guidance of a *Guru*,
Grace of God 43
- 8. The Realization 45

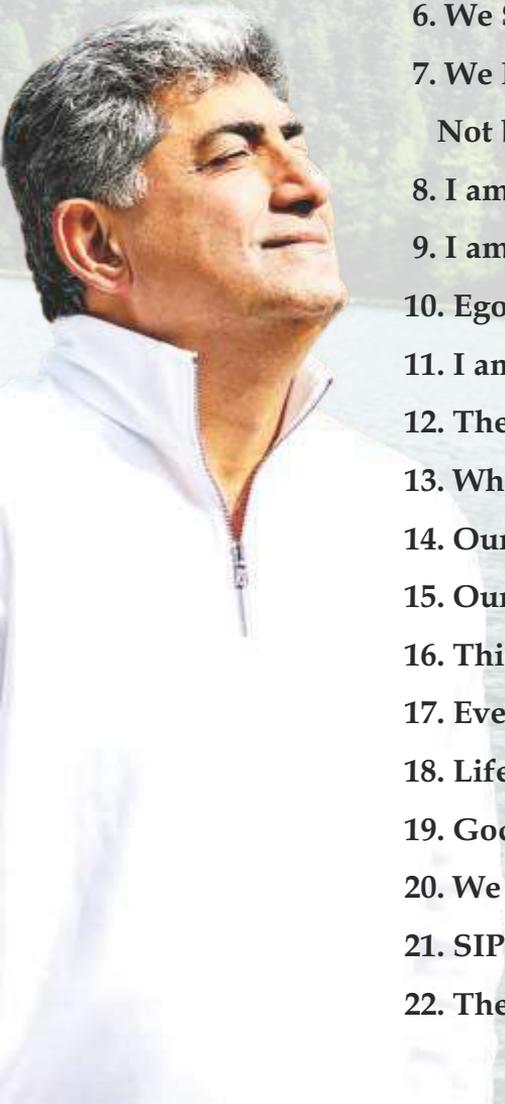
D. REALIZATIONS OF A YOGI 47-95

- 1. Nothing is Mine 48
- 2. We Come Alone, We Go Alone 50
- 3. Pleasures are Momentary 52



Contents

4. We Can be Happy, All the Time	54
5. Everybody Suffers	56
6. We Suffer Because of Ignorance	58
7. We Must Live by the Intellect, Not by the Mind	60
8. I am Not the Body	62
9. I am Not the Mind	64
10. Ego is my False Identity	66
11. I am the Divine Soul	68
12. The Body will Die	70
13. What is Life All About?	72
14. Our Purpose is Liberation	74
15. Our Goal is Unification	76
16. This World is Just a Show	78
17. Everything is a Cosmic Illusion	80
18. Life is <i>Karma</i>	82
19. God is Not God, God is SIP	84
20. We are All One	86
21. SIP is in Everyone, in Everything	88
22. The Two Possibilities at Death	90



Contents

23. Rebirth is Suffering 92

24. We Must Learn to Let Go 94

E. TRANSFORMATION OF A YOGI 96-112

1. From the Material World to
the Spiritual World 97

2. Liberation from the Triple Suffering 99

3. Transcending the Mind and Ego 101

4. Living as the Divine Soul 103

5. Nothing Matters 105

6. Accepting the Divine Will 107

7. I am Nothing 109

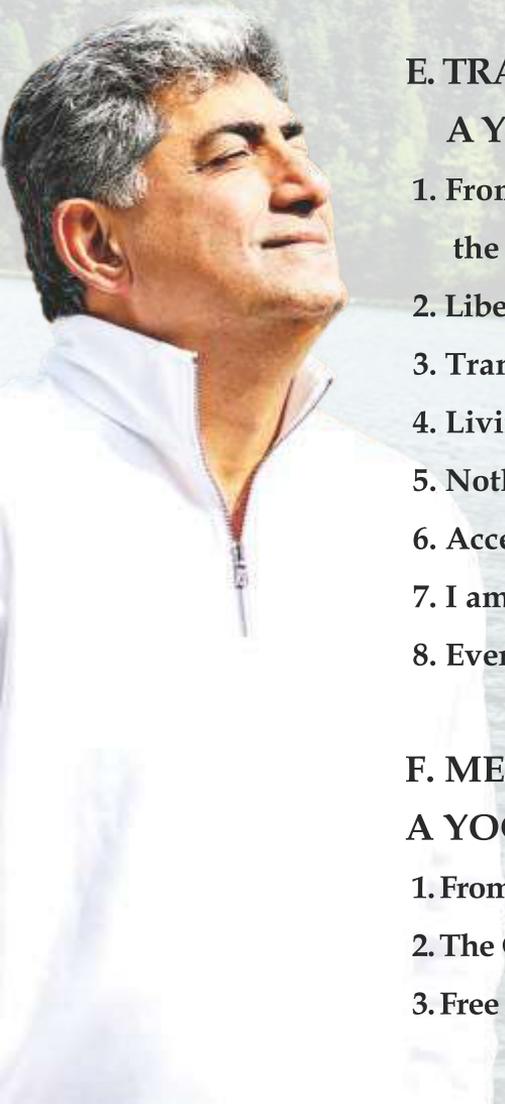
8. Everything is Divine Energy 111

F. METAMORPHOSIS OF A YOGI 113-133

1. From Being Human to Being Divine 114

2. The Caterpillar Becomes a Butterfly 116

3. Free from all Suffering 118



Contents

4. Living with the Divine, All the Time	120
5. Living in <i>Yoga</i>	122
6. Bliss, Love and Peace	124
7. Living as a Divine Instrument	126
8. A <i>Yogi</i> Seeks SIP, Nothing Else	128
9. A <i>Yogi</i> Attains Freedom from This World	130
10. A <i>Yogi</i> is Ever-united with the Divine	132
G. WISDOM OF A YOGI	134-152
1. We Have a Choice	135
2. We Must Overcome Ignorance	137
3. We Need the Guidance of a <i>Guru</i>	139
4. We Need the Grace of God	141
5. Our Mind, Our Biggest Enemy	143
6. Just Control Your Thoughts	145
7. Transcend the Ego	147
8. Live in Consciousness	149

Contents

9. Live as a *Yogi*, Not as a *Bhogi* 151

REFLECTIONS OF A YOGI 153-167

1. A *Yogi* Starts his Journey
with a Quest 154

2. Attributes of a *Yogi* 155

3. A *Yogi* knows the Secret of
Happiness 156

4. A *Yogi's* 10 Steps to
Enlightenment 157

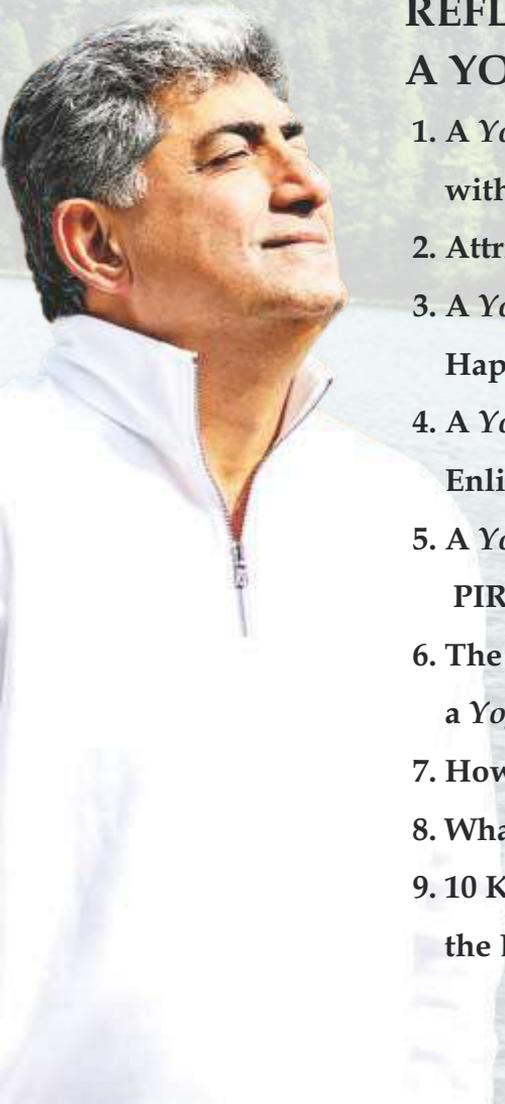
5. A *Yogi* Follows the 5-step
PIRLU Process 158

6. The MAGIC used by
a *Yogi* to reach Enlightenment 159

7. How is a *Yogi* Free from *Karma*? 160

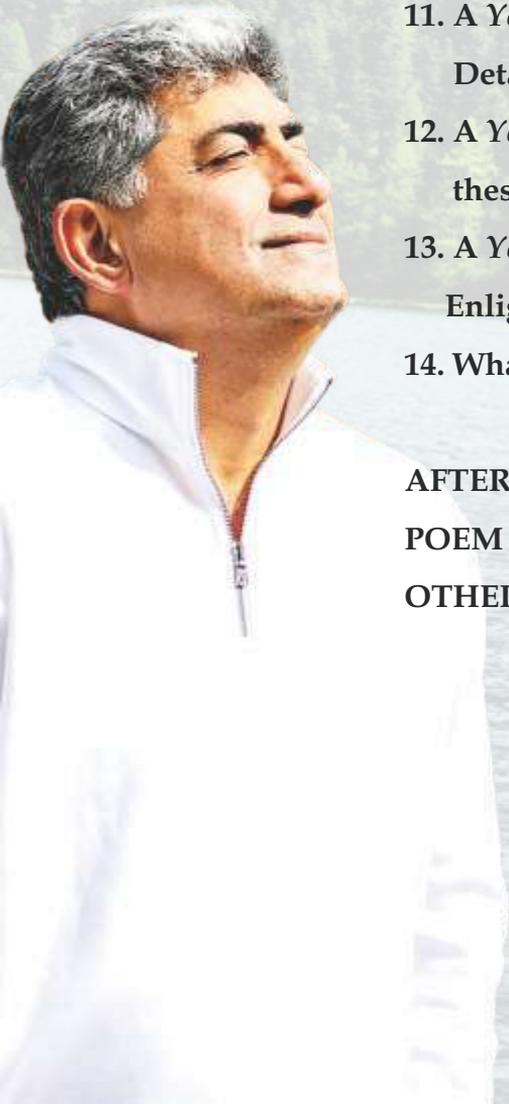
8. What is on a *Yogi's* Fingertips? 161

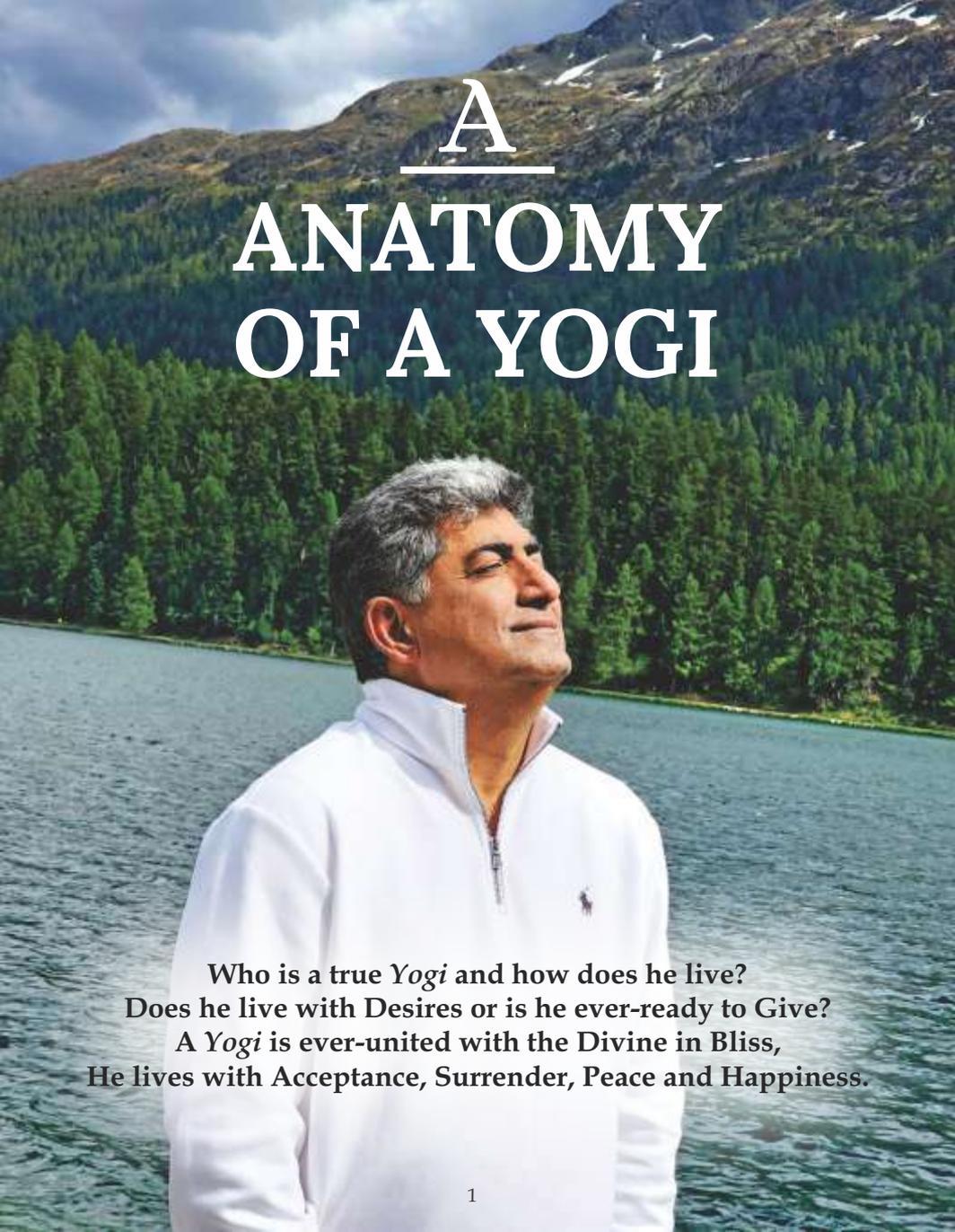
9. 10 Keys to Unlock
the Life's Treasure 162



Contents

10. How a <i>Yogi</i> Flips from Mind to Consciousness	163
11. A <i>Yogi's</i> 10 Commandments of Detached Attachment	164
12. A <i>Yogi</i> Evolves Through these 5 States of <i>Yoga</i>	165
13. A <i>Yogi's</i> Life After Enlightenment in 10 Points	166
14. What is Enlightenment?	167
AFTERWORD	168-172
POEM	173-178
OTHER BOOKS BY AiR	179-198



A man with grey hair, wearing a white zip-up jacket, is shown in profile, looking upwards and to the right. He is standing on a boat or a pier overlooking a calm lake. The background features a dense forest of green trees and a mountain range with patches of snow under a cloudy sky.

A ANATOMY OF A YOGI

**Who is a true *Yogi* and how does he live?
Does he live with Desires or is he ever-ready to Give?
A *Yogi* is ever-united with the Divine in Bliss,
He lives with Acceptance, Surrender, Peace and Happiness.**

A YOGI LIVES IN BLISS

A *Yogi* lives with Joy, Love and Bliss,
ever-connected with the Divine.

Becoming one with the Supreme in Consciousness,
experiencing eternal Sunshine.



Who doesn't want to be happy? Every human being is seeking pleasure just as they are shunning pain. But nobody escapes from the triple suffering – pain of the body, misery of the mind and agony of the ego. Only a true *Yogi* is liberated from all misery and suffering. A true *Yogi* lives a life of Everlasting Joy, Divine Love and Eternal Peace.

After the several realizations that made me overcome my ignorance, I live a life of tranquillity and bliss. The Realization of the Truth eliminates all fear, worry, stress and anxiety. It has transported me to a heaven on Earth. It makes me live in the ever-presence of the Divine that the world calls God. Each moment of my life is filled with the joy unknown to common man. What made all this possible?

For 25 years, I lived a normal life. I suffered every possible physical pain. I lived with constant fear and worry too. I often experienced anger and toxic emotions of hate, revenge and jealousy. But one day, as if by magic, all this pain and suffering disappeared. It was the day that I transformed my life. It seemed like there was a metamorphosis. I was like a worm, a caterpillar that was liberated from crawling and started flying like a beautiful butterfly. What were the realizations that caused this beautiful transformation?

A YOGI IS EVER-UNITED WITH THE DIVINE

We go to God with our problems,
and we offer Him our tears.
Or we seek pleasures and so,
we pray for years.



We all believe in God. Most of us go to a temple, church or a place of worship to pray. Either we have a problem and we fold our hands in tears or we have a dream that makes us pray for years. The majority of us seek God because of our problems or the pleasures that we desire. We live and we die, seeking a God who we believe lives far away in a distant heaven. We often believe that old man with a long white beard is somewhere up in the clouds because we are taught so many fairy tales about God, the devil, angels and ghosts. We are told about the day of judgement where we will ultimately come face to face with the one who will judge us. We live in duality thinking that God is a powerful being and we are powerless mortals.

We are conditioned to believe what our religion tells us. We blindly believe in the scriptures as we are told it is blasphemous to question anything. Our priests become semi-gods as they dictate the laws of the Lord as their agents and representatives. We live in ignorance, not realizing that the temple of God is within. God lives in the temple of our heart, but we don't realize this. Therefore, we live without God and we never realize God.

I believed in God for 48 long years. I performed every possible ritual and I believed in all the superstitions and the dogmas

A *YOGI* IS EVER-UNITED WITH THE DIVINE

that my religion taught me till I realized the truth. The truth is simple – I am not this body. This body came later. I am that spark of energy conceived nine months before the date of birth on my birth certificate. This body was formed around that spark as an embryo in my mother's womb. One day this body will die and people will say that I passed away. My near and dear ones will burn this body because they are sure that I have departed. I am that spark that leaves at death. What is this spark that causes my birth and death? Whether you call it the Soul, the Divine Spirit or the *Atman*, this is my real identity. When I realized this truth, I realized that we are all the same energy, the same spark in different bodies that we appear to wear. The spark in us is a part of SIP, the Supreme Immortal Power. I realized that I am not the mortal body that is born and eventually dies. I am a particle of the Divine. The Supreme Power is within me and I am a part of it. This Realization makes me live with God all the time. We say 'God' and we think of God with a name and form, we believe in different religions and even wage wars in the name of God. But a *Yogi* lives in *Yoga* or *Yuj*, constant union with the Divine. A *Yogi* overcomes all duality. The Realization of the Truth makes him let go of the Ego. He realizes God.

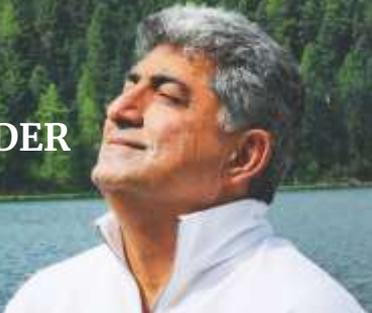
As long as I lived as the Ego, I kept searching for God. When I realized that God was SIP, the Power within, the Supreme Immortal Power, I became ever-united with the Divine. I stopped searching for God. I realized that God is everywhere. God is in every molecule of matter. Even science endorses that every particle of matter is nothing but energy. God is the Power of life that makes every creature in this world move. I live as a *Yogi*, ever-united and in the ever-presence of the Divine.

3

A. ANATOMY OF A YOGI

A YOGI LIVES IN ACCEPTANCE AND SURRENDER

*A Yogi doesn't Wonder,
a Yogi doesn't Hope.
With Acceptance and Surrender,
he learns in life to Cope.*



We all question what happens in life. We wonder why suffering comes to us. We are unable to reconcile why bad things happen to good people. Although we know that there is something called *Karma*, we don't realize that everything that is unfolding in our life is happening as per this Divine law of action and reaction. Whenever something goes wrong, we look up at the sky, cry and ask, 'Why?' As if there is a God sitting somewhere high up in the stars who is controlling our destiny. We talk to our God. We even fight, argue and thus pass our life in ignorance and misery. Most people don't learn the art of acceptance. They don't understand that whatever is happening in this world is a result of their own past actions. Nothing is happening by chance. It is not God who is causing things to unfold on earth. Even our birth is a result of our *Karma*. But because we live in ignorance, we do not accept what is happening.

I was no different. I questioned everything that unfolded in life, till I realized the truth about *Karma*. When I realized that I was nothing but a manifestation of the Divine, I learned the art of acceptance. I realized that this world was just a show. We are mere actors who come and go. Nothing is real. Everything is a huge cosmic drama that is unfolding on this humongous stage called *Earth*. I realized that we are puppets

who are controlled by the Divine strings of *Karma*. I also realized that we have a free will. We are unique as human beings blessed with an intellect to discriminate and choose. Therefore, we can cut those strings, open our wings and fly in the sky because we can choose our actions, our *Karma*. I realized another truth. Once our actions are done, we must surrender.

I live a life of complete surrender. I do not question whatever happens. I know for sure that it is a result of my twin *Karma*, the past *Karma* that is unknown to me and the present *Karma* that is done consciously. Together they are responsible for what unfolds in my life. Therefore, not only do I live accepting what is happening but I also surrender to what is going to come. Most people suffer because they don't surrender. They keep on hoping and wishing. They believe in the Law of Attraction, not realizing that within the word, 'attrACTION' lies the word, 'ACTION'. They wish, pray and even go to astrologers, palmists and multiple other people to discover what their future is going to be. Because of their ignorance, they do not learn to live a life of acceptance and surrender, a life of bliss and peace.

My several realizations led me to live a life of total surrender and acceptance of the Divine Truth. Nothing troubles me. I accept everything as *Prasadam*, something that is sent from the Divine. I realize that I am nothing but a manifestation of the Divine. I let my little boat sail in the waters of my faith and trust, knowing that the Divine is within and he is the captain of my ship.

4

A. ANATOMY OF A YOGI

A YOGI HAS NO FEAR OR WORRY

We live with Fear and Worry,
in thought we are caught.
But a Yogi is free from these miseries,
this Truth we forgot!



Everybody lives in fear. Not only do we fear death, but we also fear pain and sorrow. We don't realize that **FEAR** is a 'False Expectation Appearing Real'. Fear is a product of the mind. As long as we are the slaves of our thoughts, we will continue to live and die in fear.

Don't we all worry? We know it is needless to worry. It is foolish to live in stress and anxiety but we seem to be helpless. It feels as if life is showering fears and worries on us. Even after holding a very strong umbrella, we get drenched by the rains of toxic thoughts.

Today, I live without fear and worry. I fear nothing because I realize that fears are not dangers. Dangers are real. Fears are imaginary. *Fear makes a wolf bigger than it is.* A Yogi who lives in acceptance and surrender does not create space for fear in his life. When there is a real danger, he takes the required steps and much-needed precautions but he learns to laugh at his fears.

I used to worry a lot till I realized the uselessness of worry. Most often, our worries are not relevant because what we worry about usually takes care of itself. If we can do something about our problem, there is no need to worry. In case we can't

A *YOGI* HAS NO FEAR OR WORRY

do anything about the problem, there is no point worrying. I realized this simple truth and transcended fear and worry.

Is it not true that we come with nothing and we go with nothing? Is it not a fact that we come alone and go alone? Then, why are we living in fear and worry? I realized that death is certain. We can't escape it. But I will never die. Only the body will die. Death is a celebration, because at death, I will be liberated from the triple suffering on earth, just as I will be liberated from rebirth.

What is this realization all about? It is overcoming the ignorance that I am the mind and ego. This ignorance will make me carry my *Karma* to a rebirth. But because I realize I am neither the body nor the mind and ego, I live as the Divine Soul, free from all fear and worry.

A *Yogi* is ever-connected with the Divine. A *Yogi* knows that he is a manifestation of SIP, the Supreme Immortal Power. He realizes that life is no more than a dream. The dream looks very real as long as we are dreaming. But the moment we wake up, we laugh at our dream. 'It was just a dream,' we say. A *Yogi* awakens to this truth that life is nothing more than a long dream. Nothing is real. So, he is able to overcome all fears and worries. As long as we live with ignorance, thinking that we are this body, mind and ego, we are bound to suffer in fear and worry. But when we realize the truth, we are free.

5

A. ANATOMY OF A YOGI

A YOGI LIVES AS A MANIFESTATION OF THE DIVINE

I am not 'I',
I am not the blood, bone and skin.
A Yogi realizes the fact,
he is the Power within!



A *Yogi* realizes that he is not the body that is sure to die. The body is made of several organs like the heart, brain, kidneys that are networked with trillions of nerves. He is none of these. He realizes that he is not the one made of bone and skin. He is the Power within. Some people think they are the mind. But a *Yogi* realizes, 'Where is the mind? You cannot find!' There are still others who believe and say, 'I am John,' or 'I am Mary'. They live by the ego. A *Yogi* realizes that he is none of these - body, mind or ego. He is the Divine Soul.

I too lived as the body, mind and ego and believed this for over 4 decades. It was only when I went on a quest, did I get the Realization, 'I am neither this body nor mind but the Divine Soul.' I realized that we are all the spark of energy that comes alive 9 months before we are delivered on earth. We are the spark that departs at death. What is that *Spark Of Unique Life*, the *SOUL*, the Spirit or the *Atman*? That Power, that energy is *SIP*, a particle of the *Supreme Immortal Power*. The moment I realized that I was not this mortal body that is sure to die one day, I started to live as the immortal Soul. I realized that I don't *have* a Soul. I *am* the Soul. The Soul manifests as the body, as every cell of our existence. I realized that every atom of my existence is made up of Divine Energy. Hence, I live as a manifestation of the Divine.

A YOGI LIVES AS A MANIFESTATION OF THE DIVINE

It is because man lives in ignorance, thinking he is the body, mind and ego, that he continues to suffer physical pain of the body. He experiences miserable thoughts of fear and worry that cause him stress and anxiety. He becomes the ego that is anguished by anger, hate, revenge and jealousy. Alas! Most of us do not realize that this triple suffering on earth is caused by our ignorance because we do not realize the secret of death and birth. It is not difficult to understand that we are not the physical aspect of our existence. We see death happening all around us and while we have the knowledge that we are not the ones who die, we do not realize that we are the Divine Energy that disappears into the sky.

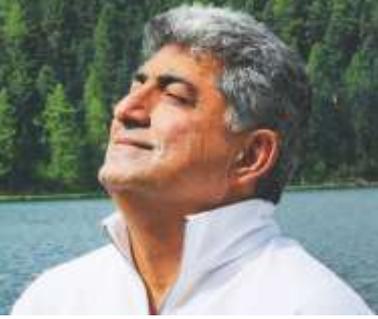
Today, I live as a *Yogi* who realizes, 'I am nothing. I am just a speck of the Supreme Power that appears in this body and seems to be me.' I realize that I am like a wave that appears from the ocean of the Supreme and ultimately, will go back into the ocean. What am I? I am nothing. I am but a manifestation of the Supreme. Because I was ignorant, I was born, because I did not overcome my ignorance, my body died and 'I', the mind and ego, carried its *Karma* and returned to earth in a rebirth. But because I have overcome this ignorance, I not only realize that I am the Divine appearing in this mortal form, but I also live as the Divine. I see nothing else except Divinity manifesting in everything and everyone around me.

6

A. ANATOMY OF A YOGI

A YOGI HAS NO DESIRES

Most of us Desire,
that and this.
A *Yogi* doesn't Desire,
he lives in Bliss.



Who doesn't desire to be happy? Who doesn't desire the pleasures of the material world? Most human beings live with some passion and they desire pleasures and possessions. They desire to be with people. The human race believes that fulfilling desires makes one happy. But is this true? No doubt that when a desire is fulfilled, it seems like we have quenched our thirst. But soon, desires reappear and they ultimately make us burst. We all desire things that will fulfil our needs, but when we are caught in desires, our needs become our greed. We live and die seeking money and materialistic possessions that seem to make us happy. We buy jewels, gold and diamonds and get enamoured by the pleasures of the skin. We enjoy exotic perfumes and delicious food. These are the desires of our senses that send a signal of pleasure to the mind and so, we believe that life is all about fulfilling these desires and having fun and then, life is done!

A *Yogi* has no desires. A *Yogi* enjoys what comes to him. A true *Yogi* neither runs away from this material world nor does he sink in it. Instead of seeking pleasures of the material world, he enjoys the ecstasy of the Spiritual world, a state of bliss that doesn't depend on fulfilment of desires for happiness.

A YOGI HAS NO DESIRES

I too had desires. I lived with so much passion and I even had obsessions that made me scale peak after peak, trying to achieve whatever my mind would seek, till the day I got a spark of Realization. I realized that nothing is mine. I came with nothing and when I go, I will take nothing with me. Then, what is the point of me amassing all these material possessions that I desired? Is there any doubt that I have to leave everything behind? Nothing is mine. This Realization dawned upon me when I realized the truth that I was not the body that enjoyed these sensory pleasures. I was not even the Mind and Ego, ME, that had desires. I was the Divine Soul. This transformed my life.

The moment a *Yogi* realizes the truth, he seeks nothing. He has no desire. Normal mortals need their desires to be fulfilled for happiness. But a *Yogi* is already in a state of eternal bliss. He doesn't have to fulfil a desire to be happy. He is blessed never to be disappointed when a desire is not fulfilled and he never gets unhappy, like most mortals do.

I had a desire for cars, even airplanes and I was about to buy my own private jet after I had bought a Mercedes and a limousine. But then, I got this Realization that desires are endless and they are of the body and mind. But when we realize the truth that we are neither the body nor the mind, these desires disappear like mist in the morning sun. I gave up all these desires, although I was blessed with all financial resources that could help me acquire them. I preferred to live as a *Yogi* in a state of Eternal Bliss enjoying Everlasting Peace and Divine Love.

A YOGI TRANSCENDS HIS MIND

*A Yogi is not a slave,
of his monkey mind.
He tames the rascal,
that makes him blind!*



We all are gifted with a monkey mind. A mind that jumps like a little monkey from thought to thought. It jumps into the past that is gone and then takes us to a future that's not yet born. It is the mind that steals our present moment, our now. It is through this jumping habit that the mind steals our peace. We don't realize it. But the mind is nothing but a bundle of thoughts. It can think upto 50 thoughts a minute, that can become 50,000 or more thoughts a day. No wonder we live with so much stress and anxiety! But we don't realize that our depression is caused by our own mind.

A *Yogi* has realized this. He has discovered that we have no mind. It is just a bundle of thoughts. When we are in the state of thinking, the mind appears to exist. But in reality, we cannot find where the mind is! We can see our body in the mirror. We can touch and feel our nose and ears. With our eyes, we can see the picture of the heart and we can even scan the brain. But have we ever seen the mind? Never! Nobody has seen the mind because a thing like the mind doesn't exist. It is just a bundle of thoughts. If one is in a state of Consciousness where thoughts come one by one, the mind ceases to exist.

I too was a slave of my mind. I was confused between my mind and intellect. I thought that my mind was the king. My

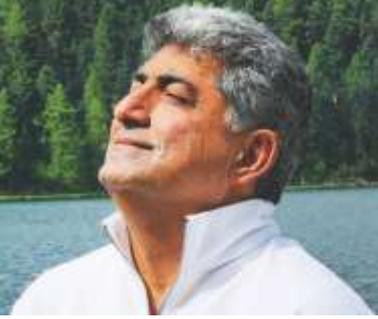
A YOGI TRANSCENDS HIS MIND

mind was everything as it gave me all the success and pleasure in life. Little did I realize that the mind was a rascal. It was stealing my peace and happiness. It was bombarding me with thoughts that kept me ignorant. It stopped me from realizing the truth. It was only when I decided to watch it, catch it and latch it, that I reached the state of Consciousness, the state of thoughtlessness in which I could tame my monkey mind. There were no more thoughts that created junk because the monkey mind had become a monk. How did I do it? I realized that the MonkEY mind had a tail, the EY. It was Ever-Yearning and Ever-Yelling. As I cut the noise and the yelling of the mind, I could hear the Divine voice. I stopped yearning because I realized that was taking me away from living like a *Yogi* and making me live like a *Bhogi*, one who would blink as he would think till he would ultimately sink in this world of pleasures and possessions.

As long as we make the mind our master, we will always be a slave. We will be like puppets and the mind will tie us with strings. We will never be able to open our wings and fly in the sky. We will never be able to activate our intellect and discriminate the myth from the truth. It is only when we live as a *Yogi* that we live in a state of mindfulness. This doesn't mean that there are no thoughts. It only refers to the state of a *Yogi* where thoughts are controlled by the intellect just like feelings and actions. It is in this state of Consciousness that the *Yogi* is liberated from all misery and suffering on earth and ultimately, from the cycle of death and rebirth as he destroys the mind that is stopping him from realizing the truth.

A YOGI LETS GO OF THE EGO

By letting go of the Ego,
a Yogi realizes God.
He lives in Yoga,
ever-united with the Lord.



It is the ego that stops us from realizing the truth. The ego blocks us from Self-Realization and from realizing that God is *SIP*, the *Supreme Immortal Power*. The ego is a product of the mind. The mind of man argues, 'Because I think, I am. Because I am, I think.' Together the Mind and Ego, ME, juggle with these two options and we can never be free from our ignorance. The moment we let go of our ego, we can evolve to the state of Consciousness where there is no thought. '*Because I don't think, I am not. Because I am not, I don't think.*' This truth eludes man because he is always living as the Mind and Ego, ME.

The moment we realize that we are not the body that will die, that there is no mind that we can find, we realize, 'I am not 'I'. I am nothing. I am just a particle of *SIP*, the *Supreme Immortal Power* that appears to be the 'I'. This Realization reveals that 'I am just like a wave. The fact is that I am not a wave. I just appear to be a wave that comes from the ocean and goes back into the ocean.' It is only a *Yogi* who not only realizes this, but also lives in the Realization of, 'I am nothing.'

When I realized that I was not the body nor the mind and ego, I dropped the ego like a pebble in the ocean. The ego fell so deep into the ocean of my Consciousness that it disappeared into the depth of the truth, never to surface again. The moment I let go of my ego, when there was the Realization and the spark

A YOGI LETS GO OF THE EGO

of Enlightenment, I realized that I was a particle of God, a tiny speck of the Supreme Immortal Power. 'We all are. We are not what we appear to be. The ego makes us appear,' I realized. First, we must realize that we are not the body, mind and ego. Then, we must let go of the ego. Only then can we live as a *Yogi*, ever-united with the Supreme.

Even after I let go of my ego, my mind did not leave me. Bundles of thoughts never leave us. But, as I continued to live as a *Yogi*, the mind dissolved and thoughts appeared just as fish would appear one by one in the ocean of Consciousness. I used my intellect to discriminate these thoughts and continued to live in *Yoga*. It started when I let go of the ego in the moment of Self-Realization.

Is it not true that we are nothing? We come from nothing, and we go back into nothingness. We are the spark that arrives at conception, the same spark that departs at death. Because we think, 'I am 'I', we develop the ego. We live in ignorance. We suffer the triple suffering of body, mind and ego on earth. We do *Karma*, and after we die, we return in a rebirth. This cycle goes on and on and we are reborn till we let go of the ego. The moment we do, we are free. We are liberated and united with the Lord.

I continue to live as a *Yogi*, realizing that I am nothing and knowing that I do nothing. Whatever I seem to be doing, is the Divine that does through me. I live in complete acceptance and in Divine surrender, in a state of *SatChitAnanda*, the Eternal Bliss that is experienced living in the Consciousness of the Truth.

A YOGI LIVES AS THE DIVINE SOUL

We are not the body, mind and ego,
we are the Divine Soul.
The Yogi realizes this and attains God,
his ultimate goal.



