

**God is Everywhere,
in Everything!**

POSIEMOM

**Particle Of SIP,
the Supreme Immortal Power,
In Every Molecule Of Matter**

By
AiR
Atman in Ravi

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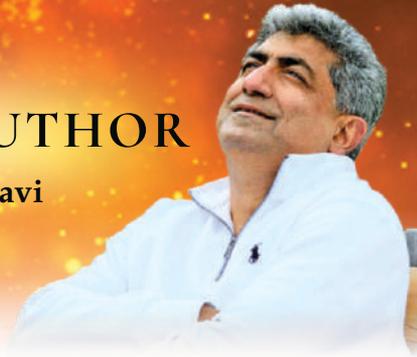
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*There is Power in Every Molecule of Matter,
This is the Supreme Immortal Power.
The Power is in You, the Power is in Me,
It is in Every Grain of Sand and in Every Flower.*

*What is this World made of, have we ever Thought?
We are so Lost in this World that in a Web, we are Caught!
The Power is Everywhere, this Truth we Forgot!
We must Stop and Realize that the Journey is Short.*

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, he 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

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 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 60 books, composed and sung about 1400 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 their life.

If you have any questions on Happiness,
Suffering, Life, Death, Rebirth, *Karma*, Liberation,
Enlightenment or anything related to Spirituality,
you can ask them directly on

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

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PREFACE

We, as children, while growing up, are taught a bunch of lies. We are told that God lives in the skies. We are taken to a temple or a church, but for God, we forget to search. We blindly believe what we are taught and are warned that it is blasphemous or a sin to question our religion. So, we believe the lie, we live and we die without realizing the truth.

Who is God? Where is God? What is God? We cannot *find* God. We have to *realize* God. God-Realization is possible only when we go in quest of the truth. It is only when we overcome our ignorance and transcend the mind that we realize that God is not He or She. God is a Power that is in you and me. God is a Power that is in every molecule of matter, be it animate or inanimate. Everything in this world is made up of energy - the *Supreme Immortal Power* or *SIP*, that we call God. Unfortunately, we are unable to realize this, because our mind projects an illusion and we become blind to the truth. God is an immortal Power, not a mortal being who dies for our sins, not some fancy human whose birthday we celebrate. All these are a part of the myth that we grow up with and because we believe in the myth, we do not realize the truth.

What is the truth? The truth is not only spiritual but it is also scientific. In various experiments, science has discovered that every particle of matter is energy. Science states that energy can neither be created nor destroyed. It can only be transformed from one form to another. We all learn this in school but we do not probe what the Power in every molecule of matter is. The spiritual sages who lived thousands of years ago have stated that this world is a Cosmic Illusion. Whatever appears to be, is ultimately a part of *SIP*, the *Supreme Immortal Power*. *SIP* appears as the *SOUL*, the *Spark Of Unique Life* in a living creature, just as it appears as *POSIEMOM*, the *Particle Of SIP In Every Molecule Of Matter*. Matter is nothing but energy appearing as matter. This is a scientific truth and a spiritual realization.

This book will lead us to God-Realization. It will show us the way to experience God everywhere and in everything. We will reach a state of bliss and ecstasy where we realize that God is within just as we will experience the Divine in everything around us. Then we will start finding God's presence as *SIP*, the *Supreme Immortal Power* in every molecule that exists on earth. A beautiful flower or a fruit on the tree, a butterfly or a bee, the sky, the cloud, the rain, the river or the sea, each grain of sand in every land is in reality energy that is nothing but the Power of *SIP*, the same Power that is in you and in me, the *Supreme Immortal Power – SIP!*

INTRODUCTION

What is **POSIEMOM**? It is an acronym that stands for *Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter*. To understand **POSIEMOM**, we must first understand **SIP**. **SIP** is the *Supreme Immortal Power*. **SIP** is God. Unfortunately, we do not realize the truth about God. We pray to a statue in a temple or a church. Very few of us go in search and realize God in the temple of our heart. When we realize we are not the body and mind, we are the Divine Soul, the *Spark Of Unique Life* that gives us breath from birth to death, it is then that we realize we are nothing but a manifestation of the Divine. We are all **SIP**, the **SOUL**, the Power within, not the person that appears to be in bone and skin.

The understanding that God is **SIP** is the first step to understanding **POSIEMOM**. It is not so difficult to realize that we are in fact, the Power. This Power came alive in us, not on our birthday but 9 months earlier when we were conceived. Two cells became one and the *Spark Of Unique Life* or the **SOUL** made this possible. This is a scientific truth that the body is formed over 9 months in the womb of our mother. How does this happen? Who creates our brain, our heart, our kidneys and our lungs? This is magic beyond any logic! The

Power that gives us life, leaves us at death. People say that we passed away. They destroy the body by burning or burying it because the one who was alive in the body, has left.

What is this Power that appears as the Soul in you and me? It is the same Power that appears in a flower and a tree, in every living creature — it is *SIP*, the *Supreme Immortal Power*.

SIP manifests not only as the animate but also as the inanimate. That is why, every molecule of the dead matter when examined under a microscope, reveals the presence of energy, a Power. This is neither a secret nor it is some mystical statement. It is the truth. Matter is nothing but energy and it is energy that becomes matter. Therefore, everything is energy. But what is this energy? This energy is *SIP*, the *Supreme Immortal Power*. This Power is everywhere on earth, as it is in the skies. Science is baffled. They refer to it as dark matter, dark energy that makes up most of the universe and the cluster of galaxies. Science does not deny that we on earth are unaware what 99% of the energy is that fills this universe.

When will we realize the truth of this energy, this Power? When will we ponder on the Power in the wind that blows, the sun that glows, the water that flows? This Power is everywhere, on the ground as well as in the skies. This book will lead us to realize the truth that *POSIEMOM* is the *Particle Of SIP*, the *Supreme Immortal Power, In Every Molecule Of Matter*.

1

GOD – WHO, WHERE, WHAT?

*Does God Exist? Of course, He Does!
But God is Not a He or She.
God Doesn't live Far Away in the Skies,
God is the Power that is in You and Me.*

Most of the world believes in a God. Some believe that God is *Jesus* and some believe that God is *Krishna*, *Shiva* or *Ganesha*. There are hundreds of religions and thousands, if not millions, of gods in the world. But are there so many gods in reality? If there is only one God, as many believe, then who is that one God? There are so many different theologies and philosophies that the subject of God is full of confusion. There is no conclusion! One thing is for sure that God exists. We may not know who God is or where God is but we cannot deny that God is! Why?

God is the cause and we are all effects. It is because of God that everything exists. The sun, the moon and the stars, the birds, the animals and the flowers, you and me, we all have been created by some Power. This Power is the Supreme Power, the Power we call God. We may be a Hindu or a Christian or

we may believe in Buddhism, Jainism, Sikhism or Judaism, it hardly matters. We all believe that there is a God, who is our saviour, our creator and the controller of everything that happens on earth.

Yes, some people are atheists who do not believe in God. Either they are born in a family where no religious scripture is followed or they become atheists because of some event, incident or circumstance in their lives. Because they do not believe in God, they do not accept any scripture. They do not pray. But they are not the same as agnostics. Agnostics are not sure of the existence of God. They do not belong to any religion and they may not follow any scripture but they are in a state where they do not know if God exists and if he does then who, where and what God is, they are doubtful. They have not concluded that there is no God, just as they have not been able to accept that God exists.

Atheists and agnostics together are probably less than one-fifth of humanity. More than 80% of us believe in the existence of God. We pray and follow several rituals, superstitions and dogmas. If we have a problem, we go to God. If we want to fulfil a dream, we fold our hands in prayer. We go to a temple or a church, just as some of us may go to a monastery or a synagogue. Does God live in these places of worship? We do not know the truth. Not only it is a ritual for us to visit these places of worship, but we also travel to far away pilgrimages in an aspiration to attain God.

While the majority of mankind believes, accepts and prays to God, how many of us attain God? Do we know that we cannot *find* God? God has to be *realized*. Less than 1% of humanity goes on a quest to realize the truth about God. The rest are lost in mythology, the various myths that we all grow up with. We believe in Santa Claus, gods with a rabbit or a dragon head, angels, fairies and even ghosts. We do not question these beliefs because we are told that it is blasphemous. We are indoctrinated with so many lies that we believe, 'God lives in the skies.'

But who is God, in reality? Where is God? What is the truth about God? If there was no God, then how did this universe come about? Who created this world? Who caused you and me? No doubt, our parents were responsible for the act that resulted in the sperm fertilizing with the egg that formed the zygote but did our parents give us our life? Who created all life on earth? There must be a God, a Creator of all this magic.

Who controls whatever is happening in this world? Who causes day and night? Who causes seasons to happen? Could all this be just nature? Or, could all this have happened just by a Big Bang, a mega chemical explosion millions or billions of years ago, as some people believe? If that was so, then who caused the Big Bang? Or was it something else? Did we evolve from apes? If we did, where did the apes come from? Because we do not question, we do not realize the truth. We just live with the myth and we die with it.

Is there any doubt that God exists? There is no doubt. We come, play our role in this show called *Life* and then we go from the earth stage. But somebody is controlling the show. Somebody will be there after we are gone. There must be some God, some Power, the Creator, the controller and the preserver whom we do not know. When something goes wrong, we just cry. We look up at the sky and ask, 'Why?' Does God live somewhere up in the clouds? Is it true that God is an old man with a long white beard? Is it true that God is responsible for everything happening in our life? We are over 8 billion people and we perform trillions of actions every day. Is it possible that God is controlling and managing every action in this universe?

This universe seems to be governed by a set of Universal Laws, such as the Law of Gravity. When we throw something up, why doesn't it fly away in the sky? It is pulled back to earth because of the Law of Gravity. There are many such laws. For instance, it is the Law of Cycles that ensures that the earth rotates once in 24 hours, just as it revolves around the sun in precisely, 365¼ days. There is also a Law of Action and Reaction that ensures that only apples grow on apple trees. Have you ever seen mangoes growing on an apple tree? No! It is not possible because the Law ensures - '*As you sow, so shall you reap*'. This is popularly accepted around the world as the Law of *Karma*. Who created these universal laws? Surely, these laws did not appear by themselves. There must be a Creator of these Universal Laws.

Have you stopped to look around? Who created life on earth? Who made you and me? Who created the Africans, Americans, Chinese and Japanese? All these ethnic groups must have had somebody to conceptualize them. There must be a Creative Power whom we call God and who is far more intelligent than man. We salute the brain that made the plane and the train but *who* made that brain? We do not pause to enjoy the magic of creation and realize God's presence everywhere.

Have you ever stood still to look at the birds in the sky? There are such gorgeous birds! Parrots, herons, flamingos and hundreds of different kinds of birds fill the beautiful skies. In the waters of the oceans, not only do we see exotic fish but also dolphins, penguins and other sea creatures that reveal the magical existence of a Creator. Where did all these come from? Did you care to enjoy the beauty of flowers? The roses, the tulips, the jasmines, and the sunflowers? Have you paused to ponder how you enjoy the fruits? From where do they come into existence? Not just apples, oranges and melons, but strawberries, blackberries, blueberries and others? The flowers, fruits, birds, fish, you and me, all this magic must have some logic. We just live and we die, but we do not realize God who has created all this.

Stop! Look at the beauty of creation. The beautiful sunrise and the sunset, the clouds and the skies, the millions of twinkling stars at night and the planets that fill the cosmos? Have you looked carefully at the earth, the beautiful mountains, the oceans and the rivers? The beauty of nature is everywhere but

we are so zapped in this world that we live and die without finding out who created all this beauty.

We must be real fools, idiots, and ignoramuses to disbelieve that God exists. All that we see around us, that we experience, proves that there is a Creator, a God. Who gives us life? Who causes our breath till our death? Where do we come from and where will we go? Who has designed this human body with trillions of cells, countless nerves, eyes that can see and everything else that we are blessed with? Can we still doubt the presence of a Creative Power? There is no doubt that while we may not be sure of who, where or what this Power is, we cannot deny its existence.

Most of us do not deny God's existence and we just pray. We do not know what to say when we pray, just as we do not know to whom we pray. While we do not know who, where or what God is, we are sure of one thing that God is! God exists. We perform many meaningless rituals, follow superstitions that get us nowhere. Our life is filled with dogmas that have been taught to us since childhood. We just grow up with the myth, which we live and die with. We do not realize God.

Is it not time to stop and go in search of the truth about God? Is it not time to move out of the Kindergarten of Religion and graduate in the University of Spirituality? We must not change our religion. All religions are good, but all religions teach us only the 'ABC' or the basics about God. If we don't learn to believe and pray to God, we will go just round and round, in circles, till we

die. If we truly believe in God, love and seek God, then we must go on a quest to realize the truth about God. We should not run to pilgrimages, but rather question, '*Who is God, where is God and what is God?*' If we are sincere seekers of God, we will realize God. Our scriptures tell us that *God lives in the temple of our heart*. Unfortunately, while God lives inside, we are searching for God outside. How will we ever find God?

*God is Not Just a Statue,
Who lives in a Temple or Church.
Who, Where and What is God?
When will we Start our Search?*

2

GOD IS SIP

*When we say 'God', a Picture comes to our Mind,
As long as this Happens, God, we will Never Find!
God is in the Mountains, God is in Every Wave of the Sea,
God is in the Skies, Planets and Everything that we can See.*

While most of us believe in God, what happens the moment we say the word 'God'? The image of our God comes in front of our eyes. It may be a God who is on the cross or who is playing the flute or who is sitting as a Yogi in meditation with a snake around him or even a God who resembles a monkey or has an elephant head. Somehow, civilizations have made God a matter of a fancy dress competition. We have dressed up our gods in such a fancy way that the image can never disappear from our head. But are these God, in reality? No doubt, we need to have a God with a name and form to teach children the true meaning of God. We use symbols in kindergarten, like an apple, a ball and a cat to teach children the alphabets but then, don't we grow up? Don't we evolve from kindergarten to school, and then to the university? Very few of us grow into the university of spirituality. We remain

in the kindergarten of our religion and believe in the fairy tale God whom we pray to, right till we die. We believe that God rides on his favourite animal, in all the mythological fairy tales that we are taught. It may be Santa Claus. How gods fought at the bottom of the ocean or up in the heavenly skies, we do not question the myth that we have grown up with. We do not question the rituals, superstitions and dogmas of our faith, theology and scriptures. Hence, we remain ignorant without realizing that God is not the God that we have believed in all along. God is *SIP*, the *Supreme Immortal Power*.

Why should we believe that God is *SIP*, a Power? First, we must use our common sense to realize that there is only one Supreme God who has created this entire universe. Is it true that God of one religion created the earth and another religion's God created the sky? All of the creation is one amazing magic created by one God. We may call God by different names and we may fight in the name of God and religion, but this is sheer ignorance because the truth is that God is one. Many wise saints have said this over the centuries but instead of understanding and believing it, we make that saint a God after he dies and there starts another religion.

Centuries ago, there were hardly any religions. People believed in the gods of nature, like the Sun-God, the Wind-God and the Rain-God. Then came religions and gods with names and forms and man created scriptures in the name of God. In the bargain, man forgot the real God, the Power that is Supreme and Immortal.

We celebrate God's birthday and we mourn the death of God. When will we stop to ponder and realize that God is birthless and deathless? God is not made of bone and skin. God is a Power that is within. God is a Power that is everywhere. The sun that glows, the wind that blows, the water that flows, is all the Power of the Divine. But like a dog's tail that curls, no matter what we do, when we say the word 'God', we return to the image of God in our head. Therefore, the way to realize God is to stop saying 'God' and start saying *SIP* – the *Supreme Immortal Power*. We must stop celebrating God's birthday and realize that God is beginningless and endless. God is Supreme.

Very often, people get into an argument. Who created God? Is it a Super God? If there was a Super God, then who created that Super God? Is it Supreme God? If there was a Supreme God, then who created that Supreme God? This can go on and on, till we realize that God is the 'Causeless Cause'. God is causeless but God is the cause of everything. God is *SIP*, the *Supreme Immortal Power*. Where did this Power come from, is beyond man's imagination and comprehension. We have not been given the sense perception to define God. Can you see with your tongue and smell with your eyes? You cannot! The eyes can only see and the nose can only smell because each sense organ can perceive only what it is meant to perceive. Man has been given an intellect to choose and discriminate but man has not been given the sense to define God. If man wants God, he must *realize God*. There is no way to *find God* because God does not have a name and a form. God is a Power that is everywhere, in everything, whether animate or

inanimate. God is the Supreme Power that is in every Soul, giving life to every creature, just as God is in every element of matter that fills this universe. But man cannot understand this. It is not knowledge that we can learn in a school or college. We need Enlightenment. We need Realization to realize that God is *SIP*, the *Supreme Immortal Power*.

While it may not be easy to be enlightened with this truth, it is not difficult to use our common sense and intellect to realize what God is not and to realize who, where and what God is. We are naive to believe that after death, we will go to a distant heaven to meet our God. We do not question as to who will go where. While death of the body is certain and we are sure that the dead body is burnt, cremated or buried and it returns to dust, who then goes to heaven or hell? Where is this so-called heaven and hell that scriptures tell and how does one go there? When we contemplate these questions, we come to realize that there will be a day of judgement, no doubt, but this day of judgement is not for the body that dies, but for the one that has departed into the skies.

We just say, 'R.I.P.' when somebody dies. We say, 'He passed away,' but we do not realize that at death, it is the ME, the Mind and Ego, that carries its *Karma* and returns to the earth in a rebirth. Based on the Law of *Karma* that judges the actions of the one who is alive, the ME, the Mind and Ego, of that person is reborn either in fortunate or unfortunate circumstances. Unless we join all the dots of Death, *Karma* and Birth and realize that a child is born blind because of past

Karma, we will never realize the truth that heaven and hell are right here on earth and are experienced through rebirth.

This world is not just made by God. It is God itself. Everything in this universe is made up of particles of matter, which is nothing but energy, the Power of the Supreme. This is endorsed even by Science, but somehow, because we believe that God is God, we never realize the truth that *God is SIP*, the *Supreme Immortal Power*. In this book, we will discover this truth and we will no longer use the word 'God'. We will start saying, 'SIP' as we realize the truth of God. Those amongst us who really love God, will seek God, go in quest of God and realize that *God is SIP*, the *Supreme Immortal Power*.

