

Poems For Life
Peace, Love, Bliss,
Enlightenment and Eternal Happiness

By
AiR
Atman in Ravi

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Atman in Ravi
Ravi V. Melwani

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ISBN 978-93-5593-334-8

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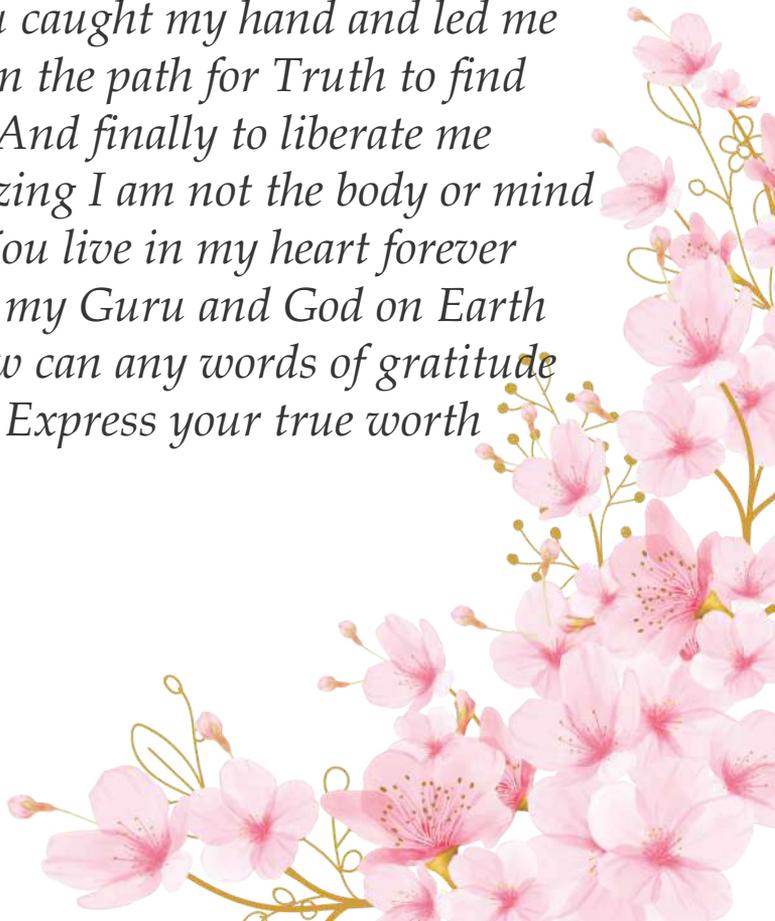
Printed by: Navya Graphics

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

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

**IN HONOUR AND REVERENCE
TO MY GURU**

*What did I do, O master....
That God brought you my way
What would I be without you
Struggling in darkness every day
You caught my hand and led me
On the path for Truth to find
And finally to liberate me
Realizing I am not the body or mind
You live in my heart forever
As my Guru and God on Earth
How can any words of gratitude
Express your true worth*



THE AIR MESSAGE TO THE WORLD

*Who are you? Why are you here?
What is your purpose of life, my dear?
Why were you given this human birth?
Why did you come to planet earth?*

*The purpose of life is to achieve our goal
To realize we are the Divine Soul
Not the body, the ego, nor are we the mind
Who are we? This truth we must find*

*The journey starts with the Realization of the Truth
We must get to the bottom of the root
We must realize that we are a particle of God
And within us is the temple of the Lord*

*This world is a drama, it's just a show
We are just actors, we come and we go
As per Karma, the law, we will reap what we sow
But the goal is to go to the other shore*

*So wake up, don't just run in the success race
Don't be caught as the ego, trying to be an ace
Don't be lost in the world and its maze
Realize the Truth and live with grace*

*If you want eternal happiness, and forever to be glad
Then kill the rascal mind which otherwise will make you sad
Live in joy and peace, as you live with Consciousness
Achieve Nirvana, Moksha, Enlightenment and Everlasting Bliss*

PREFACE

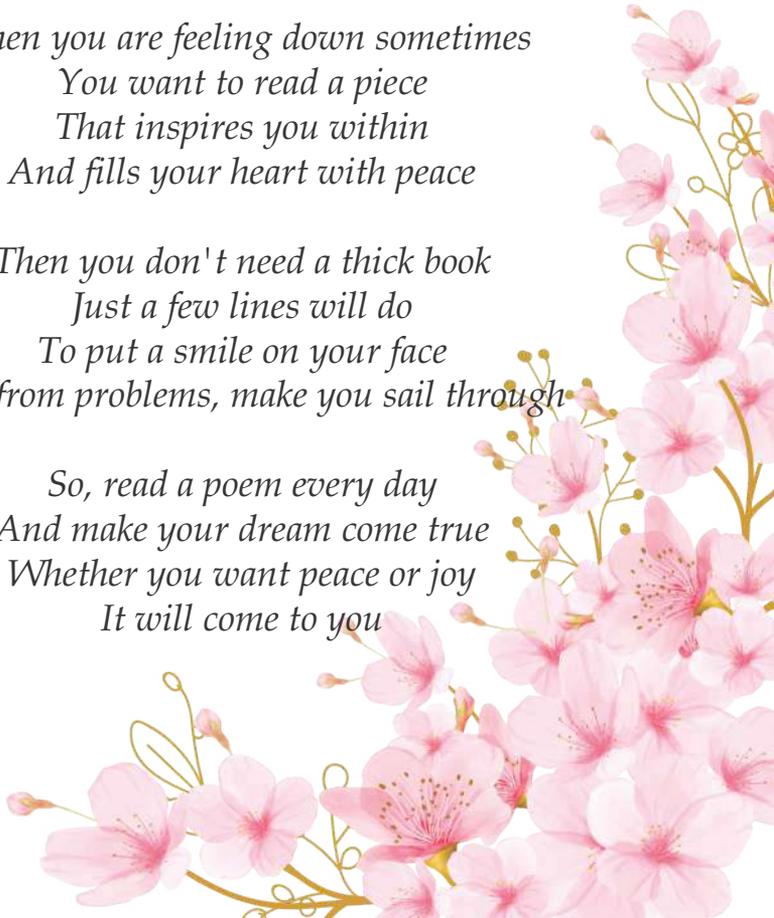
*After I wrote many books
Thought I would write a different one
On Life, Peace and Bliss
And fill it with a lot of fun*

*Poems can inspire
Be a companion and a friend
And in tough times
Broken hearts they can mend*

*When you are feeling down sometimes
You want to read a piece
That inspires you within
And fills your heart with peace*

*Then you don't need a thick book
Just a few lines will do
To put a smile on your face
And from problems, make you sail through*

*So, read a poem every day
And make your dream come true
Whether you want peace or joy
It will come to you*



INTRODUCTION

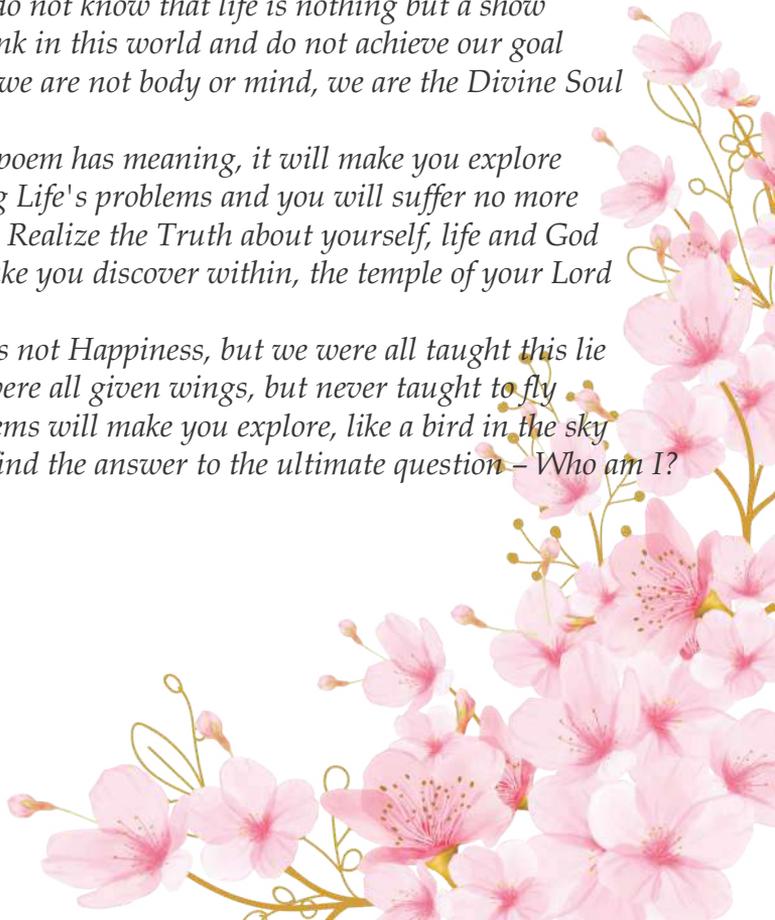
*Do you know who you are and why you are here?
Do you live with joy or is your life filled with fear?
This book of poems will teach you how to live life
It will fill you with happiness and take away your strife*

*Every page has a poem and in it you will find
Things you never knew, like... you don't have a mind!
You think you are your name, but that is not the Truth
These pages are sure to take you to the bottom of the root*

*We don't know many things and this fact we don't know
We do not know that life is nothing but a show
We sink in this world and do not achieve our goal
To realize we are not body or mind, we are the Divine Soul*

*Each poem has meaning, it will make you explore
Solving Life's problems and you will suffer no more
You will Realize the Truth about yourself, life and God
It will make you discover within, the temple of your Lord*

*Success is not Happiness, but we were all taught this lie
We were all given wings, but never taught to fly
These poems will make you explore, like a bird in the sky
And you will find the answer to the ultimate question – Who am I?*



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1. LIFE MANUAL

*We all have been given this gift of life
But we don't know how to live
We forget to read the Life Manual
Today, this to you, I give*

*This Life Manual that I share
Is what I have experienced
It's not theory, it's practical
It's the way I have lived*

*Who are we? Why are we here?
This we were never taught
We live through life and soon it's over
But these questions, we forgot*

*Are we the body that lives and grows
And then finally dies?
Or are we something else, which at death
Into the universe flies?*

*What about the mind, do we have one?
Has anyone found the mind?
We can touch our nose and scan our heart
But the mind we cannot find!*

*Life is a journey from birth to death
There is no guarantee
We pay nothing for this precious gift
It is given to us for free*

*But there is a purpose for us on earth
Not to just live and die
Before this journey comes to an end
To find out, 'Who am I?'*

*We are not the body, we are not the mind
Nor the ego that we are told
The truth is different, we must realize
We are the Divine Soul*

*Instead of Realizing this Truth, we wander
In this world of many a thing
We crave for pleasures, but don't realize
Happiness is a state of being*

*Things don't make us happy
Nor people, or places give us bliss
Happiness is an inner thing
In life, this truth we miss*

*Everybody has problems; this is a fact
A problem free life is an illusion
Problems don't come to stay forever
Get rid of this delusion*

*What do we do when we start our day?
We just jump into it
We never learnt what life truly is
For this, we must silently sit*

*It's only when we spend time in peace
That we will experience joy
Then we will feel what true bliss is
It's amazing, oh boy!*

*But we don't stop to understand life
We are just running in this race
We increase our pace and get caught in the maze
Trying to be an ace!*

*Somebody told us, 'Success is Happiness'
So the wealth of this world we chase
In the end, our life is in a mess
Though we have gold, diamonds, and lace*

*But nothing belongs to us, don't we know?
We will leave everything behind
We come with nothing, we go with nothing
This truth - when will we find?*

*Those who try to understand life
They live with contentment
They don't let their greed overtake their need
They find fulfilment*

*We are so busy in this material world
Spirituality, we do not know
Very few realize we are the Soul
Before the time comes to go*

*Life is a product given to us
But we don't unwrap this gift
The paper and ribbons are still around
Till that time when we don't exist*

*We just exist, we don't really live
We don't discover what life is
Sinking in this world of material pleasure
Peace and bliss we miss*



*And so, I thought I'll write this poem
Not just scratch my pen
But share with you what life truly is
Before my life comes to an end*

*We still have time, we can discover
How we must live our life
How we can find joy and peace
Escaping misery and strife*

*We have a choice, we have a free will
Everything doesn't depend on luck
The Universal Law of Karma does work
What we sow is what we will pluck*

*To think our thoughts, we have the mind
But it makes us wander, in fact
To eliminate the stress and worry it causes
We must use our intellect*

*The intellect is a tool given to us
To discriminate black from white
To make important decisions of life
And to choose what is right*

*We live with passion and attachment
While nothing belongs to us
The way to joy is detachment
Just letting go, without a fuss*

*Why should we fear? Why should we worry?
Why be stressed and anxious, my dear?
Find the way to be happy
Right through the year*

*For this we must pause, not rush through life
This gift of life we must understand
Enjoy the mountains and the sunsets
Beautiful beaches and white sand*

*We still have time to Realize the Truth
Find out, 'Who are we?'
We are not the mind; we are not the ego
That constantly says 'It's ME'*

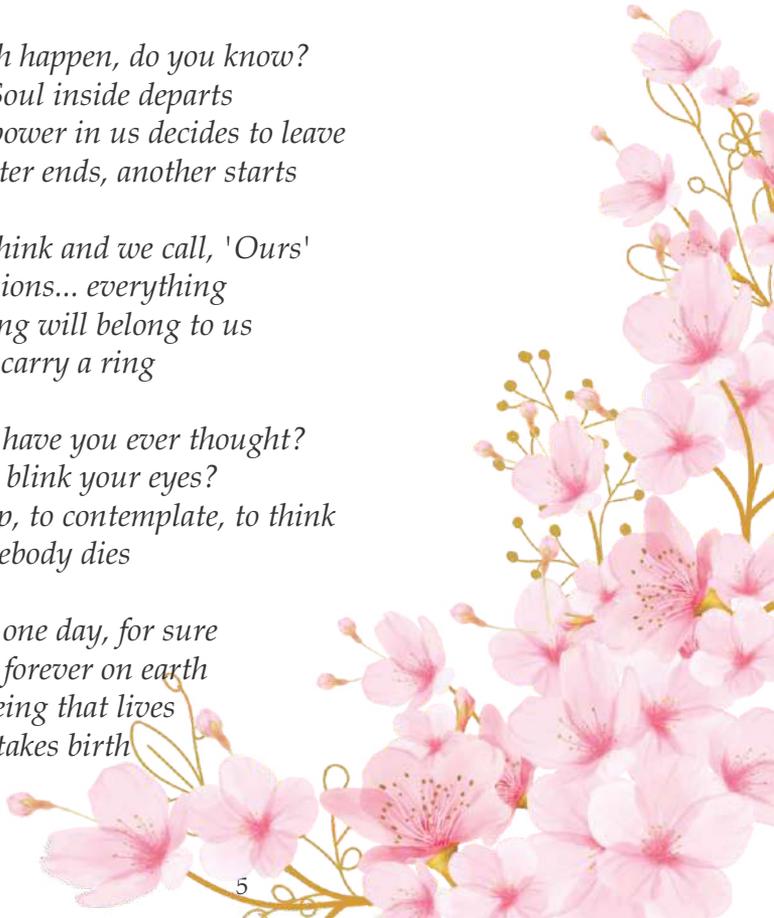
*One day, the body will die
But the one who was alive within
Will carry all actions unsettled
And be born with a brand-new skin*

*How does death happen, do you know?
It's when the Soul inside departs
When the life power in us decides to leave
Then this chapter ends, another starts*

*Whatever we think and we call, 'Ours'
People, possessions... everything
At death nothing will belong to us
We can't even carry a ring*

*What is death, have you ever thought?
Or do you just blink your eyes?
It's time to stop, to contemplate, to think
Whenever somebody dies*

*We too will go one day, for sure
We will not be forever on earth
Every living being that lives
Must die, if it takes birth*



*But we don't realize all this
We are ruled by the monkey mind
Until we stop its constant chatter
The truth we will not find*

*For the mind is full of rotten thoughts
We suffer because of this junk
It we want to discover the true meaning of life
We must make the monkey a monk*

*There's one more thing to learn in life
That agony is caused by the ego
For if we want to find our God
We must let go of our ego*

*Our Ultimate Goal is to realize God
Not in a temple, monastery or church
God lives within our heart
When will we start our search?*

*We all remain stuck in our religion
About God, it teaches us ABC
We need to grow and evolve spiritually
Then the true God we will see*

*God doesn't live on a distant planet
Somewhere far away
It's God that makes our heart beat
Each moment of every day*

*Most of us are ignorant
And think ignorance is bliss
How to live this amazing life
Alas, we just miss!*

*We live, we die, we are born again
Such is the life show
Karma will decide when we will die
When it is time to go*

*If we plant apples, we won't get mangoes
It's a law, don't you agree?
Such is the law, we die and take rebirth
From this cycle, we must be free*

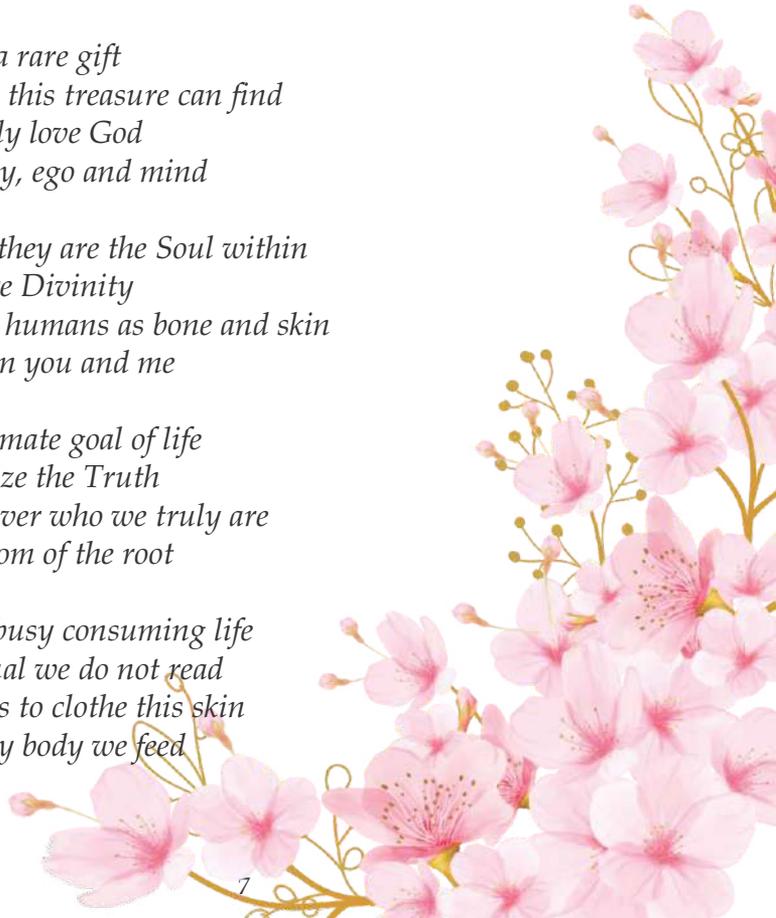
*There is a way to escape Karma
And to escape from rebirth
If only we realize we are the Divine Soul
We won't return to earth*

*Realization is a rare gift
Not everybody this treasure can find
Those who truly love God
Transcend body, ego and mind*

*They discover they are the Soul within
In fact, they are Divinity
They don't see humans as bone and skin
They see God in you and me*

*This is the ultimate goal of life
For us to Realize the Truth
We must discover who we truly are
Get to the bottom of the root*

*But we are so busy consuming life
The Life Manual we do not read
All we know, is to clothe this skin
And our greedy body we feed*



*Having fun, life gets over
But hello! That's not the end!
Death is not the end of the game
Death is only a bend*

*It's time to stop and to start anew
Living life each day
Holding the Life Manual in our hand
And finding the right way*

*Understanding life is an important thing
Who are we? Why are we here?
Realizing the truth and then being free
Living without a tear*

*We can be conscious and live in bliss
We can have joy and peace
If only we understand this product called 'Life'
But we must pay our fees*

*Then we will be free from problems and sorrows
We will only have joy and bliss
We will enjoy each moment of life
This treasure we will not miss*

*This Life Manual is a Divine gift
It shows us the way to live
To realize God in every Soul
As we give and we forgive*