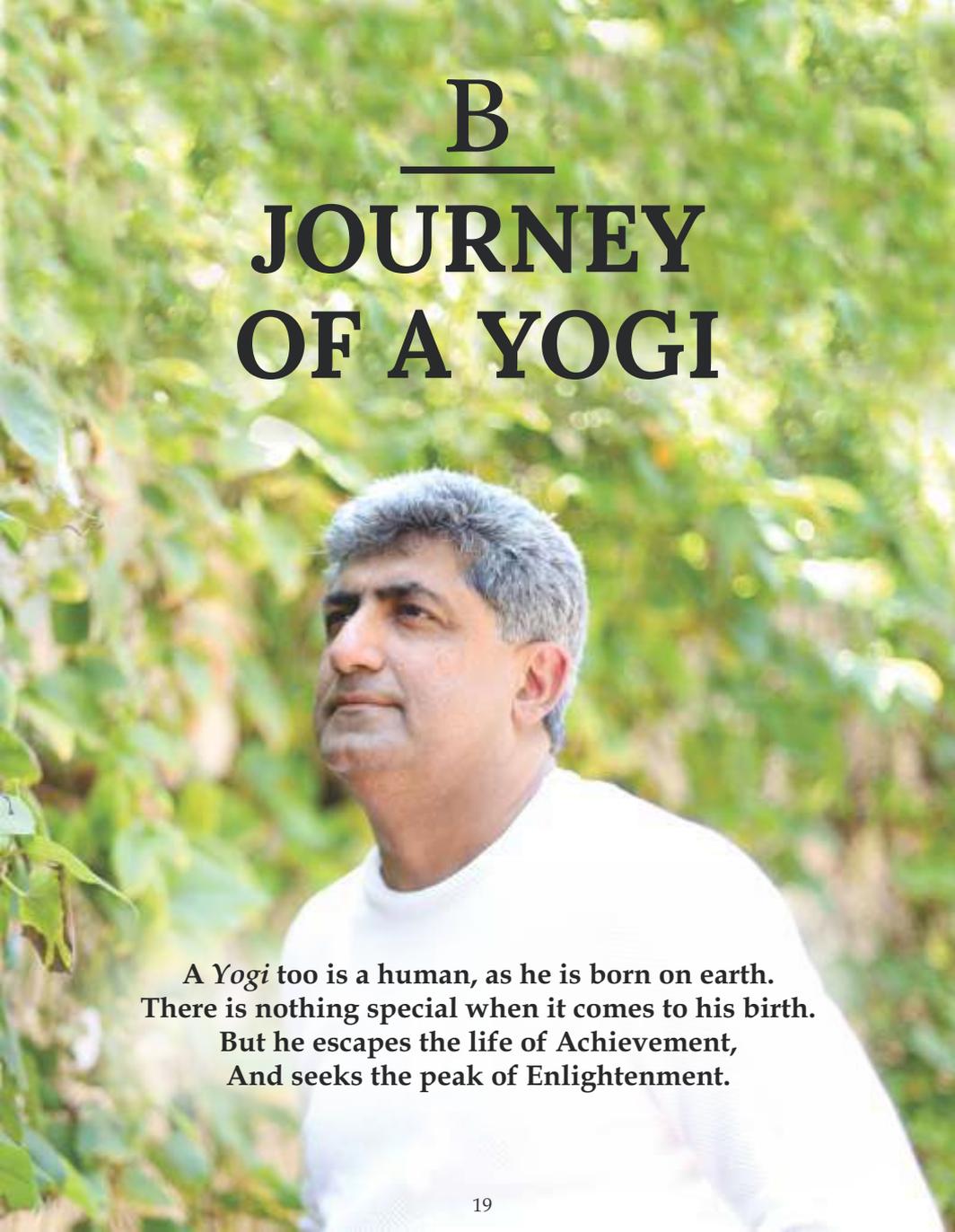
Who is a real *Yogi*? One who is free from *Bhoga*, passions and cravings of the material world. A true *Yogi* is not a slave to the senses of the body. He is not controlled by the thoughts of the mind. He is free from the clutches of the ego. A true *Yogi* realizes that he is a *Spark Of Unique Life*, the *SOUL*, Divine Spirit or the *Atman*. Not only does a *Yogi* realize the truth, he also lives in *Yoga*. He lives ever-united with the Divine. It may be in *Dhyana Yoga* or meditation, *Bhakti Yoga* or devotion, *Karma Yoga* or action or *Gyana Yoga* or education. He moves through these four states of *Yoga* that keep him united with the Divine and away from the devil that pulls him into the passions of the illusory world.

As I lived as a *Yogi*, ever-united with the Divine, I was blessed to discover the fifth state of *Yoga* – *Prema Yoga* or the *Yoga* of Divine Love. Not only was I united with the Divine through meditation, devotion, action and education, I was ever-united with the Divine when I realized the presence of the Divine in one and all. My Realization that, 'I was the Soul,' made me realize that the Soul was none other than the Divine, existing in every creature, be it a man or a beast that walked or crawled on land or flew in the sky. As the Soul, I realized that the Divine was everywhere. In every spark of energy, whether in

A *YOGI* LIVES AS THE DIVINE SOUL

a butterfly or a bee, or in a flower that bloomed on a tree, I experienced God's Divine presence.

I lived as the Divine Soul and I could see nothing but Divinity. Everything was so beautiful! There was nothing ugly because I was able to see beyond the skin, the presence of the Divine within. I was blessed to experience the state of *Prema Yoga* or the *Yoga* of Divine Love which made me love the Divine that manifested in the beloved. I was not enamoured by the skin, I was in love with the Divine within. This ecstasy of *Yoga* is a Divine gift to a *Yogi*. He is not excited by the ordinary pleasures of the body, mind and ego. He enjoys the euphoria of the Soul that he is. I enjoy *Nirvana*, the state of eternal happiness. I experience *Ananda*, tranquillity and everlasting peace as I experience *Prema Yoga*, the Divine Love that is none other than the Power of *SIP*, the Supreme Immortal Power. While living as the Divine Soul, there was no duality. I realized that 'you' and 'I' appear to be different from each other but in reality, there is God in everything. Just as in a jewellery shop, we may look at a necklace, a bracelet, a chain or a ring. They are separate entities but there is gold in everything. Similarly, we all appear different from each other but in reality, we are the unique sparks of life, the SOUL appearing in different bodies. We all are manifestations of that one Supreme Power. When we live as a manifestation of God, we realize the presence of the Divine in every creature. My several Realizations that revealed the truth about the self and ultimately about God, transformed me into a *Yogi*. In fact, there was a metamorphosis. I used to crawl like a caterpillar. But now, living as a *Yogi*, a Divine Soul, I fly like a beautiful butterfly.



B JOURNEY OF A YOGI

**A *Yogi* too is a human, as he is born on earth.
There is nothing special when it comes to his birth.
But he escapes the life of Achievement,
And seeks the peak of Enlightenment.**

1

B. JOURNEY OF A YOGI

MY SUCCESS JOURNEY

**A Yogi doesn't start,
his life with Enlightenment.
He evolves from,
Achievement or Fulfilment.**



Do you know of the *Buddha*? He is called the *Buddha* because he was enlightened. Was he born with Enlightenment? He was born as Prince Siddhartha Gautama. Living in the lap of luxury, he was startled to see suffering in the world. Although, it is said that the king did everything to protect him from witnessing misery, but nobody can live on this earth without witnessing and experiencing suffering and pain. It is said that there was a prophecy that the prince would either become a world conqueror when he grew up or he would become a global beacon of light who would help people get enlightened.

What should we learn from the journey of the *Buddha*? We are born in a material world. We have to evolve through the journey of life and we have to make a choice. The prince was married to a beautiful princess, who had just given birth to a lovely boy. However, Siddhartha renounced the pleasures of his kingdom and the joy of his family to seek Enlightenment.

It is very rare to find somebody like the *Buddha*, but we can find a few such people in history. In the 8th century, Adi Shankara asked his mother's permission to become a *Brahmachari* and she refused. It is said that one day, while swimming in the river, a crocodile grabbed young Shankara's

leg. He begged his mother, 'You have not let me live as a *Brahmachari* in this life. At least, let me die as one.' The moment his mother agreed, the crocodile miraculously let go of the boy and Shankara started his Spiritual journey.

We grow up and first gain knowledge in a school and college. Once we learn, we earn. But most of us ultimately burn, only to return. A few of us take an exit from the highway of Achievement to pursue a life of Fulfilment and after that, Enlightenment. I had a successful business for 25 years. I conquered success, peak after peak, until one day, with the help of my *Spiritual Master*, I realized that success was not happiness. Life was not just about pleasure. We have to evolve to attain peace and discover the purpose of life. When I was 40, I shut down my large business and decided to make a difference, instead of making just money. I enjoyed a life of fulfilment for about 6 years, until my *Guru*, Dada J P Vaswani inspired me, 'You have evolved from Achievement to Fulfilment. When will you start your journey to Enlightenment?' I didn't know what he meant. But he guided me to start a *Talaash* or a quest to seek the true purpose of life. What made me give up a life of name, fame, success, pleasure and achievement to become a *Yogi*? What made me renounce the material world and seek the Spiritual world? Was it the grace of God? Was it the guidance of the *Guru*? Or was it my own *Karma* that led me on this path? Whatever it was, my true success was neither in the twenty-five years of achievement nor in the six years of fulfilment. These were just three decades of transition, until I reached that state of transformation, a metamorphosis — that was true success.

MY CHALLENGES IN THE MATERIAL WORLD

**We all face problems,
in the race to become an ace.
Instead of living with grace,
we get caught in the maze!**



Somehow, we are taught that success is happiness. From the time we are young, we are made to believe that we must be a winner. We should come first in class, become the school captain and be a superstar in sports or a great artist. We are never guided to become a *Yogi*. It is sad that parents dread even at the thought of their young ones evolving spiritually, when in reality, this is the true purpose of our life. Every child is motivated to succeed in the material world. It is rare to see a child being mentored to attain Enlightenment.

Enlightenment is a personal choice. Unless we seek to reach the ultimate peak where there is Purification and Illumination, and thereafter, Realization leading to Liberation, we will never achieve the ultimate goal of Unification with the Divine.

My life's journey was no different. I struggled through life for 25 years, making money and making more money. I was fortunate that I happened to do humanitarian work. It was my passion. I was blessed to be an inspirational speaker and a strong believer in God. It was probably the Humanitarian, Inspirational and Spiritual part of my life that led me to follow a *Spiritual Master* and to seek the true purpose of life. I started my life without much money or success. With a lot of hard work and support from my father, thereafter, I built a big

business. The retail stores Kidskemp and Kemp Fort earned name and fame and we earned a lot of money. But, was my life free from problems? Nobody enjoys pleasure without experiencing pain. We all go through losses before we can gain. My life too, saw both sunshine and rain, and this happened, again and again. My mentor made me realize that we all get caught in this merry-go-round of life. We keep on facing problems and challenges as we seek success and pleasure. And eventually, one day, we die without realizing the purpose of our life.

My life was no different. I faced many challenges. Financial challenges forced me to compromise on my ethics. We all think that it is natural to cheat the world, our customers, vendors and the government to make money. What we don't realize is that we leave all of this behind. My challenges were not limited to my business. I faced family problems and struggled through a marriage till I was liberated from it. I once read what Socrates said, *'By all means marry. If you get a good wife, you'll become happy. If you get a bad one, you'll become a philosopher.'* Most people try so hard to make their family life happy. In the end, they do not achieve the ultimate goal of realizing that they are the Divine Soul. Living in the material world doesn't give us the option to be free from misery. We all experience challenges and struggles as we try to succeed in our life. But we don't stop and ponder why we came to earth and why we got this human birth. I was blessed to receive an offer to shut my business, clear all the bank loans and be free, so that I could live a life of a *Yogi*. In hindsight, I am so grateful that I was liberated from the material world that was full of problems and challenges.

MY LEARNINGS FROM MY SPIRITUAL MASTER

Don't we all need a coach,
in life to be a champ?
Thus we need a Spiritual Master,
to light our Divine lamp.



Throughout life, we approach teachers, mentors and coaches to help us become a champion. But, only a few of us are blessed to find a *Guru*, a *Spiritual Master*, who can take us from 'Gu' - darkness, to 'Ru' - light. We live and die without asking the question, 'Why?' *Why* were we given this human birth? What is our purpose on earth? Therefore, when something happens which is beyond our comprehension, we just cry, look up at the sky, and ask, 'Why?' If we had a *Spiritual mentor*, he would give us answers to all our questions. A *Guru* helps us overcome our ignorance and realize the truth. It is the *Guru* who is instrumental in our journey to Enlightenment.

I was fortunate to meet my *Spiritual Master* over 25 years ago. He led me onward, forward, inward, upward and Godward. According to him, I was meant to go on an inner journey and not wander in this world, make money or even just make a difference. He believed that I was meant to help people realize the truth. So, he taught me many things in life that would normally slip our attention.

What is life all about? Life is a *Leela*, a drama that is unfolding on this humongous stage called Earth. We are actors, we come and go. We bring nothing, we take nothing. Everything is like

a loan that we have to return. Everything is like a trust, which is bestowed upon us for a purpose. We get attached to people, possessions and pleasure. We don't realize that everything is *Maya*, a cosmic illusion. Nothing is real. Everything is like a dream. Because we don't realize the truth, we are chasing happiness. But, happiness is like a shadow. The more we chase it, the further it goes away. Ultimate happiness comes from Self-Realization. This unites us with the Divine, liberates us from all misery and suffering and transports us to a heaven on earth, where we find Eternal Happiness, Divine Love and Everlasting Peace.

It is because of the guidance of my *Master*, Dada J P Vaswani that I embarked on a Spiritual journey. I shut down my business, went on a quest and realized the truth. If it was not for my *Guru*, I would be still struggling through life, adding zeros to my wealth, which I will ultimately leave behind.

My *Guru*, Dada J P Vaswani, was an enlightened *Master* and an epitome of humility. He taught me the most important lesson that, 'We are nothing! The Lord is everything. Until we let go of our ego, we will never find God.' He taught me the importance of always being connected with the Divine. My *Guru*'s teachings inspired me to become a *Yogi*, disconnected from the illusory world and ever-united with the Divine. He would always say, 'Don't get lost in *Preya* - the pleasant. Choose *Shreya*, what is good and right.' It was the guidance of the *Guru* and the grace of God that led me to being enlightened with the truth.

MY RENUNCIATION OF THE ILLUSORY WORLD

I wouldn't have ever evolved,
in the journey of Realization,
if I did not let go,
if there was no Renunciation!



We have a choice. We can choose the illusory or the material world and be lost in thoughts that will make us think, blink and finally, sink. Or, we can live in Consciousness and let go of the material world as we evolve in our Spiritual Journey. We remain slaves of this body because of our senses and mind, not realizing that we are the Divine Soul. *Vairagya* is a state of dispassion or detachment wherein we renounce people, pleasure and possessions that become fetters in our Spiritual path. The scriptures tell us that without *Vairagya*, we will never be enlightened.

My becoming of a *Yogi* was not free of cost. There was a price to pay. But every penny I invested, yielded far greater results than I could have ever imagined. I had invested a lot of money and time in my business. But everything I earned, I realized, would have been left behind for others to burn. I realized that I had to let go of these passions and desires if I wanted to taste *Ananda*, the eternal bliss that was built on the foundation of everlasting peace and tranquillity. Not only did I renounce my business, I also decided to renounce everything that stopped me from being liberated from this world and united with the Divine.

My *Guru* rarely asked me for anything. But one day, he did. He asked me to renounce the colour in my attire. My wardrobe was full of colourful suits. It had dozens of brightly coloured tuxedos in shades of blue, green, pink, yellow, orange and many more colours, designed by a French designer in Indonesia. 'How could I give up these fancy clothes?' I wondered. I had a few hundred neck-ties. Each tie had a positive motivational quote that was exclusively painted for me. I had dozens of expensive shoes. Now, my *Master* had asked me to give up colour and wear only white clothes. But then, in a flash, I gave up colour. That was probably my greatest renunciation in recent times. When I met my *Master* 25 years ago, he made me renounce something that was very dear to me. He made me give up eating meat. I was crazy about chicken and fish and had tried every possible delicacy of meat on earth. But, I gave it all up. I eventually realized that my *Guru* was building the Spiritual backbone that would empower me on this Spiritual journey to Liberation.

It is not easy to renounce. But we must make a choice. We cannot discover the ocean unless we have the courage to lose sight of the shore. So, if we do not let go of the material world, we will not discover the Spiritual world.

In the beginning, I misunderstood renunciation as giving up everything that created pleasure. Later, I realized that renunciation was about Liberation from the cravings that made us a slave. It taught us discipline that would activate our intellect and defeat our thoughts. It was renunciation that helped me become a *Yogi*.

MY QUEST FOR THE TRUTH

**I started my Quest,
I put every belief to test.
It was a tough conquest,
but I reached the crest.**



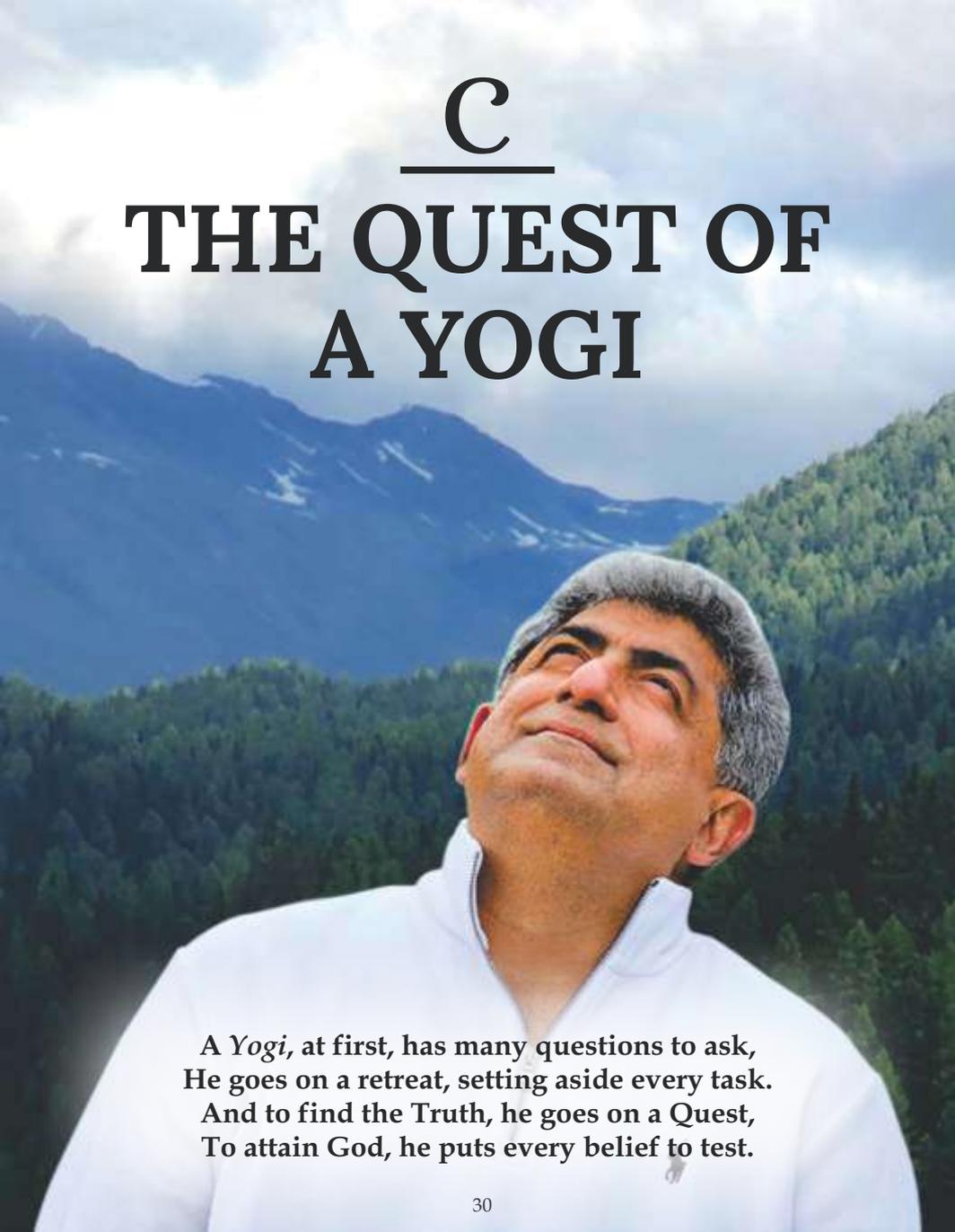
It was the *Talaash* or the quest provoked by my *Guru* that led me to becoming a *Yogi*. If it was not for my *Spiritual Master*, I would be wandering from country to country. Once, after returning from Antarctica, I was showing pictures of the amazing icebergs and penguins to *Dada*, my *Guru*. He laughed and said, 'You have been showing me pictures of Iceland, Greenland, New Zealand and Finland. You may go from land to land, but before you ultimately go from this land, will you realize the truth about life?' This shook me and I sought his guidance. He told me that I was pursuing pleasures that would never take me to ultimate happiness. '*Ultimate happiness*,' he explained, '*comes with realizing God*.' 'What does that mean?' I asked him. He replied, 'Start your quest. Go on a *Talaash*, search for answers and you will find them.'

For one year, I struggled trying to understand the meaning of *Talaash* or quest. I had only two or three questions on which I was pondering. 'What is the way to ultimate happiness? How can I find God? What is the purpose of life?' Over several meetings with my *Master* and his constant monitoring, I finally got nine questions ready. He provoked me to give up everything else and go in search of the truth. I stopped wandering from country to country and started going on retreats to places that were quiet, peaceful and silent. I went

alone, by myself. I had no agenda. In order to find answers to my questions, I spent time creating a new library and bought hundreds of books. From the few thousand books that were on the shelves of my Spiritual library, I scanned and picked the books I believed would give me answers. I shortlisted dozens of books. I would spend around eighteen hours a day, every day, reading, taking only necessary breaks and interspersing this effort with some prayer and devotion, some silence, communicating with my *Master* and listening to and watching videos of other *Spiritual Masters*.

A quest is a search for answers. Not many of us give up the world to go in quest. We are so attracted by the pleasure of the senses and attached to the material world that we are not able to let go. We are caught in our so-called duties just like we are trapped in lust and embarrassed by shame. Thus, we are unable to sincerely start a quest that will lead to Enlightenment. Instead of becoming a *Yogi*, who is ever-united with the Divine, we become a *Bhogi*, who sinks in this material world of pleasures and possessions. It is the quest that will make us not only ask, but investigate till we realize the truth. Once we overcome our ignorance using our intellect to discriminate the myth from the truth, we will develop the courage to walk on the path less travelled. We would make it a choice to climb the ultimate peak of happiness, 'Enlightenment.'

My *Yogic* life started with my quest, my *Talaash*. It is this quest that led me to the several Realizations that ultimately led to Enlightenment and made me a *Yogi*. Having realized the truth in my quest, I lived in *Yoga*, always united with the Divine. This was the turning point of my life.

A man with grey hair, wearing a white zip-up shirt, is looking upwards with a contemplative expression. The background is a scenic mountain landscape with green forests in the foreground and blue mountains with patches of snow in the distance under a cloudy sky.

C THE QUEST OF A YOGI

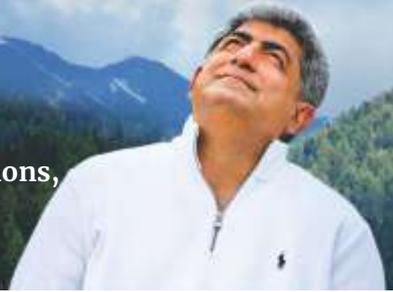
*A Yogi, at first, has many questions to ask,
He goes on a retreat, setting aside every task.
And to find the Truth, he goes on a Quest,
To attain God, he puts every belief to test.*

1

C. THE QUEST OF A YOGI

MANY UNANSWERED QUESTIONS

There were many unanswered questions,
that made me blank.
I felt I was so ignorant,
I must be frank!



I used to ask many questions to my *Guru*, my *Spiritual Master*. It seemed like the questions were endless. Is there a way to Everlasting Happiness? What is the cause of all my problems? Why is this world full of suffering? Who created this universe? Are the scientific theories like the 'Big Bang' and the 'Theory of Evolution', real? I never stopped asking questions. How was it possible that man could evolve from an ape? The questions in my head were many and there were no answers. 'What came first, the chicken or the egg?' To get answers to my questions, the most reliable source of wisdom and information was my *Master*. Of course, I would search for answers in books, internet, on Google and YouTube. These confused me further because there were so many different answers. There was so much confusion and no conclusion.

Many of us have unanswered questions. We somehow, either suppress the questions and deem them unnecessary to ponder over or we get carried away when we are told what we believe to be the truth by our teachers or family in an affirmative manner. We are forced to shut our thoughts when we are told it is blasphemous to question our religion or scriptures. We are not encouraged to express curiosity related to our existence, birth, death or God. We believe in the

MANY UNANSWERED QUESTIONS

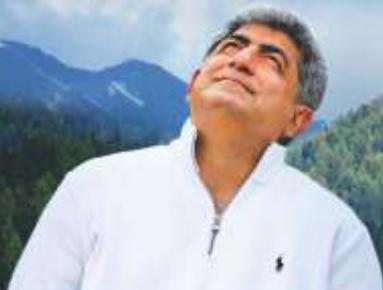
existence of a heaven and hell because that is what has been told in the scriptures. The questions don't get answers and the myth that we grow up with becomes the truth. As long as our questions are not answered, we will remain in ignorance. We will live and die, but never find out, '*Who am I?*' We will never discover the purpose of our birth on this earth.

When my *Guru* provoked me to go on a quest and I started my search for the truth, I tried to take all the questions and compressed them into chunks of thoughts, doubts and unanswered queries. I realized that we were ignorant about our birth and death, just as we were ignorant about God. We always followed the herd. Hence, we never flew like a bird, to explore. There were realized *Masters* who were advocating the truth, just like the motivational and inspirational speakers and authors who were communicating the untruth with even more affirmation and power. Like everybody else, I had been carried away for two and a half decades thinking that motivation and inspiration were the greatest powers in this world. Little had I pondered upon Realization that would lead to Enlightenment.

Suddenly, here I was, with a clean slate and the questions relating to Self-Realization and God-Realization staring at me in my face. It seemed that I was starting a new life. Earlier, I was conquering zeniths of achievements. Now, I was taking an exit route to start a new journey that would lead me to Enlightenment. What is Enlightenment? It is lighting the light within, so that we overcome the darkness of ignorance and realize the truth.

THE 9 QUESTIONS

All my doubts,
were put together in questions, nine.
Little did I know,
the answers would make me shine.



I started my quest by consolidating all my unanswered questions into 9 simple questions that I believed, if answered, would immensely help me overcome much of my ignorance and successfully end the quest that I started with the guidance of my *Spiritual Master*. What were these 9 questions of my quest, my *Talaash*?

1. *What is life? Where do we come from? What is the secret of our birth?*
2. *What is death? Where will we go after death?*
3. *Who is God, where is God and what is God?*
4. *Are heaven and hell real? Are these physical locations where we go after death?*
5. *Is there life after death? Or is death the end?*
6. *Is there a Soul? What is it?*
7. *What is the law of Karma? Does this law really exist?*
8. *What is the purpose of our life on earth?*
9. *What is Enlightenment?*

These were 9 questions I had no answers for. I was completely blank and so, I asked my *Spiritual Mentor*. He explained that these questions cannot be answered with the knowledge that we may get in a school or college. We need Realization. I understood the meaning of Realization. It created an inner

THE 9 QUESTIONS

turmoil as I started my quest. For 25 years, I was doing the same business. There were hundreds of questions that I answered regarding my business, on the emerging new fields of merchandise, new tricks and trends of marketing, new areas of strategic planning, financial planning, consumer behaviour and many more. These were my areas of expertise. But my vast worldwide experience stood useless when it came to answering the Spiritual questions.

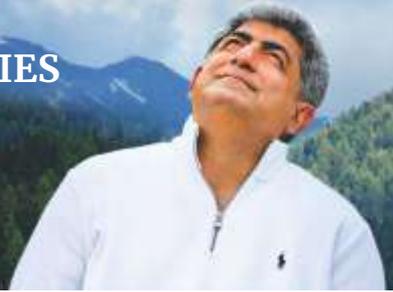
Do we actually know how we were born? We know that there was an act of copulation. But what caused that fertilization? Were we not conceived 9 months before our so-called birthday? Where did we come from? Who decided our birth? I was completely blank. Then, one day, we die. We grow up from a small baby to an adult, live for several years and one day, we depart. People say, '*He passed away.*' They are so sure of our death that they ruthlessly destroy our body. Where do we go? If we departed, then who departed? There were no clear answers. So many theories are told, like we go to a heaven or a hell or somewhere faraway in the stars. But was all this true? If our body was destroyed on earth, then who went where? And how do they go? Suddenly, all these questions seemed connected to one another. Would we return in a rebirth on earth? Was reincarnation a reality? Was it true that as per our *Karma*, the Law of Action and Reaction, we return in a new body carrying *Karma* of our previous lives? If the body died and returned to dust, then who comes back in a new body - the mind, the ego or the Soul? What is the Soul? There were so many theories, but there was no Enlightenment of the Truth. This became the new purpose of my life.

3

C. THE QUEST OF A YOGI

SCRIPTURES, THEOLOGIES AND PHILOSOPHIES

There are so many Religions,
but who is the real God?
So many Scriptures that claim,
but who is our Lord?



When we say 'God', what comes to our mind? To me, it used to be *Shiva*. To my companion of three decades, it was *Jesus*. To my best friend, it was *Krishna*, just as to another, it was *Ganesha*. We all undoubtedly believe in a God, religion and its scriptures. We have grown up believing in the myth and never realizing the truth. Although we consider gods to be mythological, we seldom realize that mythology means 'not real or true'.

Talking of scriptures, they are considered the word of God. A messenger is considered Godsend. If we questioned the scriptures, it was and still is considered blasphemy. Imagine somebody questioning the concept of heaven and hell, or meeting God face to face after death. Instead of questioning the scriptures, we blindly believe them. We follow the herd, live and die. We ensure that our next generation is indoctrinated to believe the information in the scriptures to be the truth.

In my quest for the truth, I read as many scriptures and as many theologies of ancient civilizations as possible. I tried to cover every possible existing piece of knowledge and information in my investigation for the truth, whether it was

the Japanese or Chinese or Indus Valley Civilization's belief systems. There were hundreds of philosophies from dozens of *Spiritual Masters*, mostly dead and some alive. I read everything to extract the answers to the 9 questions. The first step was 'elimination.' I understood that 90% beliefs were a farce. Hence, I eliminated them. I discarded the mythologies and the fairy tales that had no basic foundation and consolidated the works of several people who I believed, were enlightened beings. It hardly mattered what religion they belonged to. I skipped reading certain scriptures where I didn't find any truth.

I came to a startling Realization that many scriptures and many theologies had a common underlying philosophy. For instance, the Bible says, '*The kingdom of God is within*' and '*God lives in the temple of your heart.*' I marked such statements and tried to reconcile them with the teachings of the *Vedas* and the *Upanishads*. '*Neti Neti, Tat Twam Asi*' meaning '*You are not this body, nor are you the mind. You are that, the Divine Soul.*'

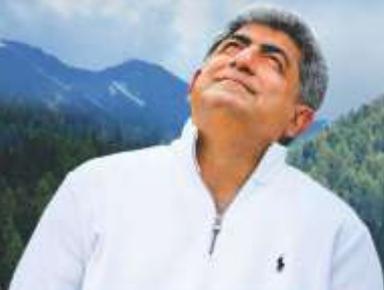
The basis of my quest were the philosophies and theologies propounded in scriptures and religions. But I realized that religion was just a kindergarten. Just like we pass out of school and progress to a college, I had to evolve to the university of Spirituality too, if I wanted Self-Realization and God-Realization. So, I started contemplating the information I segregated from the hundreds of books. The truth seemed to stare right at me in my face. I knew that I couldn't realize it without God's grace. I needed the guidance of my *Guru*, my *Spiritual Master* to guide me to the Realization of the Truth.

4

C. THE QUEST OF A YOGI

THE RETREATS

To get answers in my Quest,
I went on a retreat.
I was not willing to fail,
I would not accept defeat!



I was determined to find the answers to my questions. I knew that it was not easy and took it up as my mission when I saw so much confusion. How could a common man realize the truth? When there were so many theologies and philosophies opposing one another, how could humanity focus on the reality? I knew that I had to let go of the noise if I wanted to hear my inner Divine voice. So, I decide to go on a retreat, away from the buzz of my business. I had to leave my family, my associates and my friends if I wanted to contemplate the truth.

We all hear of retreats, don't we? It is said that when *Jesus* wanted to be in a state of contemplation and in union with the Father God Almighty, he would take a boat and retreat into the oceans. Many saints and sages advocated meditative retreats or spending days in silence, doing nothing. What was the purpose? The purpose of a retreat is to still the mind and go within into the depth of Consciousness, where the truth can be realized. Not many can succeed in this. But, without a retreat, one would be caught in their mundane routines and schedules and not be able to invest the required time and energy in their quest. Therefore, retreats are crucial aspects in the life of a *Yogi*. It is in these retreats that the *Yogi* experiences

THE RETREATS

Divine Union and communication with the Divine. It can't be expressed. It can only be experienced.

I took several books and notes and went into a retreat. I would spend many days alone, wandering in silence, without paying attention to what I ate or what I wore. My entire focus was on contemplating the knowledge towards the Realization of the Truth. The first few retreats were focused on putting together several notes that were extracted because I believed that they were leading me to the truth. What I found was that there were dozens of pieces of Spiritual wisdom. But everything was jumbled. They were like the pieces of a jigsaw puzzle. In the retreats that followed, I tried to fit these pieces together, each being a Realization of a Truth so that an entire picture could be built, which I believed, would lead to the Enlightenment of the truth.

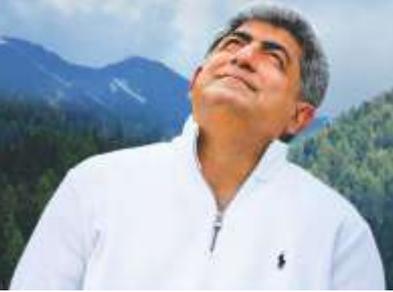
I spent weeks in the mountains talking to nobody, only thinking and contemplating. I sailed into nothingness in the vast oceans, just to realize the truth. Whether I was staring at an ocean, sailing down a river, wandering in the mountains or just smelling the fragrance of flowers, the goal was to '*still the mind*', to transcend thoughts and be in the state of Consciousness, where I believed my knowledge would crystallize and the truth would be realized. I went on innumerable retreats through 2013 and 2014. Each of these retreats gave me experiences of Realization, until one day, on one retreat, I got my Spiritual '*Aha!*'

5

C. THE QUEST OF A YOGI

MEETING MANY MASTERS

I had a flash that I could,
get Enlightenment faster,
if only I could reach out,
to the right Master.



In my quest for the truth, along with the several scriptures, books, audios and videos, many *Masters* contributed to the several Realizations I had. Each *Master* had their own viewpoint and perspective. While *Dada J P Vaswani* was my *Spiritual Master* and *Guru*, he never stopped me from contemplating the preachings of other realized Saints. He spent time interacting with Spiritual Saints himself. I met several realized beings through him. But there was an inherent danger in this. While it is good to meet many Masters, we cannot reach the goal of Realization faster if we contemplate opposing directions of beliefs. Therefore, there was a need for a lot of discrimination in the quest. My *Master* contributed greatly to my progress on this Spiritual path by not letting me stray towards beliefs that could hinder or slow down my growth.