Is there any doubt that *God is SIP*? God is Supreme. God is Immortal. God is a Power. Is there any doubt that God cannot die? If God was like you and me, that we foolishly believe him to be, then God would need a cardiologist and dermatologist! We must overcome our ignorance and realize that God is *SIP*. We must realize that God does not live somewhere far away in the skies or somewhere up in the clouds. *God is omnipresent, is everywhere. God is omnipotent, can do anything. God is omniscient, knows everything.*

Many of us learn this truth but do not realize it. We read scriptures that tell us that God lives in the temple of our heart. We quote our religion that the kingdom of God is within. We believe in ancient texts that are thousands of years old. *Aham Brahmasmi, Shivoham, Neti Neti, Tat Twam Asi*, but we do not realize the truth that *God is SIP*. God is not just the Power that

is visible in a Soul that creates life from birth to death, but is even in every particle of matter that is on the earth and the skies. Because scientists do not understand God and may not believe in God, they just state that 99% of this cosmos is dark matter or dark energy, which is beyond the discovery and understanding of humanity. Science accepts that everything in the universe is filled with energy. If only scientists understood that this energy is nothing but the Power of *SIP*, the *Supreme Immortal Power*, then there will be synergy between science and spirituality that *SIP* is all this energy.

God is *SIP*. God is the Supreme, Immortal, a Power. The Power is not just in the energy fields that surround us, but the Power is also within us. Birds fly because of that Power, just as the fish swim because of it. We walk, talk, sing and do everything because of the Power of *SIP*. At death, when there is no breath, when the Soul departs and the physical body remains without the Power of *SIP*, we return to the five elements of nature. But even nature and every molecule on this planet is nothing but *SIP*. If we take a microscope and look at a molecule of dead matter, its smallest particles beyond atoms, electrons, neutrons and protons, carry within them the energy, the power. They may seem dead because they do not have a Soul, but they have *POSIEMOM*, the *Power Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter*.

I too prayed to a God for 40 years. I was a devout believer and used to fast every Monday. I not only believed in a God but lived with faith, hope, trust and enthusiasm. To me, God

made all things possible. But then, I started to love God so much that I wanted God. I wanted to achieve God, attain God, and become one with God. So, I started asking questions to find out the truth about God - who, where and what God is. While I did not know the answers, I had no doubt that God is. God exists. I prayed in entreaty to my God to reveal himself to me. But for over two decades, I just prayed and prayed to a God without realizing the truth about God. I was fortunate to have a *Guru*, a *Spiritual Master*, who mentored me about the truth of life. I learned from him, first, *that there is only one God*. Slowly, my *Guru* prodded me to go on a search and inspired me to start a quest, to find answers about God. It was on my *Talaash*, my quest or search that I realized the truth about God.

I realized that God is not God, God is *SIP*, the *Supreme Immortal Power*. I realized that God is in you and me, just as God is in a butterfly, a bee, a flower or a tree. It was not so difficult to realize that the Soul or the *Atman*, is the *Paramatman* or God. The *SOUL* is a *Spark Of Unique Life*, that appears nine months before our so-called birthday and departs at the moment of death when there is no breath. I realized this truth but it was a big challenge to realize that God is in the sands, in the water, in every particle of this universe. When I realized that God is *SIP*, I gave up my religion and started following spirituality.

I no more prayed 'TO' my God. Instead, started praying 'THROUGH' my God. God was not just a statue in a temple, but God was in every creature that moved or crawled. God

was *SIP*, the Power in everything beautiful. There was no place where God was not. It was *SIP* that filled this universe, every atom of it. This is the ultimate truth. This is God-Realization and the way to achieve this is through Self-Realization.

*God is not God, God is SIP,
God is not in Heaven, He is in Every Chip.
God is SIP, the Supreme Immortal Power,
That is Everywhere, in Every Cell, in Every Rib.*

3

GOD IS POSIEMOM

*God is not Somebody who lives Far Away,
God is not Someone whose Words we must Obey.
God is the Supreme Power that makes things Move and Sway,
God is in Every Molecule - Air, Water, Fire, Sky or Clay.*

Those who seek God, who yearn deeply for God and go on a quest, realize God. They realize that God is birthless and deathless. God is the Power in you and me. God is the very essence of all existence. Every molecule of matter appears to be matter, but in reality, it is the Power of God, *SIP*, the *Supreme Immortal Power*. Unfortunately, as long as we cling to the word 'God', our mind will cling to the images of God that we have been taught. God is none of those images. Those images are just tools used by religions to make us understand the meaning of God and to believe in that invisible Power that is everywhere and in everything.

This entire universe is a manifestation of the Divine. This is extremely difficult and practically impossible for any human being to understand and accept. But this is the truth. God is that Supreme Power, the *cause* of this universe. Everything

else is just an *effect*. When we see a gold ring, we think that it is a ring. But the truth is that the ring is made up of gold. If we remove the gold, there will be no ring. It is possible to comprehend that gold is the cause and the ring is just an effect, just as the bangle, the necklace and the earrings are all made of gold. They are the effects, gold is the cause. But we do not understand that God is the cause and that this whole universe which is filled with mountains, oceans, trees, rivers and stars are just effects. Everything is made up of *SIP*, the *Supreme Immortal Power*. Every molecule of matter on this earth, every wave of each ocean, every particle in the atmosphere has the *Supreme Immortal Power* in it. How can we realize this truth?

Recently, scientists conducted an experiment to find out what, in essence, is this universe made of. In one such experiment, they discovered that the tiniest particle of matter was actually, not matter. It was energy. But scientists do not understand that this energy is nothing but Power, the Power of the Supreme. They understand that a particle of matter is made up of energy, but they do not understand that it is *SIP*, the *Supreme Immortal Power* that is manifesting as this energy. The day science accepts energy as the Power of the Divine, science and spirituality will become one. But understanding and comprehending this, is rare. Not everybody is blessed to realize that God is *SIP*. God is the *Supreme Immortal Power* that manifests as every particle of matter, every molecule of this universe.

What is this universe made up of? The world believes that everything is made up of five key elements — earth, water, air, fire and space. It is not difficult to understand what earth is. It is the solid material that everything is made up of. Water is a liquid. Then, there is air that is invisible. These three elements are easy to comprehend. What is fire? Fire is the Power, the energy in a molecule, animate or inanimate. When a living creature that is made up of *earth, water* and *air* has *fire* or life in it, it becomes alive and occupies some *space*. All matter is said to be composed of these five basic elements. We should not confuse ourselves too much by getting deeper into this. What we must understand is that everything on this planet is further broken down into molecules, atoms, electrons, neutrons, protons and science has discovered the smallest of all such particles called the '*quark*'. This *quark* was converted from a particle of matter to a wave of energy in an experiment. At first, scientists were baffled as to how this could happen. Was it Divine intervention that the wave of energy returned to form the particle of matter as they observed? Scientists called this the *Wave-Particle Duality* because the particle became a wave and then the wave became a particle again. What assisted the scientists was a scientific law on energy that we learned in school. The law states, '*Energy can neither be created or destroyed. It can only be transformed from one form to another.*' Therefore, every molecule of matter, in reality, is nothing but energy. This scientific statement has developed into a huge branch of science known as Quantum Physics or Quantum Mechanics. Science is still in its nascent stage of discovering more about

this Quantum theory and the world now is in deep research of the same.

Spirituality had realized this truth centuries ago. Thousands of years ago, the sages of *Sanatana Dharma*, an ancient faith which was in itself not religious, stated that everything in this universe is not what it appears to be. '*Neti Neti* - You are not the body, not the mind, *Tat Twam Asi* - You are That, the energy that is *SIP*. Unfortunately, civilizations thereafter chose to use religion for their selfish reasons and got lost in the myth of rituals and scriptures and they taught us the wrong meaning of God. As long as we are ignorant and do not realize that God is *SIP*, the *Supreme Immortal Power*, it is very difficult to comprehend *POSIEMOM*, the *Particle Of SIP*, the *Supreme Immortal Power, In Every Molecule Of Matter*.

Some spiritual sages used the element of beauty to come to terms with Divinity. They stated that everything in this universe appears beautiful only because of the presence of the Divine. Without Divinity, there would be no beauty. A beautiful sunrise or sunset, or the amazing mountains, or the gorgeous landscapes of valleys, or the lakes, rivers, or the Power in the roaring seas, everything that filled this universe and made it so beautiful, had Divine presence. It may be a beautiful flower or a fruit on the tree; it may be a tiger, a giraffe, a butterfly or a bee, all beauty in this universe appears from some source. What is the source of all beauty? This leads us to realize the Power of *SIP*, the Supreme, in every molecule that when put together, creates all the beauty in the world.

Thus God is *POSIEMOM*, the *Particle Of SIP*, the *Supreme Immortal Power, In Every Molecule Of Matter*. God is *SIP*, the *Supreme Immortal Power* that is present in every particle, in every molecule of matter. This Divine Truth must be realized. If we do not realize this truth, we will live and die in ignorance, believing that God lives in heaven. We will never discover that God is a Power. We will never attain God because we will be searching for God in a human form. We will never experience God in the mountains, the seas, the flowers and the trees. The moment we realize that God is a Power, God is Supreme, God is Immortal and we further question what each molecule is made of, we will be enlightened with the truth that God is *POSIEMOM*. To achieve this, we have to put together pieces of the spiritual jigsaw puzzle, the puzzle that will, piece by piece, put together several truths that will reveal that *God is everywhere, in everything*. This needs a flash of Realization, an experience, an awakening. It is not possible for everybody to read and learn that God is *POSIEMOM*.

A normal person will question how God can be a table and a chair. His mind will not let him understand how God is *SIP*, the Power that is in every molecule. Maybe this book will help us open our real eyes to realize the truth that every particle of matter is *SIP*, the *Supreme Immortal Power*. This is not a fairy tale, just as death also is not. Death is a reality. Can we deny death? What happens at death? What is the Power that leaves when someone dies? We all say, 'R.I.P. May his Soul rest in peace.' But do we even understand what Soul is? Later in this book, we will go deeper into the subject of *SOUL*, a *Spark Of*

Unique Life that is in every living creature. But first, let us understand *POSIEMOM*. Let us realize that every molecule of matter, every element of this universe is nothing but energy that is *SIP*, the *Supreme Immortal Power*.

Science has gone deeper to discover oxygen, nitrogen, hydrogen and carbon. Scientists have gone further and conducted complex experiments. Some of them discovered what they called, the *God Particle*. The ones who did not want to believe called it the *Goddamn Particle!* It is up to us. Do we want to decode the ultimate secret of life to understand where this earth came from and what it is made up of? We can either believe the myth or go deeper to realize the truth.

In the next 4 chapters, we will go into the details to understand that God is *POSIEMOM*. We will dive deep into the scientific principles of Quantum Physics that may disagree with spirituality in all aspects, but have synergy on one point that *everything is energy*. We will also go deeper into the Law of Cause and Effect and realize the truth that *SIP* is the 'cause' and this whole universe is made up of the 'effects' of that one cause. We will understand the meaning of manifestation and how everything in this world is a manifestation of the Divine. This understanding will lead us to the Realization that everything in this world is beautiful only because of *SIP*, the *Supreme Immortal Power*. The moment there is no Divinity, there is no beauty. All these together will reinforce our understanding and belief that the *Supreme Immortal Power*, *SIP*, in essence, is in every molecule of matter. Every atom in this universe is made up of the Divine Power or *SIP*.

We generally believe that God is within and every Soul is God. Some of us even understand that every living creature is alive because of the Power of *SIP*. We will get into this in detail. But before we do that, realizing that each creature post death and every inanimate object is none other than *SIP*, the Power of the Supreme, is a bigger *challenge*. This is not *knowledge* that you can pick in a *college*. This needs *Realization*. First, it needs understanding and then, belief but beyond understanding and belief, it needs the grace of the Divine. It is very helpful to have a *Spiritual Master* to help us realize *POSIEMOM*, the *Particle Of SIP*, the *Supreme Immortal Power, In Every Molecule Of Matter*. Let us continue this journey and if we are blessed, not only will we discover the truth in this book, in the chapters that follow, but we will also experience God everywhere, in everything. We will live in the ever-presence of the Divine. Therefore, till we finish this book, we must not let go of *POSIEMOM*. Page by page, the mystery will be decoded and the truth will be revealed. It is not very easy to grasp but to realize this, is our life's most important task.

God is Everywhere, God is in Everything!
It is the Power of the Divine that to us, this Universe does Bring.
But this Cannot be Understood by Common Understanding,
It needs Realization! It needs Awakening!

4

SCIENCE AND POSIEMOM

*Science and Spirituality are at Loggerheads,
There is Nothing on which they Agree!
But there's One thing where they both have Synergy,
They Agree that Everything is Energy.*

Science does not accept God. In principle, it does not accept spirituality too. Science is all about intellectual reasoning and a practical and systematic study of the physical world. Science wants proof for everything, which is good. It is based on observation and experiments of the material world. It is through these observations that science comes to a conclusion about many things. Unfortunately, science has not accepted God because God has been positioned as a fancy supernatural man or woman. But the truth is that God cannot be born and God cannot die.

A scientist's mind is very intelligent. It will not accept any theory without practical analysis. 'How can there be so many gods?' asks science. 'Where is this so-called heaven and hell? How does one go there after death, when the body perishes on earth?' Science asks many relevant questions and there is

nothing wrong in it. While we, human beings, have been given a contemplative mind, an intellect and the five sense organs to perceive – eyes, ears, nose, tongue and skin, unfortunately, we have not been given the gift of that sense with which we can perceive, see and find God. If we want to *find* God, we have to *realize* God. It happens through an epiphany that arises out of overcoming ignorance and realizing the truth. Spirituality is a science too. It is the science of the Spirit, the Soul, or the *Atman* and there is no doubt that soon, one day, spirituality will be accepted as a branch of science.

Do scientists accept the Law of Gravity? Of course, they do. When you throw something up in the sky, it doesn't fly away up and high. Why does it fall back on earth? This is because of gravity. Today, science accepts it but it was not until 1687 that Newton formulated this theory. He was sitting in an orchard and he saw an apple fall down. He asked the question, 'Why? Why did it fall down? Why did it not go away, up in the sky?' How is it that science has accepted this as a law for the last 500 years when it was not recorded and accepted for thousands of years? It is because of inference. Further, science is evolving as it is discovering new theories that are becoming scientific laws.

When scientists wanted to enquire, 'What is the human body made of? What is every molecule of matter made up of?' they took sophisticated microscopes to study the smallest particle of matter. Not just molecules, but tinier particles – electrons, protons, neutrons, until they reached the tiniest – a *quark*.

When scientists were studying the behaviour of a *quark* under a powerful microscope, they were taken by surprise because that particle of matter disappeared. As they wondered as to what would have happened, they concluded that the matter must have been transformed into an energy wave. What happened next was history. The *quark*, that tiny particle of matter, reappeared. The baffled scientists analyzed together and applied the First Law of Thermodynamics to validate their observations. The Law states, '*Energy can neither be created nor destroyed. It can only be transformed from one form to another.*' They understood that the matter had transformed to energy and the energy had returned to the matter. They coined this observation as the *Wave-Particle Duality*.

Wave-Particle Duality has become a part of Quantum Mechanics. It is that branch of science that is starting to accept that a particle is not a particle nor is an energy wave, a wave. They are interchangeable. There is duality as one can become the other. This has led to science accepting the fact that this whole universe which appears to be a mass of matter, is in essence, nothing but energy that appears as matter. Not all scientists would agree but this leads us to believe that although we appear to be a body, which is made up of about 30 trillion cells, we are in fact, nothing but energy appearing as the body. Each cell of our body is energy. This is not a spiritual theory. This is proved by science and accepted by scientists of Quantum Mechanics. While this theory has had scientific support, for the last few centuries, it is only in the 20th century that scientists have started to view that every particle of matter is nothing but energy. It is said that Albert

Einstein discovered that light was neither a wave nor a particle in the early 20th century and he even won a Noble Prize for Physics for the discovery.

What is all this leading us to? It is leading us to believe that *POSIEMOM* is not just a spiritual theory. *POSIEMOM* states that every particle of matter has energy and energy is accepted by physics. It is scientific. The only difference is that science believes that every molecule of matter is energy, but spirituality realizes that every molecule of matter is Power. It is *SIP*, the *Supreme Immortal Power*. The day scientists are blessed to realize the truth, they will infer that the energy that is accepted by science to be in every particle of matter is not just energy, rather, it is the Power of the Supreme. That day, science and spirituality will become one.

For thousands of years, what have the spiritual sages propounded? The enlightened sages who lived centuries ago, realized the simple truth that we are not what we appear to be. We are all Divine energy that manifests as you and me. The spiritualists were also in a way scientists because they were not basing their theory on some myth or fairy tale. They analyzed birth and they realized that our existence started nine months before our so-called birthday. In the moment of conception, there was nobody but just one fertilized cell, which we call the *zygote*. How did this cell that had life, come about?

Who creates life? Who causes fertilization? Is the process of birth controlled by a man and a woman? We know that we

have no control over birth. We did not control when we were born, to whom we were born, where we were born and whether we were male or female. Couples sometimes try for many years to have a child and they fail. This is because they cannot control the creation of life. Not only is the creation in the hands of the Divine, even the formation of the body, brain, heart, kidneys, lungs, and every cell of our blood, bone and skin is Divine magic that is beyond any logic! The fact is that it is energy that causes our life. When this energy leaves, there is no breath, there is death.

The spiritual sages contemplated death and they realized that every 'body' must die. We are so sure that the one who was alive left the body that we burn or bury the body and it returns to the five elements from which it was formed. What did the spiritual sages realize? They realized that man may appear to look like a man but in reality, man is energy. Man is Power, the manifestation of the Power of the Divine. When that Power arrives about nine months before our so-called birthday, we are conceived as the Soul. When that Soul departs, we are dead. This Realization enlightened the sages to go deeper and realize that even the mud, sand, rivers, seas, clouds, rain and everything in this world was made up of energy. The sages could not physically prove this, but they inferred that every particle of matter in this universe was nothing but the energy of *SIP*, the *Supreme Immortal Power*.