*It's time to wipe out all that we've learned
Cleaning the slate of our mind
Living a new life with this Manual now
Joy, peace and bliss, we will find*

2. LIFE

*Life is a mystery - We can't track its history
It may seem to start at birth and seem to end at death
But what seems to be life's end...
Is but a bend to transcend*

*Body, Mind and Soul are what make lives whole
But then comes death and we lose our breath
We mistake Happiness to be life's goal
Until we realize – No! We must liberate our Soul*

*The saddest thing is we don't know the meaning of Life
We live and we die with sadness and strife
We want this and that to be Happy and Glad
But we end up being miserable, greedy and sad*

*Life is a journey - Like a river, we must flow
From God we come and to God we must go
Life is a Drama - we desire and we crave
But nothing will be ours when we go to the grave*

*We foolishly think we are the body and mind
Till we get the 'Aha', we are the Soul we find
We don't know where we come from and where we will go
The Goal of Life is to reach the other shore*

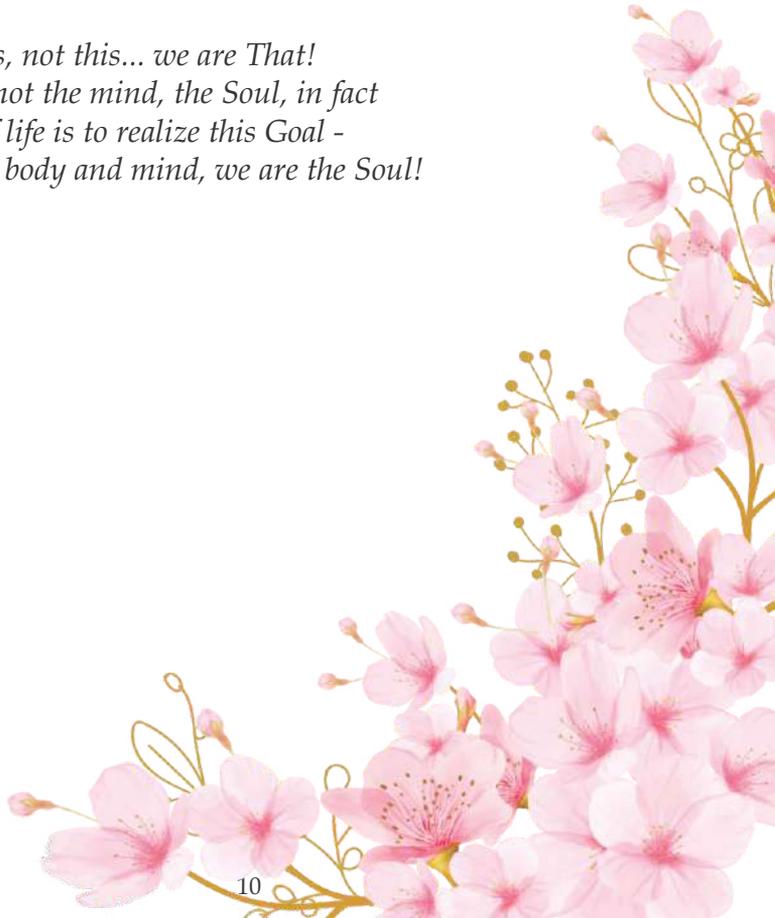
LIFE

*Most people don't live life, they just seem to exist
The cravings of the body, they just can't resist
They are so busy, no time to go on a quest
To find out who we truly are, putting life to a test*

*Of course, we are not the body - in the end, it will die
Are we the mind and ego? No, at death, they will fly
We are the Life Energy that departs at death...
We are the life itself that gives us our breath*

*We live in ignorance, the truth we don't find
We forget that we are the Soul, not the body and mind
The God that we seek in a temple or a church
Lives inside our own hearts - a place we don't search*

*We are not this, not this... we are That!
Not the body, not the mind, the Soul, in fact
The purpose of life is to realize this Goal -
We are not the body and mind, we are the Soul!*



3. WHO ARE YOU AND WHY ARE YOU HERE?

*One day when life was full of peace
My mentor said something to tease
Who are you? Why are you here?
What is your life's purpose, my dear?
Are you going to just float and die?
Or find out who you are and why?
Are you the body? Are you the mind?
Go on a quest the truth to find*

*Questions made me start my search
I went to the temple, mosque, and church
Who was God and where was He?
Where could heaven and hell be?
How was I born? What caused this 'I'?
What will happen after I die?
I started my quest to Find the truth
I would not stop till I get to the root*

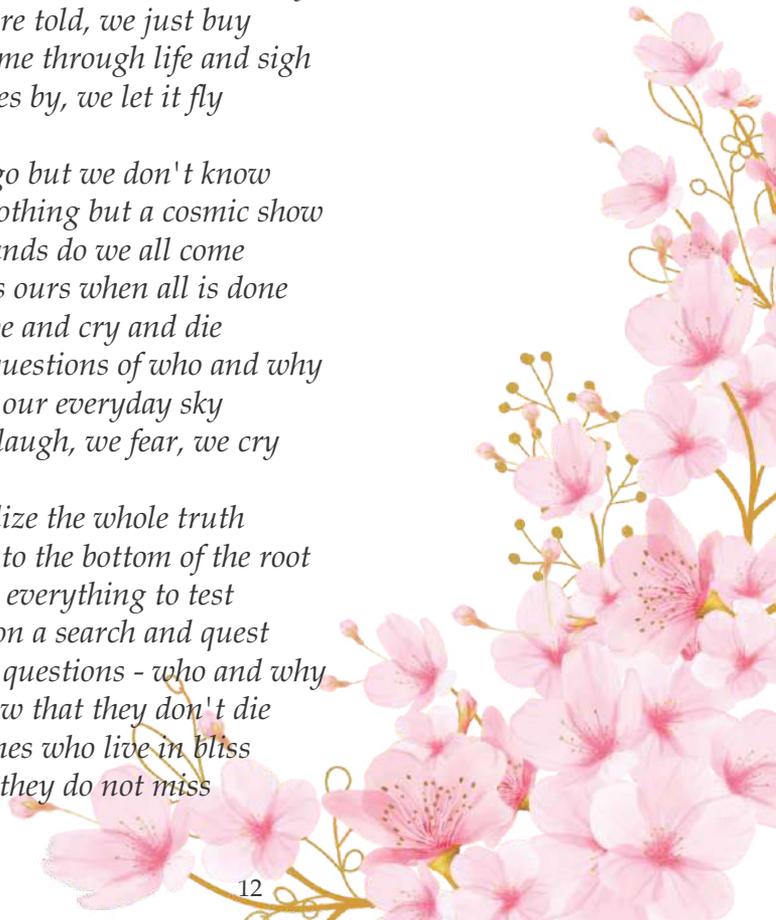
*Every religion said the truth is mine
Each scripture said its version was fine
Don't murder, don't steal, don't have wine
Rituals were plenty to live and dine
But nobody talked of the truth
Nobody had found out the real brute
The enemy was none else than our mind
Where it is - you cannot find*

*Although you know, you do not know
Whatever you see, you cannot be
The truth is staring at your face
But you are busy in the world's race
Who am I, you do not know
The ego seems to steal the show
We are slaves of desire and lust
What is the myth, we do not bust*

*We live, we die, don't find out why
We just cry when we see someone die
Who made this earth? Who made this sky?
Who made you? And who made 'I'?
We believe in the lie, we don't ask why
Whatever we are told, we just buy
We fret and fume through life and sigh
The truth passes by, we let it fly*

*We come and go but we don't know
The world is nothing but a cosmic show
With empty hands do we all come
And nothing is ours when all is done
But still we live and cry and die
We don't ask questions of who and why
Ignorance fills our everyday sky
And we don't laugh, we fear, we cry*

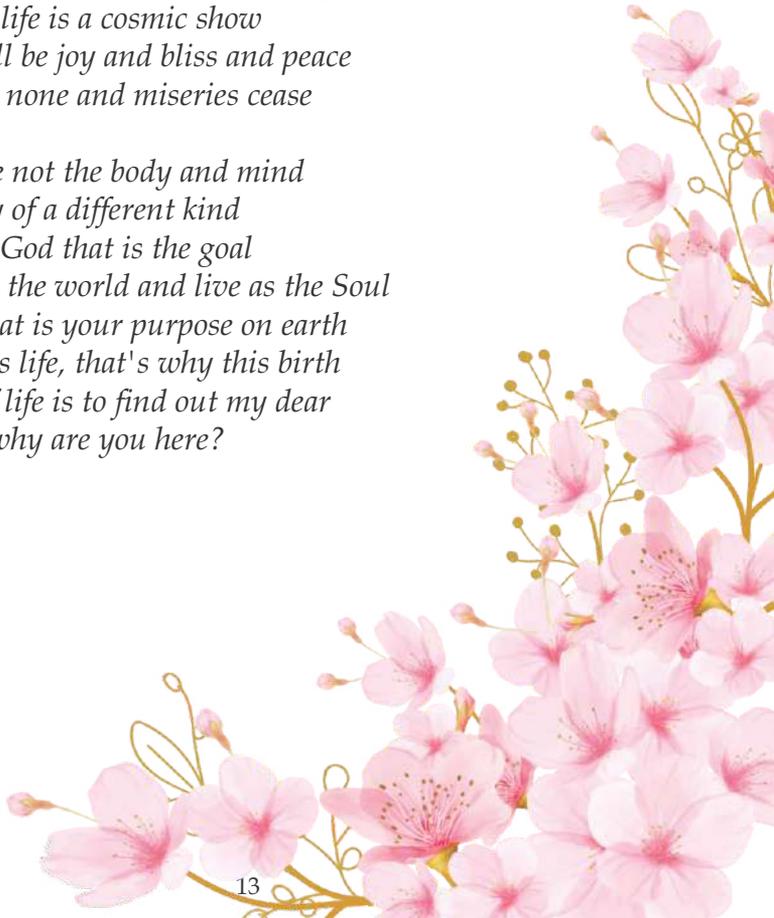
*Those who realize the whole truth
Those who get to the bottom of the root
Those who put everything to test
Those who go on a search and quest
Those who ask questions - who and why
Those who know that they don't die
They are the ones who live in bliss
Joy and peace, they do not miss*



*What is the purpose of life on earth?
Why do we die and why this birth?
Who made this earth, who made this sky?
Who causes things to walk and fly?
Before you die, must find out why
Realize the Truth you are not 'I'
Not the body and mind, you are the Soul
To unite with God, that is the goal*

*Who are you, why are you here?
If you don't know, it's sad, my dear
There is a purpose for you and me.
To Realize the Truth - who are we?
The truth to know, on a quest we must go
To realize that life is a cosmic show
The reward will be joy and bliss and peace
Then problems none and miseries cease*

*Realize you are not the body and mind
You are energy of a different kind
To unite with God that is the goal
To escape from the world and live as the Soul
To find out what is your purpose on earth
That's why this life, that's why this birth
The purpose of life is to find out my dear
Who are you, why are you here?*



4. A COSMIC DRAMA

*Nothing is real, it's a Cosmic Drama
We are just actors, we come and we go
There will be laughter, there will be tears
Such is the Cosmic Show...*

*It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*Nothing is real, it's just a dream
There is no murder, no need to scream
Just a projection, it's just a show
We must wake up and go
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*The earth is a stage for His Cosmic Drama
There is a Cosmic Power in Charge
He's the producer, it is His show
He decides when we must go
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*Why do we scream? Why do we cry?
Why do we worry right till we die?
It's just a movie, we must enjoy
Blissfully living with joy
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*We must not worry. We must not fear
We must surrender and accept, my dear
We must have faith, trust and hope
Then in this drama, we cope
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*There is no end – at death we transcend
We are just actors, we come and we go
We must do our part, the best way we can
And we must enjoy the show
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*There will be sunshine, there will be rain
There will be good times, there will be pain
We must not complain, we must accept
And we must do our best
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*Why do we people sweat the small stuff?
The road will be smooth and it will be rough
There will be action, there will be song
And we must sing along
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*There is a purpose for us on earth
Why do we die, and why this birth?
Why do we come, why do we go?
Why this cosmic show?
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*There is a Cosmic Power in charge
It's His creation, it is His show
We are but nothing, we must just act
He is everything, in fact
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

*It's just a drama, it's just a show
Nothing is real, we come and we go
We are just actors – the earth is a stage
This is His Cosmic Show
It's a drama you see
Whatever will be, will be
Our role we must do, you see
What will be will be*

5. I AM NOT I. WHO AM I?

*I am not who I am!
I have a body, but am I the body?
I have a mind, but am I the mind?
I have an ego, but am I the ego?
Who is the me that I am?*

*Am I a butterfly? No, that's not me
Am I a bee? No, that's not me
Am I a tree? No, that's not me
I am me!
Who is the me that I am?*

*I am not who I think I am
I am an Indian – No, that's my nationality
I am a Hindu – No, that's my religion
I am a male – No, that's my gender
I am not who I think I am!*

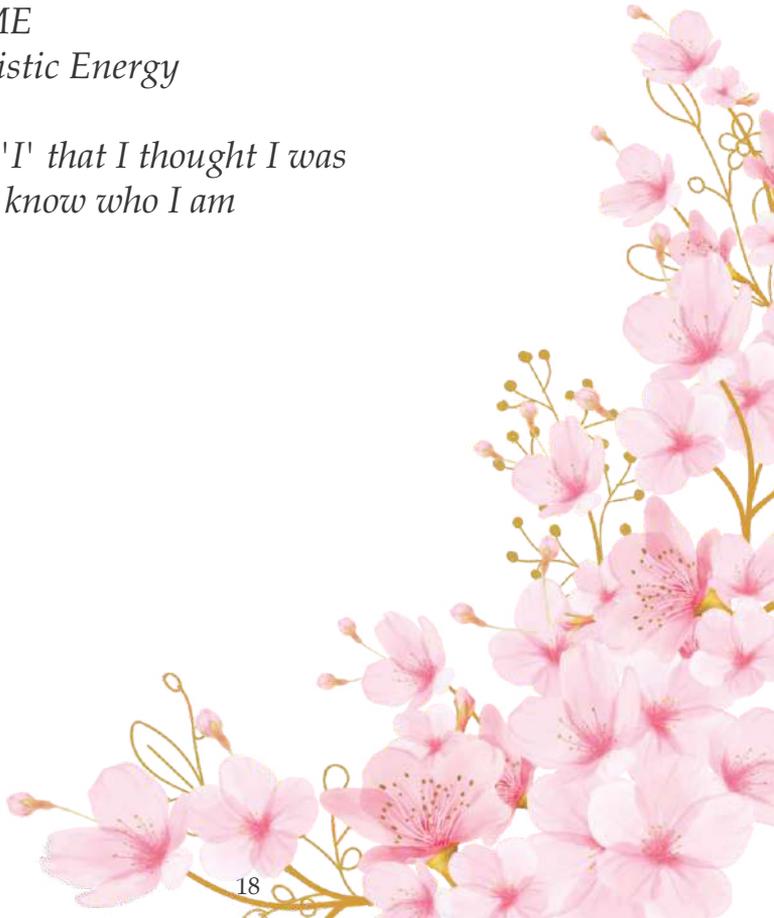
*I am not my car
I know what I am not
I am not my house
I know what I am not
What I am not, I know*

I AM NOT I. WHO AM I?

*But I know not who I am
I have eyes that can see
But the eyes are not me
I have limbs that can walk
But it's not me who does the talk*

*These are mine, but not me
Who is the me that I am?
I am not the Ego
That's my identity
I am not the body and mind*

*That's not ME
I am the Holistic Energy
I am "HE"
I am not the 'I' that I thought I was
Who am I? I know who I am*



6. THE A TO Z OF KARMA

*The Law of Karma is very deep
As we sow, so shall we reap
The bad we do will make us weep
And the good that we do, we get to keep*

*It's a Law of Action, a Law of Reaction
It's a Law that says, we get what we give
A Law that ensures what goes around comes around
A Law that's for everyone on this ground*

*The Law of Karma is born from our Dharma
Karma is a Law, A Universal Law
A Law that watches all our actions
And a Law that ensures the same reaction*

*If we plant tomatoes, we won't get mangoes
If we plant cactus, we won't get a rose
So also if we do good, our reward will be good
And if we do bad – what returns is just as bad*

*What is this Law of Cause and Effect?
A Law that ensures the balance is perfect
A Law that records everything we do
Good or bad, it must come back to you*

*But how does this Law work, we don't know
It belongs to the One who created this show
It controls how on Earth we come and go
Does it end at death? The answer is NO!*

*Our Body may die, but our Karma stands by
We CAN escape our Karma – that is a lie!
Our Mind will be reborn to live and to die
And we will continue to suffer and cry*

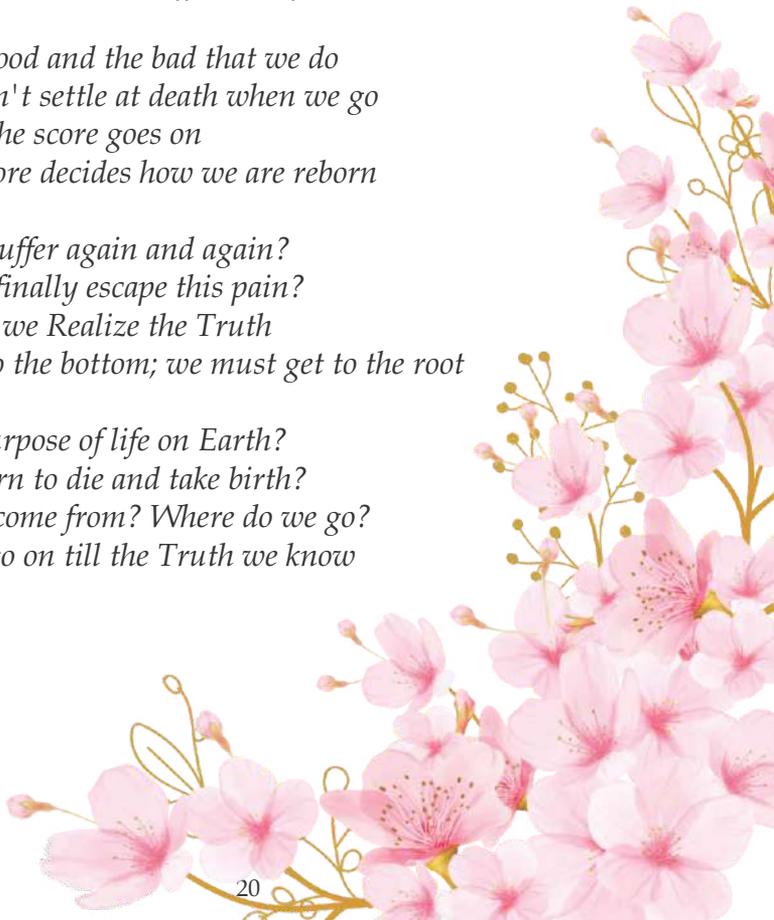
*Death is not the end; it's just a bend
Whatever we have done has to be undone
If our actions are rewarded as we live – that's great
Otherwise, the residue will decide our fate*

*Is our body responsible for how we act?
No, it's our mind that's in charge, in fact
Thus, the Law of Karma is that of the Mind
It's the ego and mind that suffers, we find*

*It carries the good and the bad that we do
The score doesn't settle at death when we go
Life after life, the score goes on
The Karmic score decides how we are reborn*

*So should we suffer again and again?
When will we finally escape this pain?
We can if only we Realize the Truth
We must get to the bottom; we must get to the root*

*What is our purpose of life on Earth?
Are we just born to die and take birth?
Where did we come from? Where do we go?
The Law will go on till the Truth we know*