Most of us meet many *Masters*. It gets difficult when we do not have a good *Guru* to guide and help us. We get carried away by the teachings of various Saints and then keep going around in circles. Two steps forward and two steps backward keeps us where we are, forever. How do we distinguish whether the *Master* is a realized Saint or not? Unless we ourselves have moved forward on the path of Realization and have some

MEETING MANY MASTERS

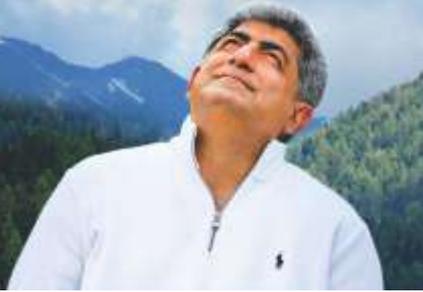
amount of Enlightenment, we can easily get carried away. Therefore, it is advisable to not believe in too many *Masters*. One good *Guru* can do much better for us than the knowledge we may have picked up from the several *Masters*.

In my quest, meeting many *Masters* validated my Realization. The philosophy of the *Masters* from the *Ramakrishna Mission* and the *Chinmaya Mission* is stemmed in the belief of the 'one Divine' that is within us. *Adi Shankara's* teachings were based on the *Advaita* philosophy's treatise in his books, *Vivekachudamani* and *Aparokshanubhuti*. These strengthened my quest for the truth further. But ultimately, I would take back all the learnings to my primary *Spiritual Master* and *Guru, Dada*.

Before I became a *Yogi*, living a life of *Yoga* and united with the Divine, I had to struggle through the trek up to the peak of Enlightenment. It was not easy! It takes several Realizations before we get that ultimate flash. *Masters* become guides, if they are the right *Master*. They give us a hand as we climb this ultimate peak. They guide us as to where to go and how to go. But we must beware of the guide who gives wrong directions! We, then, won't reach our destination, rather get further away from it. Luckily, my *Guru* stopped me from striding along the wrong path. I also admit that I amassed a lot of wisdom from the many *Masters* I met. Wisdom, that finally helped me in switching on the light within.

KNOWLEDGE IS NOT REALIZATION

Knowledge is something,
we can learn in school or college.
But, unless there is Crystallization,
knowledge will not become Realization.



Many of us believe in the myth that if we read many Spiritual books and follow our scriptures, we will ultimately be united with God. We don't stop and question what we read or are taught. Even if we have the right knowledge that stares at us in our face, we cannot crystallize it into the Realization without Divine grace. It is like water in the refrigerator. It is not yet ice, till we see it crystallize. Unless we realize the truth, the knowledge remains as it is. *How will we realize the truth?* It happens when we open our real eyes. As long as we are looking outside and are carried away by the sense pleasures of the material world, we cannot go within and realize the truth.

When I started my quest, my first step was to acquire as much knowledge as I could. I experienced some amazing revelations in the *Vedas* and the *Upanishads*. I picked up the four *Mahavakyas* as part of my primary study:

1. *Tat Twam Asi*
2. *Ayam Atma Brahma*
3. *Prajnanam Brahma*
4. *Aham Brahmasmi*

I realized that I was introduced to '*Tat Twam Asi*' over 20 years ago by my *Guru*.

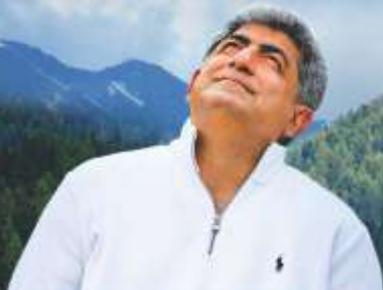
KNOWLEDGE IS NOT REALIZATION

Why did the knowledge not crystallize into Realization, then? It was, because I was a slave of my mind. My mind was producing so many thoughts that I was completely out of focus. I was bothered about pleasure more than realizing the true purpose of life. So, even when the knowledge was around me, I did not see the light of the truth. It was only when I started investigating and asking questions that I was able to overcome my ignorance and realize the truth. There is no doubt that right knowledge acts as the raw material without which we cannot produce Realizations. Left to itself, the raw material of knowledge will remain as it is without getting crystallized into Realization.

Why is it that Realization and Enlightenment are rare even though there are people reading and acquiring a lot of knowledge? It is because Enlightenment is a Divine experience. It is an intuitive flash. It is not knowledge. Anyone who acquires knowledge doesn't necessarily realize the truth. Thus, there are many people who can chant scriptures and talk about them, but they are no way close to Realization. There is wisdom in several books. But one can't be enlightened just by reading those books. One may understand the essence or gain the knowledge, '*I am not the body, mind and ego, I am the Divine Soul.*' But they may continue to live just as the body and mind, till they die. We need Realization of the Truth. It is a myth to believe that *more knowledge* will lead to Realization. Instead, we need the *right knowledge* to contemplate. If our quest is sincere and we live in Consciousness, our knowledge can evolve into Realization.

GUIDANCE OF A GURU, GRACE OF GOD

Without the guidance of a Guru,
we cannot realize God.
But that is not enough,
we need the Grace of the Lord.



The two doors that must be opened before we reach the destination of Realization are the doors of the *Guru* and God. We need a *Guru* who can take us from 'Gu' or darkness to 'Ru' or light. We also need Divine grace from God whom we have prayed to for several years before we realize that God is not God, God is *SIP* or the *Supreme Immortal Power*.

In my quest, I must share that my unshakable faith in God was most instrumental in leading me ahead. I have believed in God since I was eight years old. There was a deep love and longing to attain God. But I had no clue that God wasn't made of bone and skin, he was the Power within. So, I continued to pray to God with a name and form and I believed in all the mythological stories. Today, I realize that they were just fairy tales. However, just as we go to a school to learn ABC, we need a religion and a God who we believe in, to build the foundation of our Spiritual evolution. My faith in God built a base of hope and trust that gave me enthusiasm. It was only when I met my *Spiritual Master*, my *Guru*, that I realized that God could not be the many Gods that we pray to. God is one, even though, the religions are many. I used to talk to God in my prayers. I shed tears of entreaty, I shared my problems. In my pre-Realization days, I had 'God's table' adjacent to mine,

GUIDANCE OF A GURU, GRACE OF GOD

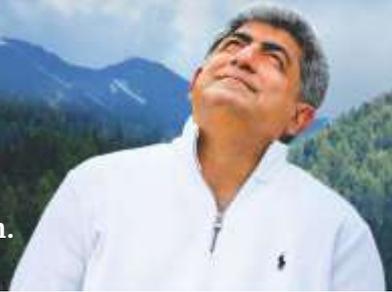
too. Every time I was faced with a problem that I couldn't solve, I would write a letter to God whom I considered to be my senior partner and put it in his drawer. As if by magic, the problem would get resolved. Such is the power of faith. But, can faith make us realize God even though it can seem to make miracles happen and make the impossible, possible? Enlightenment is beyond all this.

My faith helped me attain the grace of God, but it was the guidance of the *Guru* that led me forward to realize God. Faith may give achievement, but it is only the guidance of the *Guru* that can lead to Enlightenment. My *Guru* was an enlightened Soul. For two decades, he encouraged me to believe in a God that was not God. In hindsight, I think it was probably because I was not ripened or mature enough for Realization. When it was the right time, he opened the door and asked me to go on forward and onward, beyond where he stood, to realize the truth. It was his guidance and Divine grace that led to the spark of Enlightenment.

*Is it possible to become a Yogi and live in Divine Union, to realize the truth and be enlightened without the guidance of the Guru and grace of God? Impossible! These are the two wings by which a seeker flies in the sky. Otherwise, he would just be like a sheep that follows the herd. There is Divine grace upon all of us. But it is those who seek, love and make God their priority that are blessed with grace. The seeking also helps us find our *Guru* or the *Spiritual Master*.*

THE REALIZATION

It is only a Quest,
that will lead to Realization.
Seeking the Divine,
will lead to Liberation and Unification.



If it was not for the quest that my *Spiritual Master* made me start, I would not have become a *Yogi*. In 2012, on that sacred day of *Buddha Purnima*, as my *Guru* was addressing the people, he looked into my eyes and said, '*Don't wander here and there. Go on a Talaash. Go in search of the truth. Discover the purpose of life.*' This created a fire inside me immediately, but it took me several months to start an active quest. In 2013, on the same day of *Buddha Purnima*, he once again looked in my eyes and asked, '*Where have you reached in your Talaash?*' That moment was enough for me to give up everything and set out to search for the truth.

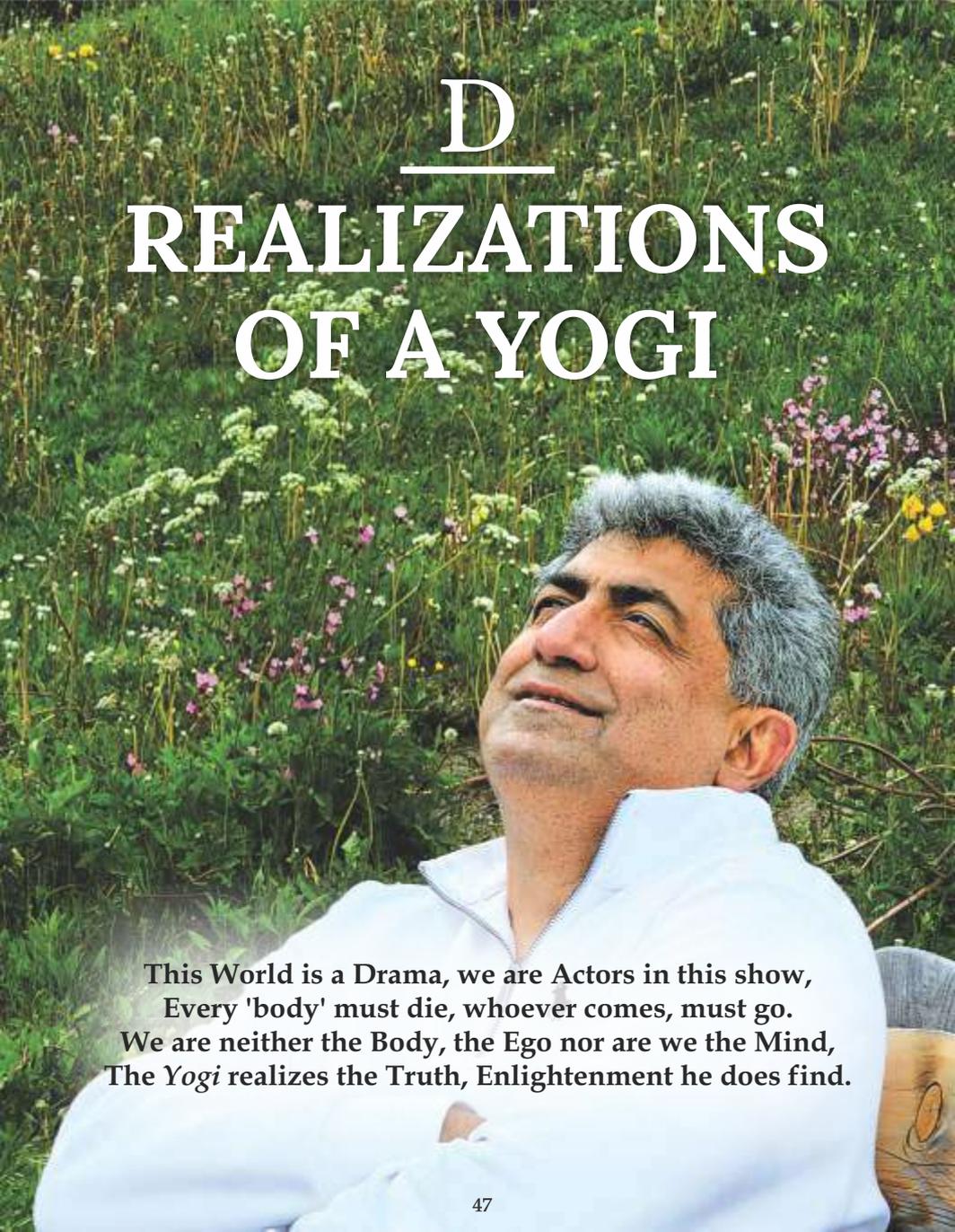
On the 31st of August 2014 when I was returning home from a spiritual retreat, on an Air France Flight - AF 192, I got the spark that enlightened me with the truth. Till then, I had had several Realizations, but they were like pieces of a jigsaw puzzle. On this Divine flight, I took all the pieces of the puzzle, my various Realizations and started putting them together. It was just like working on a jigsaw puzzle. *I am not this body. I am not the mind. I am not the ego. I am the Divine Soul.* Each of these Realizations became a piece of the puzzle that I was fitting together. *The Soul is energy. The Soul is a part of the Divine. I do not want a rebirth. I have to be free from all Karma. I*

THE REALIZATION

am not the doer of *Karma*. The pieces of the puzzle were revealing the picture. It was an 8-hour flight and I didn't eat anything. I just kept drinking tea, coffee and water in the ecstasy of solving my jigsaw puzzle. The pieces continued to descend in my head, as though from nowhere. They were Divine revelations, Realizations that I had experienced during the retreats in my quest. *I am not I. I am nothing but a manifestation of the Divine. God is in every living creature. It is God who manifests as even non-living things. God is a Power. God is not made of flesh, bone and skin. God is everywhere, in everything. There is no place where God is not.* When all the pieces of this puzzle were in place and the flight was about to land in Bangalore, I experienced a Spiritual euphoria. I was enlightened with the truth. I seemed to have had my Ultimate Realization on that flight.

By the time I landed, I realized I was not *Ravi*. I was the *Atman* or the *Soul* in *Ravi*. I was a spark of the Divine. I felt like a wave that came from the Divine and would ultimately, merge with the Divine. I resolved to give up my life of achievement and live this life of Enlightenment. I called my trusted aide who had been with me for over three decades and handed over all my responsibilities. I resolved not to participate in the business and its functioning, anymore. No more signing of cheques because I wanted to be liberated from the material world!

It was this Realization on the quest that was the first step of my transformation. Little did I realize that this was the beginning of an irreversible metamorphosis. Little did I know that it was the start of a new life as a *Yogi*.



D REALIZATIONS OF A YOGI

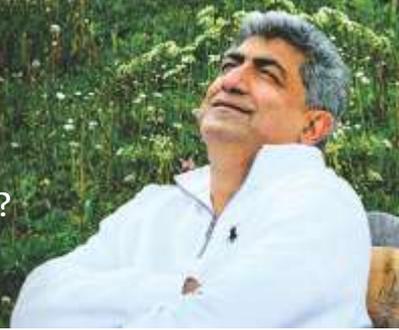
**This World is a Drama, we are Actors in this show,
Every 'body' must die, whoever comes, must go.
We are neither the Body, the Ego nor are we the Mind,
The Yogi realizes the Truth, Enlightenment he does find.**

1

D. REALIZATIONS OF A YOGI

NOTHING IS MINE

What did we bring?
What will we take when we go?
Is it my house,
my car and my family? No!



A *Yogi* realizes a simple truth – *nothing is mine*. It is a known fact and not a great secret that when we come to this planet, we are completely bare, without a shred of cloth to cover us. And when we leave, we can't even take a pin with us. The body that we consider as 'I' also has to be left behind. This is one of the primary *Realizations of a Yogi*.

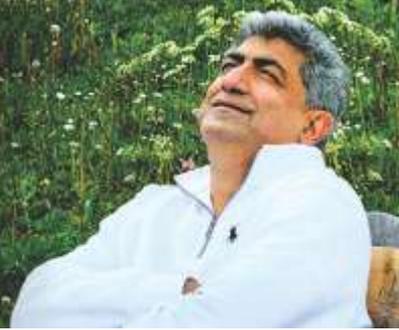
In my quest for the truth, one of the simplest Realizations that liberated me was, '*nothing is mine*'. What was the point of spending my entire life making money, cheating people, customers, suppliers and the government, only to finally leave everything behind? I realized that nothing is mine. Whatever I earn, others will burn. This gave me the power to move forward on my quest. I realized that thinking everything is 'mine' created attachment to people, pleasures and possessions. It was a hindrance in the progress of my quest. We cannot do two things at the same time. We cannot desire the world in one moment and want to let go of it in the next. Both thoughts are opposing. But when I realized that nothing was mine, I moved forward in the quest of '*Who am I?*' and '*Why am I here?*'

Don't most of us boast, 'I have so much money and so many cars. I own so and so property and so many houses'? Why do we think they are ours? Did we bring them with us? Or will we take these with us when we go? We know the answer to all the above questions is 'No!' Why do we live in ignorance throughout our lives? Who causes this ignorance? Is it our body? Or is it our mind and ego?

When I looked around, I realized that I was a fool. I was also trying to amass wealth and possessions in this material world like everyone else, when the truth is that *nothing will ever be ours*. I was in a hotel room in one of the retreats and I realized that I didn't believe that the room was mine — neither was the bed mine nor the pillows nor the table or the chair. I was just a guest in the hotel. I had checked-in and eventually, would check-out. I could enjoy my stay there but I couldn't take anything out of the room. Nothing belonged to me. We realize this when we stay in a hotel. But we do not realize it in our stay on earth. We humans, somehow in our ignorance, tend to believe and keep saying, '*Everything is mine.*' We work hard to secure bank accounts, acquire assets like cars, properties and SIM cards in our name. Why are we so obsessed with them? Why are we so paranoid of securing these assets? When will we realize that whatever is registered in our name was never, and will never be ours? *If this human birth is not to achieve money and possessions, what is its true purpose?* I realized this simple truth and moved forward in my quest.

WE COME ALONE, WE GO ALONE

Whom do we bring,
we are alone at birth...
Who will go with us,
when we leave this earth?



One who goes on a quest, is awakened to the reality that *nobody is really ours. We come alone and we go alone.* It may seem, 'These are my parents.' But the fact is that other than the act of copulation, they didn't do anything to create our life. This doesn't mean that we have to be ungrateful to our parents or forget that our mother nurtured us in her womb for nine months. But none of them can be considered '*ours*'.

Life is a journey. We come and go. Nothing is real. It is all just a show. We are like actors and this is one role in our journey of birth and death. We may return again in a rebirth on earth. We build many relationships, with our family, friends, beloved ones and people we connect with and love. Do we realize that all these relationships will end someday? We human beings do not want to accept the fact that no relationship is permanent. We become attached to people. This attachment stops us from the simple Realization that nobody will go with us. We come alone, we go alone.

Before I became a *Yogi*, I also had strong bonds and relationships that were intertwined physically, emotionally and intellectually. What was missing was the Soulful Spiritual connection that came like a spark, with the Realization that I am not the one that I appeared to be. This was not me. This

realization made me question, *'Who am I in reality? Who caused my birth on earth? Where did I come from and where will I go? What is my purpose?'*

In this world, normally, people just live and die. They do not ponder on the question, *'Who am I?'* Although, they know that they came alone and at death, they will go alone and relationships are transitory and momentary, they still build strong relationships with people. As a result, when someone dear to them dies, they cry. They look up at the sky and ask, *'Why?'*

Should we do this? Should we not realize that everybody has to go? Such is the show. Should we not ponder on what is the true purpose of this coming and going? Is it a meaningless existence from birth to death?

In my quest for the truth, the Realization that life journey is a solo journey, liberated me from the sorrow of the death of loved ones. There was no point in crying. Death is a reality. The Realization that, one day, even I have to die, alone, pushed me further on my quest.

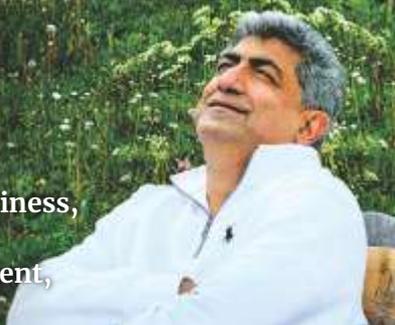
The initial Realizations of, *'Why am I here? What is my purpose?'* are important before we ultimately become a Yogi or the one who is ever-united with the Divine. Each of these simple Realizations helps us in the ultimate spark of Enlightenment. The world thinks that Enlightenment is a complicated subject. But in reality, these are simple truths. When we realize them one by one, we get liberated from ignorance and this world of suffering and get united with the Divine, living a life of peace and bliss. While we know that we come alone and we go alone, our mind doesn't let us ponder further and we go around in circles.

3

D. REALIZATIONS OF A YOGI

PLEASURES ARE MOMENTARY

**Pleasures are temporary moments of Happiness,
they just come and go.
They are not Eternal Bliss that is permanent,
only the Enlightened ones know.**



Most of us are seeking happiness. We think that the purpose of life is just to be happy and if we can make others happy too. What we do not realize is that life is like a merry-go-round. As we go round and round, we pass through pleasure and pain, loss and gain, sun and rain and this happens again and again. Ultimately, we die and are reborn. This cycle goes on and on. In this journey called 'life', we don't realize that there is a way to Eternal Happiness, a way to be free from pain and sorrow. It is possible to be liberated from the triple suffering that human beings experience on earth. Pain of the body, fear, worry and misery of the mind and anger, hate, revenge and jealousy that are agonies caused by the ego. The triple suffering eclipses our bliss, peace and joy. Hence, we laugh in one moment. But in the very next moment, we cry. Only those who are enlightened with the truth are liberated from all suffering.

When I was living a life of contentment and fulfilment after exiting from the chase for success, I was seeking the ultimate peak of happiness. My *Spiritual master*, my *Guru*, inspired me to realize that pleasure was momentary. The second level of happiness was peace. I learned from my *Guru* that ultimate happiness was when we realized the true purpose of life. When

I went on a quest, this was at the back of my mind. I hoped that when I found answers to those unanswered questions about life and discovered its true purpose, I would reach the ultimate peak of happiness. Today, I live a life of a *Yogi*. I am grateful that I am the happiest person in this world, free from all misery and sorrow. I seek nothing. I am content and fulfilled. I live in the state of Consciousness of the truth that gives me *Ananda*, bliss that is unknown to common man. People and possessions may give pleasure, but eternal happiness comes from the Enlightenment of the truth.

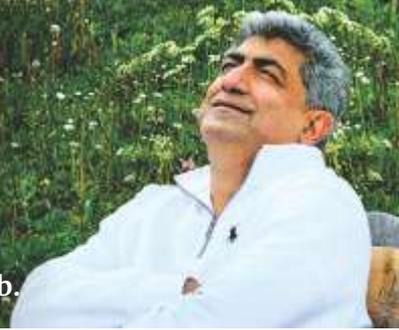
What did I realize about happiness? We are chasing happiness without realizing that it is like a shadow. The more we chase it, the further it goes away. We cannot *become* happy. We have to *be* happy if we want everlasting bliss. We can experience pleasure, but soon there will be pain. If we want that state of *Ananda*, *Nirvana* or everlasting happiness, we must live as a *Yogi*, ever-united with the Divine. I not only realized this truth but also started experiencing the bliss. Today, I am able to love one and all because I live in a state of *SatChitAnanda* or the Consciousness of the truth. My life is filled with peace, which is the very foundation of happiness.

We have a choice. Either we can live enjoying pleasures that are momentary, or live as a *Yogi*, who has reached a state of eternal bliss. As long as we live in *Bhoga*, desires of the material world, we will enjoy pleasures but soon there will be pain and sorrow. There is no way to eternal happiness other than exiting the highway of achievement and climbing the peak of Enlightenment.

WE CAN BE HAPPY, ALL THE TIME

Is it even possible,
to be Happy all the time?

Learn from a *Yogi*,
the Enlightenment peak, who did climb.



A *Yogi* lives in a state of eternal happiness. He experiences Divine Love for one and all. His life is filled with peace and tranquillity. What is the secret that makes a *Yogi* happy all the time? A true *Yogi* does not chase success, money and pleasure. A true *Yogi* has attained the invaluable treasure of Realization of the Truth. He has realized *who he is* and *why he is born*. This liberates him from the passions of the material world that drown us in misery and sorrow. A *Yogi* has few needs and has given up all greed. His happiness is *not* in *becoming* happy, rather it is in *being* happy. He lives life, moment by moment.

When I went on a quest, I realized that happiness is a choice. We can choose to be happy or unhappy. If we fill our life with negative emotions like doubt, fear, worry, hate, revenge, jealousy, anger and pessimism, how can we be happy? These are *NEP* or *Negative Energy Poison* – emotions that create toxic misery in our life. But if we choose to flip over with *PEP*, there will be *Positive Energy Power* and our life will be full of faith, hope, trust, enthusiasm, courage, confidence, compassion, love, forgiveness and optimism. These emotions are like raw material that are fed into our mind and thoughts, and as a result, positivity flows into our life. How can we flip over from *NEP* to *PEP*? This Realization comes when we discover

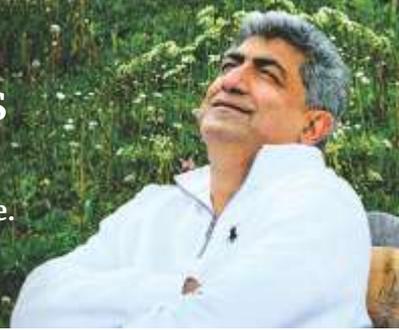
who we truly are and why we are here. Only then, can we reach the state of Eternal Happiness.

I discovered a simple way to be happy all the time. First, I made a vow to be happy in the 'Now'. I stopped the thoughts that were yearning for more and more things because I realized that nothing was mine. When I die, I can't take even a pin with me. My several realizations of the truth liberated me from all desires and passions of pleasures, possessions and people. These make us unhappy. If we have desires, we are bound to have disappointments. *What if there are no desires and expectations?* There will be peace and bliss. I was chasing happiness like a mad man for 25 years, thinking that it lay in pleasure, success, money and wealth. But then I realized, 'Success is not Happiness?' rather, '*Happiness is Success.*' I stopped right there, took an exit and scaled the peak called Enlightenment, where I realized the truth about myself, life and God. I started living as a *Yogi*. A *Yogi* is not somebody who necessarily has a long beard, long hair and colourful robes. A true *Yogi* is disconnected from the fake material world and is ever-united with the Divine. It is in the state of being a *Yogi* that I found the secret of True Happiness, Eternal Joy, Divine Love and Everlasting Peace.

If we look around us, we find that many people are miserable. No doubt, they enjoy momentary pleasure. But even the most successful people live a life of stress and anxiety. So much so that they contemplate suicide. If we learn to live as a *Yogi*, we can be happy all the time.

EVERYBODY SUFFERS

**Whoever is born,
must experience miseries three.
The Body, Mind and Ego,
don't let us be sorrow-free.**



Have you met anyone in this world who hasn't suffered any pain, misery or sorrow? Impossible! Every human being who comes to earth suffers right from the time he takes birth. We experience pain when our body suffers an injury, disease or decay. Who can escape from this physical pain? Then, there is misery of the mind. We live in fear, become paranoid and even create phobias for ourselves. We live with so much worry, stress, anxiety and depression that we become miserable. Finally, there is so much agony caused by the ego. The anguish of anger, hate, revenge and jealousy fills our life with sorrow. Together, this triple suffering is a gift for everybody who takes birth on earth. None of us can escape from this suffering.

When I went on a quest, I realized a magical way to be free from all suffering. I asked, '*Who suffers?*' I realized that the body suffers physical pain, the mind becomes miserable, and the ego is agonized. If we realize that we are not the body, mind and the ego, we can be free from this triple suffering. I gained this knowledge, but I found it so difficult to put in practice. How could I not be the body, mind and ego? I read about this in several books. At first, I found it very strange and continued to suffer. It was much later that I realized that we

have a body, but *we are* not the body. We are *not* the bodies that we wear. *We* are the ones that *wear the body*. This Realization ultimately helped me overcome all suffering. Did it mean that the body did not experience any pain? Of course not. The body experienced pain. But when I realized that I am not the body, I did not suffer that pain anymore.

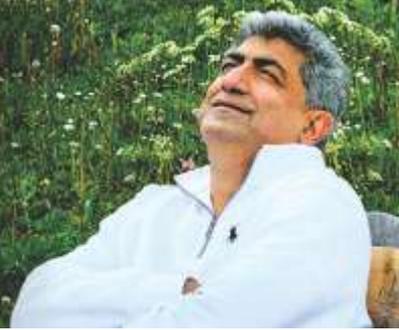
Next, I questioned myself, '*How do I overcome the misery of the mind?*' It was a huge struggle as the mind was creating so many negative thoughts of fear and worry that I was trapped in this suffering. It was much later that I realized, *there was no mind*. It was just a bundle of thoughts, and I was able to overcome the misery of the mind.

When it came to the ego, I had a terrible temper and was naturally jealous like many human beings. It was only when I realized that, *we are all different bodies on the outside, but the same Divine Soul on the inside*, I became free from the agony of the ego.

It is not easy to overcome suffering. But it is possible. Everybody suffers till they reach the state of Liberation. A *Yogi* is liberated from the triple suffering on earth. He is enlightened with the truth and this is one of his biggest gifts. Normal people experience joy and sorrow just as there is day and night. But a *Yogi* who transcends all suffering enjoys bliss that is seamless, eternal and everlasting because he is not confronted by any misery or suffering.

WE SUFFER BECAUSE OF IGNORANCE

What is the cause,
of all our pain?
Why is it that we suffer,
again and again?



Have you ever thought, 'Why does a human being suffer?' We know that suffering is of the body, mind and the ego, but we do not realize the cause of this suffering. Suffering is because of ignorance. *Not only are we ignorant, but we are ignorant of our ignorance.* Therefore, we suffer and continue to suffer till we die. We do not realize that we will return to earth in a rebirth, only to suffer again and again. Is there a way to escape from this suffering? If we overcome our ignorance, then yes, we can escape suffering.

There was a man who started screaming outside his door when he noticed a snake in the corner. He became paranoid upon seeing the reptile and his fear made him miserable. His wife was intelligent. She knew, for sure that there was no snake. She brought a torch to see what it was. It was an old rope. She showed her husband that it was not a snake. Her husband was sceptical but looked carefully and he agreed that it was a rope. However, he then asked her to check where the snake went. The wife tried to explain that there was no snake. He had mistaken the rope to be a snake. But the husband did not agree. He was enveloped in ignorance. From that day onwards, he suffered from the constant fear of a snake slithering outside his house. He would wake up in the middle of the night imagining the snake was under his bed. He would scream if he heard a hissing sound, even if

that sound was of food being prepared in the kitchen. Ignorance can really make us suffer.

A *Yogi* is free from ignorance. A *Yogi* realizes the truth. A *Yogi* goes on a quest. His first challenge is to question every myth that he has grown up with. He eliminates the myth and replaces it with the truth. One by one, he lets go of all superstitions and fairy tales that he has been indoctrinated with. He realizes that he will not continue to be a fool, believing all that he was taught in school. He learns to use his intellect to discriminate, not just follow the herd and ignorantly move without any direction.

What is the way to overcome suffering? There is one way. It is to overcome ignorance. The moment we overcome ignorance, we overcome suffering too. Suffering is caused only due to ignorance. Because we are ignorant and think that we are body, mind and ego, the triple suffering makes us cry. But a *Yogi* does not suffer because he has realized the truth. This is called Enlightenment. When the darkness of ignorance envelops us, we live in fear, worry and stress. But when we overcome ignorance and live as a *Yogi*, we are blessed with Peace and Happiness.

The first *Realization of a Yogi* regarding suffering is that *suffering is not real*. It is not a compulsory evil. Thus one who lives as an enlightened *Yogi* is free from ignorance and suffering.

WE MUST LIVE BY THE INTELLECT, NOT BY THE MIND

We know our ignorance,
is caused by our own rascal Mind.
When we put the Intellect in charge,
the truth, we will find!



Most people don't even know the difference between the mind and the intellect. They think that the mind is the king. It is everything! Not only does it produce thoughts, but it's also the decision-making faculty of our life. Little do we realize that the mind is nothing more than a thought factory. It produces up to 50 thoughts a minute and bombards us with fear, worry, anxiety and creates depression. It is the mind that stops us from the Realization of the Truth. It is the mind that fools us into believing that it is our best friend and it discriminates and decides. In reality, the mind only creates confusion. It doesn't help us evolve in our journey of life.

The mind has trapped us into believing that it is no different from the intellect. Hence, we don't separate the two. We do not realize that the mind produces thoughts and the intellect discriminates them. It is the intellect that can help us make the right choice. Left to the mind, we would be going around in circles and reach nowhere.

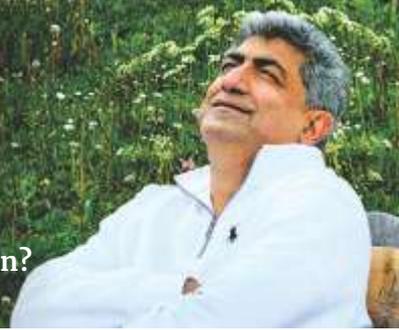
In my journey of Realization, when I went on a quest for the truth, I made the profound discovery that the mind is a rascal. It is our biggest enemy. It's like a monkey that is jumping from thought to thought. It creates a pandemonium and steals our

peace. Majorly, the mind tricks us into believing that without it, we would be nothing. During my quest for the truth, I realized *that it is not the mind that's of paramount importance. It is the intellect.* I realized that our subtle body existence is like a software or an operating system. It consists of the mind, intellect, memory and ego. Together, they form the inner instrument that drives the hardware of the human existence, the human body, into action. I realized that I should live by the intellect and not by the mind. So, I put my intellect in charge of discriminating the thoughts and soon, the monkey mind that had an EY tail, Ever Yelling and Ever Yearning, was tamed and transformed into a monk.

Earlier, when my mind was in charge, I was helplessly controlled by various thoughts. But when I put my intellect in charge, I started to live with sensible discrimination. What did I do? I decided to observe my mind and 'watch it, catch it and latch it.' This gave power to the intellect that was now shining in my Consciousness. The intellect could deal with the thoughts, one by one and make the right decision. I literally destroyed my mind, which was, in reality, nothing but a bundle of thoughts. Unfortunately, these thoughts appear as the mind, steal our Consciousness and make the intellect ineffective. A true *Yogi* realizes this. To be in a state of *Yoga*, he lives in Consciousness, with the intellect making all decisions and the mind is either chained, destroyed or eliminated. This Realization of the *Yogi* leads him to the state of Enlightenment.

I AM NOT THE BODY

Am I the body,
made of bone and skin?
Or am I the spark,
that came nine months before, within?



In my quest for the truth, one of the primary and major Realizations was, '*Who I am, in reality.*' For so many decades, I had looked at my picture and thought that it was me. Little did I realize that I had a body that appeared to be me, but that was not me in reality. I read several books to understand this concept and ultimately, realized the truth that I am the one that *wears* the body. Just like we wear clothes, but we are not the clothes. Similarly, the body is no more than a garment. We change the garment every time we come to earth in a birth. We think that the book of life starts at birth and ends in death. What we don't realize is that one life is no more than one chapter in our book of existence.

Let's analyse this in a simple manner, realize how we are not this body that we consider as 'me'. Isn't it true that our birthday is not our actual birthday? We were conceived about nine months before, when two cells fertilized to become one. In the moment when the zygote was formed, we were born. We were the spark of life energy that thereafter evolved and grew into an embryo that was born as the body. Do we deny this? No! It is scientifically proven and we all learn it in our science class in school. Doctors scan images of the baby during its 40-week life cycle in the womb of its mother. The

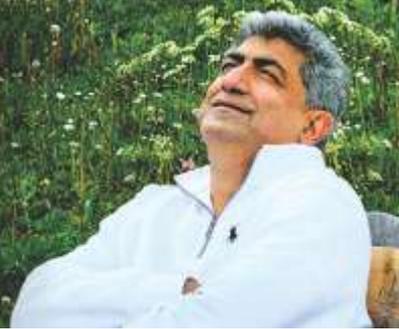
body is formed later. We, the spark of life, arrived around 280 days prior to our so-called birthday. Then, how can we be the body?