While scientists believe that this entire universe came about from a Big Bang, the spiritual sages scientifically questioned this theory. How could a Big Bang create this amazing

universe, earth, skies, planets, cosmos, an intelligent being like man, beautiful butterflies, trees, exotic fish in the seas, ferocious animals, insects and bees? All this could not have come about just through a Big Bang. And even if it did happen through a Big Bang millions or billions of years ago, then who caused this Big Bang or from which material was the Big Bang caused? Who manufactured that material? The spiritual sages were more scientific in questioning the source of our existence and this universe. It is clear that in this case, scientists can be accused of believing in fairy tales, rather than scientifically examining the start of creation and inferring the truth.

Some scientists escaped from this question by believing in the Theory of Evolution. They believed that man evolved from apes. The spiritual sages questioned this too. If that theory was true, then why do we not see the stages of evolution today, where an ape is becoming a man? Further, if man came from an ape, where did the ape come from? There may be many theories but it is scientifically proven today that the tiniest particle of matter is energy. Energy is the truth.

Science has accepted that it knows less than 1 percent of what exists in this universe. According to science, more than 99 percent is dark matter, dark energy that is beyond the comprehension of man. Spiritualists, on the other hand, are not confused. They are clear that every particle of matter, every molecule, is *SIP*, the *Supreme Immortal Power*. The spiritual sages are enlightened with this truth and the truth that matter is energy is now supported by scientific principles of the *Wave-Particle Duality*, the Law of Thermodynamics and

various other studies of Quantum Physics and Quantum Mechanics. Through certain theories of relativity and many formulas including the famous formula $E= mc^2$, scientists are trying to relate the connection between matter and energy.

In the branch of physics, there is a lot of development in the understanding of the properties and nature of matter and energy. Scientists are going further into the depth of the structure of each atom to come to the ultimate truth. Science has concluded that energy and matter are really the same thing. They are completely interchangeable and while this universe may appear as matter, this matter is nothing but energy because every atom is ultimately energy. This energy is *SIP*, the Power of the Supreme. Quantum Mechanics has accepted that a mass of matter is merely a manifestation of energy. Energy is stored in the form of a particle of mass as per that branch of physics, which is now studying theories of Quantum Mechanics.

If we get into a deeper study of scientific theories, we will get caught, going round and round in circles. We need to go beyond science. We need to realize the truth because we want to go beyond energy. We want that Realization that everything is *SIP*, the *Supreme Immortal Power*. It is not enough to understand that every particle of mass is energy. This is a scientific fact. We have to be enlightened with the wisdom that the energy in every particle of matter is *SIP*, is Power, the *Power of the Supreme* that is *Immortal*. While science refuses to accept that we are immortal souls, they are saying the same thing in different words stating, '*Energy can neither be created*

*nor destroyed. It can only be transformed.*¹ Is not science accepting that energy is immortal? Is not science accepting that all mass is energy? Therefore, is not science in synergy with spirituality?

*Energy Cannot be Created or Destroyed,
Science Confirms that Energy is Immortal.
Science, therefore, Accepts POSIEMOM as a Truth,
By Accepting, there is Energy in Every cell of a Mortal.*

5

THE LAW OF CAUSE AND EFFECT

*Every Cause has an Effect, this is a Universal Law,
This Law is based on the Tenets, Three.
Every Cause has an Effect,
Without the Cause, the Effect Cannot Be.
Remove the Cause,
And the Effect, you Cannot See.*

What is the Law of Cause and Effect?

It is a scientific law that is based on 3 important tenets:

1. Every effect has a cause.
2. The effect is nothing but the cause in a different form.
3. If you remove the cause, there will be no effect.

Let us understand the Law of Cause and Effect through some examples. The ocean is the cause. The wave, bubbles and ocean spray are just effects that come from the water of the ocean. The waves and the bubbles are different forms of the cause, the ocean. If you remove the cause, the water in the ocean, there will be no wave, no froth, nothing! This law is very important as it explains what this universe is all about. While every wave may appear to be a separate entity, in reality, it is just an effect of the cause. The cause is water.

Water makes the ocean and the ocean becomes the essence from which the waves splash, again and again. We get so caught by the effect, the waves, that we forget that the waves are nothing but the cause, the ocean that is made of water. If we contemplate this scientific principle, we will understand what this universe is made up of.

Let us talk about another example. Mud is the cause. Mud becomes clay and from this clay, we make a pot, plate and even a statue of God. These pots, plates and statues are just the effects. What is the cause? The cause is mud, the clay. Without the clay, there could be no plate, pot, or statue. These are just the effects or the different forms of mud or clay which is the cause. The moment you remove the mud or the clay, where is the pot, the plate, the statue? They do not exist! Together, these reveal the truth about the law of cause and effect.

When we go to a jeweller who sells exclusive creations of gold, we get enamoured by the chains, pendants, bangles, bracelets, rings, earrings and nose rings. The jeweller even makes little idols, coins and every possible shape to attract the eye of his customer. We look at a ring and think of it as a beautiful ring. Little do we realize that there is no chain, no bangle, no bracelet, no ring! There is gold in everything. If you remove the gold, all these exquisite pieces of jewellery will disappear. They do not exist without their cause, Gold. The pieces of jewellery are just different forms of effect. If you remove the cause, gold, there will be no effect – no ring or nose ring or earrings. We see the gold coin but we do not realize that it is not a coin. It is just gold. Similarly, we see this

whole universe, but we forget that everything is God. Everything is *SIP*, the *Supreme Immortal Power*. *SIP* is the cause and everything in this universe is the effect of it. Everything in this universe is a manifestation of Divine Energy.

To realize the truth that God is *SIP* and to understand *POSIEMOM*, that every particle, every molecule of matter is *SIP*, we must understand the Law of Cause and Effect and how its three tenets or principles explain the creation of this universe. This universe is made up of five elements – earth, water, air, fire and space. These five elements create the mountains, the seas, the rivers, the trees, the butterflies and the bees. You and I cannot exist without these five elements. These elements are the cause, we are just effects. In all inanimate effects, there is no *SOUL*, no *Spark Of Unique Life*. The Power of life, the *SOUL*, is also a part of *SIP*, the *Supreme Immortal Power*, but we will come to that later. For now, let us focus on the physical or the material world.

Everything that we touch, feel and see, is made up of the five basic elements. These elements are the cause. Everything else is just the effect. Everything in this world is a different form of that cause, the five basic elements. If you remove these elements, there will be nothing in this universe.

What are these five elements? We have already discovered, not just through spirituality, but also through scientific principles, that every molecule of matter when broken down into its tiniest form is nothing but energy. As per the Law of Cause and Effect, molecules are just the effect. The cause is the

energy, the power. If there was no energy, there would be no molecules. If there were no molecules, there would be no elements. If there were no elements, there would be nothing! Therefore, what is everything in this universe? It is nothing but energy, nothing but the Power of the Supreme, *SIP*. This revelation is based on the scientific Law of Cause and Effect. Nobody can deny this law or the truth behind this law.

Don't we say, 'There cannot be smoke without a fire?' What do we mean? If there is smoke, then there must be fire. Where did the smoke come from? The smoke is just an effect. The cause is the fire. If you remove the fire, where is the question of smoke? We are very clear about the principles of cause and effect. But we remain ignorant in realizing the truth that every particle of this universe has *SIP*, the *Supreme Immortal Power*. Every molecule in the cosmos is made up of energy that is beyond man's comprehension. It is the energy of the Divine, the Supreme, the Immortal Power. But this cannot be understood by the mind. The mind is the enemy of Enlightenment, of the Realization of the Truth. Until we are in the state of Consciousness, the state of Thoughtlessness, where, in the light of Consciousness, the intellect shines, we will never be enlightened with the truth.

The Law of Cause and Effect applies everywhere, in everything. You see me wearing a good t-shirt. The t-shirt is just an effect. What is the cause? The cause is the yarn, the thread. The thread is only an effect. What is the cause? The cause is cotton. The cotton is just an effect. What is the cause?

The seed. The seed is just an effect. What is the ultimate cause? It is energy. Is this not the absolute truth?

Every molecule of matter in this universe is just an effect. The cause is Divine energy. Without the energy, neither would the universe exist, nor would you and me. The sun, moon, stars, birds, animals and flowers seem to exist but in reality, all these are just effects. The cause is the energy, the Divine Energy. Energy is just an effect. The cause is *SIP*, the *Supreme Immortal Power*. When will we be enlightened with this truth?

*Everything in Reality, is just an Effect,
Be it You, Me and Everything that we See.
What is the Cause? We will Realize the Truth..
Only when From our Ignorance, we are Free.*

6

EVERYTHING IS A MANIFESTATION

*What is a Manifestation?
It is Something that Appears to Be.
Though in Reality, it is Not,
It Appears and it's What we See.*

Everything in this universe is a manifestation. It means that whatever appears to be, whether it is you or me, the mountain or the sea, the butterfly or the bee, the flowers or the tree, everything that we see, is nothing but energy. It is the energy of *SIP* that appears to be what we see. It is a manifestation of *SIP*. *SIP* manifests as the animate and the inanimate. *SIP* appears as every particle of matter in this universe. The process of the appearance of everything natural on earth is the magical manifestation of the Divine. Just like the pieces of jewellery - the ring, necklace, bangle and chain are nothing but manifestations of gold, similarly, you, me and everything that exists on earth are manifestations of *SIP*. It is very difficult to understand this. But it is true.

A child was crying because he wanted the Santa Claus sugar candy from a Christmas pushcart candy shop. The last Santa Claus candy

had been sold in front of the child. Now there were reindeer, snowman, Christmas tree and fairy candies but the child was screaming for Santa Claus. The mother tried to explain, 'Everything is made up of sugar. It's the same thing!' But the child screamed even more till the mother slapped the child in anger. Does the child understand that all sweets are manifestations of sugar, the basic raw material? While the child is ignorant but what about the mother? Does she understand that everything in this universe is just a manifestation of the Divine Energy of SIP?

We can comprehend that the different pots, plates, mugs, cups, statues and pieces of art are nothing but clay, manifestations of mud. But we are not able to realize that everything in this universe is a manifestation of *SIP*. Everything is *SIP*, appearing as the beautiful flowers, fruits, trees, the birds that fly, the fish that swim, the grass that forms the meadows, the stones and the rocks that make the landscape of the mountains so beautiful. Everything is a manifestation of *SIP*. Everything is, no doubt it is, but what is it? It is *SIP* appearing as everything different. It is one energy manifesting as everything, animate and inanimate in the cosmos.

There are some who try to imagine how this is possible or how all of this could have happened. The wise ones explain that at first, there existed only the causeless cause and nothing else. The Power that was beginningless and endless. The Immortal Supreme Power that was birthless and deathless. From this Power, was woven this earth and the universe, just like a spider weaves its web from itself. Then what happened?

Then, into this inanimate manifestation of brick and mortar, the Divine manifested as life, as the Soul, and different creatures were born. What were these creatures and what are all the manifestations that make up the earth? Everything is *SIP*, everything is energy and everything is the Power of the Supreme. Even science endorses that every molecule of matter is energy. Therefore, this is the truth and nothing but the truth. Whatever appears to be and whatever we see, including you and me, everything is energy. Everything is *SIP*, the *Supreme Immortal Power* manifesting as *POSIEMOM*, the *Particle Of SIP*, the *Supreme Immortal Power, In Every Molecule Of Matter*, in the material world and as *SOUL*, the *Spark Of Unique Life* in every living organism. In reality, like all those sweets in the candy pushcart were made up of sugar, everything in this universe is a manifestation of *SIP*.

*Just as Little Children Don't Understand,
That all Sweets are Made up of Sugar,
We Human Beings are Ignorant,
We Cannot See God in Every Molecule of Matter.*

7

EVERYTHING BEAUTIFUL IS DIVINE

*What Causes all Beauty in Everything that we See?
The Sunrise, the Sunset, the Mountains, the Sea,
There is so much Beauty in a Butterfly and a Tree.
What Causes this Beauty that is in You and Me?*

Isn't there so much beauty around us? It starts snowing suddenly and the snowflakes create so much ecstasy. What is causing the beauty? It rains, it pours and our heart dances with joy. But have we ever stopped to understand what is causing this beauty? This beauty is coming from *SIP*, the *Supreme Immortal Power* that is in every molecule of matter, making everything so beautiful. Little do we realize that the one who is experiencing the beauty too is a manifestation of *SIP*.

Don't we take things for granted? Just look at a tree and you will find it is made in such a stunning manner. Each leaf, each flower, and each fruit has beauty beyond man's definition and comprehension. Sometimes, even a flower seems to have another little flower inside it and although they are so tiny, they are beautiful in their own way. Sure, we enjoy the beauty

in all that nature offers. But we do not realize that beauty is coming from the Divinity that is shining in every molecule of existence.

Watch the birds in the sky as they sing and fly. Each of them is beautiful, whether it is the majestic eagle or the gorgeous blue kingfisher. Whatever be their colour or size, all birds are beautiful creatures. The heron that opens its huge wings and flies across the turquoise waters of the ocean, creates such a spellbinding scene that it becomes a picture-perfect postcard. We get awestruck by just looking at these birds but does a flamingo make us stop to ponder that these beauties are Divine?

Not only do our eyes experience the Divine beauty but even our ears enjoy the ecstasy of the singing of the birds. When we wake up after a night's sleep, the song of a little bird makes us smile. Where is this smile coming from? From the Supreme, the Divine! Do we realize this?

Have you ever stopped to see dolphins jumping in the ocean? Have you seen a video of penguins playing on the glaciers? Have you had an opportunity to go snorkelling to see the beautiful underwater world? There is so much beauty deep down in the oceans, in different colours and designs, that it is unbelievable. Who is causing all this beauty? Where is this beauty coming from? Do we realize that every molecule of matter has *SIP*, the *Supreme Immortal Power* and it is *SIP* in every atom that is so very beautiful?

The beauty is not limited to the skies and under the waters. The earth is also filled with beautiful animals, each so unique and attractive. It may be a tiger, lion, zebra, giraffe, horse or a cat. Do we not find so much beauty in our pet dog? Not only are we enamoured by it wagging its tail, but just looking at our darling, beautiful pup can create a euphoria of bliss and joy in us. We bathe them and comb their hair to enjoy their love and beauty but we do not realize that this beauty is emanating from the Divine.

It is not just in animals, birds and aquatic animals that there is so much beauty. It is not just the topography of the mountains, the flow of the rivers and seas, the look and taste of the fruits, the beauty of the flowers and the trees that are so captivating, but there is so much beauty in you, me and in every human being that lives on this planet. What creates beauty in a gorgeous girl or a handsome man? It is *SIP*, the Power of the Divine. The moment the life energy leaves a living creature, that spark of beauty disappears too. We don't realize that what leaves is the *SOUL*, the *Spark Of Unique Life* that is causing all the beauty and what is left over are the five elements which soon disintegrate and are recreated into something beautiful.

Do we not say 'Wow!' when we see an exquisite sparkling diamond? Doesn't our heart miss a beat when we see pearls, rubies, emeralds and sapphires? All beauty that exists in the natural gems and stones is beyond words. But we get so enamoured by beauty that it does not go beyond our eyes and 'Where is it coming from?' does not find a place in our head

and soon, we are dead. We do not discover the source of beauty. We do not discover the Divinity that shines in every diamond, the Divinity that is the cause of the beauty in every pearl and ruby.

There is beauty all around us, whether it is in a still, tranquil lake or the wind that blows. We do not have to search for beauty. It seems to exist in every molecule of matter. Alas! We do not realize that every molecule of matter is *SIP*. We do not realize that everything beautiful is Divine. It is the Power of the Divine, the Divinity, that is causing all the beauty in this world. When we discover *POSIEMOM, Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter*, we will discover the secret that all that is beautiful, is so, because of the Divine. It is the Divine that is ever-so-beautiful.

*Beauty is Divinity, this Truth we don't Know,
We just Enjoy the Ecstasy till the End of the Show!
SIP Manifests as a Beautiful Flower, a Fruit on the Tree,
As Fish, Birds, Insects but the Divine in all these, we don't See.*

8

SIP AND THE SOUL

*It is SIP, the Supreme Immortal Power,
That Comes Alive as a Spark Of Unique Life, the SOUL,
First, SIP Creates every Molecule of Matter,
And then, the SOUL makes us Whole.*

Most of us believe that there is a Power within us, the Power of *life*. We do not deny that this Power departs at death. We may not understand how, why and when it happens but we do understand that death is the departure of the Soul. Without even knowing the meaning of death, we say, 'May his Soul, rest in peace.' We then perform *Poojas*, rituals and ceremonies for the Soul. We are told that the Soul will go to heaven or hell and somehow, we have been made to believe that '*my Soul*' and '*your Soul*' are distinct, different and will be reborn. Is this true?

The *SOUL is the Spark Of Unique Life*. Where does the *SOUL* come from? The *SOUL* comes from *SIP*, the *Supreme Immortal Power*, just like the electricity that gives light to a bulb comes from a power station through our main switch. It is one electricity that gives power to the bulb, television, laptop, air

conditioner and other gadgets. No doubt that when we switch on the bulb, the Power is unique to the bulb and the television does not get switched on. Just like the same electricity energizes different gadgets and appliances, individually and separately, *SIP*, the Supreme Immortal Power gives life to us individually as the *SOUL*, the *Spark Of Unique Life*. We must not be confused that *SIP* manifests both as *POSIEMOM* and the *SOUL*.

At first, *SIP* appears in every molecule of matter. We have understood this. All the five elements that make up this universe is *SIP*. But these are *POSIEMOM* because they are not animate. They are not alive. When a bunch of molecules are put together and given life through the Power of *SIP* as the Soul, there is birth. Without the Soul, there cannot be birth. *SOUL* is the *Spark Of Unique Life*, the Power of *SIP* that is unique and different, in you and me, in the butterfly and the tree, the dog and the frog. Each living creature has a unique Soul, from birth to death. The Soul gets its Power from *SIP*. It is the same Power in every living creature, but as long as it is in one living being, it is 'unique' to that being. '*My SOUL is different from your SOUL.*' When *my* Soul departs, *my* body will die. But *you* will continue to live till *your* Soul gives you life. Our Souls may seem to be different as long as we are different bodies but in essence, the Souls are all one, part of *SIP*, the *Supreme Immortal Power*.