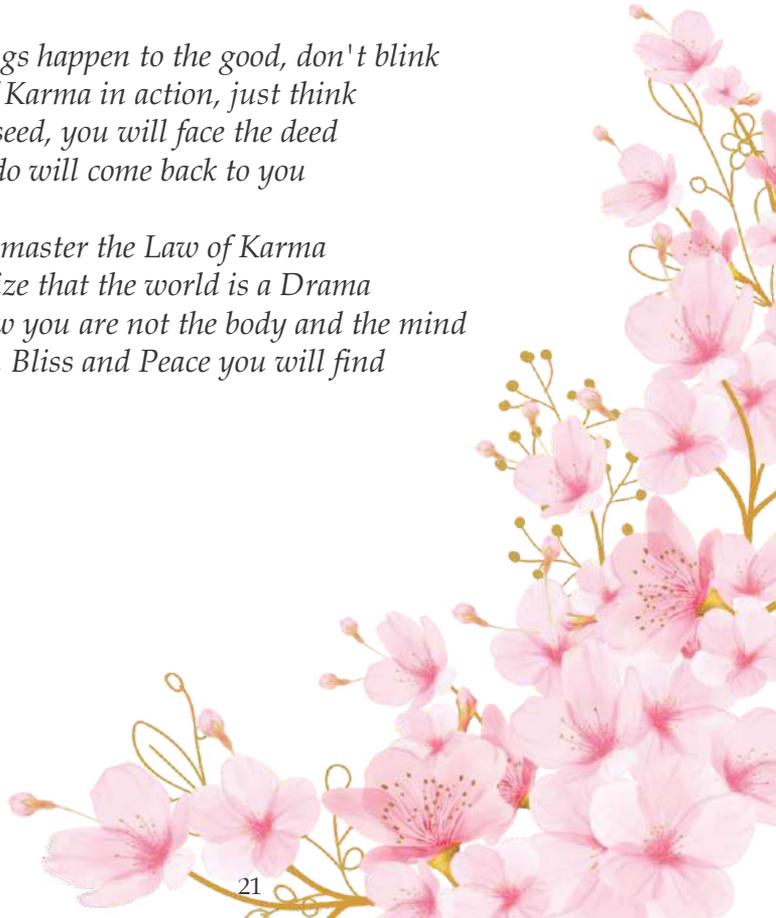
*Are we the Body? Are we the Mind?
Are we the Ego? The Truth we must find
The ignorance that's around us, we must rewind
We are Energy of a different kind*

*The Law of Karma makes this world go round
It's a Law that makes sure all's well on the ground
The Law is for all who come and go
Except for those who understand this show*

*Those who realize we are not the body or the mind
Those who are able – the Truth to find
They are the fortunate few who escape from action
For them, there is no Karma, no Law of Reaction*

*When bad things happen to the good, don't blink
It's the Law of Karma in action, just think
If you plant a seed, you will face the deed
For what you do will come back to you*

*If you want to master the Law of Karma
You must realize that the world is a Drama
You must know you are not the body and the mind
Then True Joy, Bliss and Peace you will find*



7. WHO IS GOD? WHERE IS GOD? WHAT IS GOD?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

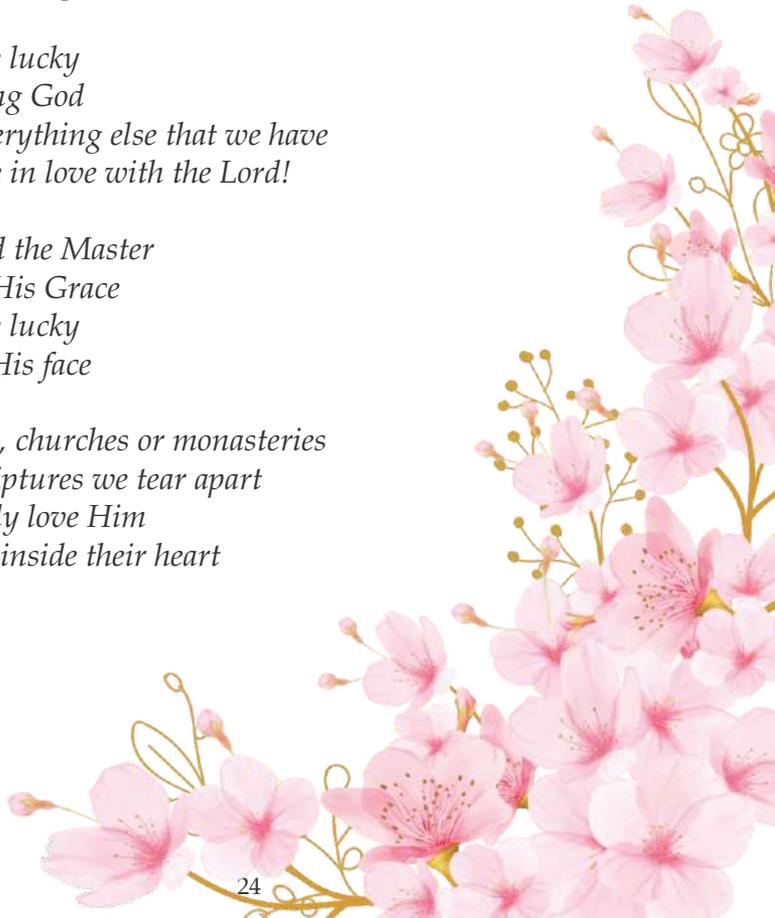
*We may get everything we desire
We may achieve all we dream
But if we can't realize God
Then our life is without a gleam!*

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

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

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

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



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

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

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

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

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

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



8. THE TRUE MEANING OF YOGA

*What is the true meaning of Yoga?
Is it an exercise of body and mind?
If you go on a quest, you will know this is a myth
What it truly is, you will find*

*The whole world is doing Yoga
Two billion they say are at it
But isn't it a pity, though the whole world does it
What they are doing is nothing but a myth*

*Yoga actually means Union
It is Union with the Divine
It is realizing that we are the Divine Soul
Not the ego, body, and mind*

*Our Mind is a little rascal
It jumps from thought to thought
Who we are and why we are here
This important thing it forgot*

*The purpose of Yoga is Liberation
From misery, suffering, and pain
To escape and become one with the Lord
Rather than being born again and again*

*The whole world is seeking happiness
We all want peace of mind
If only we practice true Yoga
This treasure we will find*

*As long as we have passion and desire
And worldly things we crave
We will find that misery and sorrow
Will follow us till our grave*

*But those who live in Yoga
They enjoy bliss and peace
They unlock the door of Liberation
With little Divine keys*

*Anybody can be in Yoga
It is connecting with the Lord
It is escaping from this alluring world
And then becoming one with God*

*Yoga starts with Purification
Of Ego, Body and Mind
Then there is Illumination
And Unification of our Soul with the Divine*

*Everybody cannot be a true Yogi
He is the one who is always connected
Just like a SIM card that never loses network
It even roams with it*

*There are four doors to destination Yoga
It's not easy for everyone to reach
It is living with discipline and contemplation
Not just playing on the beach*

*Discrimination is using the intellect
To take charge of the mind
Deciding what is wrong and right
Leaving worldly thoughts behind*

*Dispassion is Detachment
It's not being a slave of anyone
It is not craving for anything
And being attached to none*

*Discipline is necessary for Yoga
Controlling the body and the mind
Like a charioteer who reins his horses
Stopping them from running wild*

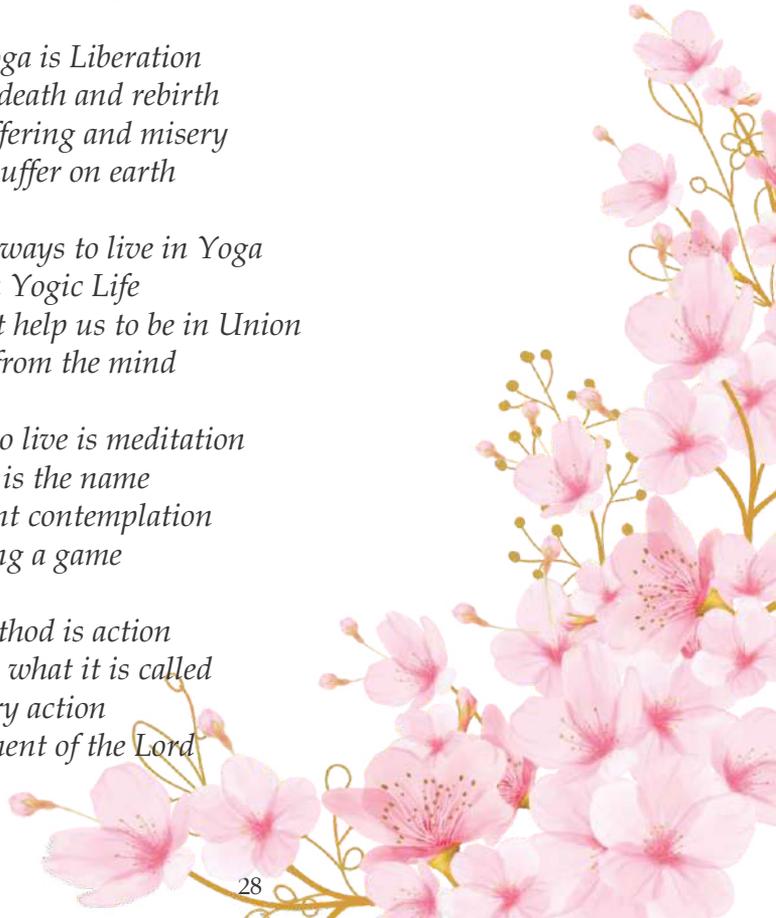
*When Desire for Liberation and the Divine
Becomes the priority of our Life
Then we cut through this illusory world
Like butter is cut through with a knife*

*The Goal of Yoga is Liberation
Freedom from death and rebirth
Freedom of suffering and misery
That all of us suffer on earth*

*There are four ways to live in Yoga
Four ways to a Yogic Life
Four ways that help us to be in Union
Disconnected from the mind*

*The first way to live is meditation
Dhyana Yoga is the name
It is about silent contemplation
Not just playing a game*

*The second method is action
Karma Yoga is what it is called
It is doing every action
As the instrument of the Lord*



*The third Yoga is devotion
It is Bhakti and devout Prayer
It is a deep love for the Divine
Yearning for God through the year*

*Finally, is the Yoga of wisdom
It is Gyana Yoga or education
It is spending time in a quest for the Truth
Till we find Realization*

*If one wants to live in Yoga
These must be the 4 paths of life
Not being passionate about success and money
And quarreling with your wife*

*A Yogi is always connected
Nothing really matters to him
He lives and dies for his God
God fills his life to the brim*

*A true Yogi lives in surrender
He doesn't worry or fear
He accepts the Divine will with Joy
And laughs with never a tear*

*Yoga is union, it's a way of Life
A link that survives every bend
Till we are liberated and united with God
Till Life in this body does end*

*If you want to discover true Yoga
The meaning of Yoga you must know
It is living in Union with the Lord
Being united till the end of the Show*

9. THE ULTIMATE GOAL OF LIFE, MEN - MOKSHA, ENLIGHTENMENT, NIRVANA

*What is the Ultimate Goal of Life?
Why this misery, why this strife?
We want happiness, but don't achieve our Goal
Because we don't realize we are the Soul*

*The world believes that we were apes
Jumping on trees and eating grapes
And then from apes, we became MEN
A magic show from one to ten!*

*In ignorance, we live and we die
We look at the sky, we pray, we cry
But why we are born, we don't find out why
Who are we, who is this "I"?*

*We don't go for a search and quest
And we don't put our beliefs to test
Whatever we are told, we believe the myth
We suffer because we don't know the Truth*

*But there were wise men, the Truth who knew
They were not many, they were just a few
They went on a quest to find the Truth
They didn't just accept, went to the bottom of the root*

*Who is the Creator of this wonderful earth?
Who causes death, who gave us birth?
Yes, our mother and father were part of the plan
But this Divine work is not that of man*

*There is a power unknown to us
There is no doubt, let us not fuss
We don't know who, where and, what is God
But there is a Creator who is our Lord*

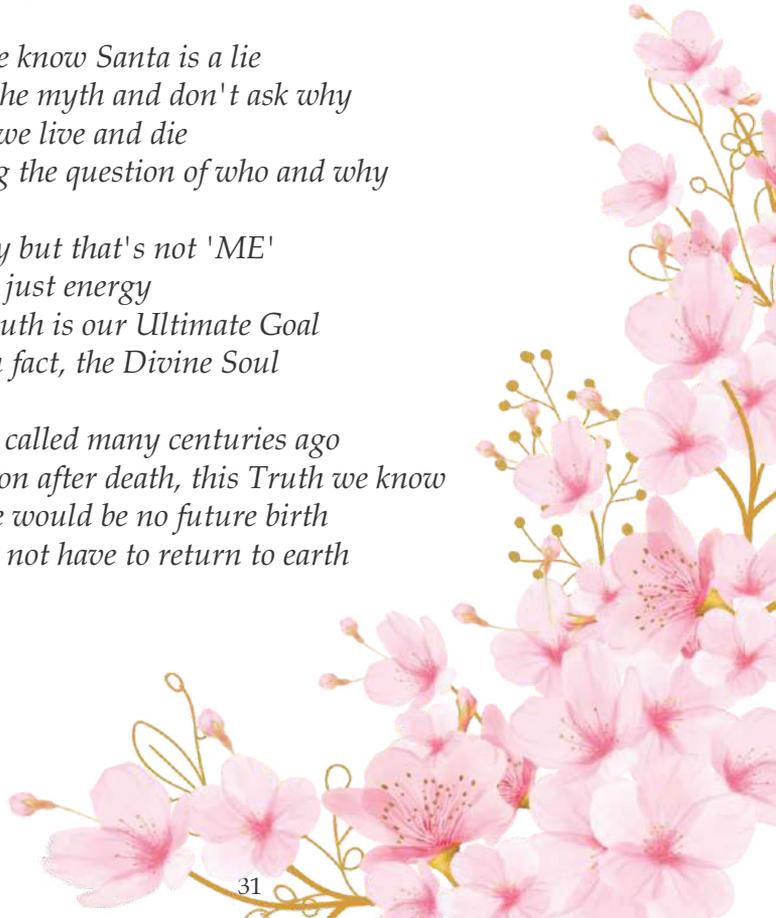
*There are some who believe 'to heaven we will go'
When we die at the end of the show
But where is heaven? Does anybody know?
And if the body stays here, then who will go?*

*There are others who believe that God is a man
Living in the skies doing what he can
Once in a while, he comes to earth
To fulfill our prayers, our joy, our mirth*

*And though we know Santa is a lie
We believe in the myth and don't ask why
We just exist, we live and die
Without asking the question of who and why*

*We have a body but that's not 'ME'
We are in fact, just energy
To find this Truth is our Ultimate Goal
That we are, in fact, the Divine Soul*

*Moksha it was called many centuries ago
It was Liberation after death, this Truth we know
And then there would be no future birth
And we would not have to return to earth*



*Those who don't know are born again
The law of Karma is for all men
The law says what you sow, you reap
Good or bad, both we get to keep*

*And then came about the concept 'Enlightenment'
Realizing the Truth, getting fulfillment
It is about not being ignorant
And knowing the Truth for our betterment*

*For like blind men, we live in the dark
We think there is nothing, except the dogs that bark
But because we are blind and cannot see
We believe there is nothing, how can this be?*

*From darkness to light we must go
What is the Truth, this we must know
For if we don't, as we live and die
We will suffer in misery and cry*

*Siddhartha was a Hindu king
Who refused to believe just everything
He went on a quest the truth to find
And awakened his consciousness, transcended his mind*

*The Buddha said Nirvana was a state of bliss
It was achieved by realization not making a miss
Living with Four Noble truths and Eight-fold path
He said we can escape from misery and wrath*

*For what is a human being's life meant?
Must we really take a spiritual bend?
Why must we know we are not body and mind?
What is the necessity of the Truth to find?*

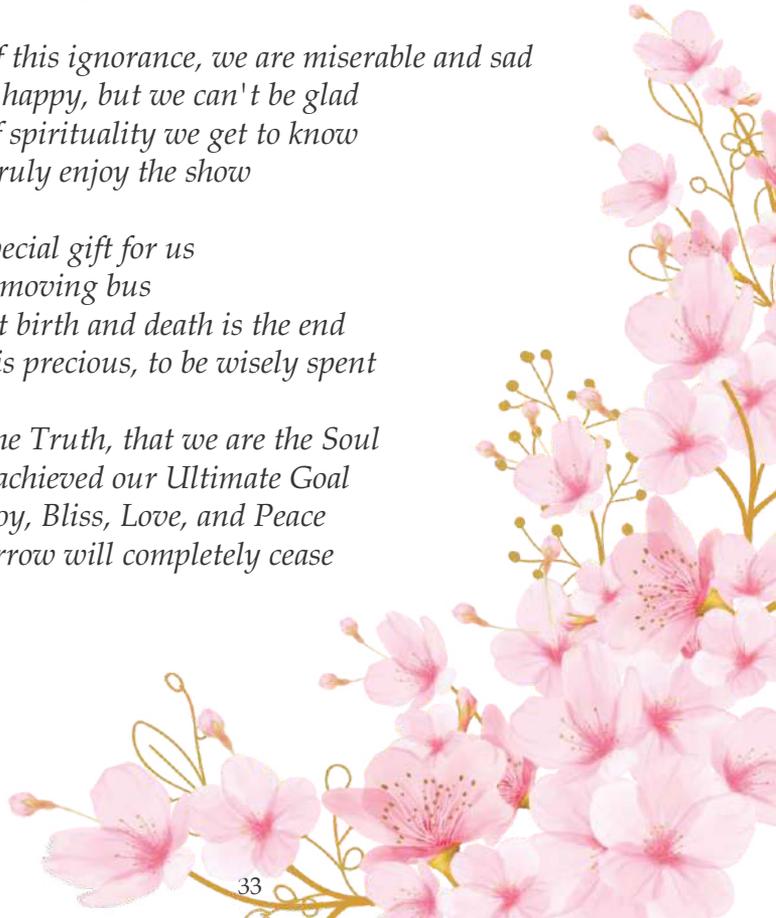
*It is important for us not to live like fools
We are blessed as humans, we are given tools
Discriminating with an intellect what is right and wrong
Questioning every thought, becoming spiritually strong*

*But it is really sad, we just live and die
What is our purpose, we don't find out why
We are given this birth, who is this 'I'?
We just believe, living with the lie*

*And because of this ignorance, we are miserable and sad
We want to be happy, but we can't be glad
If the A to Z of spirituality we get to know
Then we will truly enjoy the show*

*This life is a special gift for us
It is not just a moving bus
Which starts at birth and death is the end
Each moment is precious, to be wisely spent*

*If we Realize the Truth, that we are the Soul
Then we have achieved our Ultimate Goal
There will be Joy, Bliss, Love, and Peace
Misery and sorrow will completely cease*



10. CHICKEN OR EGG? WHAT CAME FIRST?

*Chicken or egg - what came first?
Can't find an answer that will quench my thirst
'Of course,' said the chicken, 'it was me
Without me, how could the egg ever be?'
This question goes round, and round and round
But to most, the answer is never found!*

*For without the chicken can an egg be laid?
'And how could there be a chicken without me?' the egg said
This question was asked but found no answer for years...
Till a wise man solved the mystery with wisdom and tears*

*'Neither was the egg first, nor was it the chicken
The plan for this story was hatched in heaven
That nothing in this world shall be a creation
Everything that we see is but a manifestation'*

*'What do you mean?' said someone with a scream
'Nothing is real! Is everything just a dream?'
The wise man answered, 'Yes, that is true
Both appeared together, everything is a myth –nothing is true!'*

*The next time you are asked the question, 'What came first?'
Was it the tree or the seed that came first?'
Don't go in circles, round and round
For the answer to the question will never be found!*

11. QUESTIONS YOU MUST ANSWER BEFORE YOU DIE

*Ask why before you die
Seek answers, don't just cry
Don't just accept what people say
Resolve to find out the Truth today*

*Who are you and why are you here?
Why this birth? Who got you here?
Are you just meant to live and die?
Is there a purpose? Find out why*

*What is death, what is the end?
The body dies, it is just a bend
I never die, I will live on
But where will I go, will I be reborn?*

*Where is God and who is He?
Is it he or is it she?
I want to find where are heaven and hell
I am seeking answers, who will tell!*

*Am I the body, mind or Soul?
What is it that makes me whole?
Am I the ego, who says I?
I want to find out who am I*

*What is this thing called life?
So much joy and so much strife
Is it real or just a show...
Where we come and then we go?*

*Who created this earth and sky?
Was it just a bang, oh my!
How could all this just come about?
There must be a Creator, there is no doubt!*

*Is there a law that keeps a track?
Whatever we do, it will come back
Or will we escape from all our sins?
And have no rewards for all our wins*

*What causes us to be happy and to be sad?
Is it true that desires are bad?
Can we be happy with joy and peace?
Removing cravings, the big disease*