The body grows, ages, becomes an adult and one day, dies. Nobody can escape death. When we die, people say we '*passed away*.' Our near and dear ones are so sure that we are not in the body that they cremate it or bury it. Would they destroy our body when we were alive? Is this not simple enough proof that we are not the body? We leave the body, and we move on. These two simple facts made me realize beyond doubt that *I am not the body*. But the bigger question that confronted me was, '*There is no doubt that I existed from birth to death. If I'm not the body, then who am I in reality?*'

Most of us just live and die. We don't go on a quest to find out '*Who am I?*' By not realizing the simple truth that we are not the body, we suffer all kinds of aches and pains. But the moment we realize that the 'body' is different from 'I', then even if the body experiences physical pain, 'I', who is different from the body will not suffer. This is one of the first Realizations in the path to becoming a *Yogi*. It is this spark of the truth that leads one to the state of Enlightenment. However, as long as we live in this body, we are busy beautifying it and ignore the Divine Power within which is our true identity. It is not difficult to realize the truth that '*We are not the body*.' But our mind stops us. Are we the mind?

I AM NOT THE MIND

Today, just try,
to find your Mind.
Where is your Mind?
You cannot find!



How often do we say, 'My mind is wandering' or 'My mind is stressed and worried'? If it is the mind that is depressed, then who is the 'I' saying this?

A computer has the hardware or the physical aspects like the motherboard, screen, keyboard, mouse and speakers and the software or the operating system that runs it. Human beings can be understood as a human-computer. The body is the hardware, made of bone and skin. With blood, flesh and organs within. Our software is primarily our mind. It is our operating system. Sometimes, we confuse the mind with the brain. But the brain is the hardware and the mind is the software.

Our software is a combination of the mind, intellect, memory and the ego. But somehow, we consider only the mind to be the software. The ancient sages called it the *inner instrument*. Just like a software can't be touched, our mind is a part of our subtle existence. Very often, we believe that we are the mind. But what is the truth? Let us find.

There was once a businessman who went to a Saint and said, 'My mind is full of stress. It is full of worries, problems and toxic poison.'

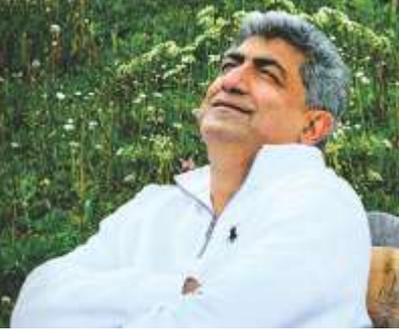
Please help me clear my mind.' The realized Saint told him, 'Come tomorrow morning at 5 am and I will take out all these rotten things from your mind. But remember to bring your mind.' The man later pondered, *'How can I go to the Saint without my mind? Why did the Saint ask me to bring my mind?'* The next morning, he promptly presented himself at 5 am. The Saint told him, *'Please get ready in the next room with your mind. We will meet after one hour. You give me your mind then and I will remove all the problems from it.'* When the man tried to find the mind, he could not find it. When the Saint came back, the man told him, *'I cannot find my mind!'* The Saint explained, *'When there is no mind, how can you find it?'*

The mind is nothing but a bundle of thoughts. It appears when these thoughts bombard us. In a state of thoughtlessness or Consciousness, there is no mind. How can we think that we are the mind, then?

This was my second major Realization. The first was that *I am not the body*. The second was *I am not the mind*. The mystery only deepened. If I was neither the body nor the mind, I wanted to find out, *'Who am I?'* There was no doubt that I existed. I walked, talked, sang, cried and thought, but who was doing all this? I continued my quest. In the journey of the Realization of the Truth, it was mandatory to realize, *'Who am I?'* One can't become a *Yogi*, who is united with the Divine, till he gets to this point of Realization.

D. REALIZATIONS OF A YOGI
**EGO IS MY FALSE
 IDENTITY**

Throughout life we say,
 'I, me and mine.'
 It is this Ego,
 that makes us decline!



Is it possible to live life without saying, 'I am Tom. Please give me a cup of coffee. This mobile is mine.'? It seems impossible how we can live a life without identifying who we are. All of us believe that we are what our ID cards reveal. These are our credentials. 'I am Tom Victor. My birthday is on the 14th of July 1970. My gender is male and my address is printed on the ID card.' Little do we realize that everything on our ID card is nothing more than a lie. We realize this truth when we find out, 'Who am I?'

In my quest for the Realization of the Truth, the third biggest Realization was that *I am not the ego that repeatedly says 'I'*. *This is a false identity!* When I first realized that I was not the body and thereafter, that I was not the mind, I went in the pursuit of who I was. I realized a profound truth. If I wanted to realize who I was, I would have to realize who I was not. Once I realize, 'Who I am not?' then, whatever remains is 'My true self! And my true identity!'

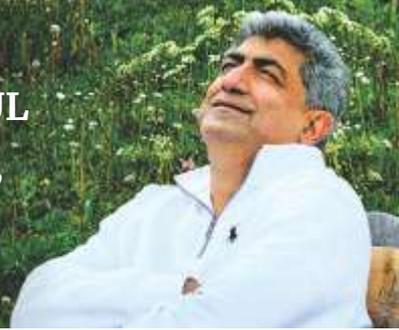
'*Who and what am I not?*' I realized, beyond doubt that I was not the body. The body was formed over nine months after I was conceived. One day, the body would die and I would depart. I also became absolutely sure that I was not the mind.

The mind doesn't exist. At least, I can see the body. I can see with my eyes. I can touch my ears and my nose. I can see a picture of my heart in an X-ray just as I can see my brain in a scan. But I cannot see the mind! Why? Because it does not exist. It is just a bundle of thoughts. I realized that I was not the mind. If I was not the body and the mind, what was left? The ego! What is it that keeps saying, 'I, me, myself' throughout life? If I am not the body and mind, how can I be the ego? The ego only exists because of the body and the mind. Hence, if I am neither the body, nor the mind, I can't be the ego. 'I, me and mine' disappears into nothingness.

At this stage, I was completely confused. There was clarity when it came to realizing that I am not the body. It was not difficult to realize that I was not the mind because I couldn't find the mind. But how could I believe that I was not 'I'? Throughout life, I kept saying, 'I'. Without 'I', how could I exist? But there was no doubt that I existed. *'Who is this 'I', if I am not 'I'?' The Realization that I was not the ego because without the body and mind, it can't exist, led me to the Realization of who I truly was. This third major Realization was a critical component of Self-Realization. Without this Self-Realization, one would continue to live and die in ignorance. Unfortunately, the Mind and Ego, the ME, fights very hard to make us believe that we are the body, mind and ego because the moment we realize that we are not the body, nor the Mind and Ego, then ME, the mind and ego will cease to exist. We would be liberated from ignorance and Enlightened with the truth.*

I AM THE DIVINE SOUL

When I realize, I am not the Ego,
nor the Body or the Mind,
I am That Divine Spark,
this truth, I will find.



The most profound Realization of man is – *I am the Spark Of Unique Life, the SOUL that came alive nine months before my birthday. I am that life force that was conceived as the zygote. I am not the body. I know that the body is formed cell by cell and organ by organ over nine months. My blood, bone and skin come much later. If that Spark Of Unique Life, the SOUL, was not conceived when two cells fertilized to become one, I would have never been born!*

In my quest to get answers to the questions about life, my curiosity centred around, '*Who am I, in reality?*' When I realized that I was not the body that I seemed to be and the mind and the ego that kept saying, '*me*', I questioned, '*Who am I?*' Then, it came like a flash, the spiritual '*Aha!*' or the *Divine Realization* that enlightened me with the truth.

Something that was too simple to be true, was so complicated to be realized. We all know that the body will die. We are so sure that the one who was alive has departed at death that we destroy the body by burning it or burying it, leaving it for the worms to feed upon. It is only because we know that the one who was alive has left. It is a simple truth. But we are unable to realize it. As long as we are alive, that spark of life continues to make our heart beat. That spark of energy gives us the Power

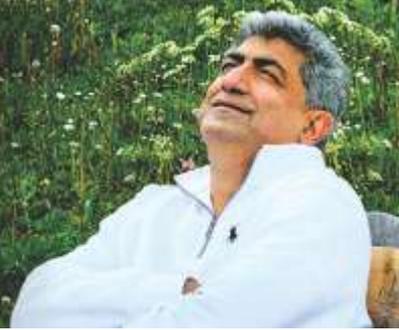
to walk, talk, sing and do everything. Without that Power, we are nothing. If that Power or that spark left us during the nine months of the body being formed, we would have been stillborn. We would have never arrived on our birthday. The moment that spark of life leaves, there is no breath. There is death. Why is it so difficult to realize we are that spark?

We understand that a computer cannot work with just the hardware and the software. It needs a source of power. However, we find it difficult to realize that the human body can't function with just the body and the mind. It needs Power. What is that Power? What is that spark? While we may ponder on what that spark may be or where it came from and where it goes, can we deny the existence of that Power? No!

I realized, beyond doubt that I was that Power. This was a Realization. It cannot be defined or proved, but we experience this truth when we overcome our ignorance and realize that we are not the body, mind or the ego. *We realize that we are the Spark Of Unique Life, the SOUL.* For one to progress on a Spiritual journey and be enlightened with the truth, *this* Realization is the starting point. To get to this Realization, we must first realize that we are not the body, mind and the ego. Only then, can we realize this truth. This Self-Realization makes us a true *Yogi* who is ever-united with the Divine.

THE BODY WILL DIE

Is there any doubt,
every 'body' will die?
What we must realize,
the one who dies is not 'I'!



Man says, '*I will die!*' But the fact is '*I will never die.* Only my body will die. No 'body' can escape death. This is one of the biggest Realizations that man must have. *Death is certain. Whether for a man or a beast, the feast will be over!* The celebration of life will come to an end. Even the richest or the most powerful man in the world can't escape death and will die. What is the Realization that one must have from death?

Whenever a death is announced, we mourn. Why? Because we believe death to be a moment of sadness. That is our ignorance. We do not accept the fact that death is a reality. We have seen people shed tears over the years. We are ignorant of the fact that death is Liberation. Hence, we dread the thought of death. For those who realize the truth, death is just a phenomenon, just another sunset. They know that a new sun will rise, a new person will manifest and life will go on and on. Neither can we control death, nor should we mourn it.

In my journey, I was baffled, too, whenever I saw a death occur. But after my Realization, death stopped troubling me. I accepted the fact that every living creature must die one day. If I have a pet dog, that dog will not live forever. It becomes hard, when in a lifespan of seventy years, we see around five pets die, because their life span is only ten years, on an average.

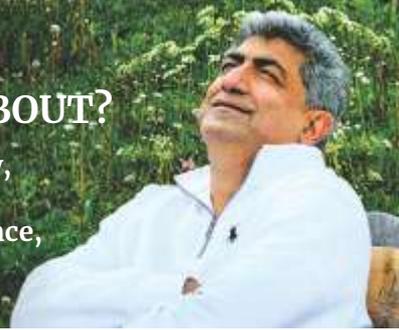
But this is how creation is, nature is. We cannot change how the Creator has designed the universe. What is the best thing to do, then? It is to surrender. To accept and realize that every 'body' is sure to die one day. We must be strong when we hear the news of the death of a dear one. The best thing to do is to be silent and introspect that soon, the moment of death will befall us too. We can't escape from it. We must understand that we cannot be enlightened after we are dead. Death should ring a bell reminding us that time is less and of importance. We must not only realize that this journey on earth is temporary, but before the opportunity of this birth escapes us, we must also attain the state of Realization and thereafter, Liberation from the cycle of death and rebirth.

Those who don't realize the simple truth about death, they cry when they see somebody die. What does this signify? It reveals our ignorance. When we look up at the sky and we question, 'Why?' it only shows that we do not know the reality of life. Life is a journey. The acronym, *LIFE* is *Liberation from Ignorance and Finding Enlightenment*. For us to achieve the ultimate purpose of life, we cannot escape death. However, in the moment where the physical body dies, one must be enlightened that they are not the body nor the mind or the ego. They are the Divine Soul. This Enlightenment liberates one from the cycle of death and rebirth and thus from returning to earth.

What is the purpose of life, then? Are we just meant to live and die? Or is there a greater purpose before I die – to find out, 'Who am I?' If we do not realize the truth, then we will return to earth in a rebirth, as Mind and Ego, the ME.

WHAT IS LIFE ALL ABOUT?

Most of us don't know,
what Life is all about.
We learn, earn, sing, dance,
till we die, we shout.



I started my journey of life at about 16 years. Till then, nothing significant had happened in my life. At 16 years of age, I started an advertising agency and earned money in my free time, beyond the study hours. I bought a car when I was 18 years old. That was my first success. From then, there was no looking back. I earned more and more money, while gaining success after success. I wanted to be happy and thought that 'Success is Happiness'. That's what everyone told me. So, for 25 years, I just went on and on. It was my good *Karma* and God's grace that I was blessed to do some Humanitarian, Inspirational and Spiritual work along the way. Otherwise, I would have been a money-making machine too, like any other businessman. My *Guru*, my *Spiritual Master* helped me stop. I shut shop at 40 years of age and took an exit from the highway of achievement to live a life of contentment and fulfilment. My *Master* questioned me again, '*Will you just live and die, or will you realize who you are and why you are here?*'

Most of us just live and die. Less than 1% of us go on a quest to find out what life is all about. The rest or the majority of us chase success. We want pleasure and fun till life is done. But we don't realize the truth. We don't realize that we are not this body that we seem to be. We are not the Mind and Ego, the ME. Who are we, then? We die without discovering this truth

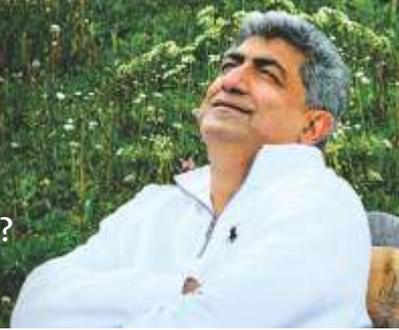
and then, return to earth in a rebirth and suffer all over again. While this world has a lot of pleasure, we can't escape from pain. We suffer the pain of the body, experience the misery of the mind and are agonized by anger, hate, revenge and jealousy, attributes of the ego. Why do we suffer? We suffer because we do not realize who we truly are. We have no time for it. We are so busy running the race to become an ace, that we are caught in the maze. One day, we die and then we return in rebirth. *Is this life?*

I was fortunate to start my quest when I was 46 years old. Before I turned 50, I realized the truth. I was enlightened about life and my life was transformed. I could see the world living like a herd of sheep where one followed the other. We humans have an intellect. Why then, do we not stop, ask questions, investigate and realize the truth? Why do we believe in all the lies? I stopped and pondered. I made this the mission of my life to help people realize the truth. I gave up everything else and started inspiring people to go on a quest. Realization is not knowledge. It is not something I could teach. But I could help them seek the truth until they climbed the peak of Enlightenment themselves. Enlightenment is an experience. Not everybody can have this experience. Only a rare few who treasure life and want to make the best of this gift take this path. They work hard to discover the true meaning of life.

What is life all about? A true *Yogi* realizes that the journey of life is meant to attain Illumination after Purification. Then, have the Realization that will lead us to Liberation and Unification with the Divine. A *Yogi* lives this life. He transcends all misery and experiences ecstasy, joy and peace.

OUR PURPOSE IS LIBERATION

Is our Purpose just to earn,
so that our wealth, others can burn?
No! Our Purpose is Liberation,
so to this earth, we don't return!



What is the true purpose of human existence? It is not to just smile, laugh, have pleasure and fun, monetary success or career achievements. It is not to just learn and collect certificates and degrees. It is not to just get married, have children, then, grandchildren and ultimately, die and leave everything and everyone behind. *The purpose of human life is to discover the purpose of human life.* Who are we? Why are we here? But we do not stop. We are like that little rubber raft gushing down the waters of a powerful river. The purpose of life is not to gush and rush. Our purpose is Realization and thereafter, Liberation.

Till I was 50, I had heard about all this. But little did I know what life is all about. Till I was 46, to me, life was all about achieving success. Success was Happiness. I lived with the myth, I grew up with. This is what my parents told me. It was what my teachers taught me. I never knew that life had a purpose other than this. Since I was 8, I prayed to a God. My personal God was Lord *Shiva*. But I never pondered on the questions, '*Who really is God?*' or '*Where is God?*' There are so many religions, each screaming that their God and scripture is the real one. While I ignored all the pandemonium, I was busy in my success journey. Was it because of my being deeply religious and devotional or was it because of my

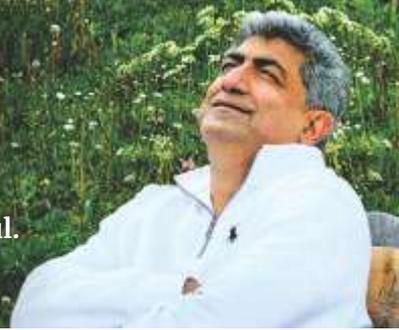
compassion and being humanitarian that I was led on to a path that ultimately, transformed my life? What made me shut down my business at 40 years of age? What gave me the Realization of the Truth before I turned 50? Was it the grace of God, or the guidance of the *Guru*, or me going on a quest that made me realize my life's purpose?

After the several Realizations I had trying to live as a *Yogi*, I discovered that our ultimate purpose was not to create structures on this earth, rather escape from rebirth. I realized the simple truth that I was not the body, mind and ego that I appeared to be, the one I lived as, for over four decades. I was the Divine Soul, that spark! What next? What after the Realization of the Truth? Our purpose is Liberation. Many people know the truth. They may not realize it, but many people are absolutely sure about the fact that they will die and their *Karma* will return them to earth in a rebirth. But very few take this Realization to the next level of Liberation, which is our ultimate purpose.

The ultimate purpose of our life is Liberation, not just the Realization of the Truth and then dying without living as a Divine Soul. Realization is the first step. Liberation is the final one. Those who realize the truth that '*I am not this, body, mind and ego*' and still continue to be slaves of their senses, continue to be controlled by the mind and live as the ego. They will never be liberated. They will create either good or bad *Karma*, and to settle it, will take rebirth. Only a true *Yogi* realizes that he must live as a Divine Soul, ever-united with the Divine, transcending all desires and cravings. He lives with the Realization of the Truth and achieves the ultimate purpose of Liberation. What next?

OUR GOAL IS UNIFICATION

**Our Ultimate Goal,
is to realize we are the Divine Soul.
Then attain Liberation,
and achieve Unification.**



Is it so difficult to realize that we are not this body, a body that will die? Is it impossible to realize that we aren't the mind that we cannot find? It is not difficult to gain knowledge of these simple facts. But moving forward on a Spiritual journey, living like a *Yogi* and becoming one with God is our greatest challenge.

We are brought up in a certain religious way and taught about God. We believe in the scriptures and follow certain dogmas. We perform rituals too. Very few amongst us pause and question, '*Who is God? Where is God? What is God?*' Most of us believe in God. But we are so lost in this world that we don't think deeply on how we can attain God. We believe in fairy tales that we will, one day, go to heaven or hell, we believe all that our scriptures tell. We are warned that it is blasphemous to question our religion. A true *Yogi* has the courage to set it all apart and go on a quest. It is a *Yogi*, who not only believes in God, but loves and wants God so much that he questions everything that he is taught. A *Yogi* evolves from the Realization of the Truth to Liberation from the body, mind and ego until he attains the final goal of Unification with the Divine.

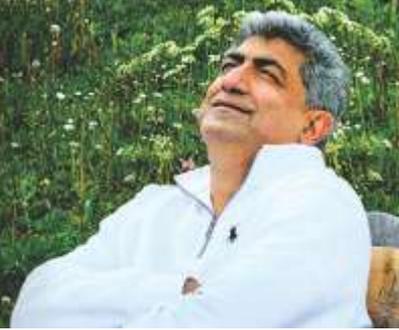
In my journey, I also blindly believed in my religion and God. I thought my purpose and goal was to amass money and

achievement. I was planning to start a huge project that would have earned me millions till I realized that my goal was not to accumulate money. I had discovered that making a difference gave me far more happiness than making money did. I had not realized then, that it was not my ultimate goal. It was only when I realized, '*Who am I?*' that I found my purpose or '*Why am I here?*' I discovered that the goal of my life was to be liberated from this body and be united with the Divine, the Power that made my heart beat. I realized that I was none other than that, the Divine Soul but, '*What was my goal?*' My goal was to be free from this world of pleasures and possessions, be free from all *Karma* and be free from rebirth on earth. What was the way? It was to live as a *Yogi*. It would lead me to Liberation and help me achieve my goal of Unification with the Divine. By overcoming the ignorance that I was not the body, I would accumulate no *Karma*. By discovering that I was not the mind and ego, I wouldn't carry *Karma* to a new life on earth. By living as the Divine Soul, I would be free and liberated in the moment of death, to become one with the Divine.

As long as we live like a wave and don't realize we are part of the ocean, we will go on splashing, again and again. The wave must realize, 'I am nothing. I am the ocean from which I come and go.' When a *Yogi* realizes that he is nothing, he becomes free. He lives as a *Yogi*, ever-united with the Divine. A true *Yogi* attains the ultimate goal of Unification. At death, he is liberated from this earth and becomes one with the Divine.

THIS WORLD IS JUST A SHOW

This world is not real,
it is a drama, it is a show!
We are mere actors,
we come and we go!



What happens when you go for a drama or a movie and you see people shedding tears when the actor on the screen dies? You laugh at them because it is not real, it's just a show! The actors are enacting their role as per the storyboard. Eventually, the show would be over and everyone would go home. While we are absolutely clear about a drama or movie being a show, we don't realize that life is nothing more than a show. We are mere actors. We come and we go! Every journey from birth to death is one act in the drama called *life*.

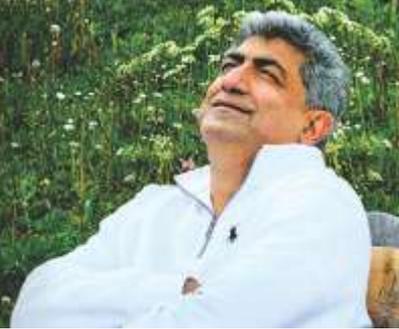
The drama called *life* has several acts. It's like a book that has many chapters and this life is just one chapter of our existence. Did we control our birth? Do we control our death? Birth and death are not in our hands. These are predestined based on our *Karma*, our past actions. Once we are born, we are actors on the earth's stage. We have a choice. We can live how we want to, like an actor who can act as they want on the stage, provided it is as per the storyboard. When the show is over, the actor leaves the stage, just like we leave the stage of earth when it is time to depart. Unfortunately, we don't realize that life on earth is nothing more than a show. If only we realize this truth, we would live life very differently.

I realized the truth about life. When I realized that I was neither the body that would die, nor the mind or ego that thought it was me, I realized I was the Divine Soul. My goal was Enlightenment and ultimately, Liberation from this show. I realized that I had to be free from this show, which would go on and on, if I was reborn. I discovered the way one can be free and thus, started living as a *Yogi*, ever-united with the Divine. Nothing in the show mattered to me. It was just a drama that was being enacted. Nothing was real. There would be comedy and tragedy in the show called *life*, just like it happens on the screen. I learned to enjoy the show, accept whatever was unfolding and not worry about what the next scene would be. I did my part the best way I could. That was in my control. I realized that there was also no point in losing my peace of mind and worrying about how the other actors were playing their parts. That was not relevant to me. Their life was unfolding as per their *Karma*. What they did was their choice. I could inspire them, motivate them, but not control them. I could control only myself. We cannot control people's actions, but we can control our reactions. Therefore, I took charge of my attitude, my response and my behaviour as I enacted my part in the show called *life*.

Finally, what matters is, us being free from this show and uniting with the Divine. Our goal is Liberation and Unification. If we think this show to be real, we will return, based on our *Karma*. But if we realize that it is just a show, we will be detached, free and liberated.

EVERYTHING IS A COSMIC ILLUSION

Why is it that,
we don't worry about a Dream?
But when it comes to Life,
we all scream!



People take a dream to be just a dream, so, they don't worry about what they see in it. But when it comes to life, they take it too seriously because they think that life is real, unlike a dream. Suppose, in your dream, I borrowed one million for a day. When you wake up, would you come to me and ask for the money? Ridiculous! It was just a dream! You would just shrug at the dream and carry on with life. But if I came and borrowed money from you in reality, would you still ignore it? Definitely not! You would make sure that you get your money back. It is real money that you gave me. What is the difference? We think a dream is an illusion. But life is real. We do not realize that life is nothing more than a longer dream, a cosmic illusion.

How can we consider life to be an illusion? For a normal human being, it is unthinkable to consider life to be an illusion. But for a realized being, life is nothing more than a dream. The difference is, a dream is over when we wake up in the morning, but the illusion called *life* gets over at death. Whatever we do in life is not permanent. *Life* itself is temporary. We enter the world in a body and ultimately, we leave the body and depart. Nothing is ours, we know. We get

upset, disappointed, angry and lose our peace and happiness because we do not realize that *life is an illusion*.

I was not different. I thought life to be very real, till I got the Realization that life was just an illusion. Everything in this world is a projection. Everything is a manifestation of the Divine. Can a normal man digest this? Impossible! Unless we realize the truth about life, we will fret and fume and react to everything that happens. We will be attached to people and possessions, because we do not realize that they are just an illusion. When I came to realize the truth, I became detached. I realized that just like a rainbow appears to be, but in reality it is just an appearance, everything in this world is also an appearance. It is like a mirage in the desert. This changed me completely and helped me move forward to attain the ultimate goal of Liberation and Unification with the Divine.

As long as we do not realize that life is a cosmic illusion, we can never attain Liberation. It is natural for people to seek pleasures, crave for possessions and get attached to people. But the moment we realize it's all a dream, we will not scream when something goes wrong in life. After all, it is just a dream.

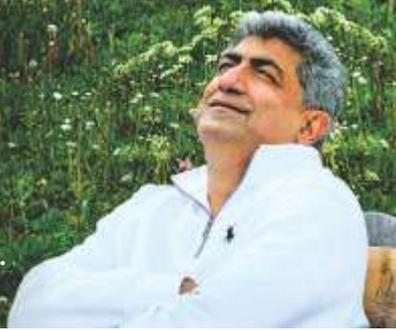
As I lived my life as a *Yogi*, ever-united with the Divine, I realized the truth about the cosmic illusion. I live in the Consciousness of this truth. I do not let my mind and my thoughts make me wander into this illusory world that is unreal and has no meaning.

LIFE IS KARMA

The Law of *Karma* ensures,
what you give, you will get.

You can't escape!

What you do, will come back to you.



What is the Law of Karma? It is a simple law that states, 'As you sow, so shall you reap.' If you plant apples, you cannot get mangoes. The seeds you plant will decide the fruits on the tree. The deeds you plant will decide your destiny. Whatever unfolds in life, doesn't unfold as per luck. It is not even God's will. It is *Karma*. The universe operates on certain Universal Laws. Everything on earth is governed by these laws. The earth rotates and revolves resulting in day and night and seasons. Is this a matter of chance? Absolutely not! Everything is controlled by Universal Laws. One such law is the *Law of Karma*.

Most people understand *Karma* and believe in it. But there are some who don't accept it. They live without ethics and values. They suffer due to their own bad actions. The intelligent ones understand this scientific law and perform good deeds, hoping that good things will unfold in their life in return. A rare minority who set out on a quest realize the truth that our goal is to go beyond *Karma* and become one with the Divine.

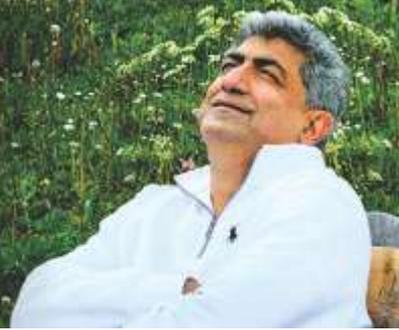
When I realized the truth about *Karma*, I was doing innumerable good deeds. I realized that I would have to stop doing them as 'I'. What did this mean? I was planting seeds

and I would have to come back to earth in a rebirth to get the rewards for my good *Karma*. However, I realized that anyone who takes birth experiences the triple suffering of the body, mind and ego. I did not want to suffer again and again. I started to live as a *Yogi*, a *Karma Yogi*. A *Karma Yogi* is an instrument of the Divine. He is not controlled by the Mind and Ego, ME. He is free from *Karma*. He doesn't have any expectations of a reward for his actions. He realizes that *I do nothing! I am nothing! Everything is done by the Divine*. He lives in total Surrender and thus, does not create any *Karma*. This is how I live as a *Karma Yogi*. This Realization liberates me from forming any new *Karma*. It also frees me from all *Karma* that I am carrying of several lifetimes with me. Those *Karma* belong to the Mind and Ego, ME, that have taken new bodies in each journey of life. So, the *Karma* has cumulated and brought me to where I am today. When I realize that I am not that ME, the Mind and Ego, then automatically, I am free from all that *Karma* and thus I am free from the cycle of death and rebirth. When this body will die, I will not be reborn. I will become one with the Divine. This is, provided, I continue to live as a *Yogi*, without creating any new *Karma*.

It is our choice. Life is *Karma*. Everything is *Karma*. Either we can understand *Karma* and live in acceptance, doing good *Karma* and being happy. Or we can be baffled with whatever is unfolding in life and think of God as cruel. We will continue going around, experiencing pleasure and pain in this merry-go-round called *life*. But if we live like a *Yogi*, we can be liberated from suffering and rebirth.

GOD IS NOT GOD, GOD IS SIP

When we say 'God',
a picture comes to our Mind.
As long as this happens,
God, we will never find!



We believe in God, but have we ever pondered — Who is God? Where is God? What is God? The moment we say, 'God', our personal God appears. It may be *Krishna* or *Jesus*, *Shiva* or *Ganesha* or any God for that matter. To us, God has a name, a form. God belongs to a religion and the scripture of that religion becomes the word of God. As long as we believe in the God of our religion, we will never realize God. If we want to realize the truth about God, we need to question our belief system. We must love and want God so desperately, that we let go of the myth and realize the truth about God. That is a difficult task as our religion won't permit it. The moment we question the dogmas, rituals and the blind beliefs of our religion, it will be considered blasphemy or a crime of the highest order.

When I started my quest to discover the purpose of life, the way to Eternal Happiness and the truth about God, I realized that it was a journey. A journey that started with Self-Realization and that would take us to God-Realization. In my quest, there was a deep yearning for God. I loved my God, Lord *Shiva* a lot. I prayed every day with hope, faith, trust and enthusiasm. I wanted God. I wanted to see God. I wanted to love my God. But all I could do was have reverence with devotion. I shed

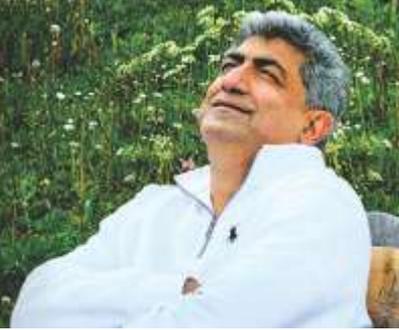
tears in entreaty and begged God to reveal himself. That happened one day.

I realized that I was not the body, the mind or the ego. I was the Divine Soul. This took me to the next Realization that the *Soul or the Spirit, or Atman is none other than a part of the Power that is Supreme and Immortal*. The Soul in me and the Soul in you, is not different. They are the same energy. Therefore, the truth is, *we don't have a Soul. But the Soul in all living creatures is SIP, the Supreme Immortal Power, manifesting as everything that is alive on earth*. This was the biggest Realization of my life. This Realization is Enlightenment. It is realizing that *I am nothing but a spark of energy. The energy is nothing but God. God is SIP, the Supreme Immortal Power*. God is not whom we consider as God. That is a fairy tale! *God is birthless, deathless, beginningless and endless. Thus, the Realization is that God is SIP, the Supreme Immortal Power*.

When a *Yogi* realizes that God is *SIP* and he is nothing but a spark of the *SIP*, he is liberated from the petty annoyances of this mortal world. He is free from the triple suffering of the body, mind and ego because he lives as *SIP*, a spark of the Divine. He sees *SIP* in one and all and lives in the ever presence of the Lord. A true *Yogi* realizes that *SIP* is everywhere. He does not have to go to a temple or church. He has ended his search. He loves God by loving every Soul that he comes in contact with. He does not see a dog as *DOG*, rather as *GOD*. This is God-Realization.

WE ARE ALL ONE

We appear as different beings,
but the truth is, we are one.
When we realize this,
Enlightenment is done.



Am I different from you? 'Of course,' you will reply, 'you are you and I am I'. But this is not true. When we are enlightened, we realize the truth. By now, we are sure that we aren't the body. The body appears much later. We are the spark of energy that comes alive nine months earlier. The body is formed much later. One day, the body dies and we move on. *We are that spark of energy and not the body that we seem to be.* When we realize this, we realize that the spark in me and the spark in you is not different. Both sparks are energy. Both sparks are Power. They come from and return to the same source of Power. When we realize that we are *that* spark, not the body that we wear, we realize that we are no different from each other. *We are one.* However, though we may read it a thousand times, it is difficult to realize the truth. The mind will question us, '*How can you and I be the same?*' When we try to find the mind, we cannot find it because it is nothing but a bundle of thoughts that plays tricks on us. Realizing the truth that we are not the body and mind but the spark, enlightens us that '*We are all one.*' The moment we realize this, our life is transformed. There is no anger, hate, revenge or jealousy because we have transcended the ego that differentiates '*you*' and '*I*'. Does the right leg ever kick the left leg? Does the right eye get angry at the left eye? When we realize that we are all

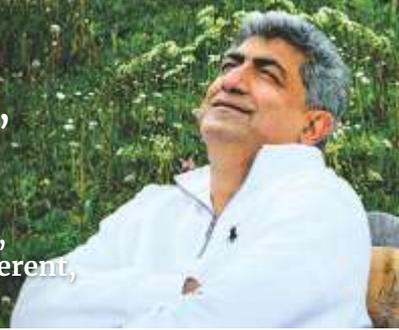
the same, we are all one, we overcome all duality and realize that we are no different from God either. The God that we prayed to all these years is also an energy, *SIP*, the *Supreme Immortal Power*.

When I moved from the state of Self-Realization towards God-Realization, it was this '*Aha!*' that transformed my life. The Realization of *Neti Neti, Not this body nor mind* and *Tat Twam Asi, Thou Art That - the Divine Soul* made me realize that we are all the *Atman* or the *Soul*. *SOUL* is the *Spark Of Unique Life*. There is no difference between *your Soul* and *my Soul*. *It is one Power that comes alive uniquely in you, as your Soul and in me, as my Soul*. It comes alive uniquely in a butterfly, a bee and a tree. It is like the electricity in our house. The bulb glows differently as compared to the television that shows us movies, the hair dryer that blows hot air and the air conditioner that blows cold air. But the Power in all these is from one source of electricity. It is this Realization that took me to God-Realization, the Realization that God is in one and all.

A *Yogi* realizes that he is nothing but a manifestation of the Divine. He is a speck of the Divine energy and that very speck of energy is the *Soul* in every living creature. Therefore, a *Yogi* is ever-united with the Divine after realizing that we are all one. Can a common man digest the fact that while we appear to be different human beings, different species and different creatures, but in reality, we are one? We are just effects. The Divine is the cause, who manifests in one and all.