The mountain appears different from the ocean. One is solid and the other is liquid. But both are made up of molecules, elements of nature. So they are, in essence, *POSIEMOM*.

Therefore, the Power of the mountain and the ocean is *SIP* that appears to be different. A man may appear different from a dog but their Souls emerge from *SIP*, the *Supreme Immortal Power*.

The Soul, the spark, starts our journey of life. We have been made to believe the myth that the Soul enters somewhere after a few months of our conception or when we are delivered on earth. But this is a lie. We cannot be conceived until the *SOUL* creates the zygote with the *Spark Of Unique Life*. It is because of the Soul energy that one cell multiplies into two, then four and more and ultimately, becomes the embryo that becomes a human baby. Without the Soul, the force of life, we would have never been conceived nor born.

Why does *SIP* become the Soul and create life? It seems that life and death are the creation of *SIP* to fulfil the continuous existence of this universe. If there was no birth, then everybody would die and life on the planet would come to an end. *SIP* governs this universe through universal laws. We all know of *Karma*, the Law of Action and Reaction, which unfolds based upon the principle, '*As you sow, so shall you reap. What you do, comes back to you.*' Everything unfolding on the planet is controlled by the Law of *Karma*. Even birth and death are *Karmic* and they depend on our past actions. One day, based on *Karma*, our life will end on this earth, but death is not the end. The body dies but we carry our *Karma* and come alive in a new body to settle past *Karma*. This is the *Leela* or the drama of *SIP*, the Supreme. We cannot prove it, but if we are enlightened, we will realize the truth that ultimately,

everything is *SIP*. The body that dies is *SIP* and the Soul that gives life is also *SIP*. The animate is *SIP* and the inanimate is also *SIP*. There is nothing other than *SIP*. It is *SIP* that manifests as the *SOUL*, the *Spark Of Unique Life* in every living breathing creature and it is *SIP* itself that manifests as every particle of matter that creates the inanimate world, *POSIEMOM*.

The inanimate world does not experience birth and death. They are not part of the Law of *Karma*. The animate world has the Soul, the life Power and all beings and creatures of the animate world are controlled through *Karma* to experience birth and death. We must understand the difference. *POSIEMOM* is none other than *SIP* but does not experience a beginning and an end but a 'living creature' will be born and will experience death. Mountains do not die and neither do oceans. They are *SIP* too but they are *POSIEMOM* as they don't have a *SOUL*. You and I will die because we have a Soul. Very few people are blessed to realize the truth that we all are essentially *SIP* appearing as different bodies. We are powered by a unique Soul that is also *SIP* but appears as a *Spark of Unique Life* in each one of us.

One who has a Soul will Live and Die.

It is the Power of the Soul that makes us Walk and Fly.

The SOUL is SIP, it gives us Life at our Birth,

When it Departs, there is Death and we Leave the Earth.

9

SIP IS IN EVERY CREATURE

*SIP is in Every Creature, Everyone who can Move or Crawl,
SIP is the Supreme Immortal Power that makes us Grow Tall.*

*SIP is the Soul that gives Life to Every Creature on Earth,
Without the Power of SIP, there Can't be any Birth.*

As we traverse the journey of life in understanding, discovering and realizing the truth about *SIP*, we have come to terms with the fact that every molecule of matter is the energy of *SIP*, the *Supreme Immortal Power*. *SIP* is in everything, every creation is beautiful because of *SIP*. *SIP* is the cause and everything is the effect. Not only is every inanimate molecule of matter a manifestation of *SIP*, but even the Soul in you and me is also none other than the *Supreme Immortal Power*, *SIP*.

Still, the mind questions us whether there is *SIP* in a dog and a frog, whether there is *SIP* in a butterfly, a bee and a tree. If *SIP* is the very *SOUL*, the Power of life that fertilizes into the first cell of our existence, then *SIP* is the cause of every life that is on the planet. Don't we know the difference between creatures that are alive and matter that is dead? What is the difference? The difference is that in an inanimate object, *SIP* appears as

POSIEMOM, a particle of Divine energy that appears as matter but in reality, it is *SIP*. We are clear about this because even science endorses through its branch of Quantum Mechanics the truth about the *Wave-Particle Duality*. A particle of dead matter may appear so, but it is not just spiritually proclaimed, it has also been scientifically proved that deep within every molecule of matter, there are atoms, electrons, neutrons, protons and the tiniest particle, the quark which have energy within. That is why, when we take a piece of matter and rub it with our hands, doesn't it disappear? How does matter become nothing? It does not. Matter transmutes into an energy wave, invisible to the naked eye but can be captured by a sophisticated microscope. Scientists spent billions to create an equipment like the LHD, the Large Hadron Collider that blasts tiny particles of matter. What did they find at the end of these experiments? They found what they called the *God Particle*. Those who refused to believe, still refer to the Higgs-boson experiment and particle of matter that disappeared into an energy wave as the Goddamn particle. In essence, the equipment found that matter is energy.

Moving forward, we must realize that *SIP*, the *Supreme Immortal Power* is not just in every molecule of matter, but *SIP* is also the *SOUL*, the *Spark Of Unique Life*, that arrives at conception and departs at death. What does all this reveal? They all reveal that *SIP* exists in two forms – One, *SIP* is the energy in every particle of matter. Two, *SIP* is the *SOUL* in every living creature. Both are *SIP*, but there is a difference. When *SIP* appears as the *SOUL* in every living creature, it

gives that creature life, from birth to death. But when *SIP* appears as *POSIEMOM*, there is no birth and death. The molecule of matter has Divine energy, but it does not die. In fact, *SIP* is immortal and even while it appears that there is death in every living creature, it is actually not death. It is just the departure of the Soul and the living creature returning to the five elements of matter, in which there is nothing, but *SIP*. It is important to differentiate these two Powers, both of which are *SIP* - *SIP* in the animate and *SIP* in the inanimate, *SIP* as *SOUL* and *SIP* as *POSIEMOM*.

No living creature can be alive without a Soul. The *Soul* is *SIP* that creates life. It maybe a little bird that sings and flies or a tiny beetle that is fascinating in its colour and size. Even that dot of an insect has life. It flies, although it is barely visible. This is because it has the Soul Power. *SIP* appears in a tree in the form of a seed that grows into roots, shoots and fruits. It is *SIP* that appears as little fish in a river and large whales and sharks in the oceans. *SIP* is in a mosquito and a fly, just as *SIP* is the Soul in a butterfly. It is *SIP* that gives life to a black and white zebra. Without *SIP*, the giraffe would not grow tall. It is the Power of *SIP* that creates the gorgeous flamingo just as it is *SIP* that makes our little pet dog wag its tail. Is it difficult to understand that every creature that moves, walks, crawls and sings is able to do so because of the Power of *SIP* that appears in each of these creatures as the Soul. It is *SIP* that appears as the Soul, giving life that is unique to each creature. There may seem to be hundreds of pigeons that come to feed on the grains that we offer on our terrace, but in each pigeon, there is a Soul, that spark of life that makes it fly, then descend on the

grain, eat and glide away. The moment there is no Soul, the pigeon falls dead because the Soul or life energy in it has departed. Now, what is left, is the dead pigeon, which is still *SIP* because the dead matter is *POSIEMOM*, the only difference is that the pigeon has no life.

Therefore, the truth that is realized by an enlightened one is that *SIP* is in every living creature, not just a human being, but in every insect, animal and plant. Every living creature has a Soul that is *SIP*. Every living creature will die. The Soul in every animate being comes and goes. Why does this happen? We can only infer it, just like we infer the existence of the Law of Gravity, that birth and death are a means to return to earth to settle our *Karma*, our deeds. The Supreme has created this world in such a manner that nature is immortal, but every living creature is mortal because it takes birth, grows and dies. But both are manifestations of *SIP*, the *Supreme Immortal Power*. Will we human beings be born as a dog, a bird or a tree? Nobody can say for sure. But many Eastern theologies advocate that based on our *Karma* or our actions, our next birth will be decided. They question, 'Did we choose our birth that brought us to this earth? Did we decide our parents, our gender or our nationality?' None of these are our choices. Then who decides birth? What causes an infant to be born blind? What causes one creature to be a dog and one to be a frog? The truth is that this is beyond human comprehension and we need Enlightenment to realize this truth. We cannot define this with knowledge. But with our intelligence and power to comprehend and discriminate, we can say for sure that there is a Power of life, a *Spark Of Unique Life*, a *SOUL*, in

every living creature. We know for sure that every living creature dies. We are so sure that we destroy the dead body. We burn it or bury it because the Soul has departed. Then, we should know that a life has been conceived when there is fertilization. This cycle of death and birth is visible to the human eye, whether this magic of creation is in a man, woman, a dog or even a duck. We know that life is throbbing in the newborn of each of these creatures, just as we are sure that none of these who are born will be here forever. One day they will be gone. Death of every living creature is certain. When *SIP* arrives, there is birth and when *SIP* departs, there is death. The life in each creature is none other than the Divine, the Supreme Power. Though we know it, we are still blind to the truth that *SIP* is everywhere and in everything. Not just in every molecule of matter, but also in every living creature.

*SIP is a Power in Every Molecule of Matter,
SIP is a Power in Every Living Creature.
SIP is a Power that Causes Birth and Death,
Without SIP, there would be No Life, No Breath!*

10

HUMAN SOULS AND OTHER SOULS

*Is there a different Soul in You and Me?
Is there One Soul in the Bee and in the Tree?
Soul is a Power, it gives Life, it causes Birth,
In Humans and Everything Alive on this Earth.*

What differentiates the matter that seems to be dead and a living creature that seems to be alive? It is the Soul. *SOUL* is a *Spark Of Unique Life*, that causes a living organism to be born, breathe and grow, till it dies. Somehow, we do not understand that the Soul is neither born nor does the Soul, die. The Soul gives energy. It is the Power of life that drives our journey from birth to death.

There is a *SOUL* in every living creature. The living creature lives and dies. But the Soul does not. Most of us have not understood that the 'Soul in you' and the 'Soul in me' is the same Power. It comes from *SIP*, the *Supreme Immortal Power*. But as long as it is in us, it is a unique source of Power of our life. The Soul is therefore different, so much that '*my* Soul is giving *me* life' and '*your* Soul is giving *you* life'. But in reality, both the Souls come from the same source, *SIP*. It is just like

electricity that comes from one source but gives power to different gadgets. Do we think that the light bulb is the television? Definitely not! But the power that makes the light bulb and the television work is the same, even though the gadgets are different. In the same way, our bodies are different but it is the same Power that remains with us as our 'unique spark of power', the Soul, from birth to death. Therefore, even if I die, you may still remain alive because your Soul is very much present in you. We all have a lifespan indicating how many years we can live. The lifespan of a human being may be about a hundred years, but the lifespan of a dog may be just about ten years. The butterfly may have a lifespan of two weeks and a housefly is said to live only for one day. What does this mean? It means that each living creature is created in a way that it arrives and departs from the planet and remains here for a span of time that has been decided by *SIP*, the *Supreme Immortal Power*. Can a human being live for 500 years? Impossible! Can a dog live for 100 years? No dog does. Every living creature lives and dies as per its unique lifespan. Does it mean that we will die on an exact date after living an exact period of life? No! We all know that the time of death is not certain. Death may come at anytime. A human being may die when he is twenty, thirty or even sixty years old. But a human being can also live for about a hundred years. There is something called life expectancy, a term used to indicate the average number of years a person can live. For instance, while the lifespan of a human being may be around a hundred years, the average life expectancy is around seventy-five years. Life expectancy differs in different countries and regions. In Africa, where standards of well-

being are low, life expectancy is just about fifty years. And while the average expectancy in the world is about seventy-five, in some countries like Japan, where probably health care is very advanced, the life expectancy is about ninety years of age. It means the average African lives for just about fifty years, whereas, the average Japanese lives for ninety years. But an average human being lives for around seventy years of age. Does this mean that the Soul also lives for fifty, seventy, ninety or a hundred years? No! The Soul does not live because Soul does not die. The Soul only gives life. It arrives and departs. Unless one is enlightened with the truth, one may have all this knowledge, but still not have the Realization of the Truth of *SIP*, the *SOUL* and *POSIEMOM*. This is very simple, but our mind confuses us. Therefore, this attempt to understand that *SIP* is in all. It appears as *POSIEMOM* in every atom of every creature, animate or inanimate and as the *SOUL* in every living creature.

Is the Soul, therefore, different in you and me, in bee and a tree, in a dog and a frog? No, it is the same Soul. Man cannot fathom how the same Soul can be in a man and in an animal too. We can understand that it is the same electricity that is in a light bulb and a powerful motor, but we cannot comprehend that the Power in a fly and the Power in man is the same. *It is the Power of SIP that brings life to every lip; and when the Power departs, we are dead, from toe to head.* Every cell of our existence out of trillions of cells, starts to rot and disintegrate without the Soul. The *SOUL* is the Power of *SIP*, the Power of life. Not just in human beings, but in every living creature.

How does one become a human being, an animal, a bird or an insect? While there is no physical proof, but through inference, we realize that based on our *Karma*, our deeds, we are born as another species. The body dies, but the mind and ego, the ME, is powered by a Soul to settle its *Karma*, the deeds and ultimately, return to a life of a human being. It is only a human being that creates *Karma*. The other species are only redeeming or settling their past *Karma*. The other living creatures are not blessed with an intellect. They have no power to choose. They create no *Karma*. But they are alive. What gives them life? What is the purpose of their existence? There are two possibilities – either there is no purpose to their existence and they are just special effects or paraphernalia created to decorate this planet. The other possibility is that every living creature has been created to suffer its past deeds. Instead of believing that heaven and hell are experienced here on earth in a rebirth, we just believe in the fairy tales that our scriptures tell and we suffer.

Ultimately, whether it is a human being, an animal, a bird or an insect, it is alive because of the SOUL, the *Spark Of Unique Life* in it. Without the Soul, any living creature would be dead. When we are dead, we are made up of the five elements and there is *POSIEMOM* in each element. When we are alive, we have the Soul. *SIP* appears as the SOUL in us. But when we die, we become *POSIEMOM*. There is no life in us. Still, there is the Power of *SIP In Every Molecule Of Matter*. Therefore, be it the SOUL or be it *POSIEMOM*, everything is *SIP*. Without *SIP*, there is nothing. But unless we understand both *POSIEMOM* in every molecule of matter and the Soul, the life

in every creature, we will never realize that God is *SIP*, the *Supreme Immortal Power* that is everywhere, in everything. *SIP* is omnipresent, present in the animate and in the inanimate too. To comprehend this, let us first realize, whether it is a human being or another living creature, the Soul that is the Power of life is none other than *SIP*, the *Supreme Immortal Power*.

*Whether it is a Dog or a Frog,
Whether it is a Bumblebee or a Tree,
In Every Human, be it You or Me,
It is the Soul, the Power of Life, we all must Agree.*

11

THE SOUL IS IMMORTAL

*The Soul is Immortal, it has no Birth or Death,
It is only the Body that Dies, it Loses its Breath.
The Soul is a Power, it will Come and Go,
This Ultimate Truth, most Don't Know!*

When somebody dies, why do we say, 'R.I.P'? Why do we say, 'May their Soul rest in peace'? Why do we pray for the departed Soul? Unfortunately, we have grown up with the myth that we live with the Soul and we die with it. We do not realize the simple truth – The Soul is Immortal. This Realization is key for us to realize God. For us to realize that God is *SIP*, Self-Realization is a must. Without Self-Realization, there can be no God-Realization. How can we realize the truth about the Soul?

What happens at death? The body dies at death. No 'body' can escape death. But what happens in that moment when we lose our breath? The one who was alive, departs. We are so sure of this departure that we bury the body or burn it. Would we cremate the body if the person was just sleeping? At death, we are absolutely sure that the one who was alive has passed

away, has moved on. Who was that? Who departed? As long as we are ignorant and we think it was John who has gone, as long as we do not realize that the story of John is over at death, till we do not realize that John is not the body that died, John is not even the mind and ego that is reborn, John is the Divine Soul, we will never achieve our 'ultimate goal' known as Salvation, *Moksha* or *Nirvana*. The cycle of our death and rebirth will continue due to our ignorance. But then, what is the real truth?

The truth is that the body has died. There is nothing like the *Mind* and *Ego*, *ME*. This ignorance is the cause of our rebirth on earth. At death, the Soul departs and there is no breath. This is death. The Soul is immortal, it does not die. It is the Power that gives us life, from the time we are conceived as the first cell of existence, the zygote, it continues to give us breath till our death. No doubt the body dies, but the Soul does not. Although we can see this unfold in front of us, we do not realize that we are the immortal Soul, not the mortal body. Contemplation on birth and death is enough to make us realize the truth that the Soul is immortal.

What happens at birth? Our body is not born at the moment of conception. It develops over nine months in our mother's womb. The Soul makes us start our journey when we are conceived in that Divine moment, about nine months before our so-called birthday. Where did the Soul come from? The Soul was not born. It is a Power that exists in every cell of our existence. When the two cells of our parents merge in fertilization, the Power of the immortal Soul creates life in the

zygote. Unfortunately, we are indoctrinated with the false belief that the Soul arrives, maybe, four months after conception. We are so confused that we do not introspect to realize the simple truth that the *Soul is immortal*. It is because of the Power of the Soul that the zygote, the first cell, multiples into two, four, eight, sixteen up to millions of cells and the body is created. Without the Power of the Soul, would an embryo become a baby? The moment the Soul departs from a baby in a mother's womb, it is death. The dead baby has to be removed from the mother's body immediately. Without the Soul, the body becomes toxic. Although these are scientific facts, still we do not realize the simple truth that the Soul is immortal.

It is because of our ignorance that we think that the Soul will be reborn. When somebody dies, we wrongly imagine that they have gone to a distant heaven when in reality, we ourselves have cremated or buried their body. Who has departed? The Soul is just a Power. It has no form. It merges with *SIP*, the *Supreme Immortal Power* at death and causes life at the moment of conception. We are born again because of our sheer ignorance. We think that we are *ME*, the Mind and Ego. The Soul gives Power to be reborn, to return to earth in a rebirth and to settle our *Karma*, our actions. The moment we realize that we are the Divine Soul and not the Mind and Ego, *ME*, we will be liberated from the cycle of death and rebirth and be united with the Divine.