*Is our mind our friend or foe?
Will it help us cross the shore?
Is it a monkey that makes us blink?
And does it make us in ignorance sink?*

*What exactly is the Soul?
Where is it, what is its role?
It is the energy that gives us breath
Without it, there would be death*

*Why should we ask so many questions?
Is it necessary to take all these lessons?
Or should we just laugh and have fun?
And spend our days till life is done*

*If we don't find the Truth
If we don't get to the bottom of the root
If we live and don't ask why
Then we will just live and die*

12. THE LAW OF ATTRACTION

*Does the Law of Attraction really work?
Can visualization do the trick?
Let's look within to find the real secret
Look deeper for the truth to pick*

*'Mangoes, mangoes, mangoes', if you dream
Will the fruit grow on the tree?
It is the seed, Oh dear, that you plant
That will grow to be, what you see*

*But the whole world is talking of Attraction
'Just desire and make your dream come true'
Desire is good to start what you want
But it's Action that is the final cue*

*Attraction without Action doesn't work
Look deeper and Realize the Truth
Within the word 'ATTRACTION'
There is 'ACTION' in the root*

*For there is a Law, a Universal Law
'As you sow, so shall you reap'
If there is Attraction and no Action
Then in the end, you will weep*

*Attraction and thoughts lead to feelings
But it is only when we get to work
The cycle of Achievement says
'You need to walk, don't just talk'*

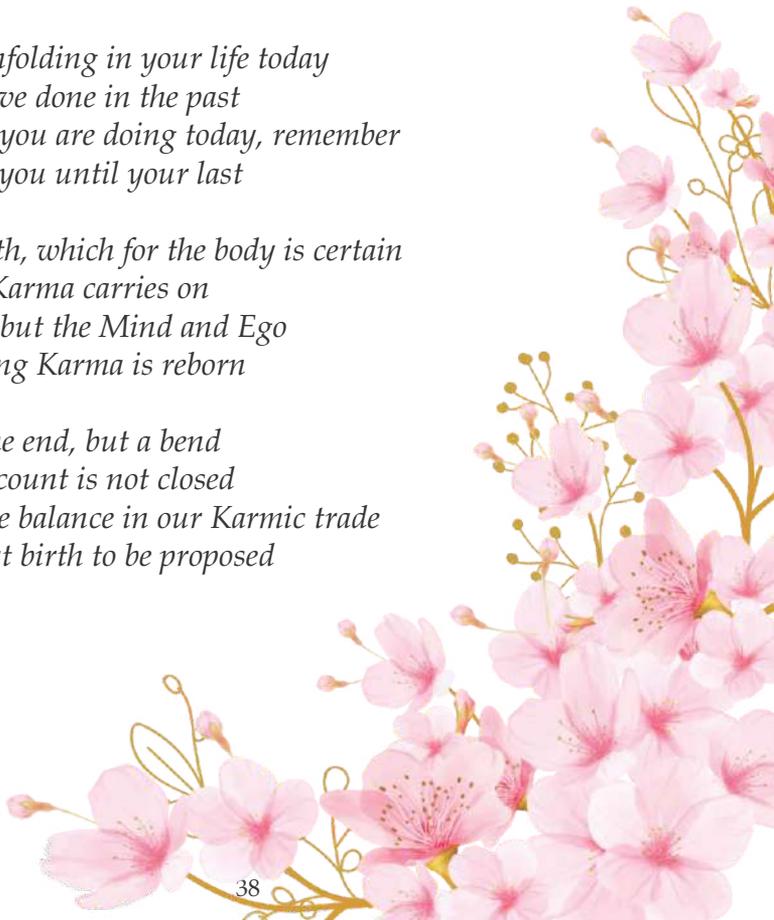
*For the Law of Action never fails
What you give is what you get
What goes around, comes around
It's like a boomerang, you can bet*

*It's popularly called the Law of Karma
What you do, comes back to you
Every Action, good or bad
Won't escape, this is true*

*Whatever is unfolding in your life today
Is what you have done in the past
And whatever you are doing today, remember
Will return to you until your last*

*And when death, which for the body is certain
Happens and Karma carries on
The body dies, but the Mind and Ego
With its pending Karma is reborn*

*Death is not the end, but a bend
Our Karma account is not closed
Whatever is the balance in our Karmic trade
Causes the next birth to be proposed*



*Our birth is decided not by luck
Past Actions or Karma is the cause
Where, when, and how we are born
Is controlled by Karma without flaws*

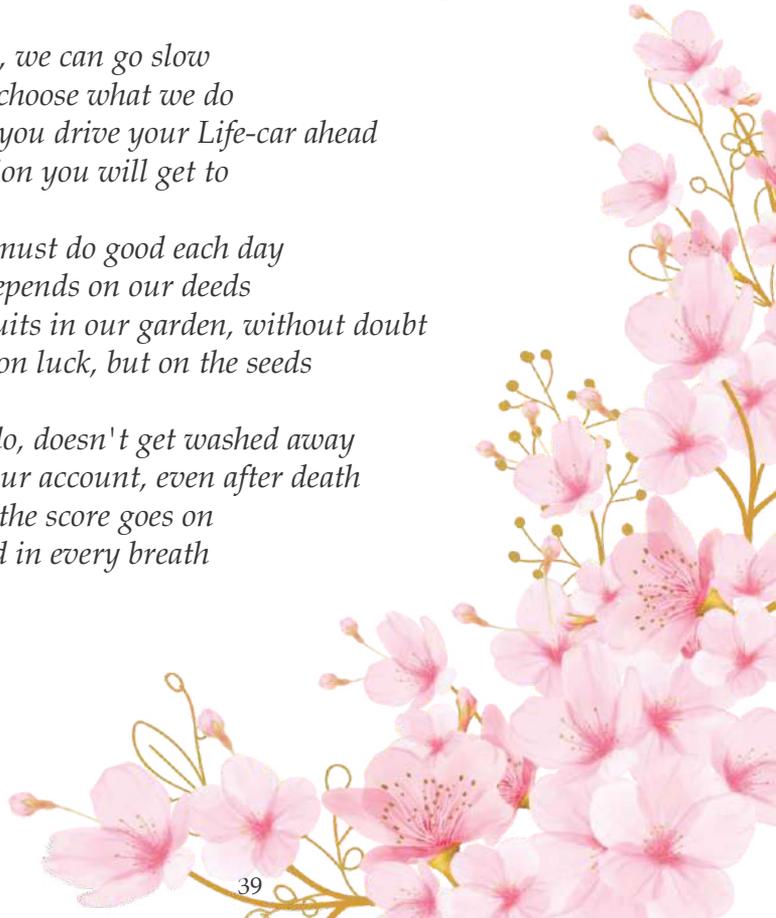
*Therefore, our destiny is in our hand
It is Action that will decide what will be
We will get to that destination
Karma decides our destiny*

*Life is like a car on the road
The road can't be changed, it is paved
But we have 'Free will' to choose how we drive
Through this 'Free will', our Karma can be changed*

*We can go fast, we can go slow
We are free to choose what we do
Remember, as you drive your Life-car ahead
Is the destination you will get to*

*Therefore, we must do good each day
Our destiny depends on our deeds
Just like the fruits in our garden, without doubt
Don't depend on luck, but on the seeds*

*Whatever we do, doesn't get washed away
It remains in our account, even after death
Life after Life, the score goes on
And is counted in every breath*



*But whoever is born in this world must cry
The Enlightened Buddha declared after his quest
'Dukkha or suffering is experienced by all
No one can escape this test'*

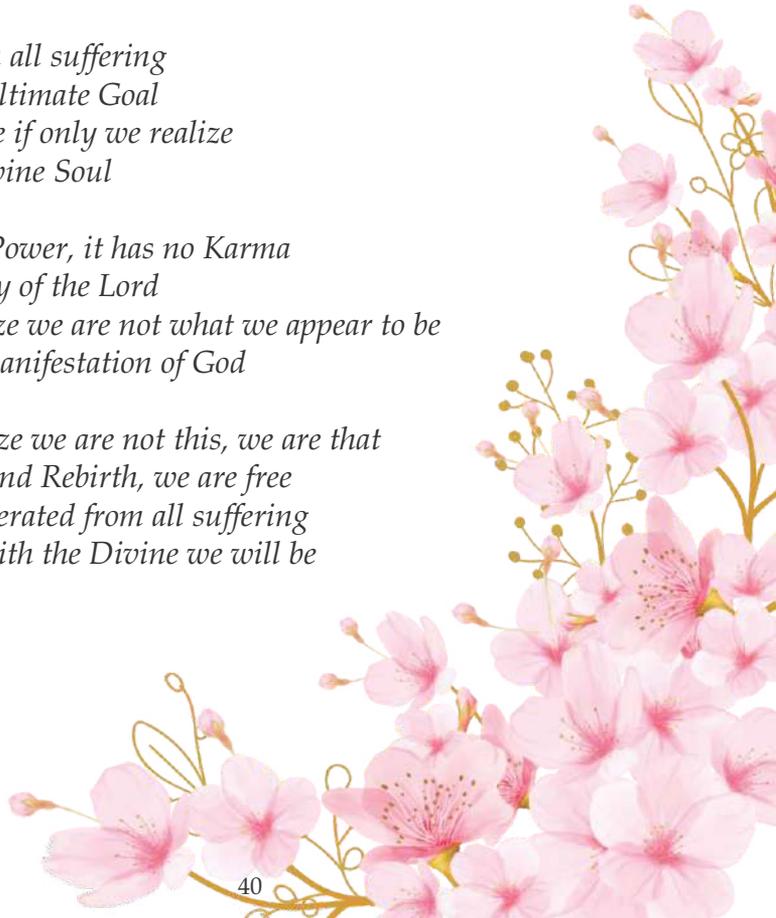
*We all experience the triple suffering
The suffering of body, ego, and mind
As long as we have Karma, we will be born
What we have done, we can't rewind*

*Is there a way to escape from pain,
And from Karma, can we be free?
Yes, this is the ultimate secret
If the Divine Soul, we can be*

*To escape from all suffering
Is our Life's Ultimate Goal
This is possible if only we realize
We are the Divine Soul*

*The Soul is a Power, it has no Karma
It is the Energy of the Lord
We must realize we are not what we appear to be
But rather a manifestation of God*

*When we realize we are not this, we are that
From Action and Rebirth, we are free
We will be Liberated from all suffering
And United with the Divine we will be*



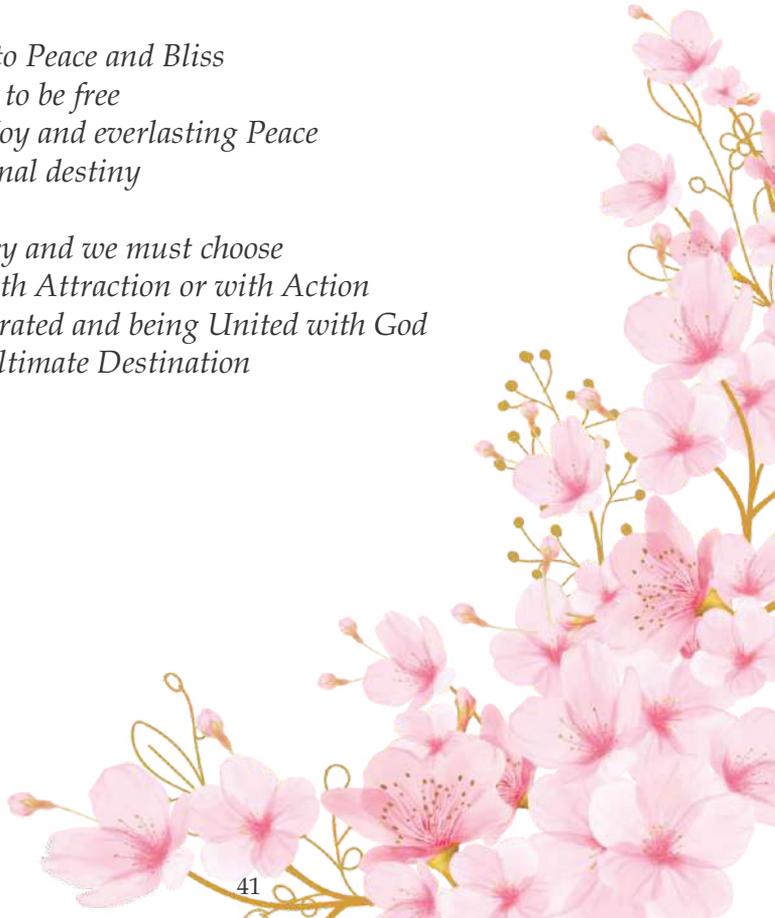
*This is the secret of Eternal Joy
And the way to Everlasting Peace
If only we can Transcend Karma
All our sufferings will cease*

*So, don't believe just the Law of Attraction
It is the Law of Action that will work
What you Attract, may never come to you
If from Action, you will shirk*

*But tasks will bind you to be born again
And the Happiness that you seek
You will remain thirsty and yearning for more
As you try to climb the peak*

*The only way to Peace and Bliss
Is from Karma to be free
Then, eternal Joy and everlasting Peace
Will be your final destiny*

*Life is a journey and we must choose
We can live with Attraction or with Action
But being Liberated and being United with God
Is our Life's Ultimate Destination*



13. THE 4TH FACTOR

*There is a 4th Factor on earth
It controls our life, it gives us birth
It is beyond what man can know
It has laws that manage the show*

*Man thinks there are factors three
With a saw he thinks he can cut a tree
To him, the doer, the equipment and the act
Are enough to create any impact*

*But then sometimes, he blinks and thinks
The sails were fine, yet the ship sinks
They did their best, captain and crew
But the results didn't happen, that is true*

*And still does man do his best
He puts every effort of his to test
But he is sad in the end to find
That the result that happened was a different kind*

*Why is it, then man does think
What stopped his desire? What made him sink?
It should have happened, why did it not
Where he wonders, his work got caught*

*Then he sees there are factors four
Not just three that he thought before
There is a 4th Factor he knows
That controls all results, it clearly shows*

*Despite man doing his very best,
He can't understand what is the test
Till finally the 4th Factor he knows
He surrenders, he accepts, with it he goes*

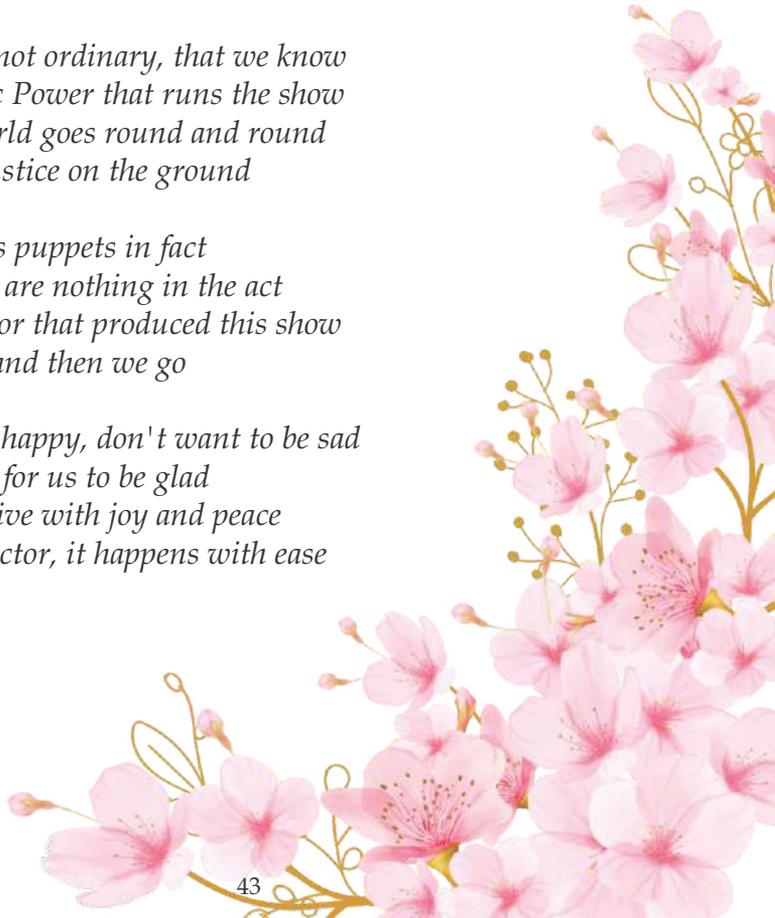
*Why is it that we try but cry?
It did not happen, we question the sky
We do not understand how this Power acts
What are the laws, what are the facts?*

*The 4th Factor is a Power, of course
But how it works, nobody knows
The only way to live with it
Is to trust, to accept, to surrender to it*

*This Power is not ordinary, that we know
It's the Cosmic Power that runs the show
With it the world goes round and round
And there is justice on the ground*

*We are helpless puppets in fact
Without it, we are nothing in the act
It is the Director that produced this show
We just come and then we go*

*We want to be happy, don't want to be sad
There is a way for us to be glad
If we want to live with joy and peace
With the 4th Factor, it happens with ease*



THE 4th FACTOR

*In the 4th Factor we must learn to trust
This power is fair, this power is just
We must not question, we must not ask
We must at best do our task*

*Why do we worry, why do we fear?
Why the misery, why the tear?
If only the 4th Factor we know
We will truly enjoy the show*

*It's sad that in ignorance we do live
We live in greed, we do not give
We are anxious, jealous, we worry, we hate
And never reach the happiness gate*

*We must do our best and then let go
To the 4th Factor that manages the show
That is the secret of peace and bliss
A new way to live, we must not miss*

*You may of course be the best actor
But you can't beat the 4th Factor
Every day on earth you will see
Whatever will be, will be, will be*



14. BE HAPPY IN THE NOW

*What's the use of crying, in a Yesterday that's gone?
What's the point of worrying, in a Tomorrow not yet born?
Why not live in bliss and joy and peace?
In the present moment be happy, be happy, can we please?*

*Be happy in the NOW, this moment is a Gift
Smile and dance and celebrate, don't just exist or drift
It is in this moment that we can choose to be happy and glad
Let's not lose this moment, to memories that make us sad*

*Yesterday is a place that we just can't go
The past is an illusion, it's like a dream - a stage show
There is no way of being happy, in a moment that has passed
The only thing it will give us, regrets that will last*

*The future doesn't exist, it's just another dream
It looks so very real, as long as we worry and scream
How can we be happy in an illusion of the mind?
Let's wake up to the NOW, let's not be blind*

*Be happy in the NOW, that's the only way to be
Don't be worried in tomorrow, to there we cannot flee
Don't rehearse the past that's dead and gone
Be happy in this moment, as if we were just born!*

15. BAD THINGS CAN'T HAPPEN TO GOOD PEOPLE

*Why do bad things happen to good people?
Why does suffering come to the weak and feeble?
Misery doesn't come to us simply
Whatever fruit we plant, will grow on the tree*

*Why do we see good people suffer?
They pray to God, but are denied supper
The result is not God's decree
It's a Universal Law, you will soon agree*

*The bad you do, comes back to you
As you sow, so shall you reap
If you want apples, you must plant apples
Otherwise, there will be no apples on your tree*

*People think that it is God in heaven
Giving cruel orders from cloud eleven
Is it true that God is passing the decree?
Or is it a law unfolding that we see?*

*The law is known as the Law of Karma
It is this law that causes all the drama!
If you understand the law, you will agree
That apples can't grow on a mango tree!*

*There will be no reaction, unless there is an action
There will be no effect unless there is a cause
Apples or mangoes, be it one, two or three
What we plant, is what we will see on the tree*