SIP IS IN EVERYONE, IN EVERYTHING

It may appear to be a chain,
a bangle, a bracelet or a ring,
But the truth is, these are not different,
there is gold in everything.



What happens when you remove the gold from a gold ring? The ring disappears. So does the chain, the bangle or the bracelet because these pieces of jewellery appeared to exist because of the gold. Gold is the cause and these ornaments are effects. While we understand this clearly, *we do not realize the truth that you and I, are effects. The cause is the Soul, the Atman or the Spirit that gives us life. SOUL is the Spark Of Unique Life.* It is a spark of life energy. When this life energy departs, we disintegrate into nothingness. It was because of this energy that came alive nine months before our body was formed. Can we deny this? No! While we understand this truth, we are unable to realize that we are that spark of energy that comes alive at conception and departs at death. *What is this spark? It is none other than SIP, the Supreme Immortal Power.* Only a Yogi realizes this truth and lives as *SIP*, ever-united with the Divine.

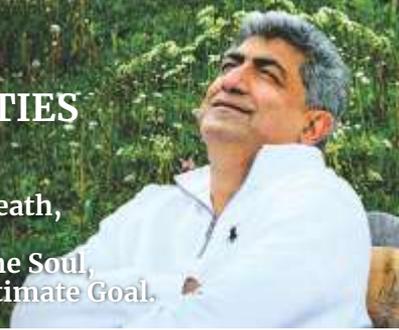
When I realized that I was not the body or the mind, rather I was the *Atman* or the Divine Soul, I immediately changed my name to *AiR* or *Atman* in Ravi. It was because of the simple Realization that I was not Ravi. Ravi was just a name given by my parents. I was not even this body that I appeared to be. This body was the result of the pizzas, pastas, idlis, dosas, noodles and burgers that I had eaten. I was sure, beyond any

doubt that I was the Divine Soul and this was just the beginning of my Enlightenment of the truth. I realized that everybody was the *Soul* or *Atman*. Everybody had *SIP* inside them, a spark of the *Supreme Immortal Power*. Whether they realized it or not, it hardly mattered. Not only human beings, but every creature that was alive had a Soul. This implied that every living creature was none other than *SIP*, the *Supreme Immortal Power*. This created a metamorphosis and liberated me completely from a world of *Bhoga* or cravings and desires for material pleasures to a world of *Yoga*, where I lived as a *Yogi* ever-united with *SIP*, the *Supreme Immortal Power*.

My Realization that *SIP* was in everyone led to one more startling Realization — *SIP*, the *Supreme Immortal Power* was not just the Soul in every living creature that was animate, *SIP* was also in the inanimate. Whether it was the mountain or the sea or the clouds or anything inanimate that I could see, every molecule of matter had energy. These were not living and they did not have the Soul. However, they had the Power of *SIP* in them. This Realization has been recently endorsed by science in the Law of Wave-Particle Duality, which states that every molecule of matter can be transformed into an energy wave, just as the energy wave can become a molecule of matter. What does this prove? It means that *SIP* or the *Supreme Immortal Power* is not just in everyone, but also in everything. This entire universe is nothing but *SIP*. You, I, the mountains, trees, rivers and the seas, everything is *SIP*, the *Supreme Immortal Power*.

THE TWO POSSIBILITIES AT DEATH

**Ignorance causes rebirth at death,
when we lose our breath.
Enlightenment liberates us as the Soul,
and we unite with the Divine, Our Ultimate Goal.**



What happens at death? The body dies. We are absolutely clear about this and we say, '*The person passed away*'. We are sure that the person has passed away and we destroy the body. But we don't know where the deceased has gone. We say that the one who died, has departed because we live with ignorance that we have been indoctrinated with. We believe that the one who died has gone to a distant heaven or hell. Depending on our religion and beliefs, we give it different names. But we have a common belief that we will be meeting God and there will be a judgement day. We don't ponder on who will meet God, when the body has returned to dust. Who will go to heaven or hell? Where are these places located? We believe in the fairy tales that are told to us. We believe that our ancestors are now having a party somewhere in heaven. The truth is that we ourselves burnt their mortal remains and immersed their ashes in the river. But, because we do not realize the truth, we live and die in this ignorance.

A *Yogi* realizes the truth. He realizes that at death, the body dies and returns to dust. If we realize the truth that we are not this body, rather the Divine Soul, when we realize that the Mind and Ego, ME, is nothing more than an illusion, this Realization liberates us from the cycle of death and rebirth. This is rare. But a realized *Yogi*, enlightened with the truth is liberated in the moment of death, to be united with the Divine.

However, the majority of people are not enlightened. Either they ignore the question about death and just live and die or they accept the fact that they leave the body at death. They believe in the second option mostly. The body dies. But the ME, the Mind and Ego carries *Karma* or the unsettled actions that will lead to a new rebirth on earth. Thus, they try to do good *Karma* or good deeds because they do not want to be born blind or in poverty.

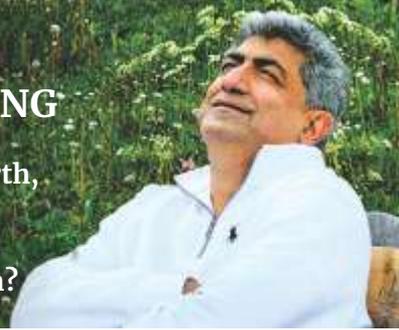
When I went on a quest, it was not difficult for me to realize that we are not the body that dies. We are conceived nine months before the body is delivered. We are that spark, not the body. One day, the body will perish and the spark that was conceived nine months before, will leave the body. Then, when I tried to find the mind and ego, it was obvious that they did not have any existence. So, who are we? We are the spark of energy that is none other than *SIP*, the *Supreme Immortal Power*. When we realize this, there will be no rebirth, because there will be no *Karma*. *Karma* neither belongs to the body that returns to dust, nor does it belong to the Mind and Ego, ME, that doesn't exist. When we realize this, we can live as a *Yogi*, who is liberated and will be united with the Divine after death.

When we live as a *Yogi*, we realize this truth. It is this Realization that will help us attain that ultimate goal of *Moksha*, *Nirvana* or Salvation that comes from Enlightenment. When a *Yogi* realizes the truth, he doesn't return to earth in a rebirth.

REBIRTH IS SUFFERING

Why must we not take a Rebirth,
on earth?

Isn't there in this world,
so much fun, so much mirth?



Many people wonder why it is necessary to escape from rebirth when this world is so exciting. We can achieve success, pleasure and achievement. Then, what is the problem in returning to earth in a rebirth? Little do we realize that everybody who is born in this world, suffers. It is not only suffering, but a combination of pleasure and pain. Ultimate Happiness doesn't come from worldly pleasures. When we attain our ultimate purpose, liberated from rebirth and united with the Divine, we are free from the triple suffering on earth. We enjoy the Eternal Happiness that is tasted by a *Yogi* who has been enlightened.

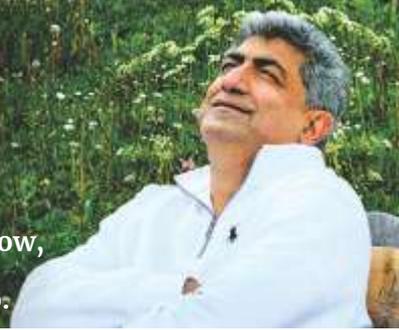
*When I went on a quest, I realized that the purpose of life was not achievement. It was not even fulfilment. It was Enlightenment. I further realized that I was not the body, mind and ego that suffers. The fact is that every 'body' will die. It is also true that 'nothing is ours.' We come empty-handed and we go empty-handed. We come alone and we will go alone. All our near and dear ones will be separated by death. This pain, along with the pain of disease, the decay of the body and the anguish of the ego, checkers our life journey with joy and sorrow. I realized that if I lived as a *Yogi*, free from the body, mind and ego, there would be no sorrow. I started living as a *Yogi* and experienced*

Ananda or an ecstasy or bliss unknown to common man. Then came the question. *'Do I want to return to earth to go through one more cycle that I experienced before being enlightened with the truth?'* I shuddered at the mere thought of it. While I had a lot of success and achievement, the challenges, difficulties, sorrow and misery that I faced, deterred even the thought of returning again. Further, when I realized that I was not this, the human body, but a spark of *SIP*, the *Supreme Immortal Power*, I wished to live as a *Yogi*. To be ultimately liberated from rebirth and united with the Divine.

Is there any doubt that rebirth is suffering? Is it not true that when we return to earth, we will have to face the triple suffering again and again? Why should we suffer? Should we not realize that the purpose of life is to realize who we are and then, to become one with the Divine? If yes, then why should we choose rebirth that will make us suffer, again and again? As long as we live in ignorance, we will not be enlightened and liberated. We won't escape rebirth. It is only an enlightened *Yogi* who realizes the truth that sets him free from the Mind and Ego, the ME. The enlightened *Yogi* realizes that *'I am nothing but a spark of the Divine.'* The *Yogi* becomes free from all *Karma*, living as an instrument of the Divine. A *Yogi* is liberated from all suffering – from the triple suffering of the body, Mind and Ego on earth and from rebirth. Rebirth only repeats the episode of triple suffering, again and again. It is an enlightened *Yogi* who lives in Consciousness and becomes free from the cycle of rebirth as he is ultimately, united with the Divine at death.

WE MUST LEARN TO LET GO

When a *Yogi* realizes,
that this world is nothing but a show,
he is liberated,
as he learns the art of letting go.



Are we not attached to this world? Are we not possessive about people? Do we not crave for pleasures? Are we not attached to our possessions? Every normal human being is so attached to this material world that he finds it very difficult to let go. This is because of ignorance. The mind makes us believe that we are this body and the ego comes alive. As long as we live as the ego, we cannot let go. We constantly live with the feeling of '*I, me and mine*'. We do not realize the truth of who we are. We live and die in this material world with misery and sorrow.

The *Realizations of a Yogi* will liberate him from pleasures, people and possessions. A *Yogi* seeks only one thing – to live in *Yoga* or the Divine union, doing the Divine Will and ultimately, being liberated from this world and uniting with the Divine. A *Yogi* realizes that this world is nothing more than a guesthouse or a hotel where he checks in and ultimately has to check out. He knows that just like everything in the hotel is available for him to use, but doesn't belong to him, so also, nothing in this world is his. Even his body is not his. He will have to leave the body. If he lives like a real *Yogi*, at the moment of death when the body returns to dust, he will be liberated and united with the Supreme. However, if he fails and he lives as the Mind and Ego, the ME,

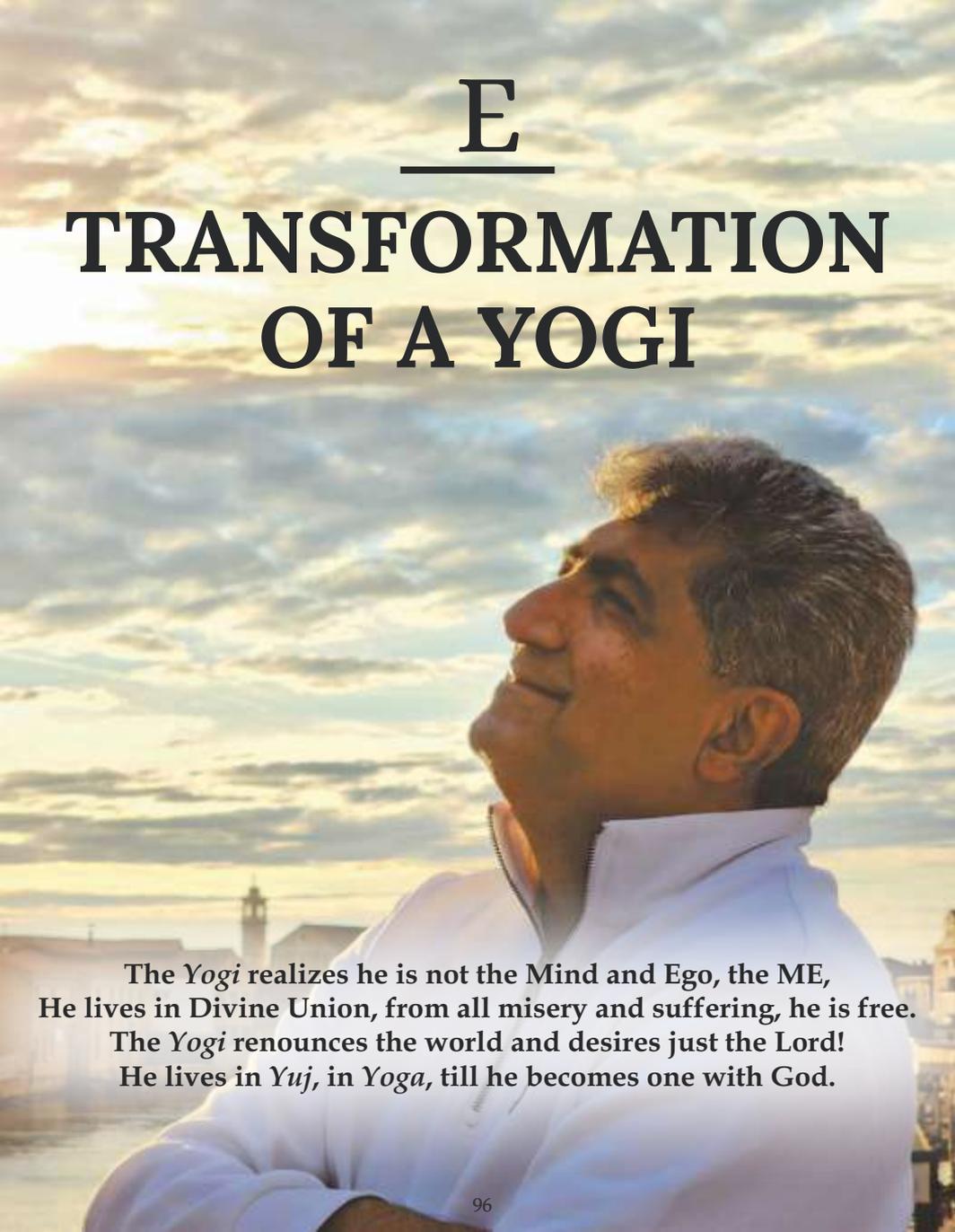
he will create *Karma* and return to earth in a rebirth. Therefore, a *Yogi* lives with the belief that, '*I am nothing. I do nothing. I am but a little spark of SIP, the Supreme Immortal Power.*'

Living as a manifestation of the Divine, a *Yogi* learns the art of letting go. He lets go of everything. He seeks nothing but the Divine. It is his Realization that liberates him and gives him the strength to transcend the body, mind and the ego and let go.

When I embarked on the Spiritual path, I was, like anybody else, craving pleasures and attached to people and possessions. When I realized the truth about myself, about life and God, I immediately let go. It started with letting go of the belief that, '*I am this body.*' It continued with me letting go of the mind that I realized is nothing but a bundle of thoughts.

My biggest challenge was to let go of my ego. Transcending the ego was not easy. As I lived in this body, troubled by my mind and identified as the ego, I had to constantly use the terms, '*I, me and mine*'. Changing my name from Ravi to *AiR*, *Atman* in Ravi, helped me a lot in letting go. However, I had to be in Consciousness to be *AiR* and not Ravi. I had to renounce many things. I had to use the power of discrimination. It took me a lot of discipline to desire nothing else but the Divine.

I continued to live as a *Yogi*, ever-united with the Divine. There were times where I momentarily disconnected due to the mind and the ego. But it was the grace of the Divine that brought me back to Consciousness and I resumed being a *Yogi*, united with the Divine and doing the Divine will. This eventually led to my transformation and metamorphosis.

A man with short, graying hair, wearing a white zip-up jacket, is shown in profile from the chest up, looking upwards and to the left. The background is a dramatic sky at sunset or sunrise, with soft, golden light filtering through scattered clouds. In the distance, the silhouettes of buildings and a church spire are visible against the horizon.

E TRANSFORMATION OF A YOGI

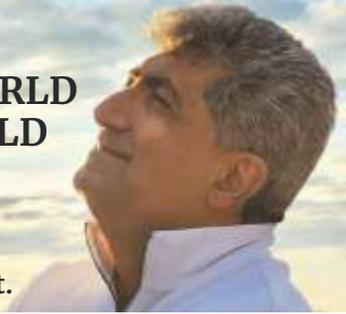
**The *Yogi* realizes he is not the Mind and Ego, the ME,
He lives in Divine Union, from all misery and suffering, he is free.
The *Yogi* renounces the world and desires just the Lord!
He lives in *Yuj*, in *Yoga*, till he becomes one with God.**

1

E. TRANSFORMATION OF A YOGI

FROM THE MATERIAL WORLD TO THE SPIRITUAL WORLD

Leaving the material world,
to be in the world of the Spirit,
the *Yogi* is enlightened,
and transforms his life, bit by bit.



Success meant happiness for me for over four decades. I knew of only the material world. I was oblivious of the existence of the Spiritual world. All I wanted was success, name, fame, money, pleasures and happiness, like everybody else. I was willing to struggle on the roller-coaster of life to attain it. Before I realized, two and a half decades of my life had gone by accumulating wealth in the form of money, a successful business and properties. I thought that those were the best 25 years of my life.

I was about to embark on a new project. A concept like Disney World, in India. I had identified 200 acres of land to set up a mega amusement park, a little city that would boast of having everything. It was a one-of-a-kind ambitious project and I was excited to launch it. But then, something happened. I realized — *What would it gain a man if he gained the whole world but lost his own Soul?* I had enough, and more, wealth than I ever needed. It was my greed, my passion and the indoctrination that success is everything that was pushing me further into the maze of the material world. I didn't have a clue that I would leave all this and evolve as a *Yogi* in the Spiritual world.

TRANSFORMATION OF A YOGI

FROM THE MATERIAL WORLD TO THE SPIRITUAL WORLD

It was the grace of the Divine and the guidance of my *Guru*, my *Spiritual Master* that helped me switch from existing in a material world to *living* in a Spiritual world. I quit my business and started pursuing my passion to do Humanitarian, Inspirational and Spiritual work. This was the beginning of my transformation. Leaving my business was taking an exit from the highway of achievement to live in contentment and fulfilment. Little did I know that this transformation would lead to a metamorphosis. It was difficult to believe that a man who was used to working 18 hours a day, 7 days a week, consistently for 25 years, suddenly had no work. I was free to pursue my passion. *Was I happy?* I was happy beyond words. Maybe, it was a Divine gift that when I shut my business, I was rewarded with more money and time than I needed. Time to utilize doing what I loved and money to fulfil my passion for serving humanity and inspiring people to build their faith in God. This was just the beginning of my transformation.

How many people transform their lives? I found very few. Gurucharan Das, a CEO turned author and Bill Gates really inspired me. They were living in the material world. Instead of amassing wealth, they wanted to make a difference to humanity, like me, around the same time, as the 21st century started to roll. Most people don't realize that life is not about just making money. *Happiness does not come from accumulating money, rather by spending it.* But the world is doing otherwise.

2

E. TRANSFORMATION OF A YOGI

LIBERATION FROM THE TRIPLE SUFFERING

**A Yogi is not just free,
from the triple suffering on earth,
he transforms his life,
and becomes free from Rebirth.**



My 25 years of success were not devoid of problems and suffering. There was a time when I was screaming so much in my business that I had lost my voice. I was advised to undergo a vocal cord surgery. I was lucky to meet Dr Madikeri, an ENT specialist who saved me from this critical operation. He prescribed one month of voice rest. I couldn't speak a word. It was not easy.

I faced many problems in my business. It was not rare for a businessman. Financial problems, legal problems and people problems only add to the overall stress and anxiety faced by anybody who is on the path to success. There were not just profits. There were also times when it seemed like I would lose everything. The material world is like a yoyo; we experience loss and gain and pleasure and pain in cycles. I did not realize that there was a way to be free from suffering. I chased success because I believed that success was happiness. Today, when I look around, I realize that, it was a myth. *If money was happiness, then the rich would be glad. But look around and you will find that many of them are sad.*

My success led to many problems in my family. Like any other successful businessman, I had little or no time at all.

T R A N S F O R M A T I O N O F A Y O G I

LIBERATION FROM THE TRIPLE SUFFERING

This led to stress. The 25 years of my life in the material world seemed like 'wow' to the outside world, but the world inside me was troubled with misery and sorrow. Although I was rich, successful, famous and I had all the things that money could buy, I had no peace, the very foundation of happiness.

It was the guidance of my *Guru, Dada*, that made me transform my life and shut down my business. It was *Dada* who led me on a quest, later on. In this quest of several years, I was enlightened to realize the truth and was able to free myself from the triple suffering – the pain of the body, misery of the mind and agony of the ego.

Everyone who lives in this world, suffers. We cannot escape the physical pain our body experiences. It is natural for all of us to be tormented by the mind with thoughts of fear and worry. We become stressed and depressed, anguished by emotions like anger and hate, revenge and jealousy. This is caused by the ego. The problem is that we do not realize that we are neither the body nor are we the mind and ego that suffers. When a *Yogi* realizes this, he becomes free from the triple suffering. However, one can only be liberated from all misery and sorrow, when they transform their life to become a *Yogi*. As long as they are on a see-saw of *Yoga* and *Bhoga*, they cannot be liberated from the triple suffering. I was fortunate that I transformed my life and started living like a *Yogi*. The world thinks it's a lie when I say that I am the happiest man, free from all misery and sorrow. Little does the world realize that this is possible!

3

E. TRANSFORMATION OF A YOGI

TRANSCENDING THE MIND AND EGO

**I am not the Ego,
I am not the Mind.
This leads to his transformation,
the Yogi does find.**



When I was deep in the quest of the truth, the first puzzle I tried to solve was, '*Who am I?*' I could not understand why a Saint like *Ramana Maharishi* kept asking, '*Naan yaar?*' or '*Who am I?*' I found it so strange. We all know who we are, do we not? But this question did not leave me. The scriptures asked repeatedly, '*Koham*' and the answer, I read, was '*Soham*.' I did not let go. I kept working at the puzzle and tried to put the pieces together. The *Upanishads* say '*Neti Neti , Tat Twam Asi*', meaning, '*Not this, not this, thou art That!*' This was enough to latch me on to the question.

I started to read very deeply to realize the truth behind this. I read about *the Law of Causation* that said that every effect has a cause. The effect is nothing but the cause in another form. If the cause is removed, there would be no effect. I was curious if the body, the ego and the mind, the '*I*' was the effect, then what was the cause? I probed into the Peeling Method. If we virtually peel our body, layer by layer, what will we ultimately find?

Are we the waker who is awake or the dreamer who dreams or the one who experiences deep sleep? I tried to meditate and contemplate '*Who am I?*' The apple is an object and the eye is the subject in '*The eye sees the apple.*' In the statement, '*The mind sees the eye,*' the eye becomes the object and the mind

TRANSFORMATION OF A YOGI

TRANSCENDING THE MIND AND EGO

becomes the subject. Who observes the mind when the mind becomes the object? I am that 'I'. I was perplexed. I was clear that I was not the body that was formed after my conception. One day, the body will die, and people will say that, 'He passed away'. Being clear that I am not the body, how could I be the ego or the mind? I continued my search to find the answers.

It was during this quest that I realized that the mind was nothing but a bundle of thoughts. Where was the mind? We couldn't find! If we are neither the body nor the mind, then what is this 'I', the ego that we talk about? The ego is nothing but a false identity. I am not John. I had no name when I was born. Then, why does the ego keep on saying, 'I am John'. I was enlightened with the truth. Neither was I the body nor the ego or the mind. I was the Power of life throbbing inside me, the Power that arrives nine months before I was delivered. The same Power departs at death. Thus, I am *Soham*. I am the Divine Soul, *Tat Twam Asi*.

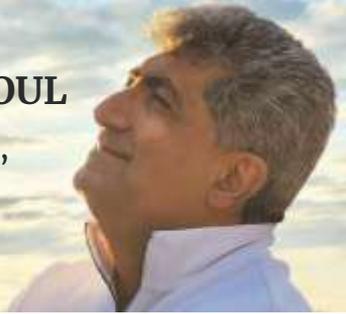
When a *Yogi* realizes that he is a manifestation of the Divine and not the 30 trillion cells that form a body, driven by the ME, the Mind and Ego, he realizes he is the *Atman*, the Divine Spirit or the Soul. This realization liberates him from *Samsara* or the material world. He transcends all desires and passions as he transforms into what he truly is. It is not easy to transcend the ME, the Mind and Ego. It fights very hard to survive because the moment a *Yogi* transcends ME, it is death of the Mind and Ego. The *Yogi* becomes free from *Karma* and rebirth. So, the mind and ego fight very hard to stop the *Yogi* from transcending to live as a Divine Soul.

4

E. TRANSFORMATION OF A YOGI

LIVING AS THE DIVINE SOUL

**When a *Yogi* transforms his life,
to live as the Soul,
he starts his journey,
to attain his ultimate goal.**



When I realized the truth behind '*Neti Neti, Tat Twam Asi,*' I believe I was blessed with the Divine grace, as the Realization stared at me in my face. There was no doubt that I was not the body. It was like a garment that I changed. I had to leave this body and depart. It was also crystal clear that I was not the mind or the ego that kept saying, '*I, me.*' But I was alive. *Who was alive? Who was conceived nine months before the birthday? Who left the body at death, after which, there was no breath?* I was that spark of energy, the Divine Spirit, the Soul or the *Atman*. It was obvious to me. I realized the truth.

It was on the 31st of August 2014 that this deep Realization led to my transformation. From the 1st of September 2014, I was no longer Ravi. Ravi was just a name given to this body after I was delivered on the planet. I was the *Atman* that was alive in Ravi. The *Atman* was not born on the birthday. The real birthday was nine months prior, when the first cell of life was conceived. In that moment, there was no body, no mind, no ego. But I was born already. I transformed my life to *AiR* – the *Atman* in Ravi. From the 1st of September 2014, I announced that Ravi no longer existed and *AiR was born. AiR was the Atman, the Divine Soul and the body of Ravi was just a temple of the Soul.* This was the day of my transformation. It was the day

TRANSFORMATION OF A YOGI

LIVING AS THE DIVINE SOUL

when all my Realizations came together and I was enlightened with the truth. This happened in an Air France flight AF 192 from Paris to Bangalore. I was truly born on that Divine flight. Otherwise, I would have died without Realization and Transformation. I started to live as *AiR*, the *Atman* in Ravi, a Divine Soul. I transcended the cravings of the body, thoughts of the mind and the passions of my ego. I was none of these, anymore. It was not some knowledge that we could acquire in a college. It was a Realization that Enlightened me. It was like suddenly turning on the switch of light in a dark room and being able to see everything clearly. The light inside me was switched on and I could clearly see all the myths that I lived with, they disappeared with the darkness. *I realized that we are all Souls and not the bodies that we wear. These Souls are like waves that are a part of one ocean, but appear to be different. Similarly, we are all a part of SIP, the Supreme Immortal Power.*

When a *Yogi* experiences true *Realization* and is enlightened with the truth, he is completely transformed. The transformation evolves further into an irreversible metamorphosis. It all starts with Enlightenment that happens when a *Yogi* sets out on a quest. He is, then, free from the body, mind and ego and realizes that he is the Divine Soul. It is the Realizations of a *Yogi* that are of paramount importance. They start his journey of transformation. A very few amongst humanity are blessed to achieve this state of freedom and they live as the evolved Divine Soul.

5

E. TRANSFORMATION OF A YOGI

NOTHING MATTERS

**The Yogi who,
transforms his life, lets go.
To him, nothing matters,
he knows, it is just a show!**



After my Realization of who I was and why I was here, the paradigm of my life changed. To me, nothing mattered except my desire for the *Divine* and *Liberation*. I realized that everything was an illusion. Nothing was real. Everything was a manifestation of the Divine. Previously, I used to be worried about every little thing that happened. But now, even major things didn't affect me. It was like a movie that I was watching. It was as if the earth was a humongous stage and eight billion actors were performing a show called *life*. I never questioned the ongoings because I knew it was *Karma* unfolding. When I realized that I was not 'I', but that spark of energy and everyone around me was also a part of *the Supreme Immortal Power*, it liberated me from the ego, the concern about everything being mine. I now realized that nothing and nobody was mine. I couldn't believe the Spiritual indifference that developed in me. It was liberating because it led me to living a life of *Detached Attachment*. Where earlier, I would be hurt by the trifles and tribulations of life, now, nothing mattered.

Is it not true that we human beings fret and fume at every little thing that happens? Many of us cry when we see our favourite actor die on the screen. We know that it is just a movie and the

NOTHING MATTERS

actor hasn't really died. Still, we become emotional and miserable because we are creatures influenced by the thoughts of the mind. If we lose something, we get angry. If something unfortunate happens in life, we curse without realizing it is *Karma* that is unfolding. Most importantly, we don't realize the purpose of our existence. Ultimately, we have to leave everything and die. Is this not a reality? If only we realized this, nothing would matter and we'd be free from the misery and sorrow caused by fear, worry, stress and anxiety. Do we fear death or not? We fear the loss of all that we own, and all that is known just as we fear the unknown that lies beyond death. But a *Yogi* who has transformed his life through the Realization of the Truth isn't affected by any fear, not even of death. To a *Yogi*, nothing matters. He lives a life of acceptance and surrender because he has experienced a transformation from living as the body, mind and ego to living as the Soul.

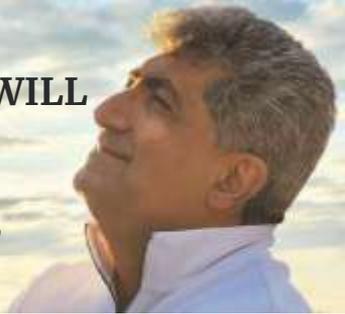
After my transformation, I started to live as a *Yogi*, ever-united with the Divine. I laughed at everything. While others thought it to be real and they would lose their temper and peace, I would be smiling. It wasn't because I didn't have compassion or I did not care. It was because I had realized the truth. When somebody died, people would make all kinds of comments like, '*RIP*' or '*Let us pray for the departed Soul.*' But as a *Yogi*, none of this made any sense. Who should rest in peace and which Soul should we pray for? From within, I wished I could help people overcome their ignorance and realize the truth. But such transformation is very personal and happens with the Divine grace.

6

E. TRANSFORMATION OF A YOGI

ACCEPTING THE DIVINE WILL

**A Yogi, post transformation,
accepts the Divine Will.
He transcends hate and anger,
which make us ready to kill!**



Prior to my Realization and transformation, I would get too angry, too soon. I would scream and shout that sometimes resulted in a physical expression of my wrath. After the Realization of the Truth, I experienced such a Divine transformation that anger became a thing of the past. I have never lost my temper since. In the transition stage, I sometimes had to use my temper, but I don't lose my temper, anymore. Anger pulls us into the material world and makes us *ME*, the Mind and the Ego. When I transformed my life completely, there was no *ME*, no Mind and no Ego, which could get angry. *The Soul is incapable of becoming angry.*

When the journey of Realization commenced, I overcame anger and many other toxic negative emotions. Post my transformation, I became totally incapable of getting angry. This blessed me with peace, tranquillity, bliss and joy. I realize that it is so because I now, accept the Divine will. I accept that nothing happens without the consent of the Creator. There is no doubt that everything is unfolding through the *Law of Karma*. The *Law of Karma* is under the umbrella of the Divine. Ultimately, everything is a part of the Divine *Leela*, the show. Everything is *Maya*, a Cosmic Illusion. After my transformation, this Realization became so deep rooted that I now, accept everything that happens without

TRANSFORMATION OF A YOGI

ACCEPTING THE DIVINE WILL

any reaction. To me, nothing is good or bad. Everything is unfolding as per the Divine will, and it is perfect. My transformation post my Realization gave me Liberation from all misery and sorrow that I used to experience as the ego and the mind.

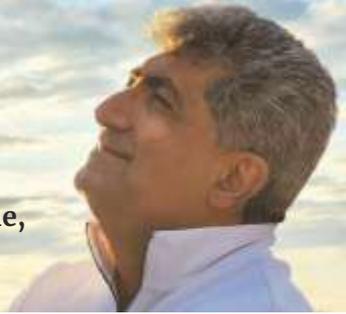
How often do we find people questioning what is happening? They ask, 'Why do bad things happen to good people?' They do not realize that bad things cannot happen to good people, just as apples cannot grow on mango trees. It is impossible! People get upset at life, at others and even at their own destiny. They sometimes curse God and call him cruel, unjust and unfair. Little do they realize that they are a manifestation of the God they are cursing. They don't realize that everything is an illusion, everything is a show. If only there was *Realization*, there would've been a transformation. And eventually, Liberation from misery and sorrow. It is a step-by-step process. As long as we are enveloped in ignorance and don't realize the truth, we will be slaves of our mind and suffer the anxiety of thoughts. We will be puppets of our ego and live in anger, hate, revenge and jealousy. Transformation means dropping all dualities. You and I are not different. This Realization is needed to be free from all misery and suffering and to live in peace and bliss.

Today, living as a *Yogi*, I accept the Divine will. I know that everything that's happening is approved by the Divine. I bow down and surrender to it. I know that the Divine will must unfold. Nobody can stop it, just as I know that all this is a part of the Divine show. The attitude of accepting and surrendering to the Divine not only liberates me from pain, but also makes me enjoy the Divine ecstasy, again and yet again.

I AM NOTHING

**My Ego made me proud,
said, 'I am everything.'**

**My Transformation made me humble,
to realize, 'I am nothing!'**



What am I? If I am not this body that was formed by Divine grace over nine months in my mother's womb, if I am not the mind that I cannot find, if my ego itself is a false identity, then, who am I and what am I? I am nothing but that spark of energy that gives life to every cell of my existence. One day, when that spark departs, I will be nothing. This body that is made up of the five elements of nature – earth, water, air, fire and space. It will return to its five elements. Then, why is it that throughout life we keep saying, 'I, me' and 'mine'? I realized my ignorance. When I realized I was nothing, I overcame the ignorance. I contemplated that we salute the brain that made the train and the plane, but who made the brain? Little do we ponder on the *Supreme Immortal Power, SIP*, that is everything. As long as I was not transformed, I considered myself a king. I thought I could make the impossible, possible. Only after the Realization, I understood that without the Divine grace of *SIP*, even the possible would become impossible. I realized that we are nothing. We are just manifestations of the Divine. As long as we don't realize this, we will continue to suffer the triple suffering on this earth. Then, return in a rebirth, only to suffer again and again.

Is there any need for us to suffer, lose our peace, tranquillity, joy and bliss? We lose all this because we do not realize we are

I AM NOTHING

nothing. We are just tiny specks of Divine energy that manifests as the Soul and energizes the body. *We do not realize that we are nothing. We are under the illusion that we are everything. As long as we think we are everything, we achieve nothing. The moment we realize we are nothing, we achieve everything.* This may sound like Greek or Latin to somebody living in the material world and lost in his senses, thoughts and ego. But to a seeker who is in the quest of the truth, this Realization is immensely profound that, *we are nothing!*

In my quest, it became clear that we come with nothing and we take nothing with us when we die. We come alone and we go alone. We are the *Spark Of Unique Life*, the SOUL that comes alive at conception and leaves the body at death. Nothing else! What are we proud about? Why do we live in ignorance as the body, mind and ego? When will we awaken to the truth, overcome our ignorance and experience transformation? It is rare to reach this state though it may sound very easy. But because we are slaves of the Mind and Ego, ME, we cannot realize — I am nothing. I was blessed to realize this. And this Realization was key to my transformation. When I lived with this attitude — I am nothing, but that spark of Divine energy, I saw everybody as a manifestation of the Divine, as sparks of Divine energy. On the one hand, it gave me peace that I was nothing. And on the other, I experienced the ecstasy of the Divine in one and all whether it was a man, an animal, birds or flowers, I could see Divinity manifest all around me. This became possible only because of my Realization that *I was nothing* and my transformation that accepted this Realization. As long as we do not realize that we are nothing, we'll continue to live in this illusory world without realizing the truth and without transforming our life. With this, we will continue to suffer.