We must realize the simple truth that the Soul is energy. The *SOUL* is a part of *SIP*, the *Supreme Immortal Power*. It is the

Power of life. Some people understand this better with a simple balloon experiment. Take two balloons, blue and white. Both are dead pieces of rubber. Now blow air into them. The balloons come alive and start to bounce with power with air in them. You have a blue and a white balloon. Now, burst both the balloons, simultaneously. Where is the air of the blue balloon and the air of the white balloon? The air of the two balloons has merged with the air that is everywhere. Similar is the concept with the Soul. Our Soul merges with *SIP*, that is everywhere. *SIP* is the *Supreme Immortal Power* that is omnipresent. There is no place where there is no *SIP*. Every molecule of matter is *SIP*. Thus, everything is *POSIEMOM*. The power of the Soul is *SIP*. Just as *SIP* is immortal, the Soul is also immortal. The *SOUL* becomes a *Spark Of Unique Life* in every living creature to fulfil the Law of *Karma*. It never dies. It is never born. It is *SIP* and just as *SIP* is birthless and deathless, so is the Soul. The Soul manifests as the zygote and continues to be that *Spark Of Unique Life* till death. In that moment of death, the immortal Soul becomes one with *SIP*. It is a fairy tale to believe that my Soul will be the same Soul that will give me life in my next birth! It is just like thinking that every time we switch on a light bulb, it is the same energy waiting to give power to the bulb. That is not true. Energy is power. It keeps on flowing and when we switch on the button, the energy flows. When we switch it off, it is cut off. When the Law of *Karma* switches on the button, the immortal Soul gives us life and when the Law of *Karma* switches off the button, the Power in us is gone. The Power does not die. It just flows into us and merges back into *SIP*. It is immortal. In fact,

we are that Power, not the body that dies. But due to ignorance, we do not realize this truth.

So much is spoken about the transmigration of the Soul, but do we realize that this is a misunderstanding, a misinterpretation that the Soul is reincarnated? The Soul causes a reincarnation, but rebirth is neither of the body nor of the Soul. Just as we are sure that the body will perish after we cremate or bury it, we are also sure that the Soul departs from the body. What we do not realize is that *we are that immortal Soul* and this ignorance causes us to be the *Mind* and *Ego*, *ME* that is reborn. The Power of *SIP*, that appears as the *SOUL*, a *Spark Of Unique Life*, which is birthless and deathless, enables our rebirth.

When we realize that the Soul is immortal, we also realize that the Soul is *SIP*. Only *SIP* is immortal. No 'body' is immortal. Every 'body' must die and no Soul can die. The Soul only comes and goes. Its arrival is at birth and its departure is at death. Even though we clearly understand death and the departure of the Soul, we do not realize that we are that Soul, that breath, that life that departs and causes death. *This is the ultimate secret of life – to realize we are the immortal Soul. This is Self-Realization. It is also God-Realization.* When we realize we are not the mortal body, we are the immortal Soul, we overcome the ignorance that we are the mind that we cannot find. We realize that the ego is nothing but a false identity. In that moment of Enlightenment when we realize that we are the immortal Soul, we realize God. We realize that God is the immortal Soul in every living creature. God manifests as the

Soul, as *SIP*, the *Supreme Immortal Power* that appears as the *Spark Of Unique Life*. As we read this, it seems very easy to understand, but until we realize the truth, our mind will continue to make us analyse the lies and stop us from the Realization of the Truth. The truth is that the Soul is immortal. The truth is that we are that immortal Soul, not this mortal body.

*The Soul is Immortal, it Comes and it Goes.
It is with this Power that a Human Grows,
We are Not the Mortal Body that is Sure to Die,
Ignorant that we are the Immortal Soul, at Death, we Cry.*

12

EVERYTHING IS SIP

*Man doesn't Understand this, but Everything is SIP,
Whether it is the Captain or it is the Ship.*

*Animate or Inanimate, all are Part of the Supreme Immortal Power,
The Divine Manifests as a Mountain, a Human and a Flower.*

There was a fisherman who was fishing. He was putting some fish in his bag and some, he was throwing back into the water. A passerby asked him, 'You are a strange fisherman. Why are you throwing the bigger fish back into the water?' The fisherman replied, 'You do not understand. If any fish is bigger than my palm, I throw it back because my frying pan is too small.' Man has a head that is too small to comprehend the big truth that SIP is in everything. It is for this reason that man does not realize that the Divine, the Supreme is everywhere, and in everything. He is not able to use his intelligence to realize this truth because his mind does not let him contemplate and he is not enlightened that God is SIP, a Supreme Immortal Power that manifests in man, beast, bird and flower. God is SIP that manifests in every molecule of matter and even though man goes to a school and college and picks up a lot of knowledge, he still remains ignorant of the Divine Truth.

Are we convinced now, both spiritually and scientifically that every molecule of matter is energy, it is a Power of the Supreme? Therefore, everything inanimate in this world is *SIP*, whether it is the earth, the skies or the universe or a multiverse that is vast and beyond our comprehension. Everything on our planet is *SIP*, whether it is the mountain, sea, clouds, rivers, earth and everything inanimate that we see. Every molecule of matter that forms the five elements that constitute this universe, be it earth, water, air, fire or space, is nothing but energy. This energy is *SIP*, the *Supreme Immortal Power*. The problem is that science wants proof of how this energy can be considered as *SIP*, the Supreme. Instead of believing and having faith that the energy that fills the universe is *SIP*, science, although not having an answer, does not want to accept this till such time that they can prove it otherwise.

It is not just the inanimate world, but every living cell on the planet is *SIP*. The Power of life or the *SOUL*, the *Spark Of Unique Life* in every creature that breathes and lives is none other than *SIP*. *Where does life come from and where does the power of life go at death?* Does not science accept death as a reality? But science does not want to infer what happens at death. We are so sure that a person dies that we destroy the dead body. We cremate it or bury it. Why do we not do the same for a body that is alive? Would we dare bury our pet dog who we love very much, while it is still alive? Impossible, because there is life in that body. Science is so intelligent, but it does not want to infer and discover that there is life in every living creature that lives and dies. This life is *SIP*. This Power

of the Soul is the *Supreme Immortal Power*. Has science been able to define birth? What causes fertilization? No doubt that science is making remarkable progress in the laboratory, but scientists do not infer the simple truth that every living Soul is *SIP*, the *Supreme Immortal Power*.

Many scientists today are changing their beliefs and acknowledging the existence of a Supreme Power. The problem that stops scientists from advancing spiritually is religion. Religion confuses humanity with so many gods and so many fairy tales that it switches off a scientific brain from contemplating on a God that is *SIP*. The moment science starts working with spirituality, there will be no doubt that they will have synergy that everything in this world is energy and is none other than *SIP*, the *Supreme Immortal Power*. Even when science talks about a Big Bang that caused this universe, what caused the Big Bang? Ultimately, even if it is magically created by nature, what is the Power behind the magic, behind nature?

No doubt that God is not a man made of bone and skin, sitting in a distant heaven. God is a Power that is Supreme, birthless and deathless. And this Power manifests in every atom of the universe, dead or alive. Everything is a manifestation of the Divine. We understand the term manifestation. We do not ask, 'where has the water disappeared?' when it becomes a cube of ice. We do not question, 'Who stole the gold?' when it manifests as the ring, bangle or necklace. We do not doubt on where the pot, plate and statue came from. They may appear

as them, but ultimately, they are mud or clay. While all this is so clear, man still struggles to realize the simple truth that *SIP* is everywhere and in everything.

For man to advance in this journey of God-Realization, to realize that God is *SIP*, the best way is to start with Self-Realization. How does one attain this? We must first realize who or what we are not. We are not this body. It is made up of cells that are ultimately, nothing but energy. We are not even the mind. Although we have so many thoughts but, 'Where is the mind? We cannot find!' The ego that says, 'I, me and mine,' is transitory. We appear and disappear from the face of the earth. We come from nothing. Two cells of our parents fertilize to become a tiny cell called a zygote. That is our source. Where did that come from? Who created that? Not even our parents who were involved in the act of copulation! Where did our life come from and where will our life go when we die? When we contemplate, we will realize that this body was created automatically over nine months in the womb of our mother. We arrived as a *SOUL*, a *Spark Of Unique Life*, nine months earlier. One day, when this Soul departs at death, the body will be dead and will disintegrate and merge back into the five elements. So, what are we? We are nothing but *SIP*. We came as a spark of energy and when we go, we pass away. It is that spark of energy that departs.

This entire truth cannot be understood. It has to be realized and man struggles to realize this, to be enlightened with it. When man attains Self-Realization and realizes that he is

none other than *SIP*, he then moves towards realizing that God is *SIP* that manifests in every molecule of matter, just as *SIP* also manifests as every *SOUL* that empowers every life.

Man is so busy developing the outside world that he has no time to go within. He is so busy creating delicious food for the body and cosmetics for the skin, that he does not realize that there is SIP within. Man is advancing in his astronomical conquest of outer space, just as he is going deep under the oceans, but he is not discovering the ultimate truth, that everything is SIP. Man cannot live without a computer and he understands the meaning of hardware and software. He accepts that nothing will work without a power supply, electricity or energy. But he does not ponder on the electricity that makes his heart, beat. What is the energy that makes us walk and talk? What is the energy in every molecule of matter? What is the cause of all the beauty in this world? When will man contemplate and realize the truth that everything is SIP? When will man be enlightened that both the animate and the inanimate is not just energy as science claims, but it is the Power of the Supreme that is Immortal?

*Everything in this World is SIP, the Supreme Immortal Power,
The Supreme Power is the Life in Every Flower.
It is SIP that is the Cause for Every Grain of Sand,
Because of SIP, there is Water, there is Air, there is Land!*

13

THE COSMIC ILLUSION

*It is the Mind that is Caught in the Cosmic Illusion,
It is the Mind that Creates so much Confusion!
The Intellect can Lead us to a Conclusion,
If to Flip from Mind to Consciousness, we Make a Resolution.*

As long as we are in a state of mind, we will never realize the truth that everything in this world is a Cosmic Illusion. It is *Maya*. What is *Maya*? It is the energy of *SIP*, the *Supreme Immortal Power* that is projected as *POSIEMOM*, this world. *Maya* is causing the body and mind to appear when in reality, we all are the Soul. It is because of *Maya*, the Cosmic Illusion that although everything is *SIP*, we are unable to flip to realize that this trip on the planet is to ultimately, board a ship to Liberation and Unification. The voyage of life is trapped by what we hear from the lip, the myth and the lies, so much so, that the Cosmic Illusion becomes a reality and the reality remains a delusion.

Let us understand *Maya* a little more. More of us are unable to discover and understand *Maya* because we live in a state of ignorance. The truth is revealed only in a state of

Consciousness. The fact is that every molecule of matter is energy. We see the matter, but we do not see the energy. Why? Because of *Maya*, the Cosmic Illusion. *Maya* has two Powers. First, the Power to conceal the truth and second, the Power to project the myth. It can be easily understood when compared to a projector in a movie theatre. The projector conceals the white screen which is the truth and projects a movie, which is a myth. As long as we are caught in the movie, what we see and hear becomes the reality to us. This is a mere projection. At the end of the show, when it is time to go, the movie is over and the projector is off, we realize it was just a projection. *Such is the Cosmic Illusion, Maya*. Can we even comprehend that everything in this world is a projection? Understanding this is beyond man's comprehension. The mind cannot realize this. It is only the Consciousness that can awaken to this truth, and we can become aware that we are part of *SIP*, the *Power of the Supreme*. Even the Soul that seems to be alive in you and me is none other than *SIP*, but because of the Cosmic Illusion, we think - 'I am I' and 'you are you'. This is the work of *ME*, the *Mind* and *Ego*. The mind bombards us with thoughts and the ego believes the Cosmic Illusion to be true. When we flip over to a state of Consciousness, we become awakened and realize that everything is *Maya*. Nothing is real. The only reality is *SIP*.

As long as we believe the Cosmic Illusion to be the reality, we will continue to suffer as the body, mind and ego. The realized ones who have been enlightened with the truth are free from *Maya*. They know that the drama called *life* is just a movie, a show. We are actors who come and go. Our goal is

Liberation from this illusion and Unification with our source, *SIP*. If we do not attain this, we will live and die and we will be reborn and this will go on and on.

Many of us gain knowledge about Cosmic Illusion, but we get caught in it. We know it is *Maya*, but we do not realize it. So, we live as the mind, in fear and worry, as the ego, with anger, hate, revenge and jealousy. We needlessly suffer. We are none of these. We are the Divine Soul, that is free from all suffering. But till we are enlightened and realize everything is *Maya*, a Cosmic Illusion, we will continue to suffer.

Those who are intelligent enough to understand *POSIEMOM*, that every molecule of matter is nothing but a particle of *SIP*, the *Supreme Immortal Power* and those who also understand that everything alive is *SIP*, that it is *SIP* that appears as the Soul, they are qualified enough to crystalize this knowledge and realize the truth. However, they must cross over the Cosmic Illusion and that is not easy. It needs the grace of the Divine and the guidance of a *Guru*, a *Spiritual Master* to realize this truth. The mind of man is his biggest enemy. It does not want him to realize that everything is *Maya*, an illusion. Once man realizes that everything is *Maya*, the mind is dead. The mind fights hard to retain its identity and comes alive with its best friend, the Ego, that together become ME. Then, we are caught in an illusion that does not exist. We have to flip over from Mind to Consciousness. There is no other way to escape the Cosmic Illusion.

For a common man to imagine that this entire universe is a Cosmic Illusion is quite impossible. Why? Because of our thoughts, beliefs and conditioning. We have been taught that God lives somewhere far away in the heavens. We have been made to believe in a God with a name and form, somebody who is a he or she. We never realized that God is a Power that is in you and me. We never went on a quest to discover the truth about God. Very few people love God so much that they yearn for God. Their deep yearning leads them to the Realization that God is everywhere, in everything. God is *POSIEMOM* and the *SOUL*. God is *SIP*. Everything is *SIP*. When they realize this, they see *Maya*, the Cosmic Illusion also as *SIP*. They enjoy the show as they experience the Divine in every breath. Whether it is animate or inanimate, they know for sure everything is a projection of the Divine energy. They realize that this world is an illusion, there is only one reality and that is *SIP*. It is the energy of *SIP* that is manifesting as this world and appearing as all those who are alive. If we remove *SIP*, there would be no Souls and everything that is alive, would be dead. Then, if we remove *SIP* from every molecule of matter, this universe will disappear. Is it not simple to understand that this entire universe is the energy of *SIP*, appearing to be real? But in reality, everything is a Cosmic Illusion.

The moment we Realize that it is All a Cosmic Illusion,

We are Free From our Delusion!

The Truth is Everything is a Projection of SIP,

For this, our Mind to Consciousness, must Flip.

14

THE DRAMA CALLED *LIFE*

Life is a Drama, it's just a Show.

We are Mere Actors, we Come and Go!

Because of Ignorance, we think we are the Ego, Body, Mind,

We are a Divine Power, this Truth, when will we Find?

As long as we are in a state of deep ignorance and do not realize the truth, we will always believe that this world is real. We cannot even imagine that everything is just a projection, everything is *Maya* or an appearance. Everything is *Leela*, it is just a show. The truth is that this earth is a humongous stage on which the drama called *life* is being enacted every day. Whatever is unfolding is happening as per the Law of *Karma*, the director of the show. While we think this world to be a reality, in reality it is a movie, a projection. We think it to be real because we think, 'This is *my* mother, *my* father, *my* family.' We think, 'This is my house, my business, *my* car.' In reality, *nothing is ours!* Everything is part of this *Leela* in which we arrive as per our *Karma*. We enact our part as per our will and ultimately, we have to go. We come without anything and we go without anything. We come alone and we go alone.

Although we know this, we do not realize it. Therefore, we become attached to our possessions and our relationships.

When we go for a drama or movie, we are dispassionate because we know that it is just a show. Although some of us become emotional and we even cry when we see an actor die, we all know that the actor never died, in reality. It was just a projection, a story. After one drama, the actor will come alive in a new role, wearing new clothes, with a new name. While we understand this quite clearly, we do not understand the *Leela* of the Divine, this drama called *life*. We do not realize that we have come to this earth as an actor, who has to do his part the best way he can. One day, the body will die. That will be the end of the show for the one who has to go out of the earth stage.

But death is not the end. It is just a bend. It is not the end of life. It is just the end of one of the chapters of the book called *life*. The body dies, but the one who passed away carries the pending *Karma*, good or bad and is born again. The body dies, but the Mind and Ego, ME, return to earth in a rebirth. Such is the *Leela*, the drama called *life*. We come back to the earth stage, the show goes on, and we are reborn, again and again. We might have been a Mary or a Sheela, but we may be reborn as a Robert or a John and as per *Karma*, this goes on and on. The show does not get over. After one act in the drama, the next act starts. Little do we realize that all this is a projection of energy, a projection of *Maya*. It is all like a dream. As long as we are dreaming, we think it to be real. But the moment we wake up from the dream, we realize that it was just a dream.

No doubt we saw the dream, but whatever happened in the dream was an illusion. No doubt that whatever is happening in this *Leela*, on this earth stage seems very real, but in that moment of death, when we exit from life, we realize that it was all just a show for the deceased. Every 'body' has to go. When we come to know of this truth, we are enlightened and liberated from this *Leela*, this drama called *life*.

As long as we live in ignorance, we have no other option but to return to earth in a new body, as a new actor and we must suffer. We will experience pain of the body. We will suffer the misery of the mind and we will be anguished by the agony of the ego. Everybody who lives on the planet experiences aches, pains, disease, decay and death. We all live in fear, worry, stress and anxiety as the mind troubles us. To top it all, we are agonized by the ego too. When the ego becomes angry, it starts to hate, becomes jealous and wants to take revenge. All this is a part of the *Leela*, the drama called *life*. Until we are liberated from the show, we have to come, even after we go. We have no choice.