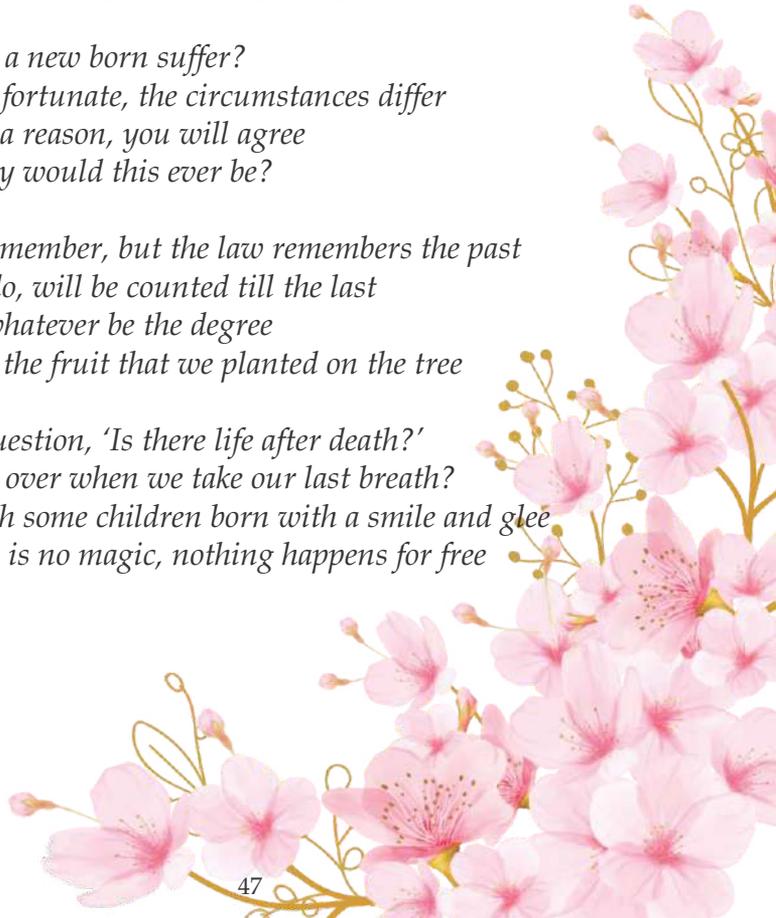
*But why do bad things happen to good people?
We hear people question, but the logic is feeble
It is expecting apples to appear on a mango tree
But how can apples grow on a mango tree?*

*Is this something difficult to understand?
Is it unique or does it happen in every land?
The fruit you plant, will be the fruit on the tree
Just like there are mangoes on every mango tree*

*Have you seen a new born suffer?
Some are born fortunate, the circumstances differ
There must be a reason, you will agree
Otherwise, why would this ever be?*

*We may not remember, but the law remembers the past
Whatever we do, will be counted till the last
Good or bad, whatever be the degree
Will appear as the fruit that we planted on the tree*

*Some people question, 'Is there life after death?'
Or is the story over when we take our last breath?
When we watch some children born with a smile and glee
We realize this is no magic, nothing happens for free*



*All this happens by a law on earth
There is no luck or chance involved in our birth
Fortunate or unfortunate, doesn't come randomly
The circumstances of our birth don't just happen simply*

*Who is in charge, who controls our destiny?
Is there a power that is issuing the decree?
Happy or unhappy, can prayer make it be?
Or is it our own deeds that will make our destiny?*

*Till when will we live in ignorance and cry?
Looking at our misfortune and then asking why
As long as we don't realize the law of destiny
Whatever are our deeds, our future will be*

*If we want to live in bliss and peace
If we want all our miseries to cease
Our life can be a jamboree
If we learn the Universal Law of the tree*

*Bad things can't happen to good people, you must know
This is the law that exists in our life show
If there is tragedy, then don't disagree
It is what we planted that is appearing on our tree*



16. SUCCESS IS NOT HAPPINESS, HAPPINESS IS SUCCESS

*If Success was Happiness
Then achievers would be glad
But look around and you will find
That many of them are sad*

*Of course, Achievement gives joy
And excitement, oh boy!
But when our need becomes our greed
To misery, this will lead*

*The whole world is chasing Success
Everyone wants achievement
Sometimes we win, sometimes we lose
There is no Contentment*

*Why do people want to succeed?
Why is everyone in a race?
The Truth is that we want to win
So that there is a smile on our face*

*But though we win, we are not glad
We have money, why are we sad?
Happiness is not money, the sages said
It's sleeping soundly when you are in bed*

*We hear of suicides in the homes of the rich
If they were Happy, then why this glitch?
Although they are achievers, this fact we know
They are not Happy, their face has no glow*

*If successful, but unhappy, what is the use?
Winning or smiling, what would you choose?
The purpose of Success is for us to be glad
What is the use of winning, if it makes us sad?*

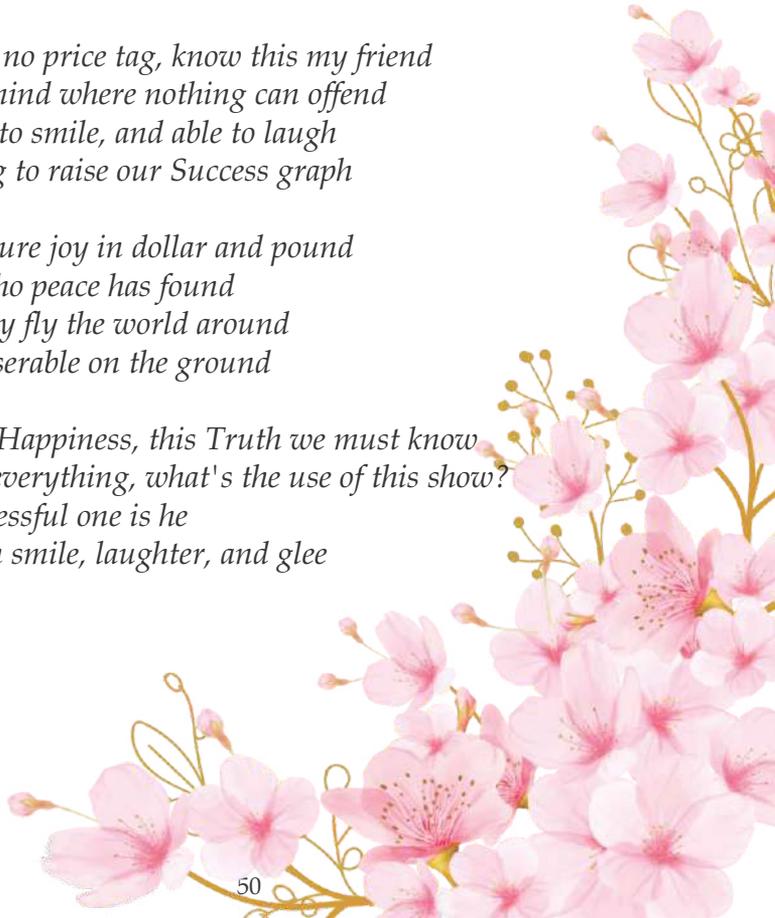
*Happiness is something different, we learn
Not just money that we earn and burn
Happiness is built on a foundation of peace
Then we are blissful like waves in the seas*

*Look around at the people who are glad
They live in the moment, they are never sad
They don't swing from the future to the past
They are the one's whose Happiness lasts*

*Happiness has no price tag, know this my friend
It's a state of mind where nothing can offend
It's being able to smile, and able to laugh
Not just trying to raise our Success graph*

*We can't measure joy in dollar and pound
Happy is he who peace has found
Though we may fly the world around
We may be miserable on the ground*

*Success is not Happiness, this Truth we must know
We may have everything, what's the use of this show?
The truly successful one is he
Who lives with smile, laughter, and glee*



*If one is Happy, then one has achieved all
One doesn't have to be rich and in fame be tall
One can have little, but if content is he
Then he can live joyously*

*Achievement gives Happiness, this fact we know
But with Fulfillment and Contentment, does Happiness grow
One who is Happy, doesn't need to win
He has Peace and Joy without committing sin*

*Joy doesn't need a foundation of cash
One doesn't have to be rich, to enjoy life's bash
Happiness is a simple state of the mind
It comes from being loving, it comes from being Kind*

*Happiness is Success. It is achieving life's goal
It is being Happy in the heart, Peaceful in the Soul
True Happiness is eternal, not just a moment of joy
It last's forever, it can't be destroyed*

*Success is a journey of valleys and peaks
Life is a see-saw, there are laughs and squeaks
Success, unlike Happiness, doesn't last for long
But the truly Happy ones always sing a Happy song*

*So, Success is not Happiness, Happiness is Success
You may be an achiever, whose heart is not at rest
But though not successful, if Happy you are
Then you are an achiever, you are the very best*

17. CAN YOU FIND THE RASCAL MIND?

*My mind is king, I thought it is everything!
It makes me blink, it makes me think
It gives me joy until I die
The only problem with my mind...
Where it is, I cannot find!*

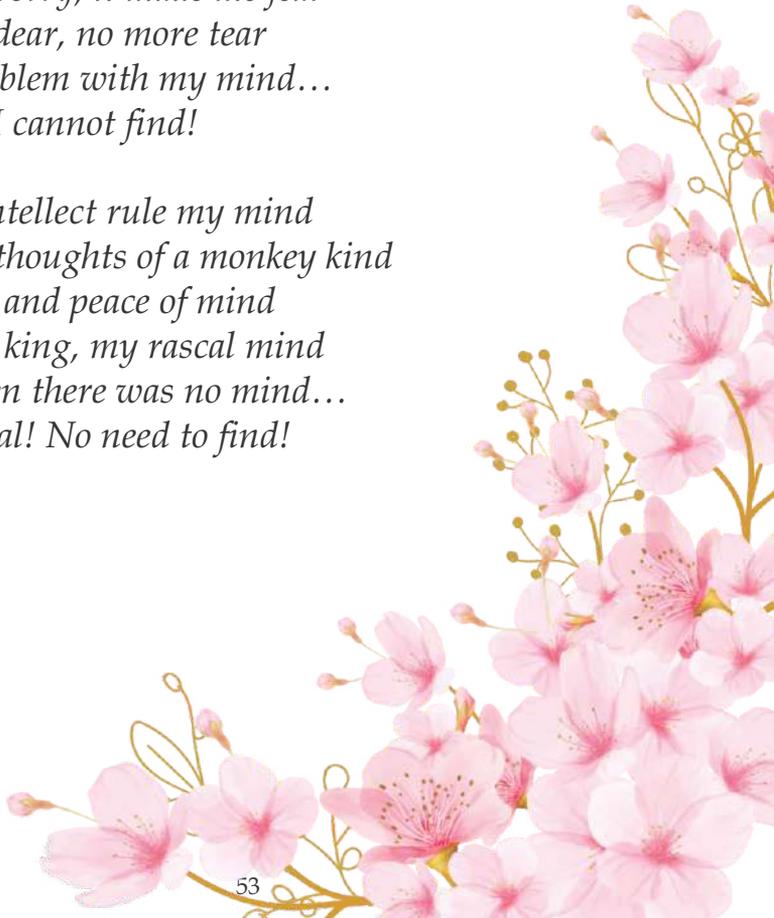
*It is my memory, it is my mind
It is my intellect - one of a kind
My greatest treasure is my mind
The only problem with my mind...
Where it is, I cannot find!*

*The body I can see, the body I can find
Likewise I am sure, I have a mind
It is not yours, I know it is mine
The only problem with my mind...
Where it is, I cannot find!*

*Suddenly, I realize these are not my mind...
My intellect and my memory are of a different kind
My mind is a monkey, a rascal my mind
The only problem with my mind...
Where it is I, cannot find!*

*I then resolved to kill my mind
The rascal I vowed, I must grind
It made me worry, it made me fear
Enough my dear, no more tear
The only problem with my mind...
Where it is, I cannot find!*

*I made my intellect rule my mind
I shot down thoughts of a monkey kind
I wanted joy and peace of mind
No more my king, my rascal mind
I realized then there was no mind...
It was a rascal! No need to find!*



18. LET GO OF YOUR EGO AND YOU WILL FIND GOD

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

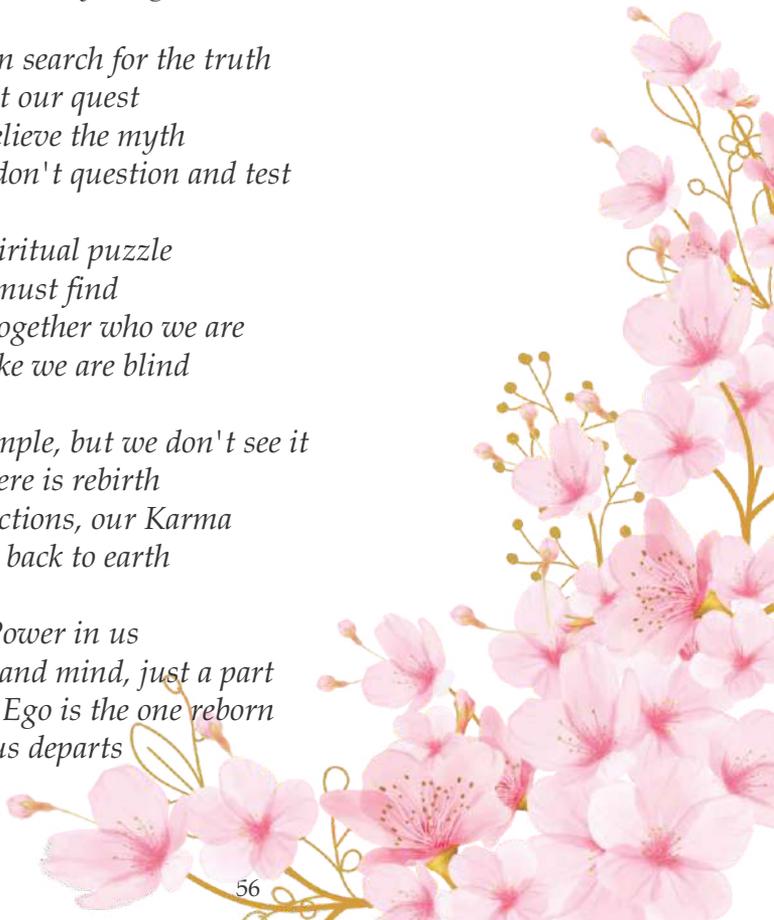
*Without God, what are we?
Without the Soul, we are nothing
The body, in the end, returns to dust
It is God that is everything*

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

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

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

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



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

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

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

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

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

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

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

LET GO OF YOUR EGO AND YOU WILL FIND GOD

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

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

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

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

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

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

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

19. SUFFER NO MORE

*We can be happy living with joy
Tranquillity, and peace
Or we can be miserable and cry in pain
Cursing our own disease
It's a choice to Suffer No More
We must realize we come and go
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*Why do we suffer, why do we cry?
Why this misery right till we die?
We live in ignorance, the Truth we don't know
That's why we don't fly in the sky
We must Realize the Truth that Pain is like Rain
It comes but soon it will go
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*What is this suffering? What is this pain?
What is this misery again and again?
It's pain of the body and stress of the mind
Living with fear in vain
We don't need to suffer, we don't need to cry
If only in our face the Truth does glow
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*Everybody wants happiness, nobody wants pain
We love the sunshine and hate the rain
Still we are miserable, still we don't smile
And we just choose to whine
The body suffers but that's not us
Who we are – first we must know
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*Messengers of misery, they want us to cry
Fear, worry, revenge, and anger stand by
They make us suffer
They make us cry and we don't question, 'Why?'
Because we think we are the mind
We live in agony, our enthusiasm is low
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*We are not the body that suffers in pain
Nor the rascal mind that thinks again and again
We live in ignorance of this Truth and cry
And lose our peace in vain
It's a choice to Suffer No More
We must realize we come and go
Why should we live to cry and die?
Suffer No More! Suffer No More!*

*We can be happy, we can rejoice
Refuse to suffer that is our choice
We can be tranquil and live in peace
For this is the choice of the wise
We must Realize the Truth, we must burst the myth
This we must do right now
Why should we live to cry and die?
Suffer No More! Suffer No More!*

Accept the past, and don't regret
 What has happened, is now laid to rest
 Yesterday is no more, why try going there?
 Live in the now, it's the best
 Because we shuttle from the future to the past
 Our pain and misery grow
 Why should we live to cry and die?
 Suffer No More! Suffer No More!

Some people hope, what they want should happen
 They live in stress, worry, and fear
 If you want joy, live in surrender
 Accept what comes, my dear
 If only we realize a Power is in charge
 Then we can tell sufferings, 'Go!'
 Why should we live to cry and die?
 Suffer No More! Suffer No More!

You can be happy, in joy and peace
 Don't need to suffer and do it with ease
 Realize the Truth and throw misery out
 Eliminate your fear and doubt
 It's a choice to Suffer No More
 We must realize we just come and go
 Why should we live to cry and die?
 Suffer No More! Suffer No More!



20. LIFE REALIZED

*If we don't realize who we are and why we are here
If we are not happy and just live with stress and fear
If we come to earth and don't realize why we are given this birth
Then, can we say we lived? No, at best, we did exist*

*Everybody wants happiness, who wants to be sad
Who wouldn't exchange a life of misery for one that is glad
But few are happy with unfulfilled desires and expectations
They never learn happiness is a journey, not a destination*

*Are we meant to zoom from our womb to our tomb
Or is life such that we must be locked in a room?
No, life is about living and Realizing the Truth
Finding our life purpose, getting to the bottom of the root*

*The world is chasing success for everyone wants happiness
They cheat, they lie, they steal and cry, and end their life in a mess
They think achievement and money will give pleasure and smiles
Till they learn Success is not Happiness, Happiness is Success*

*What is our life purpose? Why do we come to this earth?
How do these trillion cells together take a magical birth?
If we live and do not find life's purpose and meaning...
Then we are no better than a tree that is tall but just leaning*

*Instead of just existing, there are questions that we must ask
 Let's make our life meaningful and the Truth unmask
 Where is God and who is He? Is it true that God made me?
 Let us find out what came first - was it the seed or the tree?*

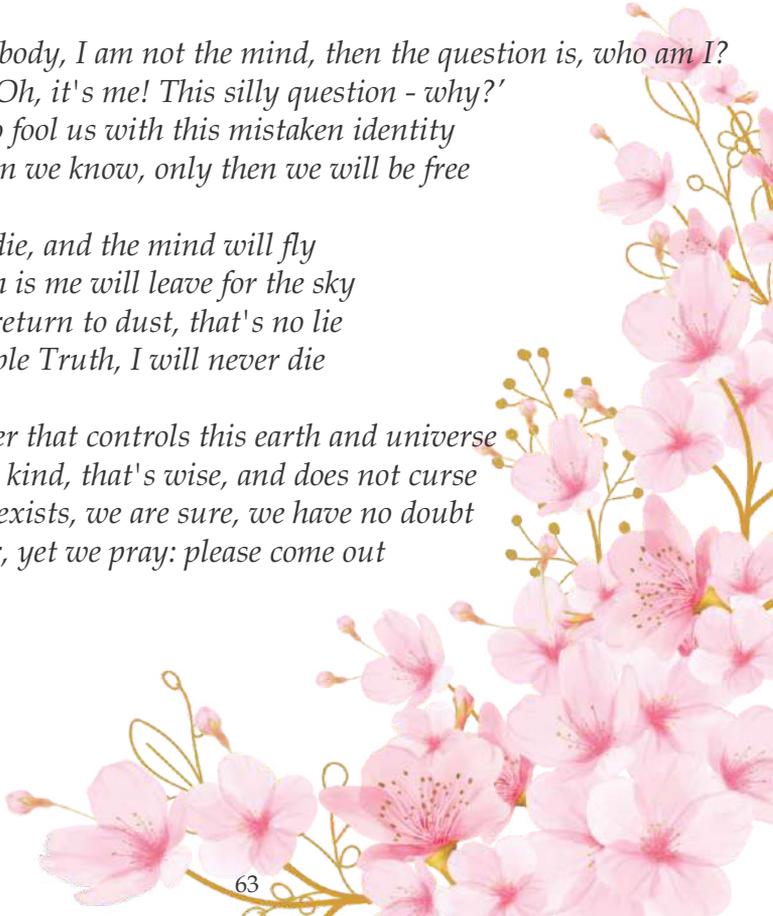
*Are we the body that is born starting as a zygote?
 Or is the body something that keeps our life afloat?
 Fools are those who believe that we are made of bone and skin
 The Truth is that we are the Life Energy that lives within*

*We think and worry and fear, that is our mind
 Strange, isn't it, where is the mind, we cannot find!
 It appears like a monkey jumping from trunk to trunk
 Spilling thoughts left and right till we make it into a monk*

*If I am not the body, I am not the mind, then the question is, who am I?
 The ego says, 'Oh, it's me! This silly question - why?'
 The ego tries to fool us with this mistaken identity
 The Truth when we know, only then we will be free*

*The body will die, and the mind will fly
 The Soul which is me will leave for the sky
 The body will return to dust, that's no lie
 That's the simple Truth, I will never die*

*There is a power that controls this earth and universe
 A power that's kind, that's wise, and does not curse
 We know God exists, we are sure, we have no doubt
 God is a Power, yet we pray: please come out*