8

E. TRANSFORMATION OF A YOGI

EVERYTHING IS DIVINE ENERGY

**We see ourselves,
as you and me.
We don't realize,
we are all Divine Energy!**



What was the cause of my transformation? It was the deep Realization that I am not 'I' and you are not 'you'. We are not what we seem to be. The bodies that we wear are like garments, which will change, life after life. We are a spark of the Divine Energy. The Energy in 'you' and the Energy in 'me' is not different. Unfortunately, because we grow up with the myth, we believe we have souls. We believe that your Soul is different from my Soul, just as there are good souls and bad souls. Our ignorance creates so much complications that we start to believe in fairies and ghosts, although we know that Santa Claus is a fairy tale and so are tales of gods and goddesses of different religions. All this confuses us completely. It was only when I cleared this confusion that I came to the conclusion that we are all Divine Energy. It is not easy to realize this and unless we realize it, there can be no transformation. *What is this Realization?*

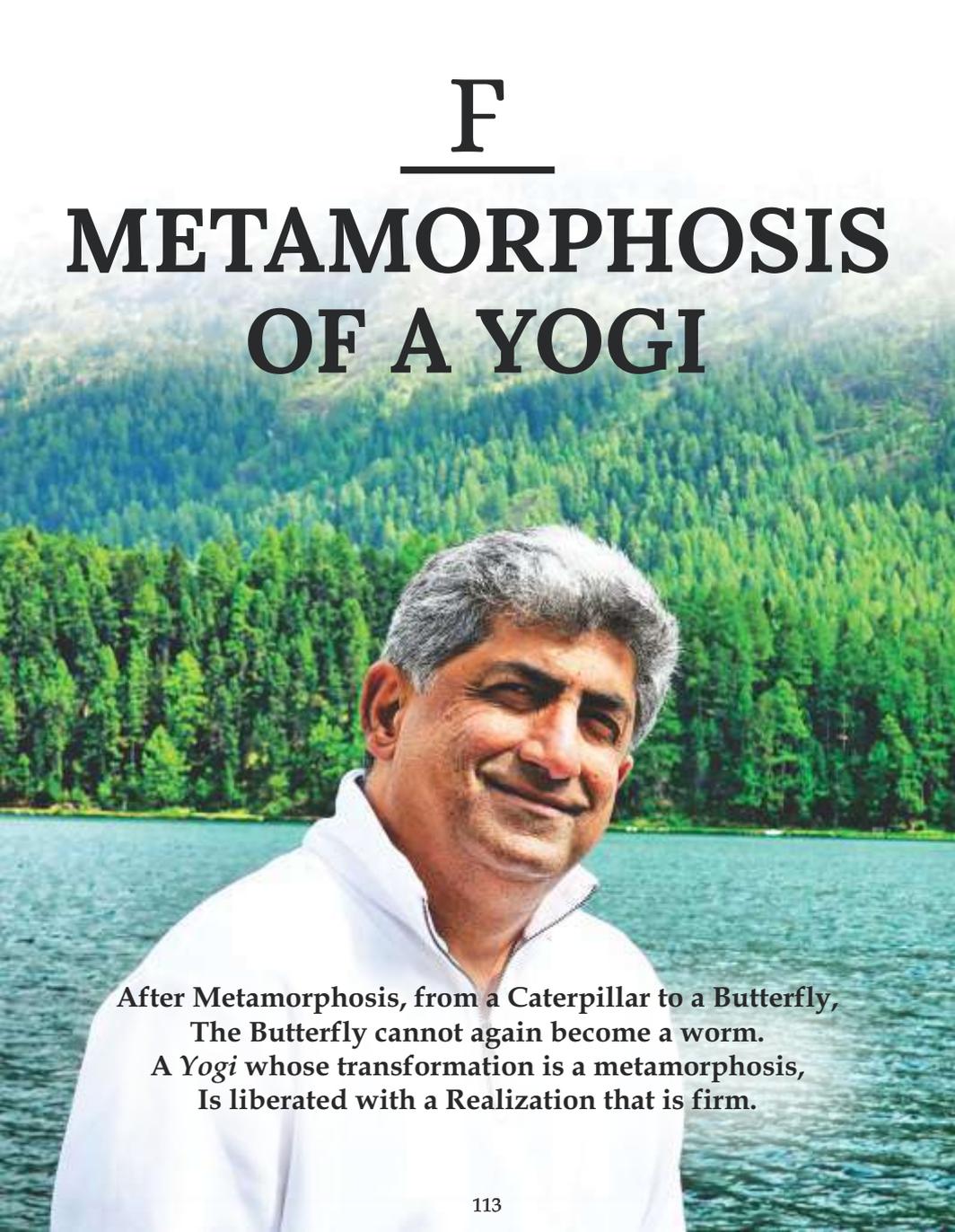
Even science endorses that every molecule of matter is energy. It is a scientific law that *energy can neither be created nor destroyed. It can only be transformed from one form to another. It is from this law that science has coined another theory called the Wave-Particle Duality.* This theory states that a particle of matter can become an energy wave just as an energy wave can become a

EVERYTHING IS DIVINE ENERGY

particle of matter. Thus, science believes that the physical mass we see consists of molecules that are ultimately, energy. Experiments such as the God Particle or Higgs Boson were carried out in a LHC or a Large Hadron Collider to find the tiniest particle of matter. Scientists struggled to go beyond molecules, atoms to electrons, neutrons and protons till they found the smallest particle of a human cell which they called a *quark*. When they were examining the quark under a sophisticated microscope, that tiniest particle of the human cell suddenly disappeared. The scientists involved in the examination were recording the phenomenon. When that particle of matter, the quark, reappeared, they called it the *Wave-Particle Duality*.

Therefore, this is not just a Spiritual imagination. It is a fact that we all are energy. Every cell of our body is nothing but energy. When we contemplate, it is this energy that starts as a spark of life. Then, the cells multiply to form the human body. When this energy departs, the human body disintegrates into nothingness. So, what are we in reality? Nothing but Divine Energy. Everything in this world is a part of the Divine Energy.

While Spirituality calls it *SIP*, the *Supreme Immortal Power* that caused my Realization and transformation, science continues to call it energy. Science submits that it does not know even 1% of what this energy is. More than 99% of existence in the cosmos is energy that is undefined by science. They call it black matter and black energy. Those who have attained Realization know that all this energy is nothing but *SIP*, a part of the *Supreme Immortal Power*. But this cannot be defined in words.



F METAMORPHOSIS OF A YOGI

**After Metamorphosis, from a Caterpillar to a Butterfly,
The Butterfly cannot again become a worm.
A Yogi whose transformation is a metamorphosis,
Is liberated with a Realization that is firm.**

1

F. METAMORPHOSIS OF A YOGI

FROM BEING HUMAN TO BEING DIVINE

The Metamorphosis of a *Yogi*,
makes him live as the Soul.
He evolves from being human to Divine,
and takes control.



When I realized the truth on the 31st of August 2014, I felt it to be a great transformation. Little did I realize that the process of metamorphosis had just started. When a caterpillar becomes a butterfly, we know that it has evolved from the worm to a pupa, the transition stage, till it flies like a beautiful butterfly. But I did not know when my metamorphosis got completed. Today, as I live as a *Yogi*, I know that I can never return to crawl like a worm in the material world. That is why I am so sure that my metamorphosis is complete. I seek nothing, but the Divine. I seek to do nothing, but to be an instrument of the Supreme, doing His will. I seek no fruit for my actions, as a result of my *Karma*. This liberates me from *Karma* and if I continue to live without *Karma* as a *true Yogi*, chances are that I will not have to return to earth in a rebirth. However, this is only possible if I stop living as a human being with a body, mind and ego and start living as the Divine Soul.

What does this mean? It means that my transformation must be irreversible. If the transformation is incomplete, it is not a metamorphosis. Unless there is a metamorphosis, a *Yogi* cannot live in *Yoga*, in a state of eternal union with the Divine.

Most people try to live as good human beings. We try to do good *Karma* so that our destiny is filled with peace and happiness. We do not realize that by just doing good *Karma*, we cannot attain the ultimate goal of Salvation or *Nirvana* or *Moksha*. We can never become one with the Divine. We need a transformation from being human to Divine and then, a metamorphosis, that irreversible change which comes from Enlightenment of the truth. Once there is Enlightenment, it is very difficult for a true *Yogi* to lose that spark of Realization. A *Yogi* who experiences *SatChitAnanda*, a Divine bliss that is experienced with the Consciousness of the truth, can never lose this Consciousness after his metamorphosis. However, if it is only a transformation, he can think and then blink and sink back in the material world of pleasures, people and possessions. The world has seen some *Yogis* who seemed enlightened, only to finally fall back into *Samsara*, the material world. This was because they did not experience a metamorphosis.

I am grateful that after I started my quest, I took an exit, not only from the highway of achievement, but also from the plateau of fulfilment to find the true purpose of life. With the grace of the Divine and the guidance of my *Guru*, I realized the truth. However, my Enlightenment had to go through a lot of tests before I could see myself emerge as a liberated butterfly, whose wings were no more tied by strings of duty or lust or shame. Nothing could stop me from living as a *Yogi*. My resolve was very strong and thus, my bond with the Divine was complete.

THE CATERPILLAR BECOMES A BUTTERFLY

What happens when,
a Caterpillar becomes a Butterfly?
It no more crawls,
but flies in the sky.



I realize now that I had been crawling like a worm for 25 years, thinking that I was attaining success after success. At 40, more than half my life was over and all I had collected was material wealth which I realized I would have to ultimately leave behind. Still, I did not realize that I was nothing but a worm that was miserably crawling through life. I did not know that I could open my wings and fly. If it was not for my *Guru*, my *Spiritual Master*, I would have lived and died like a caterpillar and never transformed to a butterfly. My metamorphosis is because of only one person. It is because of my *Guru*, my *Spiritual Master*, *Dada J P Vaswani*. It was my *Guru* who helped me transition and transform. He intended to make me strong. He never spoon-fed me, rather showed me the path to self-discovery.

The *Buddha* often said, '*Appo Deepo Bhava*,' light your own lamp to be enlightened. I had to struggle before I was liberated, just like every pupa struggles to become a butterfly.

We, human beings, are very familiar with the metamorphosis of a caterpillar to a butterfly. But we know very little about how a human being can transform his life and become a *Yogi* who is free from the triple suffering on earth, as he lives

united with the Lord. Very few amongst us even make an effort to reach that state of being a *Yogi*. We just live and die, and if something goes wrong, we blink and look at the sky. Ultimately, we die without becoming a *Yogi*.

When a *Yogi* is liberated from living like a worm, what happens? A *Yogi* gets the Realization that he is not supposed to crawl through life. He then realizes his Divine self. He discovers his power to rise above *Samsara*, the world of pleasures and evolves to a state of Divine Consciousness. Once he starts to live as a *Yogi*, he experiences a metamorphosis. Neither does he want to return to being a mortal human, nor can he. This is because he has realized his true identity. He is the Divine Soul, not the body that he seems to be, nor the mind and ego, that keeps saying, 'me'.

When will we human beings realize the goal of our life is a metamorphosis, an irreversible change from living as a body, mind and ego, to living as the Divine Soul, doing nothing but the Divine Will and being ever-united with the Lord? When will we human beings realize our true purpose on earth? Most of us just follow the herd. We live and we die, and then, we are reborn. And this will go on and on. If only we experience that metamorphosis, not only would we be liberated from the triple suffering on earth, but also be free from the cycle of rebirth. We will become one with *SIP*, the *Supreme Immortal Power*. Although we would continue living in the body, till our last breath, we would be a liberated Soul, free from all sorrow. It is our choice to crawl or fly.

3

F. METAMORPHOSIS OF A YOGI

FREE FROM ALL SUFFERING

We all suffer pain,
and this goes on and on.
The body, mind and ego,
suffer from the time we are born.



I, too, suffered a lot. There was no exception to the rule. Whether it was physical pain or torture of the mind, or the anguish caused by the ego, it went on and on. But because it was camouflaged in the pleasure of this world, the pain was in a way, sandwiched between those moments of temporary happiness and life continued. When I wanted to reach that state of eternal happiness, I found that it is possible to experience everlasting happiness and eternal peace, if only I lived with the Realization that I was not the body, the mind or the ego that suffers. The Realization first came in August 2014. It was not in that flash of a moment that I was free from all suffering. It was after the metamorphosis that the suffering dissolved like mist in the morning sun.

How did I become free from all suffering? Does the body stop experiencing all physical pain? Of course, not! The body still experiences issues, but I stopped suffering because I realized I was not the body. It took time, but it was not so difficult to transcend the pain suffered by the body. The biggest challenge was the mind. Although it does not exist, it appears as a bundle of thoughts and pushes us into a yesterday that is gone and a tomorrow, not yet born. I struggled a lot with the mind and through the process of metamorphosis, I literally

killed it. It is strange that even after killing the mind and cremating it, it does not die! As long as there is breath, thoughts continue to appear and often, the mind returns as a phoenix to attack us. Today, I am largely free from thoughts of the mind, but still, there are moments that it tries to push me from *Yoga* into *Bhoga*.

In the process of the metamorphosis, I have become completely free from the ego. There is absolutely no iota of anger, hate, revenge or jealousy. This is a major transformation and helps in that ultimate journey of Liberation and Unification.

Is it true that living like a *Yogi* after a complete metamorphosis liberates us from all suffering on earth? Yes, it is. There is no doubt that a *Yogi* does not suffer from the misery and suffering on earth. A *Yogi* who lives in Consciousness, after his metamorphosis, is even able to transcend his mind, the biggest rascal, which is the root cause of all suffering. If one is able to be a true *Yogi*, ever-united with the Divine, it is natural to be disconnected from *Bhoga*, where all suffering arises. A *Yogi* realizes that all is *Maya*, a Cosmic Illusion. It is all a *Leela*, a Divine show and thus, he lives in *Ananda*, a state of Everlasting Bliss, Divine Love and Eternal Peace. The smile on a *Yogi's* lips and the glow on his face reveal the ecstasy that he enjoys. He is in such a Spiritual euphoria that he has no time for suffering. He does not create any space in his life for misery to come. He evolves from one state of *Yoga* to another without any suffering.

LIVING WITH THE DIVINE, ALL THE TIME

*A Yogi is not intoxicated,
by any opulent wine.
He enjoys a blissful ecstasy,
being one with the Divine.*



After my metamorphosis from Ravi to *AiR*, none of the earlier pleasures gave me joy. It seemed that I had transcended those pleasures during the metamorphosis. It happened over a period of few months. It was not instantaneous. Therefore, one aspiring to be a *Yogi* or even one who has realized the truth must not imagine that metamorphosis is like a magical spark. It is not! The Realization of the Truth happens, one by one. Then, comes the spark of Enlightenment. That is the moment of the Spiritual '*Aha!*' Thereafter, the process of metamorphosis takes its time. One can imagine it like climbing a peak. Every Realization of the Truth would take us forward towards the mountain top. We would climb with each Realization, till that moment of ecstasy when we arrive at the Spiritual peak. This is Enlightenment. Now, as we come down from the peak, we would experience metamorphosis and as we reach the valley, we would be none of what we were before. We are completely transformed. This is the metamorphosis I experienced.

What happened after the metamorphosis? I realized that I was not '*I*'. I realized I was nothing. I realized I was the Divine Soul. The Soul in me was *SIP*, the *Supreme Immortal Power*. The same Power of *SIP* is the Soul in every human being, in every living organism, in every worm that was crawling and in

every bird that was flying in the sky. I could experience the Divine in every flower and fruit, in every shrub and tree. This was a Divine ecstasy. My metamorphosis made me experience the Divine in everybody and in everything. This created such a Spiritual euphoria! We would be searching for God and happiness, but in the moment of metamorphosis, we experience God everywhere. We realize everything is God and we feel the Divine presence in one and all!

Today, I live with the Divine all the time. I see every human as Divine. I talk to the birds and sing to the butterflies. When my little pet dog wags its tail, I see GOD in my DOG. This experience is truly Divine. Unfortunately, it is not for those who have not realized this truth. Even after Realization, this joy of experiencing the Divine all the time is not complete. It is only after a complete metamorphosis, that you go beyond the kindergarten of religion, past the university of Spirituality to graduate into that state of being where you become one with the Divine.

Is it true or is it a fairy tale? All the religions in this world talk of a God who is in a temple, church, monastery or can be found only in the place of worship or pilgrimage. A metamorphosis reverses this belief and takes us in the opposite direction. It proves all religions wrong. Religions are meant to start our journey to God. But no religion can make us realize God. Unless we become a *Yogi* who is enlightened with the Realization of the Truth, who undergoes a metamorphosis, we will just live and die praying to the God of our religion. It is only a true *Yogi* who lives with the Divine all the time.

LIVING IN YOGA

After a Metamorphosis,
a *Yogi* is always in *Yoga*.
He is free from this alluring world,
that pulls him in *Bhoga*.



Even after my Realization of the truth in August 2014, I was not completely free from the material world. The pleasures, the possessions and people were sucking me back. If I had not metamorphosed into *AiR* completely, chances were I would not be able to live as a *Yogi*. I realize now, that the ***Realizations of a Yogi*** are not enough to lead a *Yogi* to becoming one with the Divine. It is necessary to metamorphose, to completely change, to have that irreversible transformation. Without this, even the realized *Yogi* can slip back into *Bhoga*. It starts with the quest for the truth and the journey of a *Yogi* passes through Realizations that lead to Enlightenment. But an ordinary transformation cannot liberate a *Yogi* to unite with the Divine. A metamorphosis is a must.

These are not fancy words as understood by the world. Enlightenment, Transformation and Metamorphosis are actual processes that a *Yogi* undergoes to reach that state of ultimate Unification with the Divine. Nobody can manipulate the truth. The fact is that we are all Divine Souls, all part of that one *SIP*, the *Supreme Immortal Power*. This body comes later, and then disappears. We know it beyond doubt, but because of ignorance, our mind stops us from living in *Yoga*. It holds us back from being a *Yogi*. All because it does not permit

the Realization of the Truth. It bombards us with thoughts and does not let even a realized *Yogi* transform through the process of a Spiritual metamorphosis. The mind is capable of stopping a *Yogi*. However, a realized *Yogi* knows that there is no mind. He goes beyond thought, beyond the senses of his body and lets go of the ego. Thereafter, he starts to live his life in *Yoga*. The *Yogi* knows the four states of *Yoga* - *Dhyana Yoga* or Meditation, *Bhakti Yoga* or Devotion, *Karma Yoga* or Action and *Gyana Yoga* or Education. A *Yogi* moves through these four states of *Yoga* and ultimately experiences a metamorphosis as a liberated *Yogi*. Once the *Yogi* is completely in *Yoga*, in Divine union, post the metamorphosis, there can be no reversal. It is only a matter of time before the *Yogi*, who is eternally in *Yoga* is liberated to become one with the Supreme.

I, too, lived a life as a *Yogi* in *Yoga*, after my Realization, after being enlightened with the truth. In fact, I was blessed with the fifth state of *Yoga*, *Prema Yoga*, the *Yoga* of Divine Love. Being liberated from this material world, I experienced the Divine presence of the Supreme in one and all. I started loving man as God and even found Divinity in my beloved, my love was beyond the beauty of the skin. It was love for the Divine that lived within. To me, living in *Yoga* meant starting my day with meditation, then prayer and devotion, followed by action as a Divine instrument. I never ended my day without some education, some learning. With *Prema Yoga*, the blessing of the *Yoga* of Divine Love, I could love the Divine as I loved every manifestation of the Divine, be it a little bird, a pet dog or my beloved.

BLISS, LOVE AND PEACE

A liberated *Yogi* lives in Bliss,
Love and Peace.
For such a one,
all misery and sorrow cease!



I was surprised. Post my transformation, my suffering level started experiencing a steep decline. Earlier, I would suffer so much, primarily because of my ego and mind. But after realizing the truth, I found a way to return to Consciousness and to live a life of bliss, love and peace.

For the first 25 years of my adult life, my happiness was based on pleasure. Then, I shut down my business and transformed my life. I experienced a bliss that was based on peace, coming from contentment and fulfilment. Little did I realize that I had touched only the tip of the iceberg. There was still so much joy and ecstasy, euphoria and Divinity that I had not experienced. It was after my metamorphosis that occurred over many months, post my Realization in August 2014, that I truly experienced that state of seamless Eternal Bliss and Happiness, a state of Divine Love and a state of Everlasting Peace and Tranquillity. The ecstasy and euphoria of this Spiritual metamorphosis cannot be defined in words. It can only be experienced.

We all love, but our love is between you and me. Enlightenment creates Divinity in love, wherein one loves everybody as a manifestation of the Divine. This love has a

different magic, and it is beyond logic, where even my beloved appears to me as a goddess, not one who is made of bone and skin, but the Divine that is within. We all smile and laugh. But, a *Yogi* after his metamorphosis doesn't need to laugh to be happy. He experiences *Ananda* or *Nirvana* just by being. He is so still within that even a tsunami on the outside does not affect him. The mind may create hurricanes and the ego may create storms, but the typhoons that are in the world outside do not touch the peace of a *Yogi* inside. He remains in that state of bliss, love and peace as the Divine Soul that he is, not the body that he inhabits, not the Mind and Ego, ME, that is nothing but an illusion.

A *Yogic* journey that starts with a quest and evolves from Realization to transformation, cumulates in a *Yogi's* metamorphosis. Then, his bliss, his love and his peace are immortal. It cannot be destroyed. It only furthers because the *Yogi* remains in Divine union, experiencing the Divine in one and all. He does not need anything to be happy. He neither needs possessions, nor he needs people, nor a place which will cause him his happiness. A *Yogi* is blissful, wherever he is, with whomever he is and with whatever he has. He does not love one, he loves all, because everybody is a manifestation of the Divine. His peace is unruffled by the battles that ravage the material world. He does not live in the outside world. He lives in tranquillity in his inside world. He experiences the Lord, who lives in the temple of his heart as he discovers the kingdom of God within. Of course, this needs a metamorphosis, otherwise this state of love, and bliss and peace will for sure cease.

LIVING AS A DIVINE INSTRUMENT

The metamorphosis of a *Yogi*,
is absolute and permanent.
Thereafter, he only lives,
as a Divine instrument.



As long as I was living a normal life, I was living for me, myself. I wanted success and wealth, name and fame and everything that everybody wants. Then, there was that spark of Enlightenment and I transformed my life. I was content and fulfilled and lived with the Realization that I was not the body, mind and ego. But, while I had let go of the mind and ego, the mind and ego had not let go of me. They were clinging on and making me create new *Karma*.

It was only after my metamorphosis that I killed the mind and I transcended the ego. It was like kicking them out of the door and this was not easy. Even after killing the mind, it reappeared as a phoenix. Such is the mind! And as it came back to haunt me, it brought the ego! The process took its time, but when my metamorphosis was complete, there was no chance of the mind and ego destroying who I had become. I was not 'I'. To me, there was no mind and ego. I was just the Divine Soul, and the body was my habitat. I only had Consciousness, no mind, no ego. I became an instrument of the Divine. I was following orders only from the Consciousness that was shining in the presence of the Divine Soul. No doubt there were interruptions of the mind and ego even then, but post my metamorphosis, this hardly mattered. I was doing nothing. I was just doing the

Will Divine. I did not acknowledge the mind and ego's presence anymore. I just lived as the Divine instrument.

What does it mean to live as a Divine instrument? When a *Yogi* realizes that he is not the body, mind and ego, but he exists, then what is he? He is the Divine Soul. Anybody may have this knowledge, but knowledge is not Realization. Knowledge can be picked up in any college. The first step for a *Yogi* is being enlightened with the truth. But even this is only theoretical. It is only when a *Yogi* starts to live as the Divine instrument, that he is truly liberated and has experienced a Spiritual metamorphosis. Then, his demeanour is - 'I am nothing, I seek nothing. I only seek the Divine and I seek Liberation from this world. I do nothing. Everything is done by the Divine. These hands are not mine. They are mere instruments of the Divine.' Metamorphosis makes the *Yogi* live like a flute, which has no pride in its music. The *Yogi* realizes that like a flute, he is nothing but a piece of bamboo. The Divine music is caused by the Supreme, whose energy flows through him. Without the Power of *SIP*, the *Supreme Immortal Power*, this instrument of his body would be useless. He is empowered by the Supreme that takes him from being nothing, to being everything that he is.

An enlightened *Yogi* does not do anything, does not speak anything. Whatever he does, whatever he says, he acknowledges that the words are from the Divine. He submits that his actions are not his actions, although they seem to be his.

A YOGI SEEKS SIP, NOTHING ELSE

To a normal man,
God may be on the lip.
A Yogi is enlightened,
and he desires nothing but SIP.



After my Realization that we are none other than a manifestation of the *SIP*, the *Supreme Immortal Power*, I gave up all desires, all cravings. I realized how meaningless it was to seek material pleasures, how pointless it was to build earthly relationships and how senseless it was to keep on adding to our possessions. I realized that nothing is mine. Isn't it crystal clear that when we depart, we cannot take even a pin with us? We may have millions in the bank, jewels and gems filled in our cupboards, properties and homes registered in our name, but at that moment of death, in a flash, nothing will be ours. This is the absolute truth and reality of life.

The moment I realized it, I gave up all craving, all passions to own anything. My pleasures evolved from earthly pleasures to Divine bliss and joy. The pleasures enjoyed by ordinary mortals did not enamour me anymore. I must admit, I was chasing the same pleasures, the same wealth as anybody else for 25 years, because I was in a trance of ignorance which I overpowered in August 2014. Thereafter, my metamorphosis unfolded and my focus became *SIP*, the *Supreme Immortal Power*. People call *SIP*, God. They give their God a name and form and this confuses them about the reality of the Supreme. They imagine God to be sitting in a heaven, somewhere far

away in the stars, and they seek pleasures, people and possessions. But the moment one is enlightened with the truth, one realizes God is not God. God is *SIP*, the *Supreme Immortal Power*.

From the time I realized I was not the body, mind and ego, I was the Divine Soul, the spark of *SIP* and that every creature alive was nothing but *SIP*, my passion, my obsession shifted from the world to the Divine. I wanted to be liberated from this world. I wanted *SIP*, nothing else. Although I realized I was *SIP*, I was encapsulated in this body-mind complex. If I lived an ordinary life, I would create *Karma* and never attain *SIP*.

Therefore, I lived as a *Karma Yogi*, as an instrument of the Divine doing nothing but the Divine will. Living as a *Yogi*, I was creating no new *Karma*. All my old *Karma* also dissolved with the mind and ego that was transcended. What was left was that spark inside me that created Consciousness and the intellect that was shining within, focused on *Moksha*, *Nirvana* or Salvation. I was seeking nothing else, but Liberation from this world and Unification with the Divine. I started living as a *Jivanmukta*, one who is free from the senses of the body, thoughts of the mind, and cravings of the ego. I desired the Divine and nothing else. As a *Yogi*, I could already experience the Divine in one and all. And this created a state of *Ananda* or *Nirvana* or Divine bliss. My interaction with every living being was Divine. I saw God in man, just as I experienced the Divine manifesting in the birds that were singing, in the several pets I love so much. *SIP* was everywhere.

9

F. METAMORPHOSIS OF A YOGI

A YOGI ATTAINS FREEDOM FROM THIS WORLD

A *Yogi* is alive,
but from the world, he is free.
He is no more 'I',
nor the Mind and Ego, ME.



I am not 'I'. This was one of my greatest Realizations that became a book in 2017. Over the 24 months post my being enlightened with the truth, I crystallized my thoughts consciously into the fact that I was nothing but a manifestation of the Divine. We all are. But because we do not realize this truth, we are living as the body, mind and ego, and suffering the triple suffering. I became free from this triple sorrow, because I realized that I was none of these. There was no scope or possibility to suffer, until I lowered myself into being the body, mind and ego.

There are moments in the journey of becoming a *Yogi* that we will live in the seesaw of life. The material world pushes us down, and we lose that freedom and liberation as we sink in the mortal world. But a true *Yogi* attains complete freedom from this world. He lives in this world but is not of it. He lives like a beautiful lotus in a dirty pond. The lotus blooms in its beauty, unaffected by the dirt all around. So lives a *Yogi* who has attained freedom from the material world. He is in the world, the material world, but he lives like a boat, over the waters of *Samsara*, the material world as he sails across to reach his destination. But he does not sink in the waters of the material world.

I too felt free and liberated from this material world over the period of my metamorphosis. It was a journey from transformation, from getting that Spiritual '*Aha!*' to building strong Spiritual muscle that could overpower the ME, the Mind and Ego, along with the senses of the body, which pull us away from living in Consciousness as the Divine Soul.

To people who are living normal lives, it is difficult to fathom how a *Yogi* can attain freedom from this world, although he is living in it. The normal mind convinces us that there can be no freedom from action and a *Yogi* is also performing action. But a *Yogi* realizes that while there is no freedom from action, there is freedom in action. His actions are not his. He seeks to do nothing. He does nothing. Thus, he attains freedom from the material world.

It is not easy to realize we are not the body, mind and ego. We are the Divine Soul. There is a constant war that rages within - on one side is the body, mind and ego and on the other side, the realized Soul living with his intellect in Consciousness. If the *Yogi* succeeds, he transcends the body, mind and ego and attains freedom from the world. But if the *Yogi* fails, although he may be enlightened with the truth, he will sink right back into the temptations of this world and fail to attain the ultimate goal of *Nirvana* or *Moksha*. This can only be attained after our last breath at death. Till we are alive, the war within will continue. The *Yogi* will become stronger and stronger and attain freedom from this world, if his transformation has metamorphosed.

A YOGI IS EVER-UNITED WITH THE DIVINE

What am I? Nothing is mine!
Everything is thine, O Divine!
The *Yogi* experiences a pristine Union,
that makes him shine.



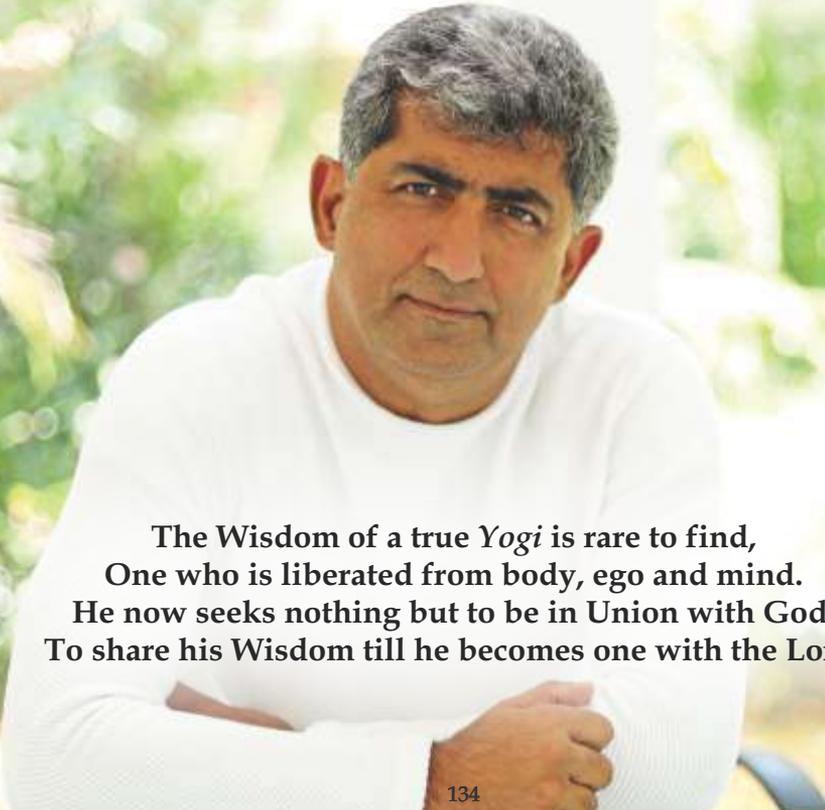
Today, my life has completely transformed. Although, I have a lot of material wealth, it is not this that has improved my Spiritual health. It is the Enlightenment of the truth, my transformation and ultimately, my metamorphosis that is the greatest treasure of my life. It is this experience that makes me live as a *Yogi*, ever united with *SIP*, the *Supreme Immortal Power*. Prior to my quest and my transformation, I used to tell my *Spiritual Master* that I could experience God in the wind, just as I could experience God in a beautiful flower or sunrise or sunset. My *Guru* used to smile. He used to tell me, '*Good! Now evolve from experience to Realization*'. At that point, I did not realize what my *Master* was trying to say. What did he mean when he said that I must evolve from experiencing to realizing? I could not understand. Realization is an experience. It is an intuitive feeling that cannot be defined in words. One has to experience Enlightenment. It is not like knowledge that you can get in a college. I got the Realization of the Truth in 2014, but even that was just the beginning. The entire metamorphosis took a few years. It was only after the metamorphosis that I felt the Divine bond with the Supreme. In the past, I used to practice *Yoga*, trying to be united with the Divine. But they were just brief moments of *Yoga*. The mind used to come and distract my contemplation. But after Enlightenment of the truth, I started to live in Consciousness, a

state of thoughtlessness, where there is no mind. It is in this state of Consciousness that we realize that God is *SIP*. God is the Supreme Power that makes our heart, beat. God is everywhere as *SIP*. There is no place in this world where *SIP* is missing. With this Realization, I started to live in the ever presence of the Divine, ever-united with the Divine.

Have you compared SIM cards of different service providers? Some are so good, that they never lose the network and some so bad, that they make us constantly struggle. Just as a SIM card is connected to the satellite, a *Yogi* is ever-united with the Divine, *SIP*. In the case of the SIM card, when we are roaming, the SIM card is pinging for the network. When it comes to a human being, the mind disturbs our network with its intrusive thoughts that tries to break the link of a *Yogi* with the Divine.

Today, after my metamorphosis, I live a life of a *Yogi*. Nothing matters to me. I know I am nothing. I am just that spark of *SIP* that is manifesting as this body. I do nothing. Everything I do, is done by *SIP*. I have only one aspiration – to live in *Yoga* and not to break that Divine connection. I try to spend time in *Dhyana Yoga*, in silence or meditation, then *Bhakti Yoga*, prayer and devotion. My work is *Karma Yoga*, an offering to the Divine without any expectations. Before my day ends, I try to be in *Gyana Yoga*, a state of absorbing some wisdom through education. The rest of the time, I try to live in *Prema Yoga*, the fifth state of *Yoga* that I discovered, which is explained later. In this *Yoga* of Divine Love, I love every human being as God. I experience the Soul in every creature as the Divine. Thus, I remain in *Yoga* all the time, through the five states of *Yoga*, which I transit, without falling into *Bhoga*, the desire or passion for the material world.

G **WISDOM OF A YOGI**



**The Wisdom of a true *Yogi* is rare to find,
One who is liberated from body, ego and mind.
He now seeks nothing but to be in Union with God,
To share his Wisdom till he becomes one with the Lord.**

WE HAVE A CHOICE

**We have a choice,
we can just live and die,
or become a Yogi,
who realizes, 'Who am I?'**



A *Yogi* is not born as a *Yogi*. He lives his life like any of us do. He also has parents, family, is educated and not different from any of us. He is not of a different species. However, somewhere down the highway of life, he made a choice, took an exit from worldly pleasures, people, possessions and decided to find the true purpose of life. If he had not gone on a quest to realize the truth, he would have lived like anybody else and died. He would have been reborn and this would have gone, on and on. *Is his birth because of his past Karma?* Yes. *Can he choose his rebirth?* Yes. By not living his life like a *Yogi*. *Can he choose a path that can lead him to attain Moksha?* If he follows a *Yogic* life, ever-connected with the Divine, he can be free from the cycle of death and rebirth and he can become one with the Divine. A *Yogi* following a life of *Yoga*, in union with the Divine is not a matter of luck. We all have been given the opportunity. Any one of us can choose the path of Enlightenment. But if we choose Achievement, we will attain name, fame and success, and never become a *Yogi*. We will never discover the true purpose of our life and attain the state of Eternal Happiness.