But we have one choice – to realize the truth about life, to understand that everything is *SIP*, the *Supreme Immortal Power* that manifests as the world. It is *SIP* that is unfolding as this *Leela*. If we realize that we are not the body, mind and ego, then we will become free from *Karma*. We then realize that 'I am not the one who is the actor. We surrender all our actions to the Divine and live as a Divine Instrument. We expect no fruits as a result of our actions and live a life of dispassion and detachment. In such a rare case, we are liberated from rebirth

and in the moment of our death, when the show is over, we do not return as another actor or in another act in this drama, this *Leela* called *life*. Our ultimate goal is to realize that we are the Divine Soul and not the actor in a body and mind that we appear to be. Alas, we are so caught in *Maya*, in the illusion, we are so enamoured in this *Leela* that we live and die in this Divine drama and then, we come back again. When will we be enlightened? Will we be free from this *Leela* and be united with the Divine?

We human beings are so ignorant. Although we know that death is around the corner, we still do not realize the truth that life is a *Leela*, a drama. Although we know that at the end of the show, we cannot even take a pin with us, we keep on accumulating wealth. We cheat the government, our customers, vendors and even our family to earn more money only to ultimately leave it all behind. Is it not funny, that the truth is that nothing belongs to us? This life is just a journey and everything we possess is nothing more than a trust, given to us to use and if we do not use it, in the end, we will lose it.

Just like we check into a hotel, we enter the earth stage, but ultimately, we have to check out. We do not take anything from the hotel room with us. We have to leave everything behind. Such is this *Leela*! Why then, did we come to earth? What is the purpose of this human birth? This is our ultimate goal. To realize that everything is a *Leela*, everything is *Maya*. Nothing is real. Everything is *SIP*. The earth stage is *SIP*, all the props on the earth, mountains, oceans and every molecule

is *SIP*, every creature is *SIP*. Be it man or a beast, the feast will be over! The show will end and a new show will begin again. Once we know it is a show, we will be free from *Leela* and become one with the Divine.

Everything is Leela, Everything is a Show!
We will not be here Forever, we have to Go.
If we don't Realize this, the Truth we don't get to Know,
We will Continue to Suffer, Misery will Flow.

15

WHAT IS OUR PURPOSE?

*Why did You and I Come to Earth?
What is the Purpose of this Human Birth?
Of course, it is Joy, Bliss, Peace and Mirth,
But above all, it is to be Free from Rebirth!*

Most people think that the purpose of human life is to have fun before life is done. We think the goal of life is to be happy. We lay a lot of emphasis on being positive and cheerful. Of course, it is good to be happy. *But is this the purpose of coming to the planet?*

There are many others who go one step further. They say that Life is not just the selfish pursuit of happiness. The purpose of life is to make others happy. It is to live a selfless life and to serve others. This paradigm has been incorporated even in the corporate world, to be a servant leader. But is this the reason and purpose of our existence? One day, the body will die and this journey called *life* will come to an end. Is there any doubt that nobody can escape the moment when the movie of our life will display 'the end'? How many of us know that before the end, we must take a bend and transcend the

ordinary existence of a mortal? How many of us realize that the purpose of human life is to realize who we are and why we are here. Our ultimate purpose is the journey of Purification and Illumination that will lead us to Realization and ultimately, Liberation from this world and Unification with the Divine.

We have not been created as the most unique amongst living species, as human beings, blessed with an intellect, just to live and to die. We have to go on a quest and discover the answer to the questions, '*Who am I? Am I this body that is sure to die? Am I the mind that I cannot find? Am I the ego that keeps on repeating, 'me, mine and I'. Who is this 'I'?*'

When we start our quest and go in search of answers, we realize that we are not this body that is sure to die. We also realize that this body is made up of human cells which are ultimately, nothing but energy. We also discover that we are the *SOUL*, the *Spark Of Unique* Life that was conceived nine months before our birthday. Our quest reveals the truth and we are absolutely sure that our physical body was formed over nine months in the womb. We came much before it. We are not this body. We are that spark. When we realize this, we realize that each one of us is in essence, the Soul. We appear different as long as we are alive, but the Power in you and me comes from the same source and will return and merge with the same source. This is Self-Realization and to realize this is one of the most important purposes of life. From Self-Realization, our quest must lead us to further introspection and contemplation.

It is not enough to discover the meaning of 'I'. We have to realize that God does not live in the sky. Our purpose is to discover that God is *SIP*, the *Supreme Immortal Power* that manifests as the *SOUL* in you and me. We may appear as bone and skin, but the truth is, that we are the Power within. This is not a myth, a belief or a hunch. It is the truth. We realize that '*we are that Spark Of Unique Life*'. We are all *SOULs*. We are all a part of *SIP*, the source of energy and power of life for one and all. There is no ambiguity about this truth. It is not just spiritual but it is also endorsed by science that we are all energy. The day is not far where science will infer that the universal energy that is everywhere, is the Power of *SIP*.

Is this all? Is this the purpose of our life? Yes, but there is one more step, the most important and the most difficult. To realize that God is *SIP*, the power of life that gives us birth, is not so difficult. What is more challenging is the last step in discovering the meaning and purpose of life and existence. It is to discover that this entire universe that science says is made up of energy, is nothing but *SIP*, the *Supreme Power*, manifesting as the sun, moon and stars, and as mountains, seas, valleys and flowers on this entire planet. Everything is *SIP*. Realization of this truth, completes the purpose of our existence.

Once we realize that everything is *SIP* and make it a mission to attain Liberation and Unification, we become free from our ignorance. We become free from all misery on earth. We become free from rebirth. We live a life of Eternal Happiness, Divine Love and Everlasting Peace. We become free from all

suffering caused by the pain of the body because we realize that we are not the body. We become free from all the misery of the mind because we live in Consciousness, we master our thoughts. We still the mind and kill the mind. Then, we become free from the agony of the ego and transcend anger, hate, revenge and jealousy. We live as a *Yogi*, who lives ever-united with the Divine. The wave that is our *life*, no more splashes on the beach of existence. It becomes one with the ocean, the Divine. This is the purpose of human birth. This is the meaning of coming to earth.

*'All of Us will Live and Die,'
'And then Go to the God in the Sky!'
We Waste our Life Believing this Lie,
Our Purpose is to Find out, 'Who am I?'*

16

DEATH IS CERTAIN

*Death is certain, every 'body' must die,
Ultimately, all elements will disappear in the sky!
Everything is energy, it's the Power of SIP,
We must realize the truth, before the end of our trip!*

Will you live forever? Who are you? You exist as the body and mind that lives with the intellect powered by a Soul. This body-mind complex must die. Not just man, but every living creature will face death. Such is the drama of life. But have we pondered over what death truly is? Why does death happen? Who dies? What happens after death? There are many questions about death that remain unanswered. Death is a mystery, not just for the whole of humanity, but even for the intelligent, scientific world. Those who realize the truth about *SIP*, the *Supreme Immortal Power*, about the *SOUL*, the *Spark Of Unique Life* and about *POSIEMOM*, the *Particle Of SIP*, the *Supreme Immortal Power, In Every Molecule Of Matter*. Decode the mystery of death. They are the ones who truly start to live.

Because of our ignorance, we have no clue about what happens at death. We have been completely misguided about

what death is, why death happens, how it happens and what happens at the death of the body. We have been indoctrinated with lies that God lives in the skies. That one day, we will die and will come face to face with God. Then, God will replay our entire life and pass a verdict on us. Then we will proceed to a heaven or a hell, where we will be rewarded or punished, accordingly. We believe in this fairy tale because we are told this story by our own parents and teachers. Therefore, we live more in fear of God and what will happen at death rather than faith in God. This is good in a way because it motivates us to live a moral and ethical life. But it is bad because it imprisons us in ignorance and we are jailed behind bars of fairy tales that God's angels and devils will confront us at the moment of death. When will we open our real eyes and realize the truth about death?

Death is certain. Every 'body' must die. But what is this phenomenon of death? It is the moment where the *SOUL*, the *Spark Of Unique Life* that is in every living creature, leaves the mass of living cells leading to a state of death, when there is no breath. Why does the Soul come and go? Why does the Soul give us life and then, after a while, makes us stop living? Why does this happen in the drama called *life*? The real answer to this question is known only to the Creator, *SIP*, the *Supreme Immortal Power*. We can only try to understand and comprehend what is happening to the best of our imagination and intellectual interpretation. The fact is that the body will die. But what happens, in reality? The life inside escapes. Where does the life go? We do not know. Nobody can say for certain. But the life does leave the body to cause death. Why

does a light bulb stop to glow? Because the electricity that was glowing stops. If we switch on the light, the light bulb will glow again. But can man live again?

Unlike how we switch on a bulb in our house every day, death is that point where the electricity of the Soul, the energy of *SIP* leaves the body, never to return. The challenge is to realize that we are unaware that the Divine energy of *SIP* is everywhere. It appears both as the *SOUL*, the Power of life and as *POSIEMOM*, in every molecule. If we realize this simple truth, we will be able to reconcile what exactly happens at death.

At death, the Soul leaves the body. The Power of *SIP*, the *SOUL*, the *Spark Of Unique Life* that left at death merges back with *SIP*. It is like blowing two rubber balloons, blue and white. They were dead pieces of rubber and suddenly, they bounce with life because of the air inside. The moment we deflate the balloons, where does the air go? The air merges with the air that is everywhere. So does our Soul! We are able to comprehend so easily the reality of the balloon and the air inside, but we are unable to comprehend the body and the Soul within. We understand that the air in the balloon merges with the air that is everywhere. But we don't understand that at death, the Soul that was within, departs and becomes one with *SIP* that is omnipresent, present everywhere.

What happens to the body at death? The body is a mass of cells. We are said to have over 30 trillion cells. Each cell by itself is nothing but energy. The body is made up of five

elements of matter, the earth, air, water fire and space. Each element of matter is nothing but *POSIEMOM*, the energy of *SIP*. When the body dies, first, the Soul departs, and the living creature becomes a lifeless *POSIEMOM*. But the mass of cells is not lifeless. Every cell has energy, has life. It is the Soul that keeps the trillions of human cells alive. At death, the human body disintegrates, and the trillions of cells return to the 5 elements from which they come. The air escapes, the water evaporates, and the space shrinks as the fire within gets extinguished, leaving a mass of ashes. A huge human body is returned to nothing but a pot of ashes because at death, first, the Soul leaves and then, the *POSIEMOM* in the body falls apart as planned by *SIP* that manifests both as the Soul and as *POSIEMOM*. Everything is *SIP*!

Birth is the coming together of the Soul and the body. Death is the disintegration. This cycle of birth and death goes on and on. What we do not understand is that it is all *SIP*. It is done by *SIP*. It starts and ends with *SIP*. Because we are ignorant, we think that we are the body. We suffer death. We think that we are the mind. We become miserable when we see somebody die. We believe that we are the ego. We live in the constant fear of death, the fear that we will lose all that is known, that we own and the fear of the unknown that is beyond death. But the moment the facts are known, the truth is realized, death is no more desperation and devastation. It becomes a celebration!

At death, one of two things happens. If we are ignorant, we live and die as the body and as the *Mind* and *Ego*, *ME* and we

return to earth in a rebirth. But if we realize that we are all the SOUL, the *Spark Of Unique Life* that is SIP, then at death we are liberated from rebirth and we will merge and become one with SIP.

*If we are Ignorant at the Moment of Death,
We will Suffer as the Body and Mind when we Lose our Breath.
But if we Realize that we are the SOUL that comes from SIP,
Then into Eternal Bliss, Peace and Love, we will Slip.*

17

REALIZING THE TRUTH

*Because we Live in Ignorance, we Don't Realize the Truth,
We think God lives Far Away in the Skies!
When will we Realize that God is Everywhere, in Everything?
When will we Overcome all the Lies?*

What is life all about? Life is all about realizing who we truly are and why we are here. But why should we do this? Not just because it is our purpose, but because it also liberates us from all suffering and leads us to a state of Eternal Happiness. We need Liberation from the cycle of rebirth to achieve our ultimate goal and the only way to do this is to realize the truth.

As long as we live in ignorance, we will continue to believe in the myth that we have grown up with. We will continue to go to a temple and a church and for God, we will search! We will just live and we will die! Not just will we suffer pain, but we will also return to this earth in a rebirth to suffer, again and again. If we realize the truth, then we do not have to be reborn. But what is the truth and how must we realize it?

The ultimate truth is to realize that this whole world is a manifestation of *SIP*, the *Supreme Immortal Power*. But we cannot realize this truth until we are enlightened with several other truths. If we do not realize the truth, then we suffer because we crave and reach our grave. Why does man desire? Man desires because he does not realize the simple truth that nothing is his. He does not bring anything to the planet, nor can he take anything, when he goes. Still, he spends his entire life trying to learn, then earn and finally, what he will earn, others will burn. Man becomes miserable in relationships because he does not realize that every relationship will ultimately, end. He becomes attached to people thinking that he is this body and the mind, which he is not. He knows very well that every 'body' has to die and no relationship will last forever. These and many other lies make man ignorant. To make his dreams come true or to solve his problems, man prays to a God in the skies. He believes in these lies because this is what his parents taught him and this is what he learnt in school. But man does not realize that he remains a fool! He does not need knowledge that he picked up in his school and college. He needs Enlightenment. He needs to open his 'real' eyes and realize the truth.

Ignorance is like darkness in a room. You cannot sweep it away with a broom. You need the light of Enlightenment to overcome the darkness of ignorance and see the truth. Unfortunately, man just lives and dies without being enlightened.

What is the way to realize the truth? Man must start a quest. He must put all his beliefs to test. He must not blindly follow the herd. He must fly like a bird. He must question everything before he accepts it. 'How will I go to heaven or hell when my body returns to dust on earth?' 'Who is God, where is God, what is God?' Man must ask all relevant questions and only then, will he find the answers and realize the truth.

To realize the truth, knowledge is not enough. We need wisdom from an enlightened *Master*. We need the help of a *Guru*, one who takes us from *Gu* or darkness to *Ru* or the light. It is with the help of a *Guru* that we can evolve spiritually and solve life's jigsaw puzzle. The *Guru* helps us put the pieces together so that we can move first to Self-Realization, then Life-Realization and ultimately, God-Realization.

The first truth to realize is, 'I am not the body, that will die. I am not even the mind. Where is the mind? I cannot find! I am the Divine Soul.' This is Self-Realization. If I am the Soul, then we are all Souls, appearing as different bodies. This world is a show, we come and we go. Everything is an illusion. All this covers Life-Realization. But the ultimate truth is God-Realization. It is realizing that God is not God. God is *SIP*, the *Supreme Immortal Power*. It is not enough to realize what we are not. We are not the body, nor are we the mind. Then who are we? We are the Power of *SIP*. We are a manifestation of the Divine. When we realize this, we realize God is *SIP*. *SIP* is everywhere, in everything. Without *SIP*, there is nothing. Only an enlightened one can digest this truth. Those who are ignorant will consider it ridiculous even to think that we are

God. Although our scriptures tell us that the kingdom of God is within and that God lives in the temple of our heart, we continue to live in ignorance without realizing the truth.

What is the purpose of realizing the truth? Once we realize that we are manifestations of *SIP*, the Supreme, then what? This Realization not only liberates us from our suffering but leads us to that path where we live as a *Yogi*, ever-united with the Divine, till we are liberated from rebirth on earth. However, we cannot evolve to that journey, without realizing the truth. Less than 1 in 100 people are on the path of Realization. The rest just live and die and they are reborn. This goes on and on. Thus, Realization is not the destination, rather, it is a state of illumination that happens after purification from all ignorance.

The truth is the truth. It is not a fairy tale. But unless we transcend the mind and live in Consciousness, with our intellect in command, our thoughts will just make us blink and sink! However, if we realize the truth about the *SOUL*, about *POSIEMOM*, then these become very strong pillars on which we can build our life and achieve our ultimate goal.

*We must Realize the Truth that we are the Divine Soul,
Not the Body nor the Mind, this is our Goal!
Liberation from Ignorance makes us Free,
And Leads us to Unite with the Supreme Divine Energy.*

18

LIBERATION OR REBIRTH

*Only One of the Two Things can Happen at Death,
Either we can be Liberated when we Lose our Breath,
Or we can be Reborn with the Mind and Ego, ME,
If we Don't Realize that Everything is SIP Energy.*

Why is it so important to study what this universe is made of? Why is it necessary to understand that the *SOUL* is a *Spark Of Unique Life*, which is none other than *SIP*? Why should we discover that God is everywhere, in everything as *POSIEMOM*? When we realize the truth that everything in this universe is nothing but energy, which is also endorsed by science and we go one step further to realize that this energy is none other than *SIP*, the *Supreme Immortal Power*, then we realize that everything is *Maya*, an illusion and everything is *Leela*, a drama, a show! The moment we realize this, we become enlightened with the truth that we are not this body, mind and ego, we are the Divine Soul. We realize that the purpose of our life is Liberation and Enlightenment that frees us from the cycle of continuous death and rebirth.

It is a choice. Either we can be liberated or we can be reborn. *POSIEMOM* is the ultimate Realization that will unite us with the Divine. Many people wonder if the *SOUL* is *SIP*, then in that moment of death, the Soul is liberated and united with the Supreme.

The dead body perishes here on earth. People do not go one step further to realize that the body that is dead, is made up of the five basic elements. Soon after the departure of the Soul, the body will disintegrate into the elements and each molecule of each element is *POSIEMOM*. What does this reveal? That this universe is made up of dead matter that is *POSIEMOM* and live Souls that are none other than *SIP*. Everything is *SIP*. There is nothing else.

This Realization liberates us from rebirth because we no more believe that we are the body that does *Karma*. We are not even the *Mind* and *Ego*, *ME* that has an illusory existence. We are nothing but *SIP* energy. This Realization leads to Liberation. But without overcoming ignorance of who we are and why we are here, we will continue to return to earth in a rebirth. Therefore, we must make the choice. *Do we want to be liberated and united with the Divine or do we want to be reborn and let this go on and on? It is our choice!*

We can continue to believe in the myth that God lives in a heaven and one day, we will go there and come face-to-face with God. We can continue to ignore the fact that the body will perish and return to its five elements, which is ultimately, nothing but energy. Unless we firmly resolve to overcome

ignorance and realize the truth of the Soul and *POSIEMOM*, we will never be enlightened that God is everywhere and in everything. God is *SIP*, and it is *SIP*, the *Supreme Immortal Power* that is the Soul in every living creature, just as it is *SIP* that is the energy in every molecule of matter. Thus, the key to Enlightenment is the Realization of the truth about the Soul and *POSIEMOM*. This will open the doors that are otherwise closed and we will be liberated from a bondage that is caused by our very own ignorance. Unfortunately, because the majority of humanity just lives and dies believing God is in the skies, we also follow the herd. Is it not time to stop and contemplate? Is it not practical to understand the reality of death? Is it not easy to realize that we were born nine months before the birth date on our birth certificate, when we were conceived as the Soul?