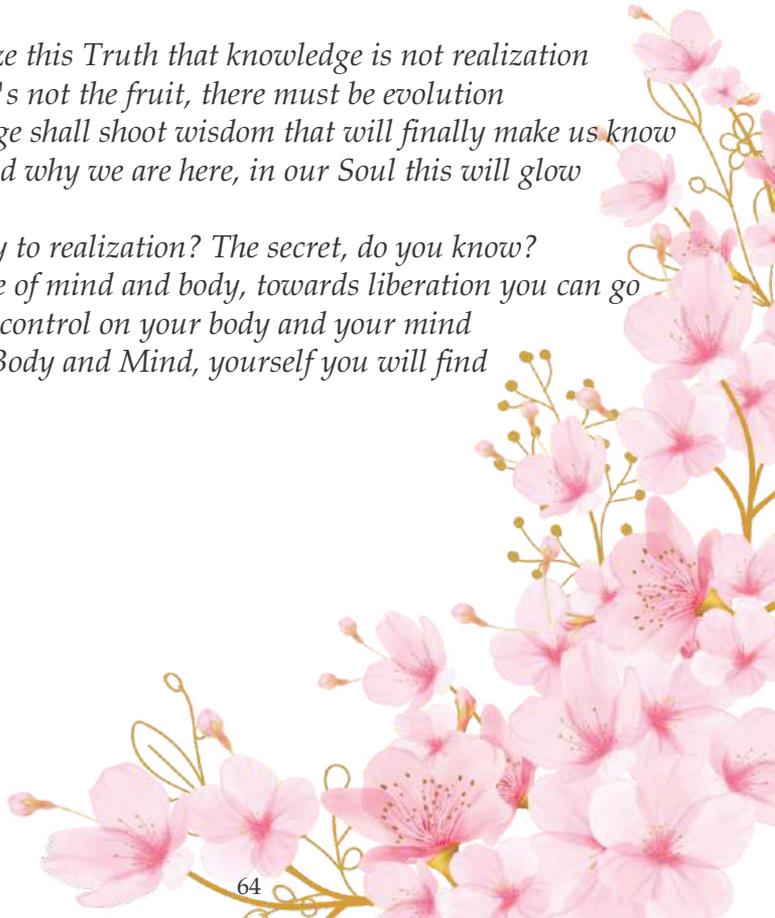
*Life on earth is a Cosmic Drama, we come and we go
Nothing is real, it's like a dream, it's just a Cosmic show
Because we think that life is real, we worry and we cry
We fight, we shout, we scream, we suffer right until we die*

*Karma is a universal Law, what you give is what you get
As you sow, so shall you reap – this law is set
Law of Action and Reaction, those who kill will be made to hang
And it all returns back to us, just like a boomerang*

*Of course, we all need a good Life Coach who will teach
Otherwise, it is not possible that true success we will reach
If we want to find the Truth and our life to realize
We need a spiritual master, who will open our real eyes*

*We must realize this Truth that knowledge is not realization
It's the root, it's not the fruit, there must be evolution
From knowledge shall shoot wisdom that will finally make us know
Who we are and why we are here, in our Soul this will glow*

*What is the key to realization? The secret, do you know?
With discipline of mind and body, towards liberation you can go
If you have no control on your body and your mind
In a prison of Body and Mind, yourself you will find*



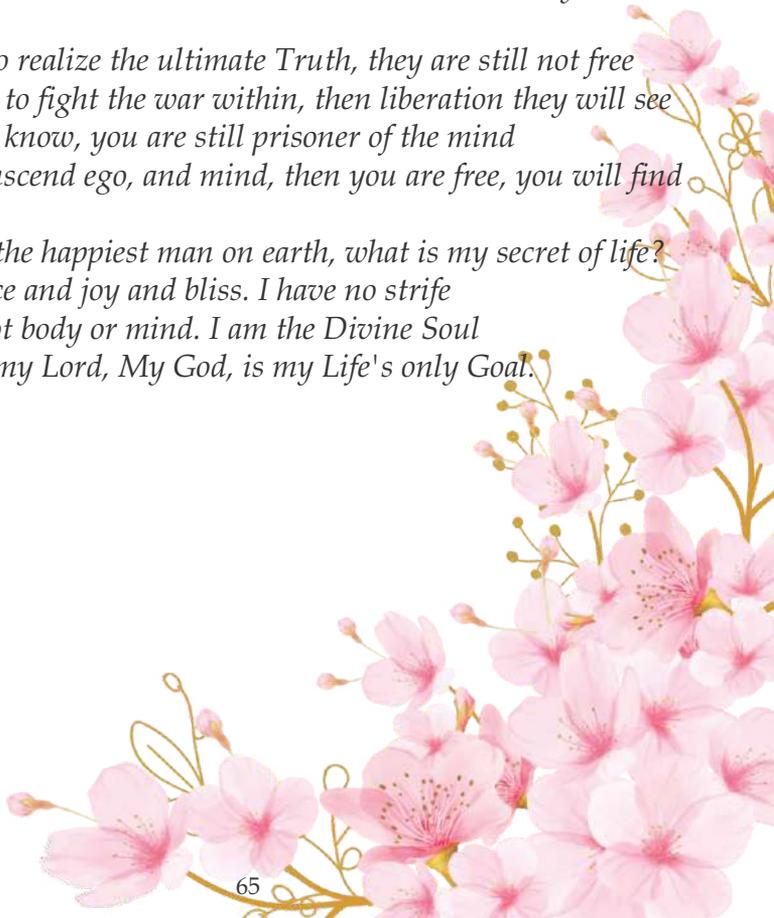
*We are all Souls embodied in a body and a mind
 Without this body-mind complex, the Soul we cannot find
 Just like mud needs a pot to manifest itself
 The Soul too needs a body and mind and can't be seen by itself*

*To achieve the goal of life, important steps there are three
 It starts with the purification of body and mind, then we are free
 In the second step, the darkness goes because of illumination
 In the final step we become one with the Lord, that is unification*

*At death one of two things happen... this is the Divine Truth
 If we believe we are body and mind, we will have to take rebirth
 But those who realize we are the Soul, from rebirth they are free
 At death, their Soul is liberated and one with the Lord, they'll be*

*Even those who realize the ultimate Truth, they are still not free
 They still have to fight the war within, then liberation they will see
 The Truth you know, you are still prisoner of the mind
 When you transcend ego, and mind, then you are free, you will find*

*Now, I live as the happiest man on earth, what is my secret of life?
 I live with peace and joy and bliss. I have no strife
 I know I am not body or mind. I am the Divine Soul
 To unite with my Lord, My God, is my Life's only Goal.*



21. GOD = HAPPINESS

*We all want to be Happy
We pray to God for bliss
But where does God truly live
This point we sadly miss*

*God is not on a distant planet
In heaven above the skies
The power within that makes our heart beat
Is where God truly lies*

*When there is a problem that we cannot solve
We go to God and cry
Make me Happy, my dear Lord!
We beg as we question why*

*We know that God can do anything
He made Heaven and earth
He is the giver of Happiness
The one who gave us birth*

*But still, we look for Happiness
Desiring this and wanting that
Sometimes our wishes are fulfilled
Otherwise, we become sad*

*And so do we live until we die
Sometimes we laugh, sometimes we cry
We miss to discover a simple secret
God is the source of Joy*

*Instead of seeking God within
We are searching for Happiness!
Of course, we become happy at times
But the source of Joy we miss*

*If only we change our search for God
And look for Him within
We will have everlasting Joy and Peace
And a Blissful Life will begin*

*We don't discover this Divine Truth
That GOD equals Happiness
We are looking for joy in so many places
But within ourselves we miss*

*We are not the body, we are not the mind
This Truth we must realize
We are in fact God energy
To this Truth we must rise*

*Once we are conscious that God lives within
We will suffer no more
The giver of Happiness is part of us
This Truth will make us glow*

*'God = Happiness' is a secret
We must discern and know
Then we will discover true bliss and joy
As our bond with God will grow*

*If you want to be truly Happy
Then don't seek joy and bliss
Realize and find God within
For that's where is Happiness*

22. TRUE LOVE IS BLISS

*True Love is bliss, it's not just a kiss
It's sad this truth in life we miss
We sing and we dance
And we enjoy the romance
But the bliss and the peace of True Love we miss*

*'What is Love?' seems a strange question to ask
Falling in Love, is a very easy task
When somebody makes your heart dance
And you feel the romance
Life becomes beautiful and you live in that trance*

*Haven't you seen kids loving their mom and dad?
Friendship too is Love, it's not just a fad
When there is Love, there is bliss
Love is not just a passionate kiss
There are many different types of Love in fact*

*It's sad that people think sex is Love
Even without sex you can be hand in glove
With True Love, two become one
Yes, True Love is a lot of fun
It's happiness that takes you far above*

*When we speak of True Love, what exactly is meant?
In ignorance of True Love, our life is spent
True Love is really magic
That we miss it, is tragic
True Love is a gift that is God sent*

*Love is Love, but True Love is bliss
It is not just sex, it is not just a kiss
True Love is something great
But it is not everybody's fate
It is sad though we live, this treasure we miss*

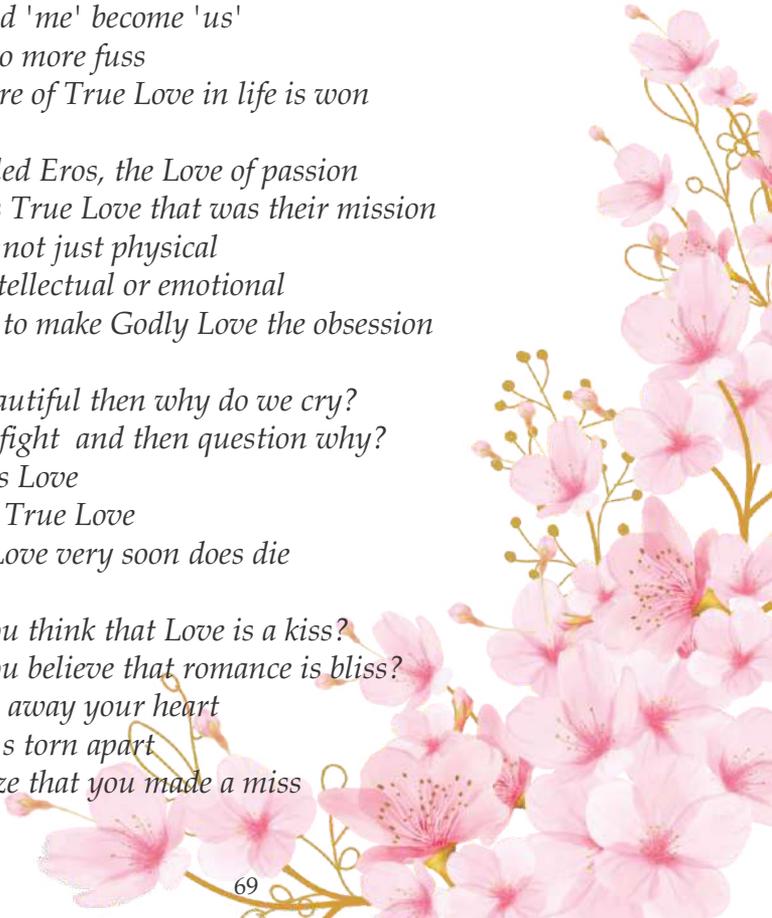
*True Love is not just of body and mind
True Love is not something which the heart can find
What is our Goal?
Find True Love in the Soul
Then in True Love you will find two Souls will bind*

*With True Love you find that two become one
There are no disagreements and life becomes fun
When 'you' and 'me' become 'us'
Then there is no more fuss
And the treasure of True Love in life is won*

*The Greeks called Eros, the Love of passion
But Agape was True Love that was their mission
True Love was not just physical
And neither intellectual or emotional
True Love was to make Godly Love the obsession*

*If Love is so beautiful then why do we cry?
Why do lovers fight and then question why?
Because there is Love
But there is no True Love
The beauty of Love very soon does die*

*What makes you think that Love is a kiss?
What makes you believe that romance is bliss?
When you give away your heart
And you see it's torn apart
Then you realize that you made a miss*



*When you realize True Love in the Soul
There is peace in the Heart, and joy is whole
And you see beyond the skin
And you Love the one within
Then you have found True Love, your very life goal*

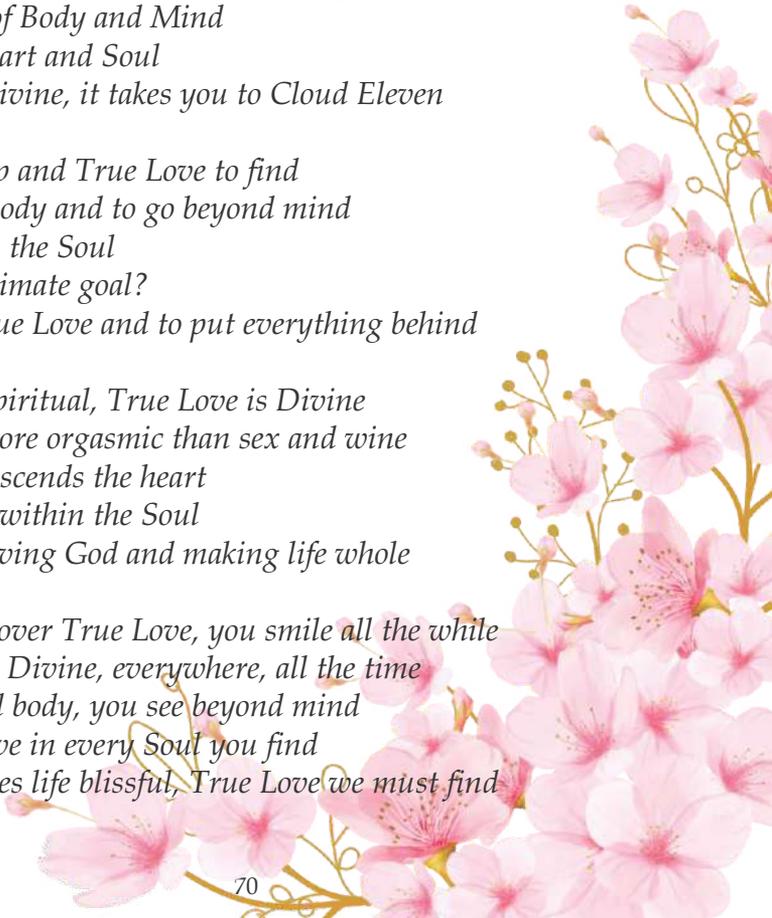
*In True Love, you are compassionate and kind, you give
True Love is such that you always forgive
True Love makes one free
And you live joyously
It is with True Love that one can truly live*

*True Love is a Divine Rainbow with Colours Seven
Colours that burst from White and make you feel you are in Heaven
It is the Love of Body and Mind
The Love of Heart and Soul
True Love is Divine, it takes you to Cloud Eleven*

*It's time to stop and True Love to find
To go beyond body and to go beyond mind
True Love is in the Soul
What is the ultimate goal?
To discover True Love and to put everything behind*

*True Love is Spiritual, True Love is Divine
True Love is more orgasmic than sex and wine
True Love transcends the heart
And goes deep within the Soul
True Love is loving God and making life whole*

*When you discover True Love, you smile all the while
For you see the Divine, everywhere, all the time
You see beyond body, you see beyond mind
When True Love in every Soul you find
True Love makes life blissful, True Love we must find*



23. LIFE IS LIBERATION FROM IGNORANCE & FINDING TRUE ENLIGHTENMENT

*What is Life, have you ever thought?
It is not just to exist, have you forgot?
Is there a greater purpose for us here on earth?
Is there more to achieve in this human birth?*

*We humans want to be happy, but why are we sad?
We live in ignorance and feel that Life is bad
When will we stop and go on a quest?
When will we be enlightened and in peace will we rest?*

*We are all prisoners, we are not free
We all live in cages, suffering is our fee
Because we don't find out what is the Truth
We live in ignorance and we face the brute!*

*I too lived in ignorance for 40 long years
I lived with anxiety and I lived with my fears
Until one day I found out what was true
And then my Life changed with happy colours and hues*

*My Spiritual Master asked me to go on a quest
To put every belief of mine to test
'Wake up,' he said, 'and Realize the Truth...
Ask and investigate till you get to the root!'*

*I found that happiness has 3 little peaks
But man is so petty, just pleasure he seeks
Few of us are lucky, we are content with our need
And don't become prisoners of our lust and our greed*

*The ego and the mind, they both make us sad
We think these are us, but they are the ones who are bad
They are our biggest enemies, they stop the realization
From ignorance and suffering, our Life's liberation*

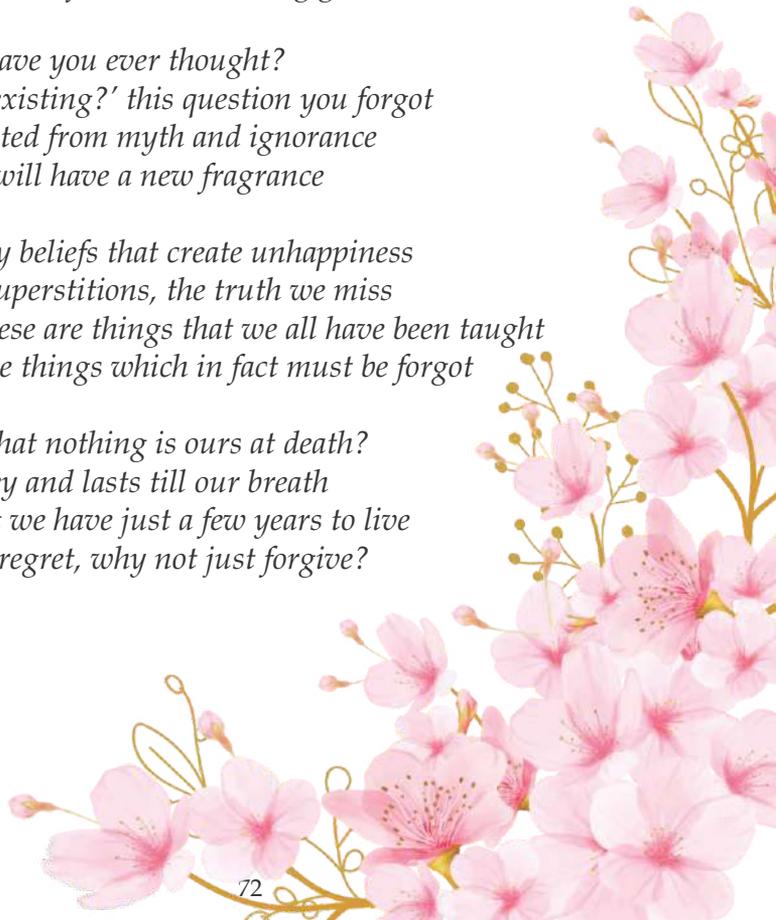
*When we realize who we are and why we are here
We become free from ignorance and every possible tear
We can then live blissfully with happiness and cheer
Today and tomorrow, and right through the year*

*Happiness is all about being in the now
Not shuttling in thoughts and losing a Life that's now
The past is gone, the future not yet born
But we waste our Life as this shuttling goes on*

*What is Life, have you ever thought?
'Are you just existing?' this question you forgot
If we are liberated from myth and ignorance
Then our Life will have a new fragrance*

*There are many beliefs that create unhappiness
We live with superstitions, the truth we miss
But because these are things that we all have been taught
We accept these things which in fact must be forgot*

*Don't we see that nothing is ours at death?
Life is a journey and lasts till our breath
The fact is that we have just a few years to live
Why hate and regret, why not just forgive?*



*We all want to be happy and we chase success
We think that success is happiness
But when we look around, we find the rich are sad
If money could create happiness, then the rich should be glad*

*Fools we are, in ignorance we live
We can be happy if we just learn to give
Instead, we earn and earn and earn
Only for others to burn what we earn*

*We don't realize that death is not the end
The body dies but for the mind, it's just a bend
There is a Universal Law on earth
As per our actions, will be our rebirth*

*I learned about things that make people cry
We wail in misery without asking the question, 'Why?'
Life is a treasure, and this gift we lose
Because we don't discriminate, because we don't choose*

*Our goal is Liberation, to be free from the myth
The purpose of Life is to Realize the Truth
I learned that if we go on a quest, we will find
Joy, peace, and bliss of a very different kind*