I had a choice, too. For 25 years, I chose success and achievement. I earned a lot of money, name, fame and enjoyed worldly pleasures. It was my choice. I was lucky that I was blessed to

WE HAVE A CHOICE

do good *Karma* by serving the suffering humanity. In my adolescent years, I fed, clothed, gave shelter and helped innumerable homeless and needy people on the streets gain livelihood. I made a choice to believe in God and was dedicated in my prayers and devotion. Did these lead me to making choices and ultimately, transformed me to live as a *Yogi*? Maybe! Today, I feel so grateful that I was blessed to evolve on this path. I consider myself to be the happiest person in the world because I seek nothing. Whatever I have, I realize that it does not belong to me. I came with nothing, and I will go with nothing. I came alone and I will go alone. So, I am not attached to anybody. In my journey of Realization, I realized that *God is not God*. God is *SIP*, the *Supreme Immortal Power* that manifests in one and all. I live in the ever presence of the Divine, doing the Divine Will. But all this was a choice. At every point in life, I had to make a choice, to serve the poor or not to, to build a temple or not to, to go on a quest or not to, to shut down my business or not to. If I did not choose, I would lose the opportunity of becoming a *Yogi* and I am happy that I made the right choices.

We all have a choice. Whoever we are and wherever we are, we can choose either Achievement or Enlightenment, or even the middle path of Contentment and Fulfilment. We can even choose not to choose, and sail like a sailboat, letting the winds take us wherever they wish. This is *not* surrender, which is an attribute of a *Yogi* who makes the right choices to realize the truth and then, surrenders his life to the Divine. Before we are enlightened, we must make the right choices, and this will determine the destiny of our life. Choosers are winners and choosers are losers! It is a choice.

WE MUST OVERCOME IGNORANCE

**We are given knowledge of,
how to solve a sum,
but we are not taught,
how ignorance, we can overcome.**



All through our life, we are taught languages, mathematics, science, history and geography. But what is the use of knowledge that we learn in school and college if we are still ignorant? Did anyone teach us that the most important subject of human life is not computers or technology? It is Enlightenment! Because our teachers, our parents have grown up and are indoctrinated with fairy tales and myth, we too grow up with it. We live and we die in ignorance, and we are ignorant about our ignorance! The goal of human life is to overcome ignorance and to realize the truth. This is Enlightenment. This is the way to Liberation and to Unification. This is the way to live like a *Yogi*, free from the triple suffering of the body, mind and ego.

Why are we taught to be successful? Because we have been made to believe that success is happiness. But this is a lie. If it was true, then all successful people should have been happy. They should not have been committing suicide like many winners have done. The truth is that success is not happiness, happiness is success. But we are ignorant of this truth. Therefore, we live and die, running behind happiness, instead of learning to *be* happy. Our teachers in class taught us who the world conquerors were. But they never taught us

WE MUST OVERCOME IGNORANCE

how to conquer fear and worry, stress and anxiety, anger and hate. They never showed us the way to happiness, although they showed us how we can drive a car. Thus we do not learn how to drive our life-vehicle and we suffer. Our goal is to overcome ignorance, to realize the truth and be enlightened.

Today, I realize that for the first 40 years of life, I was an ignoramus. The world cheered me as a great leader, a marketing genius and a retail king. But of what use was all that? I just wasted four decades in ignorance. I did not even know who I truly was and why I came to earth. I did not know the cause of my birth. I was just like a machine that seemed to have an intelligent operating system, the brain. But the fact is that I was ignorant. As long as we don't realize the truth about the self, life and about God, what is the point of having any other knowledge? No knowledge will be able to help us in our journey that lies ahead. We may be kings in the material world with our genius intellects. But without Spiritual Enlightenment, we are no better than beggars who have achieved nothing meaningful in life.

I am grateful to my *Guru*, my *Master*, who inspired me to go on a quest to find the answers about life. If I had not done it, I would have just made money and died one day. Whatever I did earn, others would burn. In turn, I would be lit and burn, only to return. I would be reborn and this would go on and on. If we don't overcome ignorance and realize the truth about life, we will suffer not only the triple suffering on earth, but also a rebirth. An *Enlightened Yogi* is free from ignorance and all suffering.

WE NEED THE GUIDANCE OF A GURU

Yes, it's possible,
to get knowledge in a college,
but without a Guru,
we cannot escape this earthly bondage.



What would I be without my *Guru*? If it was not for my *Guru*, I would have been a labourer, just making money, till one day, I would have died. I would not have understood what the purpose of life was. I would not have discovered that I was not 'I'. I would not have realized the truth. Without my *Guru*, I would have reached nowhere. I would be incapable of writing this book, my 57th book and I would be incapable of guiding people on how to be enlightened with the truth.

Many people wonder whether it is really important to have a *Guru*. But a *Yogi* realizes the truth. It is essential on the Spiritual path to move from *Gu* to *Ru*, from darkness to light and this is not possible without a *Guru*. A true *Yogi* visualizes his *Guru* to be not just his *Spiritual Mentor*, but also his God on earth. While he is enlightened, he attributes his Enlightenment to his *Master*, his *Guru*. No doubt, the truth is that the *Guru* and the disciple, both are the manifestations of the Divine, but it is the *Guru* who has evolved first, who has transformed his life and gone through a metamorphosis. A *Yogi* will never stop being grateful to his *Guru*, his *Master*, without whose guidance he could have never become a *Yogi*. To become a *Yogi*, it is necessary to have the guidance of a *Guru* and the

WE NEED THE GUIDANCE OF A *GURU*

grace of God. This combination is the magic that will liberate a *Yogi* from this world or *Samsara*.

In the journey of my life, my *Guru* was with me for 25 years. In the beginning, I thought of him just as my friend and advisor. I would ask him silly questions about my personal and business life. But he was patient. I wonder why he nurtured me for 25 years before the spark of Enlightenment lit the pathway of my life. It was my *Guru, Dada*, who advised me how to deal with my family problems and helped me when I was struggling with emotional and mental stress. Despite my imperfections, my *Guru* did not lose hope in me. He polished me, for he knew that beneath the uncut gem, there was Divinity, which I myself didn't know at the time. It was my *Master* who advised me to shut down my business. I was doubtful but I still followed his advice. Today, I realize that if I hadn't done that, I would have remained nothing for the rest of my life.

We all need a *Guru*. Without the guidance of a *Guru*, we cannot attain Enlightenment, we cannot become a *Yogi*. We must realize that a true *Guru* is an enlightened *Master*. We must also realize that being under the influence of a non-enlightened *Guru* is like learning English from a French teacher. People often wonder how we should find a *Guru*, when will we meet our *Guru*. We must remember that the *Guru* is already on the path of Enlightenment, Realization, Liberation. When we are ready, we will be able to recognize the *Guru* who is waiting for us. Those of us who do not have a *Guru*, will lead uneventful lives, only to return to earth in a rebirth. If we do not have a *Guru*, we must get one now.

WE NEED THE GRACE OF GOD

**To realize the Divine,
we need the Grace of God.
Without Divine Grace,
we cannot become one with the Lord.**



The biggest gift I have had in my life is probably the Grace of God. I have had this gift since I was 8 years old. My grandfather taught me to have faith, and my father encouraged me, supported me in every act of devotion and prayer. We were a devout family and we prayed *to Lord Shiva*, although today, I no more pray *to Shiva*, but I pray *through Shiva*, because I realize that *Shiva* is just a form of God. In reality, God is the *Supreme Immortal Power, SIP*. My faith in Lord *Shiva* became the foundation of my Realization of God. My faith was steadfast, without an iota of doubt. My trust was complete and my hope eternal.

I coined the acronyms:

FAITH : *Full Assurance In The Heart*

HOPE : *Having Only Positive Expectations*

TRUST : *Total Reliance Unconditional Surrender to The Almighty.*

All this added to my enthusiasm. My blind faith evolved over four decades. I always believed God was God and my God was the most powerful of all gods. I even built a temple. It was not just an ordinary temple, but one of the world's best *Shiva* temples, with a 65-feet tall statue of Lord *Shiva*. This idea of the temple also came as a Divine flash. I had no money, no land, no sculptor, but as if by magic, miracles happened, and

WE NEED THE GRACE OF GOD

the temple became a reality. Because of my faith in the Lord, I believed my business flourished and I made a lot of money. Today, I realize that the Grace of God was upon me. My faith in my Lord was not a wasted effort. It was the twin Power, the Grace of God and the Guidance of my *Guru* that took me on a quest and led me to be enlightened about the truth. Today, I live as a *Yogi*, ever united with God. But for 40 years, I considered God to be separate from me. It was Divine grace that helped me drop this duality, as I let go of my ego and realized that I was nothing, but a manifestation of God. I was the Divine Soul, a spark of the *Divine Energy*. The truth is that we are all specks of *SIP*, the *Supreme Immortal Power*, but we don't realize this because we are not blessed and live and die as mortals.

People wonder sometimes, 'Why God's grace is on someone but not on me?' The truth is, God's grace is on everybody. It is like the Sun is shining on everybody, but we don't come out to enjoy the sunshine. Most unfortunately, we don't focus on God, faith and prayer in life.

We need the Grace of God. We need the Supreme to bless us. This is not an ordinary thing. This is unique and not everybody is blessed. Only those, who truly love God, go in quest of God and realize God. Is it not true that those who love this world and its pleasures and material possessions, drift away from God, just as those who love God and seek God, they move forward in their journey of God-Realization? How is it possible for us to attain God without his grace? How will we ever realize that we are none other than the manifestations of God? How will we find God in the temple of our heart? We need God's grace.

OUR MIND, OUR BIGGEST ENEMY

**We think, our Mind is the King!
It is everything!
But it is this Rascal Mind,
that is the cause of our suffering!**



What is that one key to be a *Yogi*? To kill the rascal mind, not just to tame the monkey and make it into a monk, but to destroy the mind completely and finish it. Is this possible? Unfortunately, no! That is why our mind is said to be our biggest enemy. What does the mind do? It fills us with ignorance by bombarding us with thoughts, a new thought every second. The mind attacks our Consciousness and destroys our peace. A *Yogi's* first challenge is to realize this, to acknowledge that the mind is the cause of our ignorance, of our problems. What can destroy a *Yogi's* success? It is the mind! The world thinks that the mind exists as the mind, but it is a *Yogi* who realizes that the mind is just a bundle of thoughts. These thoughts appear to be the mind and they fill us with fear, worry, stress, anxiety. It is the mind that inflates the ego, that makes us think about '*I, me and mine*'. In reality, there is no ego. The ego is caused by the mind and then, the Mind and Ego, ME, together drive our life into disaster. Through the senses of the body, the ME creates desires. The ME is constantly yelling and yearning. That is why we call the mind a monkey. If you look at the word 'MONKEY' it has a tail, the EY, that is Ever Yelling and Ever Yearning. The moment we are able to cut off the tail, cut of this constant yelling or noise, cut off the constant yearning that is desire and passion, what

OUR MIND, OUR BIGGEST ENEMY

is left of the monkey is MONK. The moment we tame the monkey and start to live as a monk, the mind is put into a coma. Then, the Consciousness takes over and with the help of the intellect, deals with the thoughts, one by one. In reality, there is no mind, just thoughts. It is a *Yogi* who realizes this truth. And by living in Consciousness, is able to transcend the mind and control thoughts.

In my journey as a *Yogi*, I had a huge challenge with the mind. A few years ago, I wrote a book titled, '*The Mind is a Rascal. Kill the Mind, Before the Mind Kills You!*' Thereafter, I realized that there was no mind. The only way to dissolve the mind is to live in Consciousness. When I went in search of the mind, where is the mind, I could not find. The fact is that there is no mind. But we still suffer from so many psychiatric disorders because thoughts get together and appear as the mind and steal our peace and happiness. *What stopped me from the Realization of the Truth? It was my mind!* It made me believe in fairy tales for decades. It made me live with the myth that we all grow up with. It stopped me from the Realization of the Truth. But I was determined. Acknowledging the enemy, I used weapons of silence, prayer and being in *Yoga* to transcend the mind. I learned the art of being in Consciousness that comes from the Realization of the Truth. My mind tried hard to stop me from being enlightened with the truth. But I did not accept the tricks of the rascal mind. I realized so clearly that there was no mind, that I started living in thoughtlessness, the Divine state of Consciousness. I put my intellect in charge to control thoughts, so I could live as a *Yogi*.

JUST CONTROL YOUR THOUGHTS

**Enlightenment is our Goal,
this simple thing we forgot.
All we have to do,
is just control Thought!**



The simplest thing that I learned in my journey as a *Yogi* was that *we have to control our thoughts*. Just like we control our talking, walking and eating, *we can control our thinking*. Our mind, somehow, makes us believe that we cannot control it. The mind, in fact, fools us and we get fooled. It bombards us with thoughts and illusions and takes charge of our life. This is the beginning of the end. The moment our thoughts are in command of our life, there is no Consciousness. We can neither make the right choice nor can we overcome ignorance. I was enlightened with the truth that if I just controlled my thoughts by putting my intellect in charge and using discrimination, I would be the Master of my mind. I could live like a *Yogi*, in Consciousness and ever-united with the Divine.

The biggest problem in this world is the mind. We are not able to control thoughts. Somehow, we believe that we are slaves of the mind and we live and die with the mind in charge. We never realize the truth. We do not realize that our life has a purpose because our mind takes us in the opposite direction. We are so enamoured by success and achievement that only the thoughts of pleasure, name and fame fill our mind. Our mind fools us into believing that the most important thing in life is our work, money, career, our family, duties and friends.

JUST CONTROL YOUR THOUGHTS

We get lost in this world or *Samsara*. At the end, we don't seek the ultimate goal of Realization, Enlightenment and Liberation. Who or what is the cause of this? It is the mind. What is the mind? It is just a bundle of thoughts. All we have to do is to control thoughts. Unfortunately, because we do not control thoughts, we cannot live as a *Yogi*, in Divine union. Because we do not live as a *Yogi*, we are unable to be the master of our mind and thoughts. We just live and we die. A Mind, along with the Ego, becomes the ME. The ME creates *Karma* and returns to earth in a rebirth. We never realize the truth, '*Who am I?*' What is the cause? The mind! What is the solution? Just control thoughts.

I live as a *Yogi*, I am conscious about my thoughts. I do not let my thoughts become my Master. Not only do I tame the monkey mind when it starts jumping, I destroy it. Every time it comes alive, I kill it. What has happened by this constant destruction of the mind? The monkey mind has become dormant. It has stopped yelling and yearning. It has become my slave and I have become its Master. Was it easy? No! It takes a lot of *Sadhana*, discipline and it needs the grace of the Divine. Unfortunately, there is no other way to Enlightenment. We have to control our thoughts. We have to be in that state of thoughtlessness, of Consciousness. It is in this state, when there are no thoughts, that we experience the presence of the Divine everywhere, in everything, in the beginning and the end, and everything in between. It is just a matter of controlling our thoughts.

TRANSCEND THE EGO

**When we let go of the Ego,
we realize God.**

**A Yogi transcends the Ego,
and becomes one with the Lord.**



In my journey of Spirituality, my *Master* provoked me to go on a quest. I must admit that it was not easy. Even after reading hundreds of books and dozens of theologies and philosophies, I could not get that epiphany. In one of the discussions with my *Master*, I questioned him, '*How can there be an Astral world?*' An argument ensued, which was very rare. Thereafter, my *Master* sent an email to me. A few profound words were written.

Man - Self = God

God + Self = Man

I spent weeks contemplating what this meant. One day, I got the spark that decoded the mystery of my *Guru's* words. If man could let go of his ego, he would realize God. God manifested as the ego to create man. This wisdom stared at me in my face, as though by magic. In that moment, I was blessed by Divine grace and I was enlightened with the truth. *As long as I did not realize that I was not 'I', I did not realize God. The moment I realized that I was not this ego that said, 'I, me, mine', and I let go of it realizing that I am neither this body that is formed and disintegrates, nor am I the mind that I cannot find; in that moment, I realized that I am the Divine Soul. The Soul is nothing but SIP, the*

TRANSCEND THE EGO

Supreme Immortal Power. The secret is revealed that 'I am not 'I'. I am SIP. I am nothing. SIP is everything. It is because of SIP that I am. Without SIP, I would not be. If I had not transcended the body, the mind and the ego, then I would have never realized that I am the manifestation of the Divine.

We must transcend our ego. Unless we let go of the ego, we will never realize God. It is the ego that is the bottleneck, that stops our God-Realization. The fact is that the ego doesn't even exist. It is a myth, an illusion. But throughout life, we keep saying, 'I, me, mine'. This is because of ignorance. A *Yogi* overcomes ignorance. He overcomes ignorance the moment he lets go of his ego. Then he, as the *SOUL*, the *Spark Of Unique Life* becomes one with the Divine. However, if a *Yogi* loses his union with the Divine, as a result of the ego forcing itself through thoughts in his mind, and dragging him from *Yoga* to *Bhoga* and sinks in the material world, then he loses his treasure of the intellect and Consciousness and becomes an ordinary mortal. A truly enlightened *Yogi* does not let this happen. He has not only transcended his mind, but also killed and cremated it. He has not only transformed his life by transcending his ego, but he has also gone through a metamorphosis and evolved from the body, mind and ego to being the *Divine Soul*.

A *Yogi* has let go of not just the ego, but all the agony and anguish that it has caused. His anger has dissolved into peace, his hate into love, his revenge into forgiveness, and his jealousy has disappeared as he becomes one with the Divine, the Divine existing in all creatures.

LIVE IN CONSCIOUSNESS

**The Yogi chooses to live in Consciousness,
not in the state of mind.
In every creature, there is Divinity,
this truth he does find.**



When I realized the Divine truth that I was not the body, the mind or the ego, but I was the Divine Soul, I became conscious of the ultimate reality. This world appeared to be. But in reality, it was just an illusion, *Maya*. We are all the *SOUL*, the *Spark Of Unique Life* that manifests as what we appear to be. In Consciousness, I could realize this simple truth. As long as there was no Consciousness, it felt that I was 'I'. Earlier, I used to think with my mind. But Consciousness changed everything. I could see myself in the mirror. I became my own witness and observer. It was after so many years of realizing the truth that my Enlightenment revealed in Consciousness that everything is *SIP*. God is not God. God is *SIP*. *SIP* is the *Supreme Immortal Power* that manifests as everything. At first, the *SIP manifests as POSIEMOM*, a *Particle Of SIP In Every Molecule Of Matter*. The mountains, the earth, the oceans, the rivers, the clouds, the rain, the wind, everything was *POSIEMOM*. Nature was nothing but *SIP*, the Supreme appearing as the five elements that cause nature – the earth, water, air, fire and space. Even science endorses that every particle of matter is in essence, nothing but energy. It is in this point that science and spirituality have synergy. This Realization was revealed to me as I lived in Consciousness.

LIVE IN CONSCIOUSNESS

So, what was the difference between the Power in a stone and a Power in a human being? The human had a *SOUL*. It was also *SIP*, the Supreme. But the Soul energy was far more evolved. It was the Soul energy that created Consciousness. Without Soul, there would be no life. The *SOUL* was the *Spark Of Unique Life* that appeared at conception, nine months before a human birth. It is the Soul that departs at death. In the time period between birth and death, it is the Soul, *that spark of life, which creates the Consciousness and makes us breathe, live, think and act*. Do we realize this truth? As long as we do not live in Consciousness, this ultimate secret of life is hidden from us.

A Yogi who learns to live in Consciousness, realizes the source of his Consciousness. It is SIP that appears as the SOUL. Thus, every living creature that lives and dies has a Unique Soul. But the mountains, the oceans and the inanimate world do not have Consciousness. They do not have SOUL. SIP manifests in them as POSIEMOM, a Particle Of SIP In Every Molecule Of Matter. A realized Yogi who is in Consciousness, experiences SIP in one and all, be it in the animate world or the inanimate world. A Yogi is able to remain in Yoga or in Divine union because he is able to live in Consciousness that everything is SIP. There is nothing other than SIP. Every SOUL may appear to be a Spark Of Unique Life, but it is actually, SIP. Every beautiful manifestation of nature is beautiful because of SIP. In Consciousness, a Yogi realizes that without SIP, the Supreme Immortal Power there would be no life and no beauty.

LIVE AS A YOGI, NOT A BHOGI

**A Yogi lives in Acceptance,
in Divine Surrender.
He Accepts, doesn't Expect,
has no Hope, nor does he Wonder!**



As I live my life as a *Yogi*, I do not analyze everything anymore. I just live in Divine surrender of '*Whatever will be, will be.*' Earlier, I used to wonder, '*Why did this happen?*' Now, I just realize and accept it as *Karma*. I just let go and let the energy of *SIP* drive every moment of my life. I live my life, moment by moment, without any questioning. There are neither expectations, nor desires or passions, except the one aspiration that is to be liberated and united with the Divine.

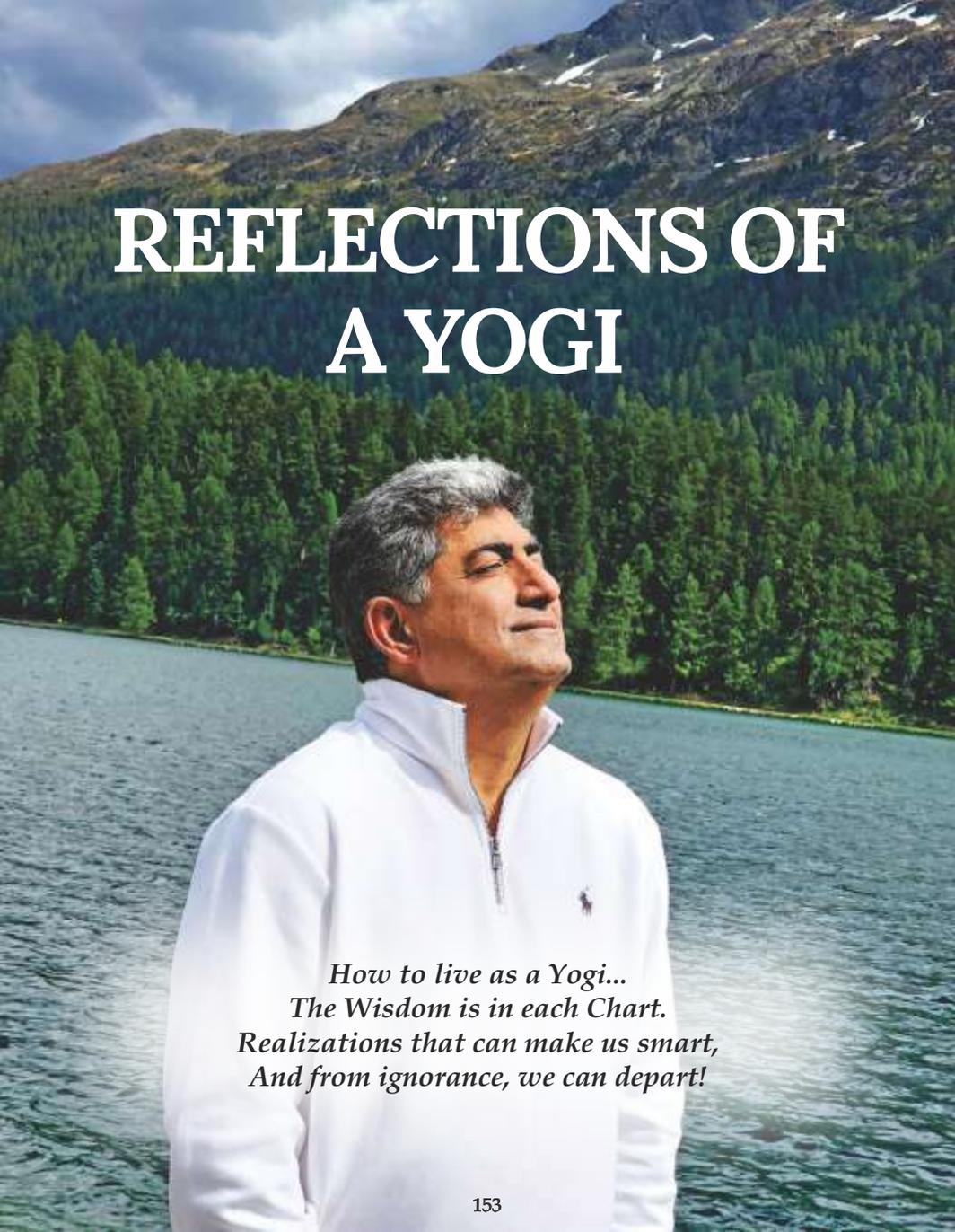
Earlier, I lived with Hope that filled my prayers. Now, my prayer has evolved. God is not in a temple. The Supreme is within the temple of my heart. I experience Divinity all around me. I find the Divine in everything beautiful. It could be something that crawls or flies. Even in the wind that blows, Divinity flows through me. As a *Yogi* who is in Divine Union, I pause and enjoy a beautiful sunrise as much as an exotic sunset. I don't sink in this world of *Bhoga* or of pleasures, people and possessions. I live in Consciousness. I experience *SatChitAnanda* or the state of Divine bliss, love and peace that comes from living in the Consciousness of the truth. Yes, there are times when certain thoughts try to accelerate and appear as the mind. As a *Yogi*, I remain still. I let the intellect, the one that shines in my Consciousness, discriminate the thoughts, one by one, without losing to the rascal mind that always tries

LIVE AS A *YOGI*, NOT A *BHOGI*

to reappear as a phoenix, the mythical bird that rises from its own ashes. And because there are no expectations, the ego is transcended and the body is still alive.

The five senses are now tamed. Otherwise, the eyes were like hawks, swooping here and there; the ears were as huge as an elephant's, listening to the world; the feet were like rabbits, running here and there; and my tongue, a dangerous snake that had escaped the 32 bars created by my teeth, and sneaked out, speaking mostly of unwanted things. Having tamed my senses, living as a *Yogi*, I do not have to memorize what I must do because I am nothing, I do nothing. I am just a Divine instrument that lives in complete surrender. Neither am I the body, nor the Mind and Ego, the ME. I am the *SOUL*, the *Spark Of Unique Life* that is none other than the *SIP*. Why analyse or memorize once I realize all this? I live in *Ananda*, bliss, having *Chit*, Consciousness of *Sat*, the truth.

A *Yogi* accumulates wisdom that is not a part of his memory anymore. There is no memory, just Consciousness. It is like being connected to a cloud whose power is limitless. When a true *Yogi*, who is enlightened, lives in Divine Consciousness, the *SOUL* is directly connected to the *SIP* as he is liberated from the triple suffering on earth. He does not speak, rather the Divine speaks through him. He becomes a flute through which the Divine plays music to the world. Not everybody is blessed to live as a true *Yogi*. But anybody can. It all starts with a quest to be a *Yogi*. Then, it goes on to the human being enlightened with the Realizations and ultimately, a transformation that leads to a metamorphosis. *This is the Purpose of Life. To Realize the Truth and live as a Yogi in Bliss, Love and Peace.*

A man with grey hair, wearing a white zip-up jacket, is shown in profile, looking upwards and to the right. He is standing on a boat or a pier overlooking a calm lake. The background features a dense forest of green trees and a mountain range with patches of snow under a cloudy sky.

REFLECTIONS OF A YOGI

*How to live as a Yogi...
The Wisdom is in each Chart.
Realizations that can make us smart,
And from ignorance, we can depart!*

1

A YOGI STARTS HIS JOURNEY WITH A QUEST

THE NINE QUESTIONS OF MY QUEST

1. What is life and where do we come from?
2. What is death? Where will we go after death?
3. Who, where and what is God?
4. Do heaven and hell really exist?
5. Is there life after death?
6. Is there a Soul? What is it?
7. What is the *Law of Karma*? Does it really work?
8. What is the purpose of life?
9. What is Enlightenment?

Y - Yearns for the Divine and Liberation

O - Overcomes thoughts and lives in Consciousness

G - Goes from one state of Yoga to another

I - Is ever-connected with the Divine

A *Yogi* deeply yearns for the Divine and nothing else. He seeks Liberation. He overcomes the Mind and Ego, ME and lives in Consciousness without any thoughts. His life is all about moving from one state of *Yoga* to another; from *Dhyana Yoga* or meditation to *Bhakti Yoga* or devotion, to *Karma Yoga* or action and *Gyana Yoga* or education. He is always in a state of *Prema Yoga*, the *Yoga* of Divine Love. Thus, a *Yogi* is ever-connected with the Divine and liberated from this world.

A YOGI KNOWS THE SECRET OF HAPPINESS

H - Hold on to Consciousness

A - Accept

P - Peace

P - Positive

I - I am nothing

N - Now - Be Happy Now

E - Enthusiasm, which comes from the Greek word 'Entheos'. 'En' - in and 'theos' - God. Having faith, hope, and trust in God.

S - Smile in Gratitude

S - Surrender

4

A YOGI'S 10 STEPS TO ENLIGHTENMENT

1. Sincerity in Seeking
2. Starting a Quest
3. Discriminating
4. Mentoring by a Master
5. Overcoming Ignorance
6. Controlling the Senses of the Body
7. Taming the Monkey Mind
8. Letting Go of the Ego
9. Realizing the Truth
10. Realizing that Everything is SIP - the Supreme Immortal Power

A YOGI FOLLOWS THE 5 STEP PIRLU PROCESS

PIRLU

1. **P**URIFICATION
2. **I**LLUMINATION
3. **R**EALIZATION
4. **L**IBERATION
5. **U**NIFICATION

A *Yogi* starts his journey with purification, overcoming ignorance and unlearning all the myth, he has grown up with. Thereafter, he realizes the truth by switching on the light within. This is Illumination. The third step of a *Yogi's* journey, his quest, is being Enlightened with the several Realizations that give him the spiritual 'Aha!' The journey is not over yet. After his Realization, the *Yogi* struggles to be liberated from the prisons of his senses, the Mind and the Ego, ME. This is Liberation. Finally, the *Yogi* lives as a *Jivanmukta*, such that in the moment of the death of the body, he will be united with the Divine. This is Unification.

THE MAGIC USED BY A YOGI TO REACH ENLIGHTENMENT

M MUMUKSHUTVA

a deep yearning for the Divine and liberation

A ASKING QUESTIONS

in the quest

G GGGG

Guru's Guidance and Grace of God

I IGNORANCE

Overcoming Ignorance

C CONSCIOUSNESS

Remaining in Consciousness, all the time

HOW IS A YOGI FREE FROM KARMA?

BY THESE REALIZATIONS A YOGI IS FREE FROM KARMA

1. *I am not the body that will die.*
2. *I am not the mind and ego that carries Karma and returns in a rebirth.*
3. *I am the Atman or the Soul that lives in a state of SatChitAnanda.*
4. *As a Jivatman I live as an instrument of the Divine.*
5. *I have no desires.*
6. *I have no expectations of any Fruits as a result of my Actions.*
7. *I do nothing. He does everything.*
8. *I live in Acceptance and Surrender.*
9. *I live with the Realization, 'Jagat Mithya, Prabhu Satya.'*
10. *I live in the Consciousness as a Jivanmukta and Sthitpragya.*

WHAT IS ON A YOGI'S FINGERTIPS?

1. Happiness
2. Peace
3. Purpose
4. Suffering Solution
5. Self-Realization
6. God-Realization
7. Life - *Karma* - Death - Rebirth
8. Enlightenment
9. *SatChitAnanda*
10. *Moksha* and *Nirvana*

10 KEYS TO UNLOCK LIFE'S TREASURE

1. *TALAASH*

A quest for the Truth

2. *MUMUKSHUTVA*

A Deep Yearning for the Divine

3. *SRAVANA, MANANA, NIDIDHYASANA*

Ask, Investigate, Realize the Truth

4. *NETI NETI*

Not this body, Not this mind

5. *TAT TWAM ASI*

Thou Art That... You are the Divine Soul

6. *SAT DARSHANA*

Vision of The Truth, Self-Realization

7. *YOGA*

Living in Divine Union

8. *SATYAM SHIVAM SUNDARAM*

Beauty Is Divinity, God-Realization

9. *SATCHITANANDA*

Bliss that comes from Consciousness of the Truth

10. *JIVANMUKTA*

One who is Liberated while still Alive

HOW A YOGI FLIPS FROM MIND TO CONSCIOUSNESS

1. From Thoughts to Thoughtlessness
2. From Confusion to Conclusion
3. From Being Sad to Being Glad
4. From Ignorance to Intelligence
5. From God on the Lip to God is *SIP*
6. From Mind Creating Junk to Mind Being a Monk
7. From Knowledge to Enlightenment
8. From Perspiration to Liberation
9. From Swinging from the Past to the Future, to Singing In the Moment
10. From Rebirth to No Return to Earth
11. From the Devil to the Divine
12. From the Myth to the Truth
13. From Obsession With the World to Union With the Divine

**A YOGI'S 10 COMMANDMENTS
OF DETACHED ATTACHMENT**

- 1. Thou shall Be Free**
- 2. Thou shall Be Happy**
- 3. Thou shall Love All**
- 4. Thou shall Not Have Expectations**
- 5. Thou shall Not Lose Peace of Mind**
- 6. Thou shall Accept and Surrender**
- 7. Thou shall Not Be Miserable**
- 8. Thou shall Overcome Ignorance**
- 9. Thou shall Live With a Purpose**
- 10. Thou shall Live As the Divine Soul**

A YOGI EVOLVES THROUGH THESE FIVE STATES OF YOGA

A *Yogi* evolves through the five states of *Yoga*.

1. *Dhyana Yoga* - A *Yogi* starts his day with silence and meditation.
2. *Bhakti Yoga* - A *Yogi* then evolves to devotion, *kirtan*, *bhajan*, *dhyān* and prayers.
3. *Karma Yoga* - A *Yogi* then goes about his life doing his *Karma*, as a Divine instrument.
4. *Gyana Yoga* - A *Yogi* doesn't end his day without spending time in education, absorbing wisdom and Divine knowledge.
5. *Prema Yoga* - At all times of the day, a *Yogi* lives in the *Yoga* of Divine Love seeing one and all as the manifestation of the Divine; in his beloved and in every living organism.

Thus, a *Yogi* lives his life evolving from one state of *Yoga* to another, even in his daily life.