Ultimately, most of us are caught in this alluring world of pleasures and possessions. We are like prisoners who are caged due to our own ignorance. Although we know nothing belongs to us and nobody will go with us in the moment of death, we still live with attachments, passions and obsessions, creating a virtual prison for ourselves. The only way out is Liberation, it is Enlightenment, it is freedom from the myth. Unless we go on a quest to realize the truth, unless we take the help of a *Spiritual Master*, a *Guru*, we will be caught in this cycle of death and rebirth.

All religions talk of this as the 'ultimate goal'. Some call it, *Nirvana*, others Salvation and still others call it *Moksha*. These are different names, but they relate to the same state of

Realization or Enlightenment that will first, liberate us from rebirth and then, unite us with the Divine. Otherwise, we will continue to return to this earth in a rebirth and suffer pain of the body, misery of the mind and agony of the ego.

*Liberation or Rebirth, it is a Choice,
This Choice is made by Very Few who are Wise.
Most of Humanity, they just Live and Die,
Then they are Reborn because they Don't realize,
‘Who am I!’*

19

BECOMING ONE WITH THE DIVINE

*Very Few Seek to Become One with the Divine,
Most are Addicted to Pleasures, Food and Wine.
But if we are Not Enlightened, we will Suffer and Whine,
And Instead of Evolving, we will Decline!*

Is death certain? Will every living creature die or can any 'body' live forever? We know for certain that every living creature must die. We also know for certain that the one who was alive leaves the body. Why are we so sure? Otherwise, we would not bury or burn the body. Unless one is declared dead and we are sure they have moved on or passed away, we do not cremate the body.

While we are sure that the deceased has departed, we do not join the dots to realize the truth. Death is certain, so is birth. How does birth happen? Is there any magic? No! There is a clear logic. When two cells fertilize to become one, a life is conceived. Thereafter, the first cell in case of humans, the zygote, evolves and grows into the body. Although we celebrate our birthday on the day we arrive in this world, that day is fake! Until we awake, we will continue to cut a cake!

When we realize that we were conceived nine months earlier, we also realize that we are that *Spark Of Unique Life*, the *SOUL*, that gives life to the first cell of our existence. Nobody can deny this truth. It is a scientific fact. The problem lies in not using inference in joining the dots. For hundreds of years, an apple fell on peoples' heads and all they said was, 'Ouch!' One day when it fell on Newton's head, he questioned, 'Why?' Why did the apple not fly in the sky – he questioned. Then he founded the law that pulls everything towards the ground. Science calls it the Law of Gravity and it is proved through inference.

Through inference, if science accepts death as a reality and also accepts birth, then science will eventually accept the cycle of death and birth. Once science joins the two dots of death and birth with the third dot, *Karma* or the Law of Action and Reaction, science will accept that there is Liberation from death and Unification with the Divine. But this will only happen when scientists are ready to infer and be enlightened with the truth.

Does science agree that apples cannot grow on a mango tree? It is a universal law. Just like gravity, there are many natural laws that govern this universe. One such law is the Law of Rotation or Cycles. That is why the earth rotates exactly once in 24 hours. Who is controlling this precise rotation? Then, there are seasons that are cyclic. These laws are universal and they are controlled by a Power that is beyond human comprehension and definition. The Law of *Karma* or the Law of Action and Reaction ensures that what we give is what we

will get. It is this law which makes sure, '*what you do will come back to you.*'

But what happens at death? Our pending actions, both good and bad are carried forward. The body dies but the ignorant one, the *Mind* and *Ego*, *ME*, returns to earth in a rebirth to settle *Karma* that are not redeemed. That is a why, a new born child can be born blind or deaf or dumb. What is the fault of that little child? When we infer and join the dots, we realize that birth is controlled by the Law of *Karma*.

Contemplate this! Did you control your birth, your parents, your nationality, your religion and your gender? No, you did not! Then, who did? Everything that is happening in this universe is organized. Dogs do not give birth to cats because there exists an intelligent Power that has designed this universe and who governs it through laws.

Unfortunately, because religion has made fun of God, we do not realize that God is *SIP*, the *Supreme Immortal Power*. God is not a 'he' or 'she'. God is the Power in you and me. God is *SIP*, *SIP* is the Soul. *SIP* is *POSIEMOM*. When we realize this truth, we go beyond the body, mind and ego and are liberated in the moment of death, from rebirth. We become one with the Divine. This is our ultimate goal, to realize that we are the Divine Soul, not the body that will die, not the Mind and Ego, *ME*. We are the Divine energy manifesting as these trillions of cells that constitute the human body. At death, when the Soul departs, all these cells become energy. Still, we are ignorant to believe that we are *ME*. Thus, we are reborn. Our goal is to be

free from ignorance so that at death, we become one with the Supreme and do not return in a rebirth.

The fact is that we are nothing but energy. The Soul is energy, every cell is energy. But our goal is to realize that we are the Soul, not the body, mind and ego that we seem to be. We are not this, not this! We are that! We are not this body, it is just cells that is nothing but energy. We are not the mind because it does not exist. It is just a bundle of thoughts. We are that, the Divine Power, the *SOUL*, the *Spark Of Unique Life*. When we realize this truth, we are liberated from rebirth and become one with the Divine. Is it not strange that every cell of our existence is Divine, but we do not realize it? The Power within us is *SIP* and every cell of our existence is *POSIEMOM*. Everything is Divine energy, but due to our ignorance, we think God is in the sky. We pray to gods with different names and forms. We accept so many religions and so many gods, when in reality, God is one Power, one *Supreme Immortal Power*, *SIP*, that is everywhere, in everything. We are all the manifestations of that Supreme Power. Unfortunately, we do not realize this and suffer.

This book reveals the truth about the *SOUL* and *POSIEMOM*. It can make us open our real eyes to realize the truth. God is *SIP*. *SIP* is everywhere, in everything. This can lead us to being enlightened with the truth. Then, being liberated from suffering and ultimately, becoming united with the Divine. We are the Divine, but we have forgotten this. We must return back to that state of Consciousness, which makes us realize that we are nothing and *SIP* is everything. We exist because of

SIP. We appear because of *SIP*. Without *SIP*, our existence would be disintegrated into nothingness.

We are like waves in the ocean. Waves keep on splashing thinking they are waves. In reality, they are not. They are the ocean. They come from the ocean and they return into it. But as long as we do not realize we come from the Divine and we go back into the Divine, we will continue splashing like waves, believing in the false identity of the body, mind and ego, which we are not. The goal of human life is to overcome ignorance and to realize the truth. Then ultimately, be liberated from rebirth and be united with the Divine. The truth of the Soul and *POSIEMOM* will lead us to achieve this goal.

Not This, Not This, we are That!
Not the Body, Not the Mind, We Are the Soul, it's a Fact!
If we Live in Ignorance, we will Suffer and be Reborn,
And this Cycle of Death and Rebirth, will Go On and On.

20

REALIZE GOD WITHIN

*God is Not a Person made of Bone and Skin,
God is the Soul in You and Me, the Power that Beats Within,
God is in Every Particle, the Sun, Moon and Stars,
God is in the Stones, even as God is in the Flowers.*

What is our ultimate goal? It is to realize God. It is to realize the truth that God is *SIP*, the *Supreme Immortal Power*. God is not somewhere far away in a distant heaven. God is within us. We have to realize this. Unfortunately, we have grown up believing in so many fairy tales about God. We have been told of the many gods that exist, when in reality, God is one Power, a Power that is everywhere, in everything.

Once we realize the truth that God is the *SOUL*, the *Spark Of Unique Life* that gives life to every living creature and once we realize that God is the Power in every molecule of matter, we reach that ultimate Realization that everything is God, everything is *SIP* and there is nothing else. This world is an illusion, *Maya*. Everything in this illusory world is a manifestation of the Divine. This is the ultimate truth and our goal is to realize this truth.

Can we propose this truth to the world? Yes, we can. But the world will not believe it. This truth must be realized. It is beyond man's comprehension. Although science has started to believe that everything in this universe is energy, it will take a lot of time to accept that this omnipresent energy that fills the cosmos is nothing but *SIP*, the *Supreme Immortal Power*. Science has reached the point where it has discovered that every molecule of matter, be it animate or inanimate, is eventually made up of energy, but science is stuck there. Unless scientists live in Consciousness and experience that Divine flash and are enlightened with the Realization of the Truth, they will continue to believe that everything is energy. It is unfortunate that an intelligent being like man does not infer the simple fact that this beautiful intelligent universe could not have come about without a Supreme Intelligent Power creating it. It only needs common sense to understand and realize that there must be a Power that must have been responsible for the creation of this magnificent universe. Without this Supreme Power, how could the universe be governed? Who is controlling the universal laws? Who is making sure that the earth rotates in a precise manner and everything in this universe is in such perfect order? We do not need any super intelligence to realize this truth and accept the fact that there is a Supreme Power that controls everything.

Who is God? Where is God? What is God? This continues to be a mystery that has filled our history and it has created more and more confusion as life has evolved. There are so many religions and so many theologies and philosophies. Each claims that their God is the real God, that there is a heaven

somewhere far away and all the gods are at war with each other. When will man overcome his ignorance and realize the truth that there is only one God, there is only one Power? We may believe in that God through different names and forms, but there can be no doubt that there is only one God. This God cannot be mortal. This God is therefore, birthless and deathless, beginningless and endless. God is the causeless cause. God is *SIP*, the *Supreme Immortal Power* and this Power is beyond human definition. Man has not been blessed with the sense perception to comprehend God. He has to have faith and trust. Until man loves God and yearns for God, he will never realize that God is within.

Up in the mountains in the Himalayas lives the musk deer. Throughout life, it chases the fragrance of the musk. In its frantic attempt to discover the musk, it traverses the dangerous cliffs and peaks and ultimately, falls and dies. Hunters below pick up the musk deer and tear open its stomach to retrieve the musk that had always been inside the navel of the deer. Alas! In ignorance, the deer was chasing the fragrance of the musk that was all along, within it. We human beings are no better than this ignorant deer. We are searching for God. We go to pilgrimages, visit every possible temple, church, monastery, Gurdwara and synagogue without realizing that God is within us.

God is not somebody who is in a distant destination. God is the Power that gives us breath. Without *SIP*, there would be death. God is the *SOUL*, the *Spark Of Unique Life* that is in each one of us, be it man or beast. God is *SIP*, a Power that manifests or appears as every molecule of matter that fills the

universe. Everything is *SIP*. There is nothing else! We must realize this truth. Until we are enlightened with this fact, we will just live and die and return to earth in a rebirth. We will continue to pray to a distant God without realizing that we are nothing. We are a manifestation of the Divine. Every cell of our existence is *SIP*. Other than *SIP*, there is nothing in us or in this universe. This is the one reality. Everything else is an illusion.

How can we prove that God is within? This cannot be proved, rather this has to be realized. It needs inference and intelligence but it is a fact, not a myth. It is not a fairy tale. There is no doubt that every human being has a *Spark Of Unique Life*, a *SOUL*. Nobody can deny this. Death is certain. Nobody can deny death too. The body is made up of five elements. Nobody can deny this either. Each of the five elements is ultimately nothing but energy, nobody can deny this. Every molecule of matter in the universe is ultimately energy, nobody can deny this. Whether it is animate or inanimate, there is energy in everything. The entire universe is filled with one energy and nobody can deny this. If we cannot deny any of these, then we cannot deny that this entire universe filled with energy is none other than a *Power*, a *Supreme Immortal Power*, *SIP*.

Even Science endorses that energy cannot be created or destroyed. It can only be transformed from one form to another. It is this transformation of energy into particles of matter, into the spark of Power within us that creates both, the inanimate and the animate world. Can we deny this? No! This

is the truth. Everything is energy. This energy is Power. This energy is *SIP*, the *Supreme Immortal Power*. *SIP* is everywhere, in everything. We must stop searching for God. We must realize God is *SIP*. Everything is God. Everything is *SIP*. There is nothing other than *SIP*.

*When will we Stop Searching for God?
When we Realize that Within Us Resides our Lord?
God is SIP, the Power that is Everywhere, in Everything,
Peace, Love and Joy, this Realization will Bring.*

AFTERWORD

*I Believed in God for 40 Years,
I Lived with Faith, I had No Fears,
I was in Love with my Lord So Much,
That I Started to Search for God with Tears.*

'O Lord, I love you so much!' I used to pray. 'My dear God, I seek you, I want you, where are you?' With entreaty, my yearning for my Lord grew by the day. My devotion was Divine. My faith was as tough as a rock and my belief was unwavering. My trust was unconditional. But still, I wanted to find God, meet God and to talk to my Lord.

My *Spiritual Mentor* and *Master*, my *Guru*, Dada J.P. Vaswani led me on that Divine quest. It was a quest, not just for God, but also to discover my purpose in life and find the way to ultimate and Eternal Happiness. This changed my life. I transformed my paradigm about God. I realized God.

In my journey to realize God, I first believed that there was just one God. There could not be many gods, as the world believes. All religions may be different, paths may be many, but God is one. For many years, I wrote *Bhajans*, Spiritual songs, that spoke about how there was just one God. We give that God different names and see that God in different forms. But still, I could not solve the puzzle about God. It was on my

quest that I inadvertently stumbled upon God-Realization. How did it happen?

As I started my quest to find out, 'Who am I?' I realized that I was not the body that would die, I was not the mind that I could not find. I was the Divine Soul. The *SOUL* was a *Spark Of Unique Life*. The *SOUL* was *SIP*. Each of us may appear to be the body, but in reality, we are all the manifestations of *SIP*. We may appear different, but the source of our Power, our life is one. This Self-Realization led me to realize God.

I realized that God was the Soul in every living creature. The kingdom of God was within. We are searching for God in temples and churches, when in reality, the Lord resides in the temple of our heart. For many years, this Realization crystallized to give me the biggest gift of my life, the gift of God. I was blessed to be with God, with *SIP*, the *Supreme Immortal Power*, all the time.

Finally, I realized *SIP*, the *Supreme Immortal Power* was in every molecule of matter. I realized *POSIEMOM*, that everything inanimate in this world too, was none other than *SIP*. This was my ultimate Realization. God was everywhere, in everything. I stopped searching for God. I realized God. God is *SIP*. I live with *SIP* every moment that I breathe. Whatever I see is *SIP*. Whatever I touch is *SIP*. There is nothing other than *SIP*. May this book help you realize God as *SIP*. May it take you closer to feeling the Divine presence everywhere, in everything and in every moment that you live.

POEM

POSIEMOM

**Particle Of SIP, the Supreme Immortal Power,
In Every Molecule Of Matter**

By
AiR
Atman in Ravi

*Who is God, where is God, what is God?
This question is in our head
We pray to God, we go to a temple
But ultimately, we are dead*

*We fold our hands and pray to God
Oh Lord, our problems you must solve
Some of us seek to fulfil our dreams
And so, the Lord we involve*

*But a few of us, our God we love
As we live, for God we yearn
These are the ones who realize God
The biggest treasure they earn*

POEM

*God is not a 'he' or a 'she'
Not far away in heaven, does he dwell
Nor is God of these fairy tales
Nor is there any truth in heaven or hell*

*God is not God, God is SIP
God is the Supreme Immortal Power
God is in you, God is in me
God is in the tree, the fruit and the flower*

*How do we realize the truth about God?
How do we realize that God is our Soul?
When we realize we are not the body or the mind
We achieve this ultimate goal*

*The Soul came first, we were created later
In nine months, we were formed, then born
Then ultimately, one day, this body will die
That day, the Soul will be gone*

*What is left is a mass of flesh
The body is dead without life
But what is in this body, we don't know
We just cry with tears and strife*

*Those who love God with all their heart
They are the ones who do realize
That this body will return to its five elements
It is Divine Grace that opens their Real Eyes*

*What are the five elements, this world is made of?
Earth, water, air, fire and space
In every molecule of matter, on earth
There is Power of the Divine grace*

*Every molecule of matter is energy
This is even what science does accept
This truth, thus, is not just of spirituality
Neither is it some blind belief and concept*

*Energy cannot be created or destroyed
Energy can only be transformed
Every molecule on this earth is Power
This truth, we are then informed*

*So then, if the Soul is nothing but God
And every molecule of matter is SIP
Then, everything is the Supreme Immortal Power
This truth we get to grip*

POEM

*God is everywhere, in everything
God does not live in the skies
When we realize God is a Power, God is SIP
We get over all the lies*

*Every particle of matter that we touch and feel
Everything that we see, that we hear
Everything is God, everything is SIP
We realize see the truth, it is clear*

*Everything on earth is a manifestation of God
It appears as this, but it is that
Everything in this world is made of SIP
This is the absolute fact*

*When we realize this truth about God
We realize we are none other than SIP
Then, we live with God every moment we breathe
God is in every breath of our lip*

*There is God, there is nothing else
This world is full of SIP
When we overcome our ignorance and realize the truth
We are on the spiritual trip*

*What is the purpose of our life on earth
It is to realize God
When we realize who we are and why we are here
We become one with the Lord*

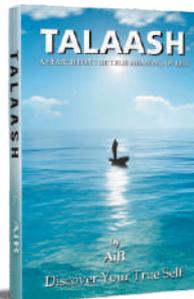
*We realize that God is SIP, the Soul
We realize that God is POSIEMOM
We realize God in every molecule of matter
To God, we go, and from God, we come*

*Everything is God, there is nothing else
This world is but an illusion
Every particle of this cosmos is the Power of SIP
Let us get to this conclusion*

BOOKS BY THE AUTHOR

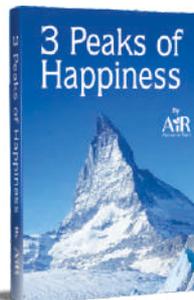
1. Talaash

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



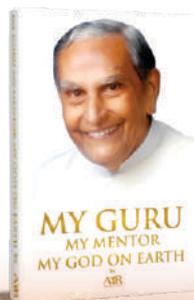
2. 3 Peaks of Happiness

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



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

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



to begin his spiritual quest and bringing about the transformation in him.