*But instead, we are building fortunes that will not be ours
Sure, we may be rich and have monetary showers
But what is the use if our heart is full of tears
What is the use of Life if it is filled with fears!*

*Because we don't understand the true meaning of Life
We live with misfortune, with misery and strife
Rather we must go on a quest, the Truth to find
And be Enlightened about Ego, Body and Mind*

*Our goal is just one - to merge with the Divine
Instead, we live chasing wealth, women, and wine
We go on and on like rats in this race
Don't reach our destination, we get caught in the maze*

*There are in this world just a lucky fortunate few
Who wake up every morning before the sky turns blue
They meditate, they contemplate the true meaning of Life
They cut through the ignorance with a sharp little knife*

*They are the ones who live a Life full of bliss
They love all, knowing love is not just a kiss
They overcome the ignorance that envelops most of us
They find true enlightenment in Divinity that surrounds us*

*What is Life in the final analysis?
It's about being peaceful and finding happiness
But far more than just living with bliss and Joy
Is to discover Life's purpose before Life goes by*

*What is Life, the Truth we must know
It's Liberation from Ignorance knowing this is just a show
It's about Realization that gives us Liberation
Finding true Enlightenment and Divine Unification*

24. HAPPINESS

*Who doesn't want to be happy?
Who doesn't want to be glad?
Yes, there are a few who don't seek it...
They are the ones who are mad*

*Happiness is everybody's goal
We want it with heart and Soul
Everybody wants pleasure, nobody wants pain
Nobody wants loss, everybody wants gain*

*And we think that money makes one happy
But we see the rich are not glad
They may have everything in the world
But in the end, they are sad*

*Things don't make us happy
Happiness is a state of being
It's not what you have that matters
How you feel is everything*

*Look around, and you will find
It's rare to find people smile
But happiness belongs to those
Who laugh all the while!*

*Everybody wants happiness, but nobody knows how
We don't know that joy belongs to the NOW
You can't be happy in the yesterday that's gone
And you won't find happiness in the tomorrow that's not yet born*

HAPPINESS

*Happiness is a journey, not a destination
It doesn't depend on what may be your occupation
It doesn't matter what is your religion and what is your nation
Happiness can happen with simple meditation*

*Not one, nor two, joy has three peaks
Three are the peaks that everyone seeks
The first is Achievement, the second is Fulfillment
The third is rare - it's called Enlightenment!*

*On the first peak, happiness is greed
It happens when you desire and fulfill your need
Happiness here is wanting more and more
We seek pleasure and wealth, but peace we ignore*

*When you transcend pleasure and you are seeking peace
With contentment you are happy, your desires cease
You are happy with the breeze, you are happy with the seas
But still from misery, there is no release*

*But sorrow and misery, they don't let go
The pain persists only more than before
But those who climb the third peak of Enlightenment
Experience joy and bliss, beyond Achievement and Fulfillment*

*Happiness, in reality, is very simple
It's when you smile and your cheek has a dimple
But most of us, we just cry and we die
We don't know how to be happy, and we don't find out why*

*Happiness, actually, is rather simple
It's not about achievement and your monetary scale
It's when your Soul dances and there is joy in your heart
And when fear, worry, misery, and anger depart*

25. FEAR - FALSE EXPECTATIONS APPEARING REAL

*The whole world is in panic
The whole world is in fear!
They don't know what the truth is
But they are zapped with what they hear*

*A virus has attacked us!
It is going to wipe out the world!
It is going to kill us all...
Through the media, we are told*

*Is it a danger, is it real?
Or is this just a myth?
As long as we live in fear
We will never Realize the Truth*

*Of course, it has killed thousands
And it's mainly the old
The young will mostly get away
With a fever, cough and cold*

*The Coronavirus is a champion
It seems to have a tactic
Though many it appears to infect
But for some, it is asymptomatic*

*Therefore, we don't know the numbers
Who are actually killed by the virus
There are many with heart and lung disease
Are they dying because of this?*

*The whole world is in panic
They think of COVID they will die
They have locked themselves in their houses
Unable to enjoy the sky*

*Of course, we must take precautions
And stay away from one with a cough
But to shut down the entire world
That is way too off!*

*Fear is the cause of this panic
It is making a mountain of a molehill
Far more than the Coronavirus
It is fear that will kill*

*Fear is False Expectations Appearing Real
The mind creates this thought
But once paralyzed by this panic
In anxiety we are caught*

*Why are we scared, why do we fear?
Why are humans given this gift?
God gave us this instinct for a reason
So that from real dangers, we can drift*

*There are many types of fears
Some even fear a loud sound
Some fear to go up in the sky
Some a lizard on the ground!*

*Fear often grows into a phobia
An irrational fear of something
Dentophobia is a fear of the dentist
And claustrophobia, a crowd of anything*

*Some have zoophobia – fear of animals
Some arachnophobia – fear of spiders
With aerophobia, there is fear of flying
And cyberphobia – fear of computers*

*Finally, the question that matters most
Is fear actually real?
Fear is not a danger, fear doesn't kill
It's just an Expectation that Appears Real*

*But when fear attacks us
And fills our body and mind
The rascal makes us suffer
And makes our life a grind*

*Fear is not a danger
There is a difference in these two
A danger can attack us
But fear just makes us feel blue*

*The consequence of fear is tremendous
It can bring our life to a halt
It can stop our intellect from thinking
By just finding fault*

*What is the cause of fear?
This killer is caused by our mind
It makes us see what is not
In anxiety, makes us blind*

*But there is a way to overcome it
With courage and with hope
We must wipe out every thought of worry
Then with stress and panic we will cope*

*But the first step is to wipe out
Ignorance from the mind
To differentiate the mind from the intellect
Both are of a different kind*

*The intellect can discriminate
It can Realize the Truth
We must ask questions and investigate
Till we get to the bottom of the root*

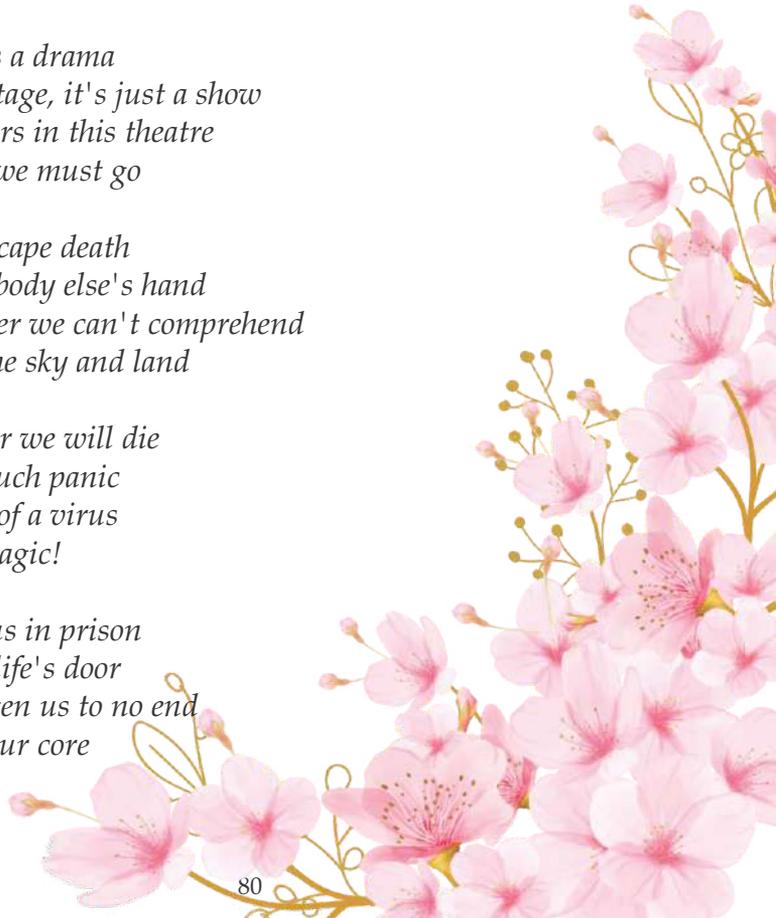
*It is important to flip our life over
From NEP flip to PEP
From negative emotions to positive emotions
From poison to power, step by step*

*After all, life is a drama
On the earth stage, it's just a show
We are all actors in this theatre
We come, but we must go*

*Nobody can escape death
Life is in somebody else's hand
There is a power we can't comprehend
That created the sky and land*

*Because we fear we will die
We live with such panic
We get scared of a virus
That's truly tragic!*

*Fear can lock us in prison
Fear can shut life's door
Fear can frighten us to no end
Drilling into our core*



*The biggest fear is that of death
Loss of all that is known
And then a greater fear still
What is beyond death, unknown*

*But fear will make us suffer
Fear will make us sad
We must learn to overcome it
If again we want to be glad*

*There is a way to overcome
The ignorance caused by fear
It happens with Realization of the Truth
Not going by what we hear*

*We must ask and investigate
How real is our fear
Is it actually a danger
That's coming very near?*

*Fear is an illusion
But is powerful and can kill
It can paralyze our entire life
And stop us from doing our will*

*Today, fear more than ever before
Has made the world come to a stop
In panic, stress, and anxiety
Forced people to shut their shop*

*Of course, the virus will kill a few
But all of us eventually must die
If not because of this virus
Something else will send us to the sky*

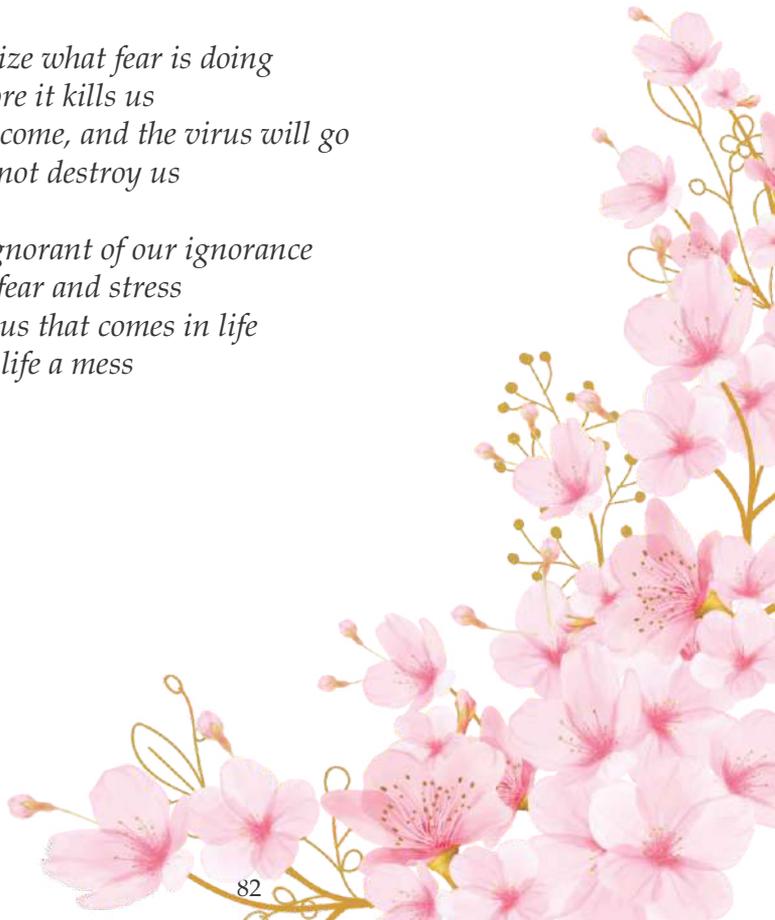
*So why be in panic of the virus?
We must realize the cause is fear
False Expectations Appearing Real
Is truly causing us dear*

*The economic crisis that is being caused
Is far greater than the virus
But fear is making us blind to the truth
And going in the wrong direction, in stress*

*Fear is making us blind
We can't see the truth that is plain,
It's projecting illusions that are fake
And will cause the world to be slain*

*Its time to realize what fear is doing
And kill it before it kills us
The virus will come, and the virus will go
But fear must not destroy us*

*If we remain ignorant of our ignorance
And live with fear and stress
Every such virus that comes in life
Will make our life a mess*



26. SOUL

*What is the Soul, have you ever thought?
Or is it a mystery in which you are caught?
We all have a Soul, we seem to know
Let's Realize the Truth before it is time to go*

*It is the Soul that makes me live
But, is it the one that makes me forgive?
What is the function of the Soul?
What does it do to make me whole?*

*Body, mind, heart and Soul
Each has a specific role
The body moves and the mind does think
The heart beats, and the Soul? I blink*

*I have been taught that the Soul's in me
It makes me who I am meant to be
It is with me when I live, till I die
And then, I am told, it flies in the sky*

*Where does the Soul go and how? I wonder
It goes to heaven, how? I ponder
Everybody says, 'We have a Soul'
To search for it is now my goal*

SOUL

*My eyes and nose I can touch and feel
My mind, it wanders, my peace it does steal
Aha! Now I know what my Soul does do
It gives me life, I have got the clue*

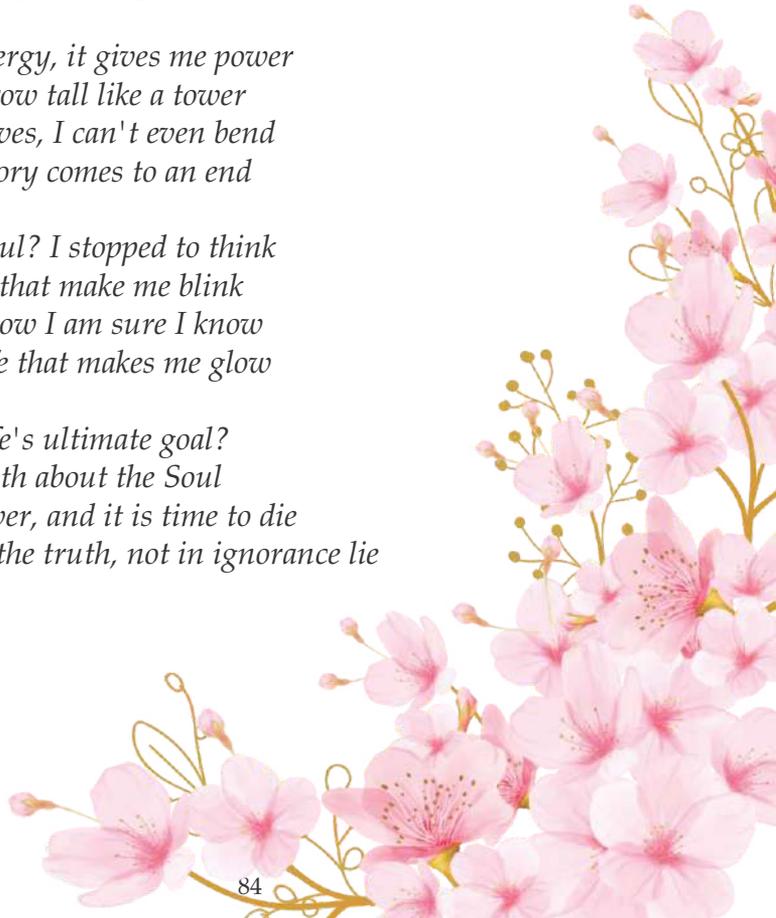
*The Soul is a Power that gives me breath
Without the Soul, there would be death
It comes to me just as I am born
And it leaves me when life is gone*

*Without the Soul, I would be dead
I wouldn't talk, wouldn't eat bread
My Soul is alive in every cell
It makes me pray and ring the bell*

*The Soul is energy, it gives me power
It makes me grow tall like a tower
But once it leaves, I can't even bend
And my life story comes to an end*

*What is the Soul? I stopped to think
So many tales that make me blink
The truth by now I am sure I know
It's Divine Life that makes me glow*

*What is our life's ultimate goal?
To find the truth about the Soul
Before life is over, and it is time to die
We must find the truth, not in ignorance lie*



*Is my Soul different from yours? I think
I question and try to find the link
Just like there is one power source in my house, I know
That makes gadgets work and the lights glow*

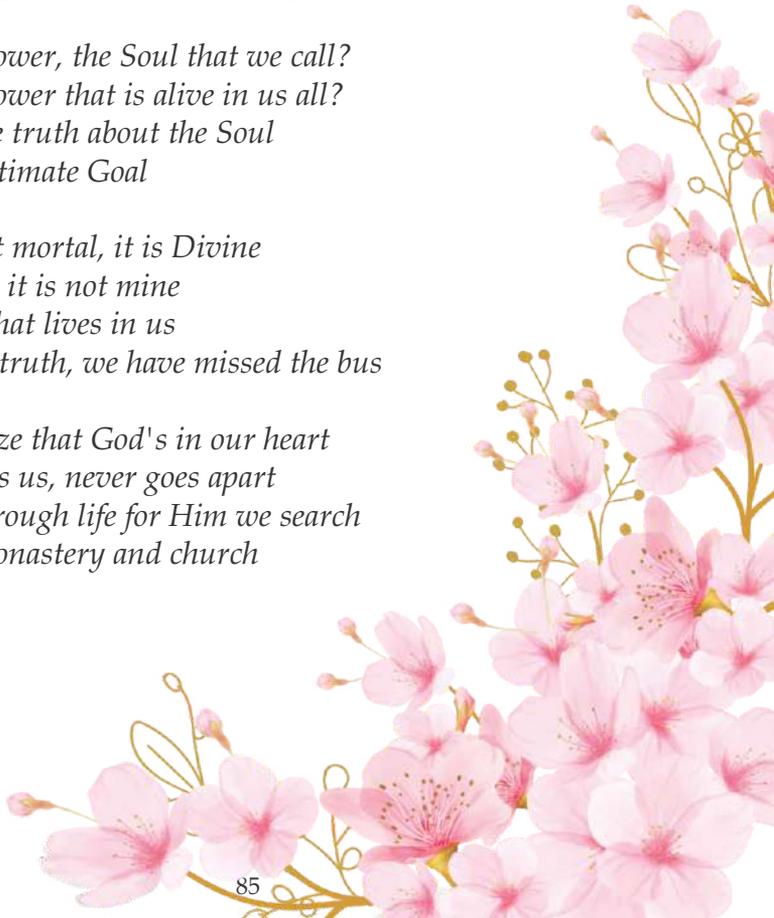
*And so, there is just one life source
It appears different, but it is one, of course!
It is energy that creates all life
In me, my parents, my kids, my wife*

*Not just in human beings it is
In animals and plants, it's also this
It is this Power that makes birds fly
And everything alive on earth and sky*

*What is this Power, the Soul that we call?
What is this Power that is alive in us all?
To discover the truth about the Soul
Is our life's Ultimate Goal*

*The Soul is not mortal, it is Divine
It is not yours, it is not mine
It is the Lord that lives in us
To realize this truth, we have missed the bus*

*We never realize that God's in our heart
He never leaves us, never goes apart
It's strange through life for Him we search
In a temple, monastery and church*



SOUL

*God comes to us just as we are born
He creates life and life goes on
Until the moment that He decides to leave
We are alive, we must believe*

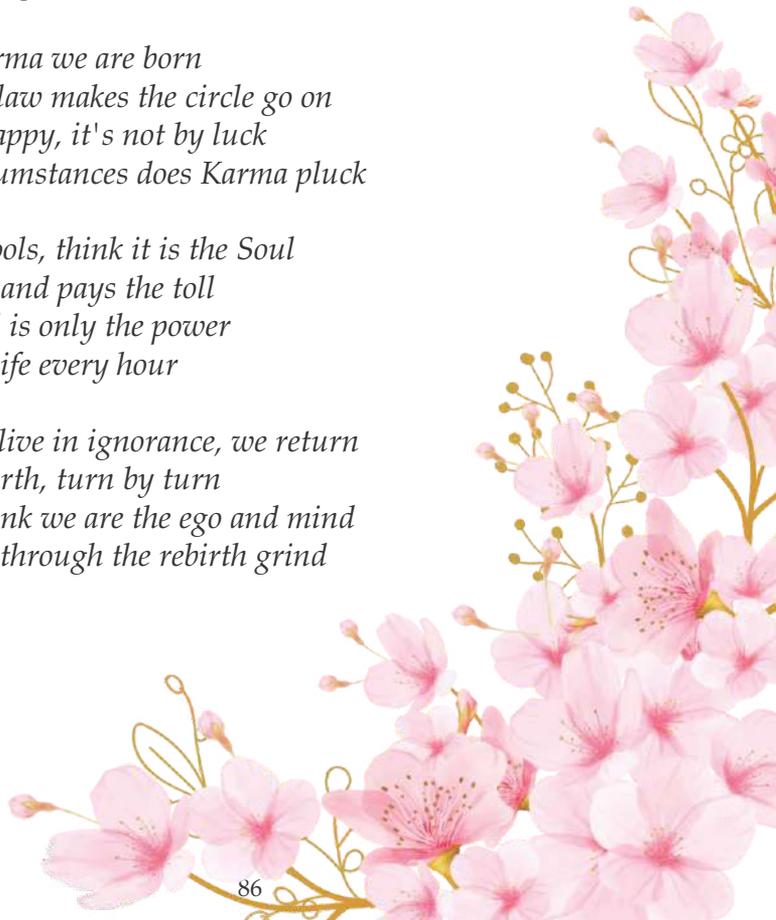
*He has blessed us with body and mind
But that He's within, we never find
We live in this world, we suffer and cry
Until one day, we finally die*