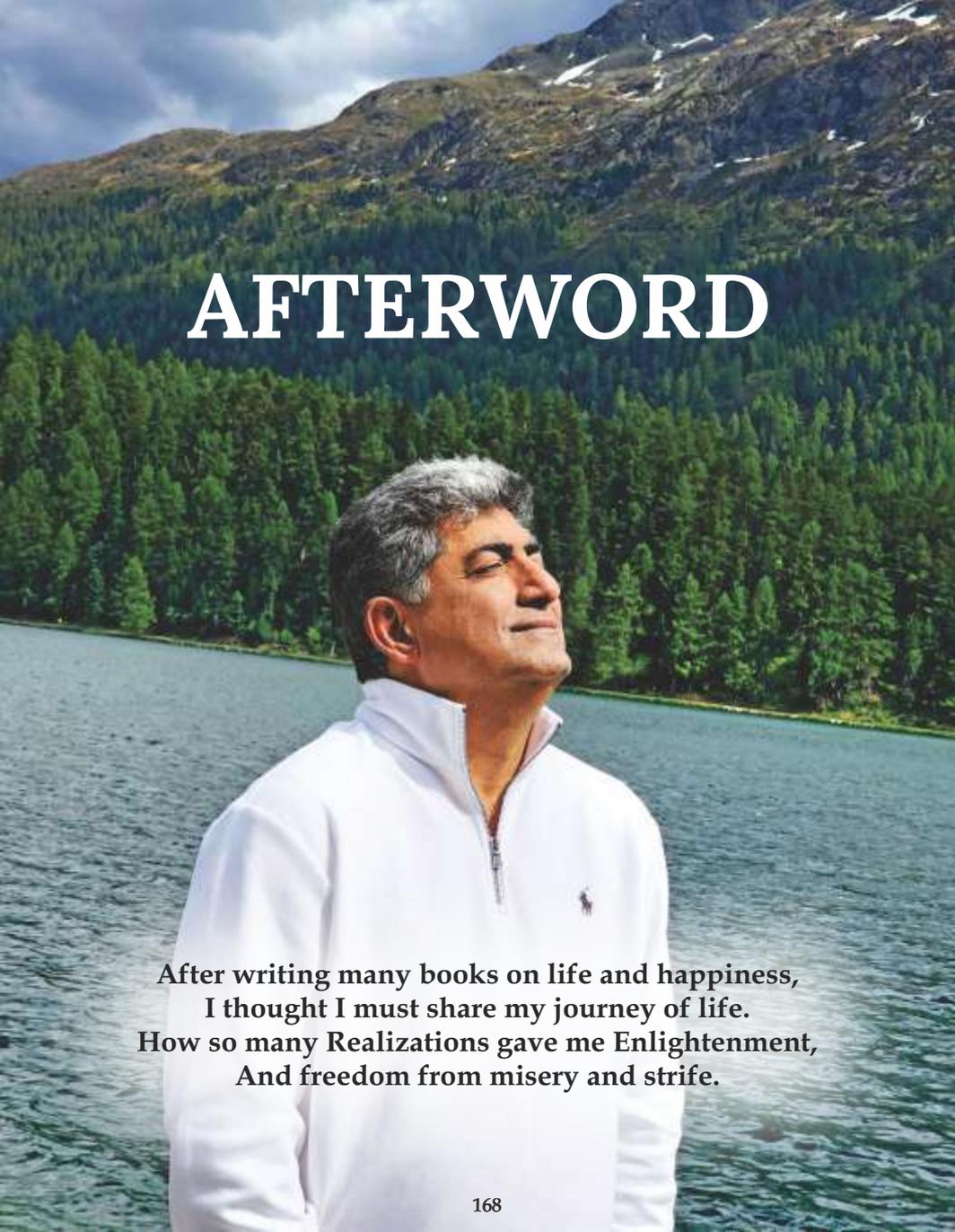
A YOGI'S LIFE AFTER ENLIGHTENMENT IN 10 POINTS

- 1. *Neti Neti, Tat Twam Asi***
Living as the Divine Soul
- 2. *Satyam Shivam Sundaram***
Realizing the Supreme Immortal Power, SIP, in one and all
- 3. *SatChitAnanda***
Living in bliss; in the consciousness of the truth
- 4. *Jivanmukta***
Living as a liberated one
- 5. *Sthitpragya***
Living with a steady intellect
- 6. *A Yogi is always in a state of Yoga***
Ever-united with the Divine
- 7. *Acceptance***
Living the Leela as Maya
- 8. *Surrender***
Living in complete Trust, Faith and Hope
- 9. *Being an instrument of SIP, the Supreme Immortal Power***
And acting in accordance with the Divine Will
- 10. *Moksha and Nirvana***
At death, being liberated and united with the Divine

WHAT IS ENLIGHTENMENT?

- E** ENLIGHTEN, to bring in the light of Self-Realization
- N** NO THOUGHTS, being in Consciousness
- L** LIBERATION, freedom from all suffering on earth and rebirth
- I** INTELLECT, activating intellect to overcome ignorance
- G** GOD-REALIZATION, God is *SIP*, a *Supreme Immortal Power*
- H** HAPPINESS, a state of Eternal Peace, Divine Love and Everlasting Bliss
- T** TRUTH REALIZATION, realizing the truth of our existence
- E** EVER-UNITED with the Divine, in *Yoga*
- N** NO *KARMA*, transcending *Karma* being an instrument of the Divine
- M** MIND, we must STILL it, KILL it and Realize that we are the Soul
- E** EGO, letting go of it
- N** NOW, to live life, moment by moment in the now
- T** TOTAL ACCEPTANCE AND SURRENDER

The following pages are the Reflections of a *Yogi*, one who lives in *Yoga*, in constant union with the Divine. He uses these reflections to remain in a state of Eternal Happiness, Divine Love and Everlasting Peace.

A man with grey hair, wearing a white zip-up jacket, stands by a calm lake. He is looking upwards and to the right with a serene expression. The background features a dense forest of green trees and a mountain range with patches of snow under a cloudy sky.

AFTERWORD

**After writing many books on life and happiness,
I thought I must share my journey of life.
How so many Realizations gave me Enlightenment,
And freedom from misery and strife.**

After writing over 55 books on Life, Death, Happiness, Suffering, God, Religion, Spirituality, Enlightenment, *Nirvana* and *Moksha*, it was time for me to share how I went on a quest or a *Taalash* and how I scaled the three peaks of Happiness. Having realized that life was nothing more than a cosmic drama, I decided to write about *My Realizations* - the Realization that *I am not the body, mind and ego; I am not 'I'*. My books have covered all major possible topics like *Karma, Yoga, SatChitAnanda, Neti Neti, Tat Twam Asi and Satyam Shivam Sundaram*. I have compiled my poems in a book too. But how would people overcome ignorance? How would I help people overcome the myth and realize the truth? People still celebrate their birthday and cut a cake because they don't realize that their birthday is fake. I wanted to write a book that would not just be an autobiography. While it would share the journey that led me to my metamorphosis, it would be a simple book that could help people overcome ignorance and be enlightened with the truth.

People are busy studying thick books, scriptures, theologies and philosophies. There is nothing wrong in reading the *Bible* or the *Bhagavad Gita*, but will any scripture alone, lead to Enlightenment? We can get knowledge in a college. But Realization is a personal experience. Unless there is guidance from a *Guru* and the grace of God, we will continue to live and die, only to be reborn. This will go on and on. So, I decided to write a book that would describe the journey of my Enlightenment, my ignorance, challenges, quest, transformation and metamorphosis. This book wouldn't be just theoretical. It would divulge personal experiences of my life. I am happy that after penning this book down, I am

AFTERWORD

feeling a sense of fulfilment. It has captured the essence of life and its purpose, how one must let go of this world or *Samsara*, and evolve from *Bhoga*, the material world, to *Yoga* or a world where we, the Divine Soul, are united with *SIP, the Supreme Immortal Power*.

It is not an easy journey; letting go of the allurements, pleasures, people and possessions of this material world. The whole world is chasing success, achievement, name and fame. Taking an exit from the road followed by the herd is the first challenge. Then comes the challenge of transcending the body and its senses, desires and cravings. More than the senses, taming the monkey mind is the biggest of all the challenges. Adding to these, the ego dominates our life. Not even one percent of humanity goes on a sincere quest to transcend the body, mind and the ego. From this one percent, a rare one percent is enlightened to realize the truth. From this narrow minority, just about one percent is liberated. They attain salvation or *Nirvana* or *Moksha*.

I don't promise Enlightenment to anyone who reads this book. What I guarantee is that the path described to realize the truth is authentic. It is all fact and no fiction. It's a personal experience, not a theoretical prescription. It is not just my own personal journey, rather a path guided by an enlightened *Master*, who was himself coached by a Saint. The analogies and the Realizations are endorsed by Sages like *Ramana Maharishi, Swami Vivekananda, Ramakrishna Paramahansa and Adi Shankaracharya*. The beliefs are from the *Advaita* School of Thought that are a part of the *Upanishads*, the cream of the

Vedas propounding the *Sanatana Dharma* that has been in existence for thousands of years.

Do you want to achieve the ultimate purpose of life? Do you want to be a *Yogi*, ever-united with the Divine? If yes, then let this book be a guide to lead you forward, onward, inward and Godward. Ultimately, it's each one's individual journey. Enlightenment is to switch on the light within. Nobody can go within us except we ourselves. While I have shared all my Realizations in a candid manner and not added any imagination or frills to it, each individual may pick whatever resonates with them, inspires them and leads them further on this journey.

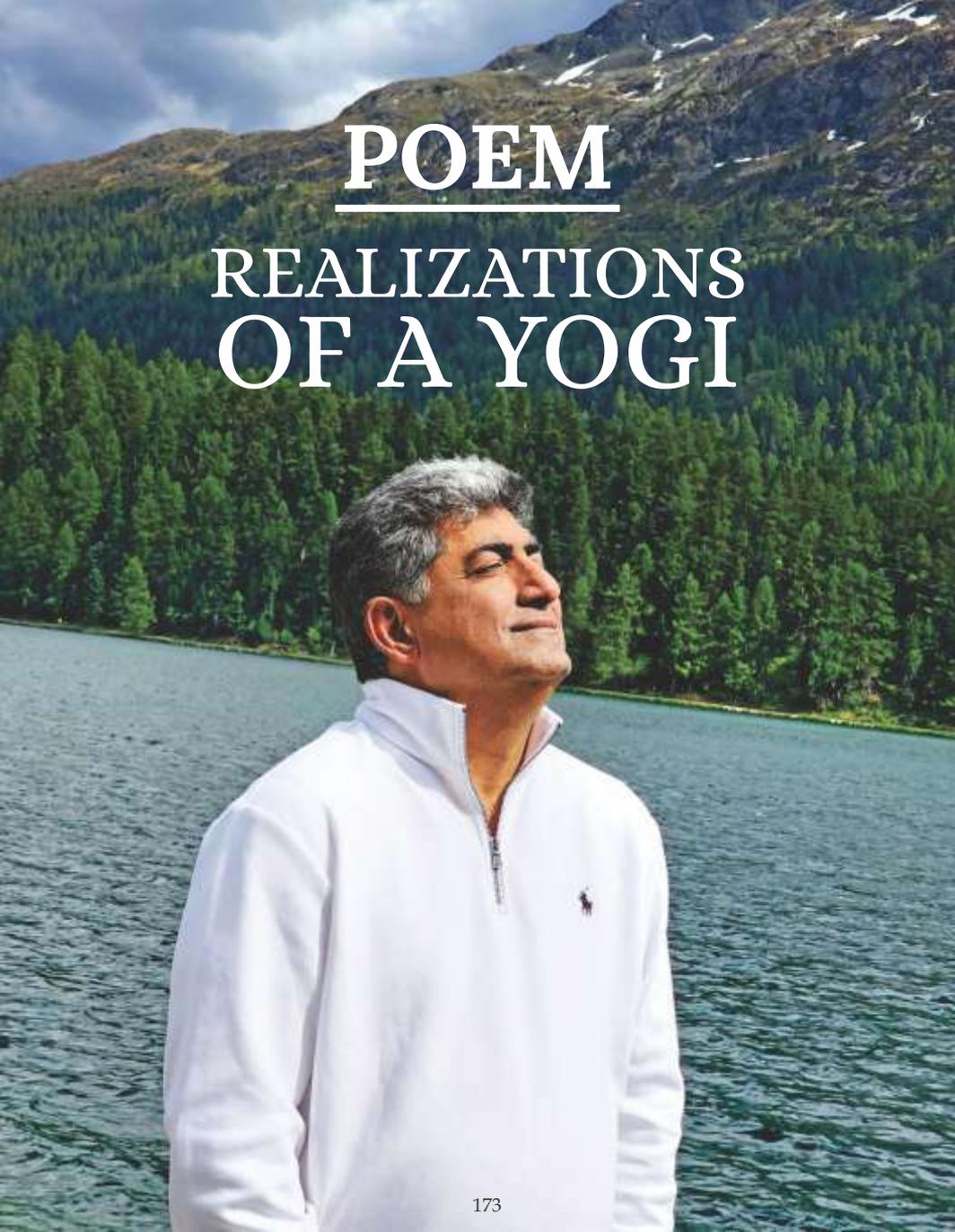
While I was living as a *Yogi*, moving from one state of *Yoga* to another; waking up in the morning with *Dhyana Yoga* or meditation and moving on to *Bhakti Yoga* or devotion, I did not let myself slip into *Bhoga* or the material world. I moved on to doing my work as a Divine instrument in *Karma Yoga* and tried not to end my day without *Gyana Yoga* or attaining some knowledge. The biggest challenge of a *Yogi* is to be ever-united with the Divine, to live in Consciousness and not let the thoughts of the mind create a rampage and destroy the Spiritual journey. It was maybe, because of my *Yoga*, *Karma* or *Bhakti*, my devotion, that I was blessed with the fifth state of *Yoga* called *Prema Yoga* or the *Yoga* of Divine Love. The world knows only of four states of *Yoga*. But *Prema Yoga* makes us live in this material world and love God all the time. The Divine manifests in every living creature, be it man or beast. Only a true *Yogi* realizes this. Still, the *Yogi* transiting only four states of *Yoga* gets cut off from the real world. *Prema Yoga*

AFTERWORD

opened the door for me to live a Spiritual life in a material world. It showed me the path to love every human as God. I loved my pets alot, but *Prema Yoga* showed me the way to see GOD in a DOG. My Realization was profound. I realized that I was not the only Divine Soul or the *Atman*, rather I experienced Divinity in one and all. Thus, when I was not in *Dhyana Yoga, Bhakti Yoga, Karma Yoga* or *Gyana Yoga*, I was in *Prema Yoga*. This made me live a life of a *Yogi*. By now, my transformation had progressed to a metamorphosis. I was not crawling like a worm anymore, but flying like a beautiful butterfly. I was free, liberated as a *Jivanmukta*. I was living in Consciousness as the intellect in *Sthitpragya*. As a *Yogi*, I was living in Divine acceptance and total surrender. I had no desires, except to be liberated and united with the Divine. Therefore, my life was filled with Everlasting Bliss, Divine Love and Eternal Peace. I could feel the presence of God within, just as there was God all around me. I, now, didn't pray to my God, but *through* my God. I realized that God was not God, God was *SIP*, the *Supreme Immortal Power*. Even as I write this book, I realize that I do nothing. Everything is done by the Divine.

We don't know who, where and what God is. But there is no doubt that God is. I realized that God manifests as energy in nature, POSIEMOM – Particle Of SIP In Every Molecule Of Matter and God comes alive as the SOUL- the Spark Of Unique Life.

*Nothing in this book is mine!
Everything is Thine, O Divine!
My Master - the Supreme Immortal Power, SIP.*

A man with grey hair, wearing a white zip-up jacket with a small dark logo on the chest, stands by a calm lake. He is looking upwards and to the right with a serene expression. The background features a dense forest of green trees and rugged mountains with patches of snow under a cloudy sky.

POEM REALIZATIONS OF A YOGI

POEM

*'Realizations of a Yogi' is not just some theory
It is the life experience of a Yogi
In a Quest for the truth, an account, a testament
Realizations and experiences that led to Enlightenment*

*Are you seeking to find the true purpose of life?
Are you in a quest of a way to be free from strife?
Then, you have a treasure right in your hand
That will liberate you from returning to this land*

*You can get knowledge in any college
But the eternal truth is hard to find
It is a very personal experience that happens
When one transcends the body, ego and mind*

*It all starts when you go in a quest
You put all your beliefs to test
The first thing you must do is unlearn
Only then, wisdom of life will you earn*

*To get to the matter's root
You have to Ask, Investigate and Realize the truth
And to do this, it's not enough to be an ace
You have to have the Divine grace*

*A seeker of the truth, who has this passion
To realize God, if this is his mission
Then in his journey, a Master he will meet
Who will make his life complete*

*It's all about finding a Spiritual coach
And for this, you don't search, you don't need to approach
The Yogi, the Guru will be there waiting
If you are on the path, if you are truly seeking*

*And then you will start to question every myth
You will overcome your ignorance, and realize the truth
Whatever you were taught, mostly they were lies
Even that God was someone who lived in the skies*

*At first, for sure, it will give you a shock
For you to change beliefs, as tough as a rock
But as you use your intellect to discriminate
It is on earth you will find heaven's gate*

*First you will realize, you are not the body, not the mind
You are not the ego, this truth you will find
And from the triple suffering you will be free on earth
And learn the way to escape rebirth*

POEM

*For this, you will realize the truth of life and death
Where you will go when you lose your breath
You are not the one who is made of bone and skin
You are that spark of life that is within*

*You will start living as the Divine Soul
As you attain your ultimate goal
'Realizations of a Yogi' will take you onward
To Self-Realization that will take you Godward*

*By questions getting answered, this is how it will begin
You will overcome ignorance as you go within
Then that Spiritual flash, you will experience one day
And to your epiphany, you will find the way*

*I brought nothing here, nothing is mine
There are many Realizations, we must find
We come alone and we go alone
Then, why in life, should we whine and groan?*

*The quest will lead us to true happiness
A life of true love, peace and bliss
We will be free from worry and stress
As we overcome all unhappiness*

*The journey starts with Purification
And then, there will be Illumination
Realization will lead to Liberation
Ultimately, there will be Unification*

*We will realize that this world is just a show
We are just actors, we come, and we go
Everything is an illusion, it is just a drama
And life is unfolding as per our Karma*

*We will realize that God is not God, God is SIP
We will not just repeat God's name on our lip
We will experience God in every creature on earth
Realize that the Lord manifests in every birth*

*One by one, the truth we will realize
Pieces of the puzzle will open our real eyes
Till one day, we will experience a transformation
And then, we will be free with Liberation*

*All this time, we were crawling on earth like a worm
Living with beliefs, all lies, we affirmed
Till we learned to untie all the strings
To fly like a beautiful butterfly, opening our wings*

POEM

*This is called a metamorphosis
A transformation that is permanent, no reversal there is
We let go of the ego, we let go of 'I'
As we become one with the Power in the sky*

*But this is not for everybody who lives on earth
Not each one of us can escape rebirth
If we learn from a Yogi, in life we can evolve
If we make this the priority, in the Divine we can dissolve*

*There will be many who will read this book
But how many will change their life's outlook?
How many will go beyond all logic?
To experience Enlightenment, the real magic?*

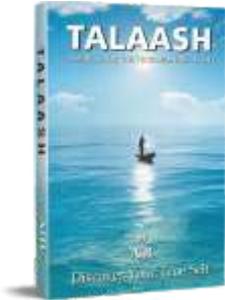
*How many will transcend all Karma in life?
How many will overcome all sorrow and strife?
How many will give up the ordinary pleasure
To achieve life's goal, unlock the real treasure?*

By
AiR
Atman in Ravi

OTHER BOOKS BY AiR

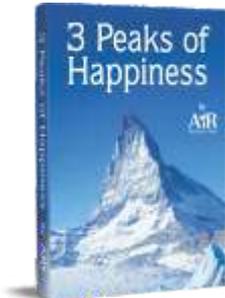
1. Talaash

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



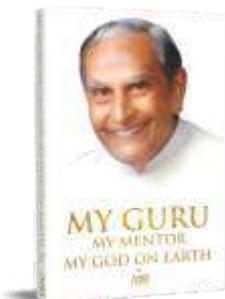
2. 3 Peaks of Happiness

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



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

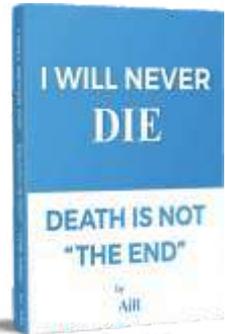
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.



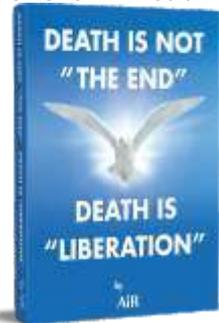
4. I will Never Die, Death is Not "The End"

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

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

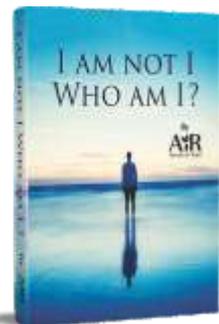


The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the body and mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind,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



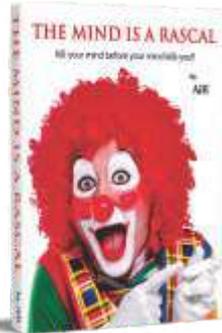
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



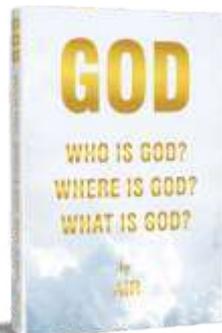
8. A Cosmic Drama

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



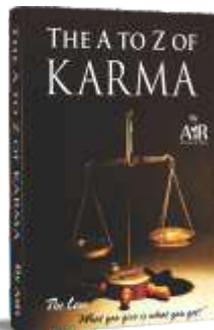
9. Who is God? Where is God? What is God?

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



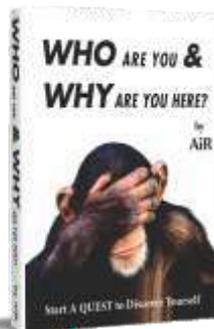
10. The A to Z Karma

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



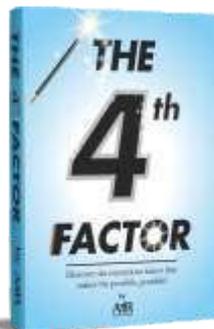
11. Who Are You and Why Are You Here?

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



12. The 4th Factor

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



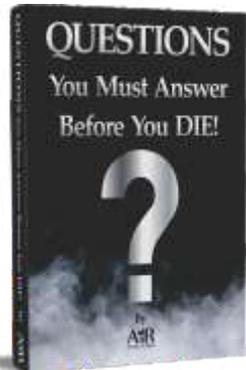
13. Be Happy in the NOW!

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



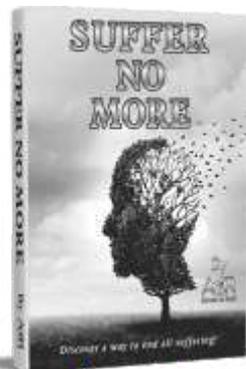
14. Questions You Must Answer before you Die!

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



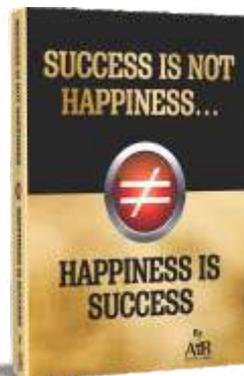
15. Suffer No More

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



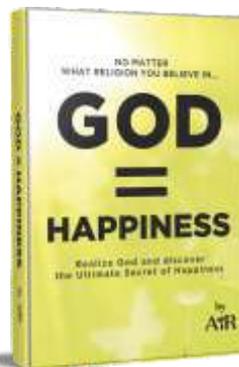
16. Success is not Happiness, Happiness is Success

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



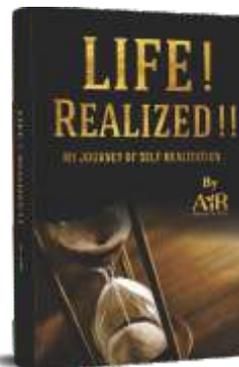
17. God = Happiness

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



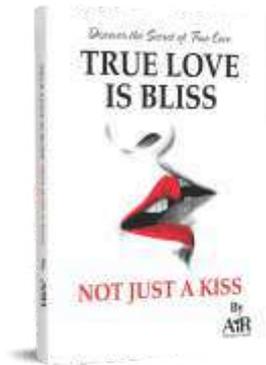
18. Life! Realized!!

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



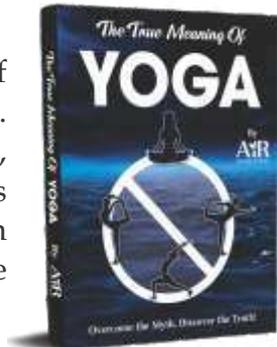
19. True Love is Bliss...Not Just a Kiss

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



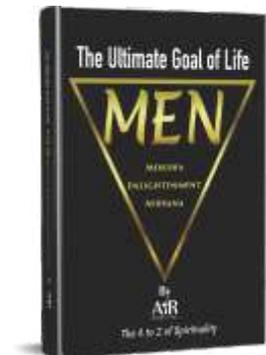
20. True Meaning of Yoga

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



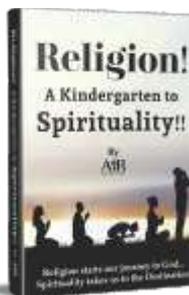
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



22. Religion! A Kindergarten to Spirituality!!

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



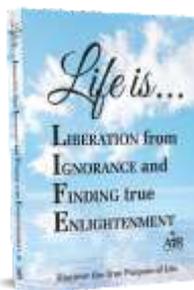
23. Why Bad Things Can't Happen to Good People!

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



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

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



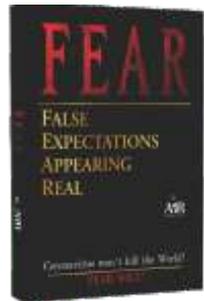
25. The Ladder to Heaven

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



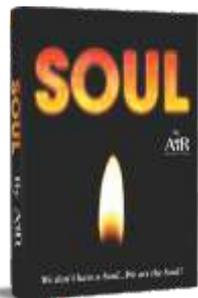
26. FEAR- False Expectations Appearing Real

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



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

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



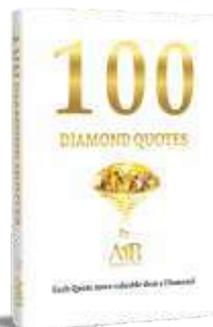
28. But We Pray!

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



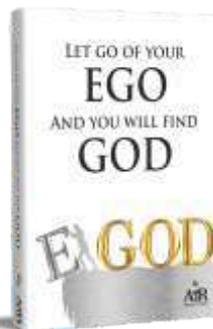
29. 100 Diamond Quotes

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



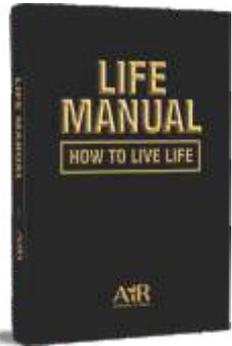
30. Let go of your Ego and you will find God

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



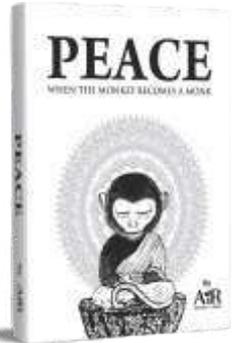
31. Life Manual - How to live life?

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



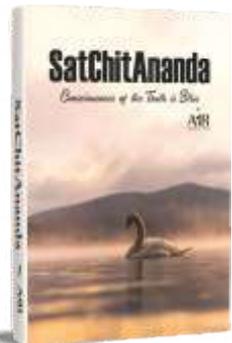
32. PEACE... When the Monkey becomes a Monk!

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



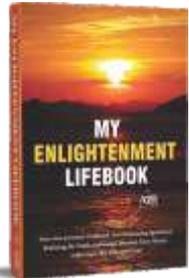
33. SatChitAnanda - Consciousness of the Truth is Bliss

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



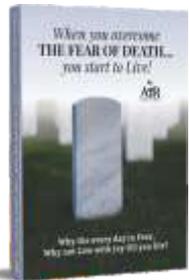
37. My Enlightenment Lifebook

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



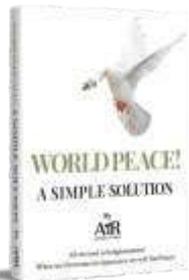
38. When you overcome the FEAR of DEATH, You start to LIVE

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



39. World Peace! A Simple Solution

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



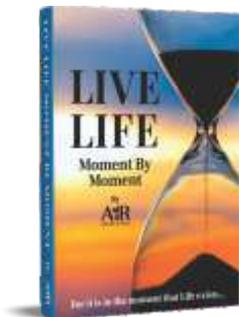
40. Many Problems, One Solution

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



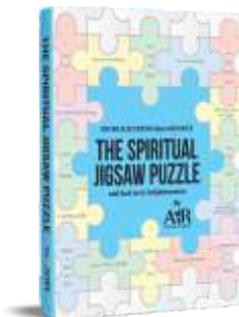
41. LIVE LIFE... Moment by Moment

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



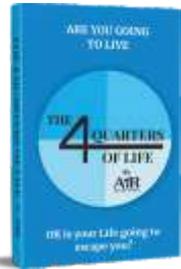
42. The Spiritual Jigsaw Puzzle

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



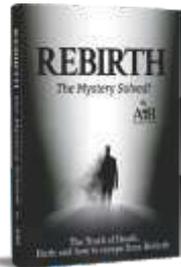
43. The 4 Quarters of Life

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



44. REBIRTH... The Mystery Solved!

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



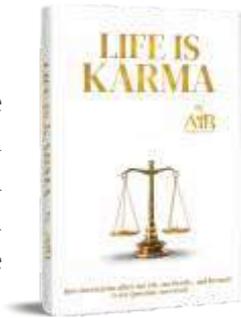
45. How to Live a Spiritual Life in a Material World?

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



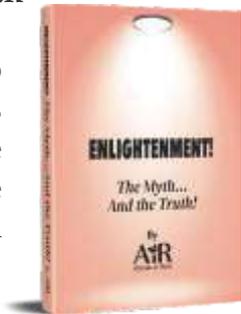
46. Life is Karma

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



47. Enlightenment - The Myth and The Truth

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

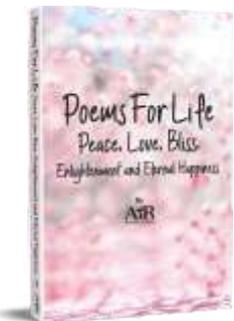


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

Never have you read a book of Poems like this, Poems that will give you Peace, Love and Happiness.

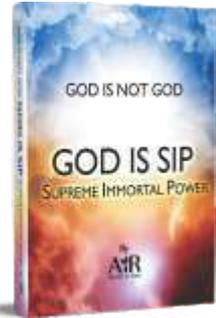
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

So, if you ever want to read a book, choose this, These Poems have Meaning, and they are full of Bliss.



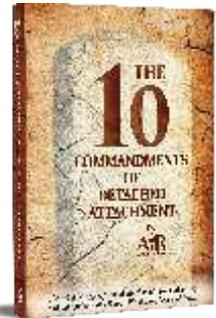
49. God is not God. God is SIP – Supreme Immortal Power

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



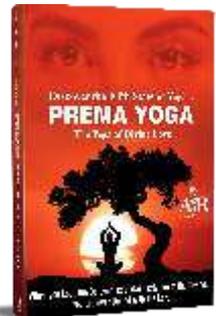
50. The 10 Commandments of Detached Attachment

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



51. The Yoga of Divine Love - Prema Yoga

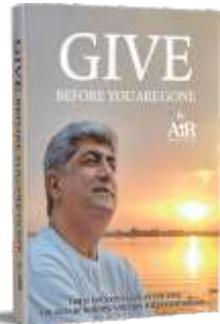
The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine



Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.

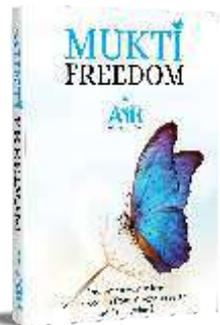
52. Give before you are Gone!

Give before you are gone. You don't have a choice. If you don't, it will anyway be snatched away. Open your eyes and realize that you come with nothing and you will go with nothing. Nothing belongs to you. Let us give as we live.



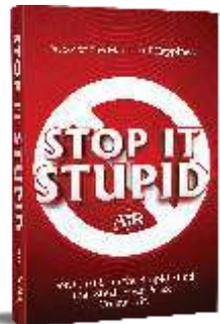
53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from fear, worry, stress and anxiety, or Freedom from all joy stealers, but also Freedom from the continuous cycle of death and Rebirth. Discover *Mukti* and be free from all misery.



54. Stop it, Stupid

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you.



In this book, AiR shares a simple tool that will help you stop being a fool, a Mantra, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic. We human beings are the only ones blessed with the power of the Intellect. We can discriminate, and we can choose. We have been gifted with the willpower to change. However, as long as we are slaves to the Mind and Ego, ME, we will continue to do stupid things. This Mantra is a result of AiR's own personal experience, an outcome of his journey of self-realization.

55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! Awake! Your birthday is fake! You were not born on your birthday. Ask your mother. You were kicking in her stomach much earlier. You were born inside her, nine months earlier. When will we realize that we are not this body that is born on our birthday? We are that Spark Of Unique Life, the SOUL that comes alive at conception.

When will we realize the truth about life and death? The body will die. People will say that we passed away. Who passed away? It is the Soul; that spark. This book can transform your life and help you discover the truth of who you are and why you are here. It will liberate you from the triple suffering on earth and the cycle of rebirth.



BOOKS BY THE AUTHOR

AND NOW...

56. Realizations of a Yogi

COMING SOON...

57. Happiness is Success

Connect with AiR - Atman in Ravi at:



Website: air.ind.in/



speakingtree.in/air-atmaninravi



linkedin.com/company/air-institute-of-realization/



instagram.com/airatmaninravi/



facebook.com/airatmaninravi/



youtube.com/channel/air-atmaninravi



in.pinterest.com/airatmaninravi/

'IF WE DON'T GIVE, WE DON'T LIVE.' AiR



TO AiR, SERVICE TO HUMANITY IS PRAYER TO GOD.



***'WHEN WE LOVE THE POOR, THE DESTITUTE,
WE ARE LOVING GOD.' AiR***



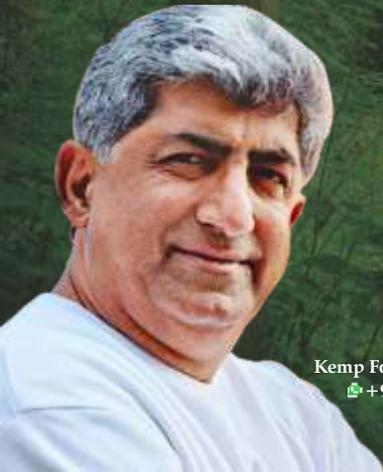
***AiR WITH HIS FAMILY OF 700. SHIVA WAS BROUGHT TO
AiR HUMANITARIAN HOMES 25 YEARS AGO.***



REALIZATIONS OF A YOGI

AiR, *Atman* in Ravi is a realized Yogi, who has been blessed with the Divine grace to be enlightened with the truth. Living a life ever-united with the Divine, he decided to share his Yogic experience with the world. It is rare to find a true Yogi, and it is even rarer to find an enlightened Yogi sharing his Realizations. Such a treasure is a Divine gift and it can become an instrument that can lead one to Enlightenment and to the Realization of the Truth. We can get knowledge in a college but we cannot get Realization. This is a personal experience. However, when a realized Yogi shares his personal experience, such a treatise can become a path to that ultimate goal of life. The transformation that leads one to be a Yogi and the metamorphosis are very unique feats, uncommon in this world.

This book is one such rare spiritual treasure. It is the personal experience of a Yogi who started his life with Achievement, lived a life of Fulfilment and then evolved to the ultimate peak of Enlightenment. It is not a theory book but a book of practical experiences that can lead a genuine seeker to the state of Self-Realization and God-Realization. This book, a chronicle of Enlightenment is full of profound spiritual revelations that are sure to inspire spiritual seekers seeking the Divine. If one is passionate about being liberated from this material world and being united with Divine, 'Realizations of a Yogi' is the answer that will lead to that epiphany.



A.i.R.

AiR Institute of Realization
Ask Investigate Realize

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

+91 98451 55555 | www.air.ind.in | air@air.ind.in

By
AiR
Atman in Ravi