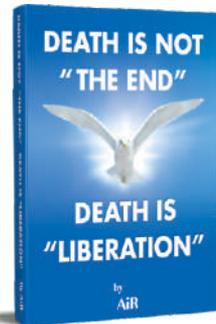
4. I will Never Die, Death is Not “The End”

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



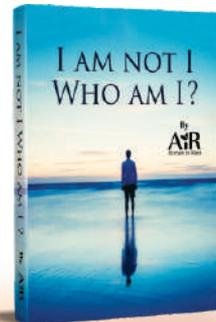
5. Death is Not “The End.” Death is “Liberation”

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



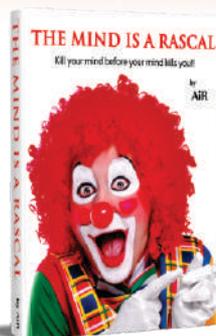
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



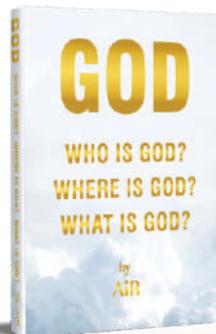
8. A Cosmic Drama

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



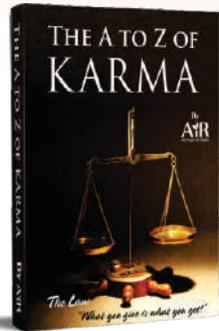
9. Who is God? Where is God? What is God?

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



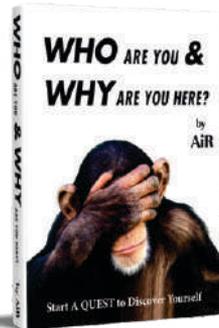
10. The A to Z Karma

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



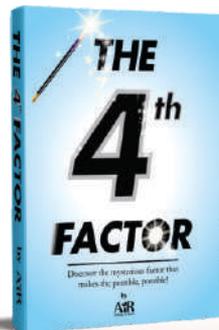
11. Who Are You and Why Are You Here?

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



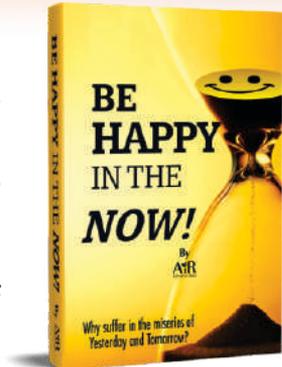
12. The 4th Factor

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



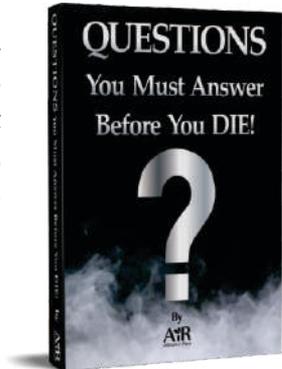
13. Be Happy in the NOW!

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



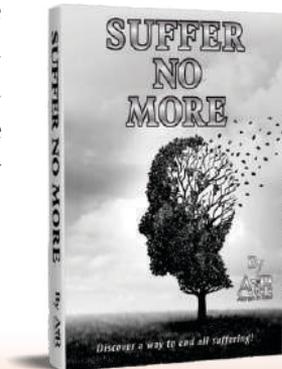
14. Questions You Must Answer before you Die!

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



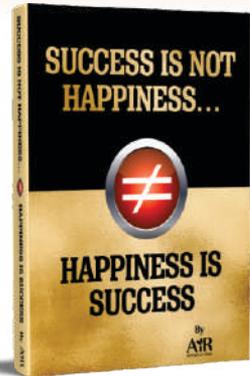
15. Suffer No More

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



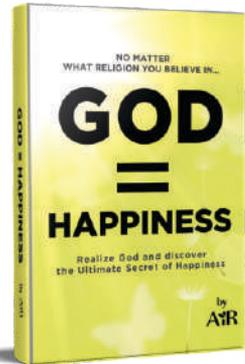
16. Success is not Happiness, Happiness is Success

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



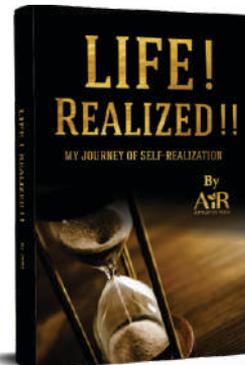
17. God = Happiness

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



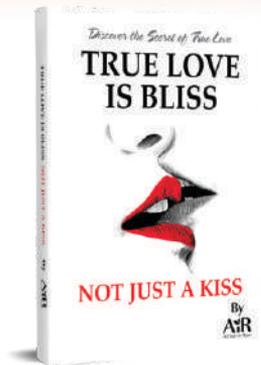
18. Life! Realized!!

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



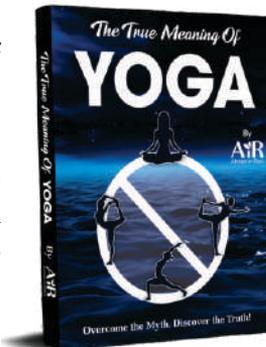
19. True Love is Bliss...Not Just a Kiss

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



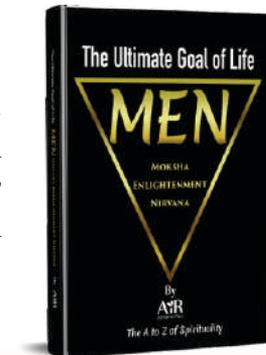
20. True Meaning of Yoga

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



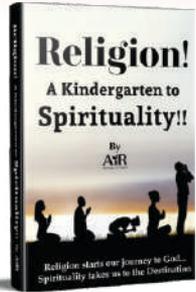
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



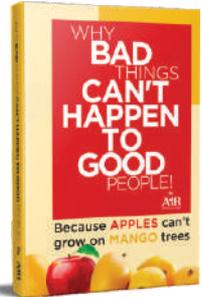
22. Religion! A Kindergarten to Spirituality!!

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



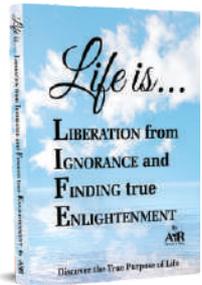
23. Why Bad Things Can't Happen to Good People!

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



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

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



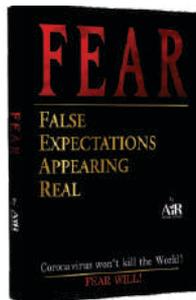
25. The Ladder to Heaven

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



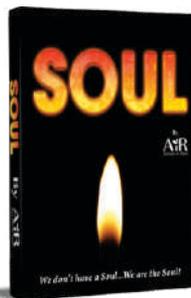
26. FEAR- False Expectations Appearing Real

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



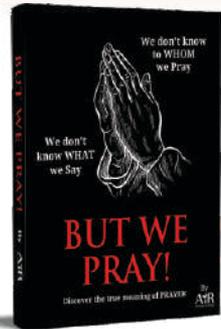
27. Soul – We don't have a Soul... we are the Soul!

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



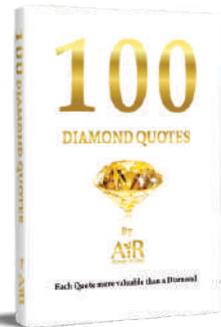
28. But We Pray!

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



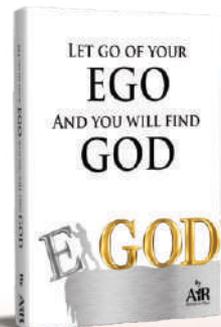
29. 100 Diamond Quotes

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



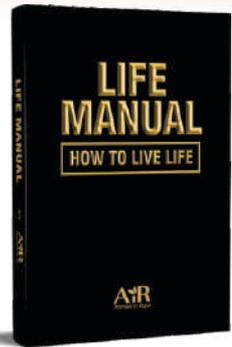
30. Let go of your Ego and you will find God

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



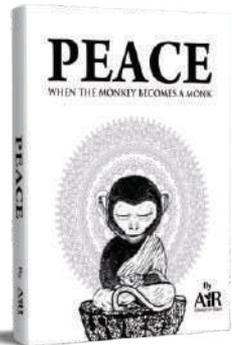
31. Life Manual - How to live life?

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



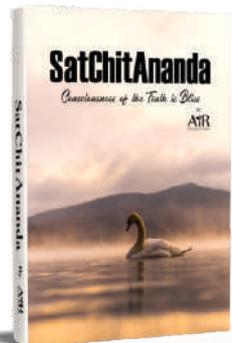
32. PEACE... When the Monkey becomes a Monk!

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



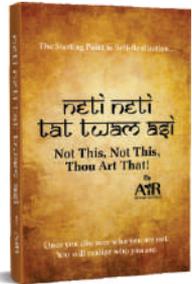
33. SatChitAnanda - Consciousness of the Truth is Bliss

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



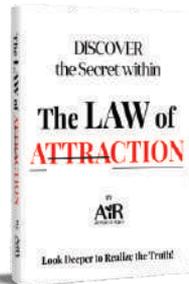
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



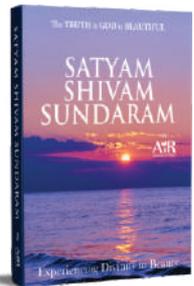
35. Discover the SECRET within The LAW of Attraction

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



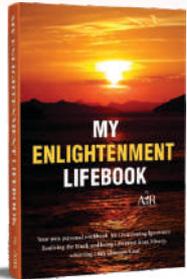
36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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



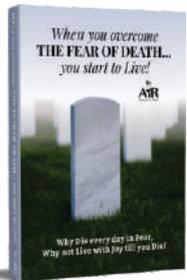
37. My Enlightenment Lifebook

This book is a treasure of 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.



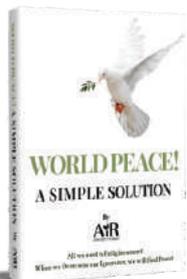
38. When you overcome the FEAR of DEATH, You start to LIVE

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?



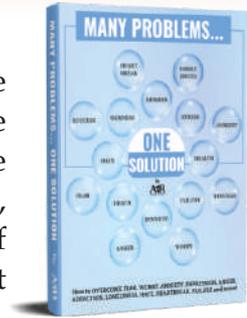
39. World Peace! A Simple Solution

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.



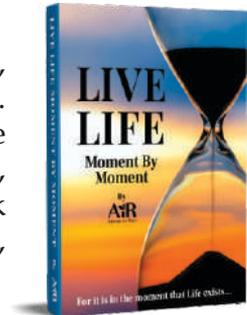
40. Many Problems, One Solution

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!



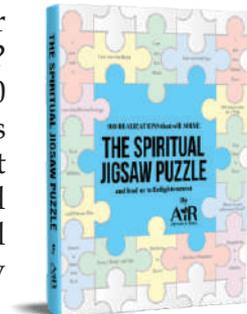
41. LIVE LIFE... Moment by Moment

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!



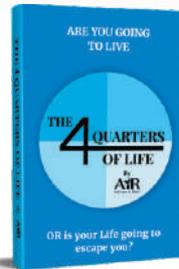
42. The Spiritual Jigsaw Puzzle

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.



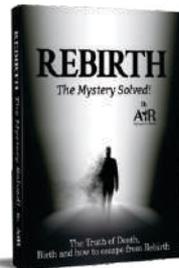
43. The 4 Quarters of Life

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.



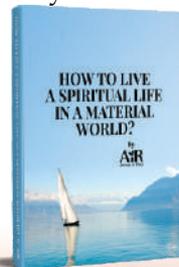
44. REBIRTH... The Mystery Solved!

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.



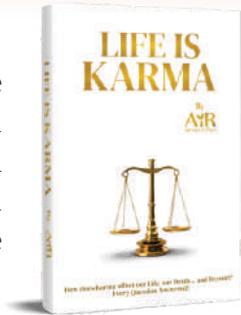
45. How to Live a Spiritual Life in a Material World?

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.



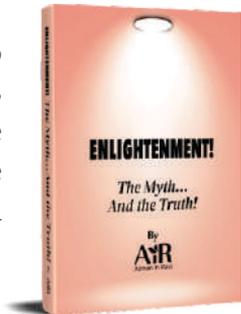
46. Life is Karma

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 grown up with. This book will help you be enlightened as it discriminates the Truth from the Myth.

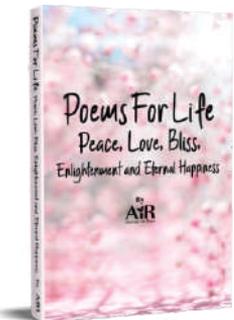


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

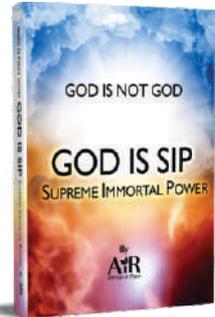
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



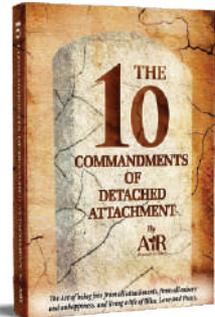
49. God is not God. God is SIP – Supreme Immortal Power

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.



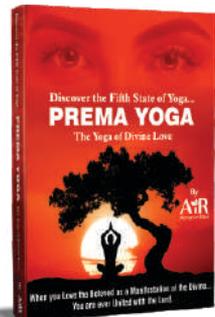
50. The 10 Commandments of Detached Attachment

There are the 10 Commandments which can liberate us from all attachments. If only we learn to live with detachment, we will be free. Follow these 10 Commandments and live a life of bliss and peace.



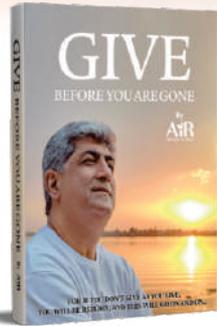
51. The Yoga of Divine Love - Prema Yoga

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.



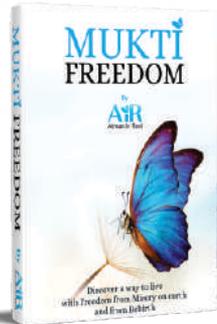
52. Give before you are Gone!

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.



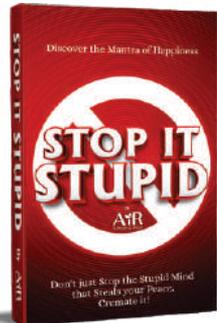
53. Mukti - Freedom

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 all joy stealers, but also Freedom from the cycle of death and Rebirth.



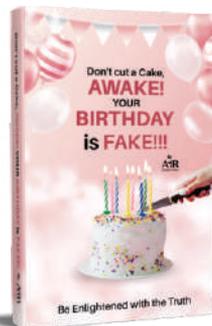
54. Stop it, Stupid!

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.



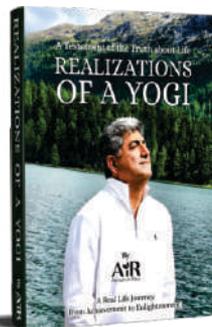
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! 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.



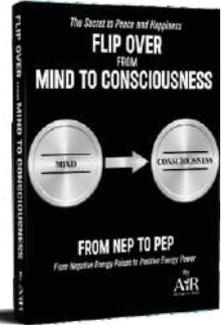
56. Realizations of a Yogi

‘Realizations of a Yogi’ is the real life journey of an achiever who realized the truth and became a Yogi. In this book, AiR shares how he spent 25 years of his life in achievement, and then inspired by his Guru, went on a quest and was enlightened with the truth. AiR not only transformed his life but experienced a metamorphosis. So, what must one do to be a Yogi, to be ever united with the Lord? Must one give up this world to attain the ultimate goal of Liberation and Unification with the Divine? Through his own personal experiences, AiR, in this book, first busts several myths that we live with and then shows us the way to Eternal Joy, Divine Love and Everlasting Peace. This is not a theory book, but AiR’s own life journey from Achievement through Fulfilment and ultimately, to Enlightenment.



57. Flip Over! From Mind to Consciousness, from NEP to PEP

How do you flip your life over from being sad to being glad, from living in misery to living a life of Bliss, Peace and Joy? There is a way. Flip over from a state of Mind to a state of Consciousness, from Thoughts to Thoughtlessness, from Negative Energy, that is Poison to Positive Energy, that is Power. In a 'two-step flip method', AiR reveals in this book, how we can flip our life over and live a life of Eternal Happiness, Divine Love and Everlasting Peace. This book will transform your life forever.



And Now...

59. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

COMING SOON...

59. Happiness is Success

60. The A to Z of Death

ARE YOU IN SEARCH OF GOD? THIS BOOK HAS THE ANSWER. IT WILL HELP YOU REALIZE GOD.

While we struggle to understand who God is, where God is, what God is, most of us have no doubt that God is. We believe that there is a God, but who, where, what? We go to a temple, a church, a monastery and we pray. But neither do we understand what we say nor do we know to whom we pray. We live and we die with belief, faith, hope, trust and enthusiasm. We even love God but our yearning for the Divine is not so deep that would make us realize God.

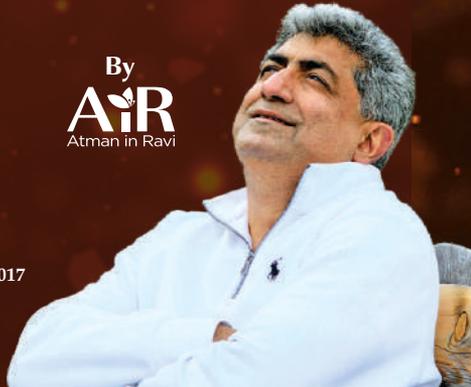
We cannot find God. God has to be realized. For this, we have to open our real eyes. We have to overcome ignorance and be enlightened with the truth. First, we will have Self-Realization, we will realize God as our *SOUL*, the *Spark Of Unique Life*. Then we will realize God is *SIP*, the *Supreme Immortal Power* that is *POSIEMOM*, the *Particle Of SIP*, the *Supreme Immortal Power, In Every Molecule Of Matter*.

This book will take you step by step to God. You will realize God everywhere, in everything and you will live in the ever presence of the Divine.

A.i.R.
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