*The body of ours returns to dust
But our actions, of course, redeem we must
Therefore, while the body remains on earth
Our mind and ego takes rebirth*

*As per our Karma we are born
The universal law makes the circle go on
Happy or unhappy, it's not by luck
Our life's circumstances does Karma pluck*

*And we, like fools, think it is the Soul
That is reborn and pays the toll
Know the Soul is only the power
That gives us life every hour*

*As long as we live in ignorance, we return
To suffer on earth, turn by turn
Because we think we are the ego and mind
We have to go through the rebirth grind*



*But once we realize we are the Soul
Not the body and mind as we were told
It is then from this cycle we are free
And with our Lord we can be*

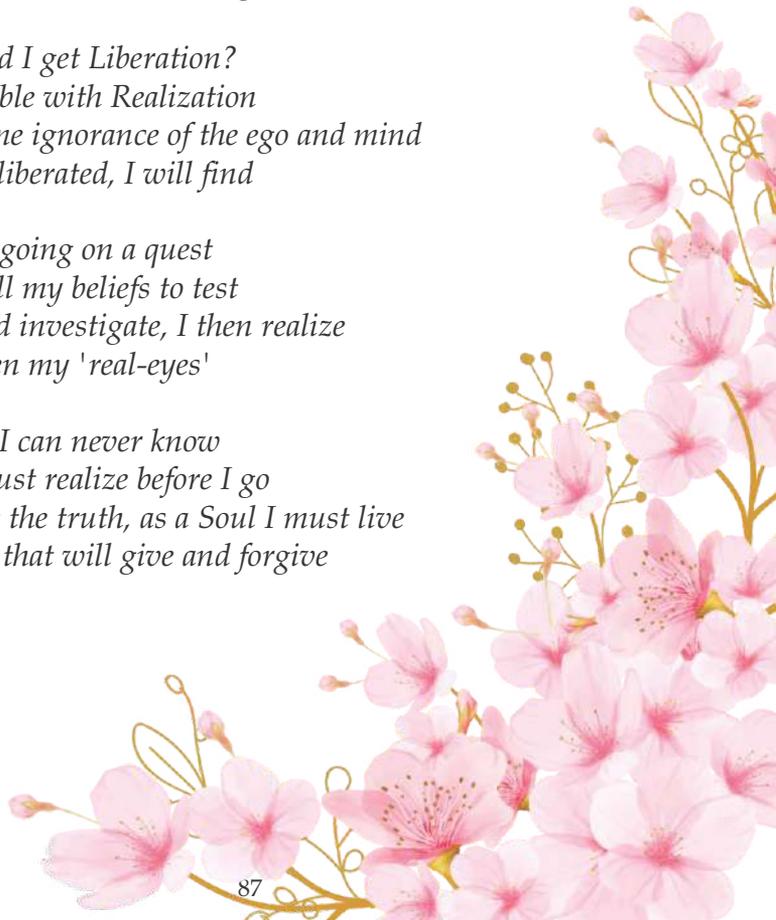
*Then there is no Karma, it is not me
I am the Soul, now I am free
There is no rebirth, once I know the truth
If only I get to the bottom of the root*

*At death, I will not return to earth
My mind and ego won't take rebirth
My Soul with God will then unite
And I will become one with the light*

*But how should I get Liberation?
It is only possible with Realization
I must overcome ignorance of the ego and mind
Then I will be liberated, I will find*

*It all starts by going on a quest
And putting all my beliefs to test
When I ask and investigate, I then realize
It's when I open my 'real-eyes'*

*I am the Soul, I can never know
This truth I must realize before I go
After realizing the truth, as a Soul I must live
Not as an ego, that will give and forgive*



SOUL

*I am not 'I', this is how we must start
Everything is God, in body, mind and heart
When I live as Divine Energy
It is then from the world I will be free*

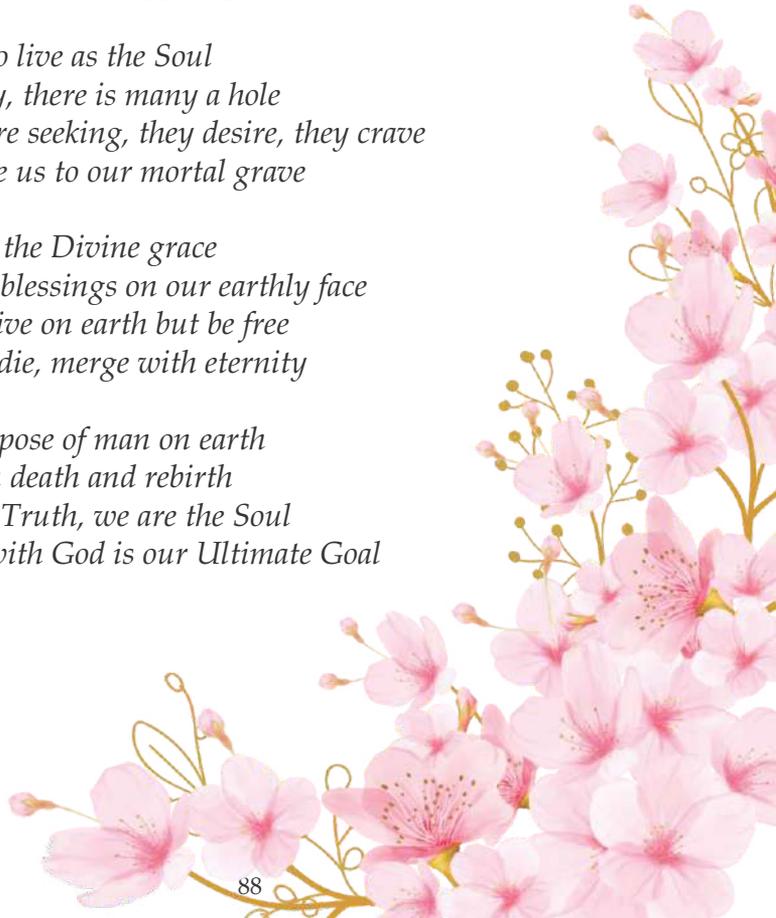
*We think that the Soul is in us
Of course, this is true
But what we don't know is that it's all around us
This news is new*

*We have a Soul, that's what we're told
It gives us life and we live
But the truth is we are the Soul
This realization is life's biggest gift*

*It is not easy to live as the Soul
For in the body, there is many a hole
These senses are seeking, they desire, they crave
And try to take us to our mortal grave*

*But if we have the Divine grace
That pours its blessings on our earthly face
Then we will live on earth but be free
And when we die, merge with eternity*

*This is the purpose of man on earth
To escape from death and rebirth
To Realize the Truth, we are the Soul
And to unite with God is our Ultimate Goal*



27. BUT WE PRAY

*O God! Will you answer my prayers?
O Lord! Will you take away my tears?
O Divine! I am so worried about my fears
We pray, but don't know the meaning of our prayers*

*Of course, most of the world does pray
Not many of us know the meaning of what we say
We just fold our hands and close our eyes
And call out to the one who we think is above the skies*

*If we pray, but don't understand what we say
Then we don't pray, at best we pray!
It's time to stop and find out the truth
What is prayer? Get to the bottom of the root*

*Who is God and where is He?
Aren't our prayers for God meant to be?
If we don't know God, but still we pray
Then who is listening to what we say?*

*We pray because we have some desire
Or because of problems that consume us like fire
Isn't there a reason we go to God?
Or just for fun do we pray to our Lord?*

*Some people pray because they truly love God
There are others who pray out of fear of the Lord
A very few pray to express their thanks
They evolve in life's journey and cross to God's banks*

BUT WE PRAY

*Prayer has a purpose, to God we do talk
Some stop to listen, they don't just walk
Prayer that works is a two-way communication
A tool that leads to ultimate liberation*

*There are rituals and superstitions in every religion
They make us get confused and cloud our vision
We are so controlled by what our scriptures say
That we just blindly follow, day after day*

*Is prayer all about mumbling something to God?
Is it about praying, not knowing who is our Lord?
Unless we first know who God truly is
We may say many prayers, but the main point we miss*

*Therefore, in quest of God, we must go
We must ask questions until we ultimately know
God is not someone made of bone and skin
He is a Power that lives within*

*How do we know that God is a Power?
When will we stop praying at some religious tower?
If we must Realize the Truth about God
First know, who is the one that's praying to the Lord*

*Self-realization marks the beginning of our quest
It asks questions putting every belief to test
Then we realize that we are not ego, body, and mind
We are the Divine Soul, this truth we find*

*What is the Soul? Is it different in you and me?
The Soul is a Power, different it cannot be
It is one Power that gives life to everything on earth
It goes when we die and it comes at birth*

*What is the Soul and where does it go?
Fill two balloons with air for this truth to know
When you deflate the balloons, where goes the air?
It merges with the air that is everywhere*

*So is the Soul, it's not just in us
It's in everything that moves on this earth, and thus,
Man, beast, plant, bird or fish, whatever it be
The Soul creates the life, the Soul is the key*

*Then we realize that everything is God,
We are all nothing, without the power of the Lord.
God is the cause, only effects are we
We would be nothing in the absence of He*

*When we know this truth, it changes our life
We live in bliss, without misery and strife
When God is within, then there is no fear
The Divinity in us wipes out every tear*

*Realization changes the way that we pray
For now, we know who is the one to whom we say
The Divine is not someone sitting up in the sky
He lives within each one of us, right till we die*

*When we know that God lives in every human being
He lives in every animal and every living thing
Then we realize serving humanity is prayer
Our love and compassion, God will surely hear*

BUT WE PRAY

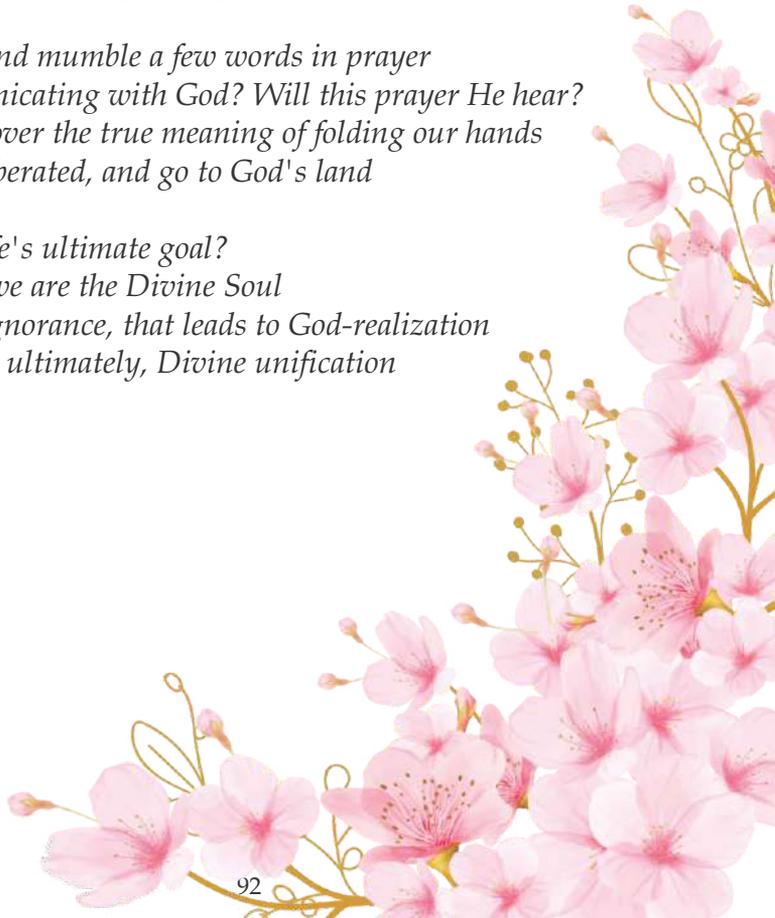
*Prayer becomes simple seeing everything beautiful as God
True prayer is not seeing the beauty, but the Divinity of our Lord
Then we not only pray when a temple bell we ring
But rather, at every song that the little birds sing*

*True prayer is all about being connected with God
Being disconnected with the world, being one with the Lord
Transcending cravings of the senses and desires of the mind
True bliss and peace being with God we find*

*Some people pray hard, but they don't pray smart
For many years they pray, but they never learn the art
True prayer is first knowing to whom we pray
And then understanding exactly what we do say*

*If we rumble and mumble a few words in prayer
Is this communicating with God? Will this prayer He hear?
When we discover the true meaning of folding our hands
Then we are liberated, and go to God's land*

*What is our life's ultimate goal?
It's to realize we are the Divine Soul
Overcoming ignorance, that leads to God-realization
Liberation and ultimately, Divine unification*



28. PEACE

*We are all seeking Happiness
When all we want is Peace
When we turn within, we will find it
And our stress and worry will cease*

*Peace is an inner thing
It is a state of Mind
If we can only be quiet
This treasure we will find*

*There is a Monkey within
That jumps from thought to thought
Our very own Mind is the thief
That must in our quest be caught*

*And so, we lose our Peace of Mind
As we fill our Mind with junk
If we want to restore Peace within
We must make the Monkey a Monk*

*Until we stop this 'Ever Yearning'
And we stop our constant crave
We will take stress and anxiety
With us into our grave*

*Peace is the foundation of Happiness
Without Peace there can be no bliss
If we want to be really Happy
In our Mind we must plant this*

PEACE

*It starts with making the Mind still
Stopping it from a burst of thoughts
Tying the Mind with a virtual rope
Tightly with many a knot*

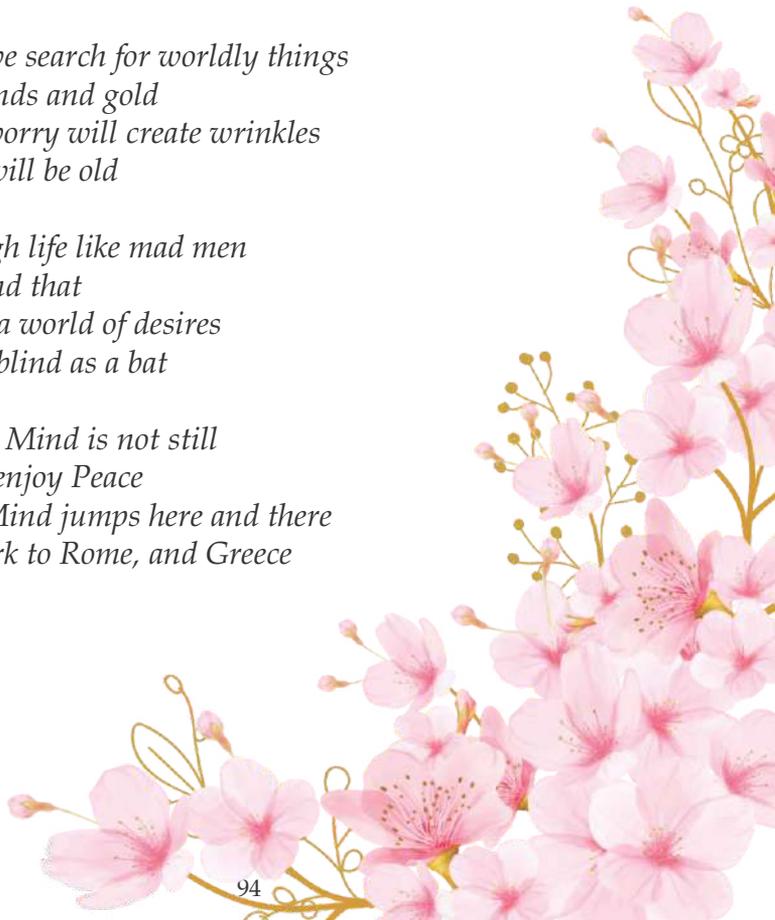
*We live with worry, anxiety, and stress
Right through our life
The cause may be a failing business
Or a nagging husband or wife*

*But the pity is life will soon be gone
And we will lose the treasure of Peace
Only worries we will carry with us
When this gift of life will cease*

*In ignorance we search for worldly things
Rubies, diamonds and gold
Turmoil and worry will create wrinkles
And soon we will be old*

*We run through life like mad men
Seeking this and that
We get lost in a world of desires
We become as blind as a bat*

*As long as our Mind is not still
We can never enjoy Peace
The Monkey Mind jumps here and there
From New York to Rome, and Greece*



*But we don't need to go anywhere
Peace if we want to find
All we have got to do is this
Just still the Monkey Mind*

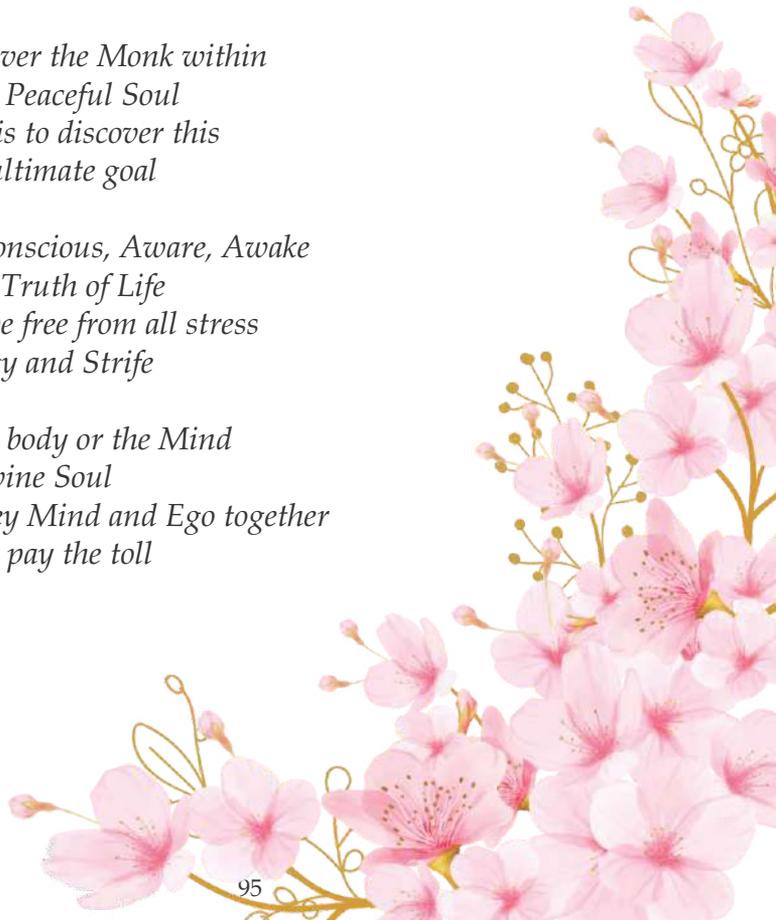
*The Mind fills us with negative thoughts
Of anger, revenge and hate
It creates so much worry and stress
That we exist in a joyless state*

*First we must flip from NEP to PEP
From negative to positive
We must give a shampoo to the Mind
Then with Bliss and Joy we will live*

*We must discover the Monk within
And live like a Peaceful Soul
The challenge is to discover this
It's our life's ultimate goal*

*We must be Conscious, Aware, Awake
To Realize the Truth of Life
Then we will be free from all stress
Worry, Anxiety and Strife*

*We are not the body or the Mind
We are the Divine Soul
But the Monkey Mind and Ego together
Makes the ME pay the toll*



PEACE

*We lose this gift of Peace of Mind
The source of joy and bliss
Because of the Monkey Mind within
This treasure of life we miss*

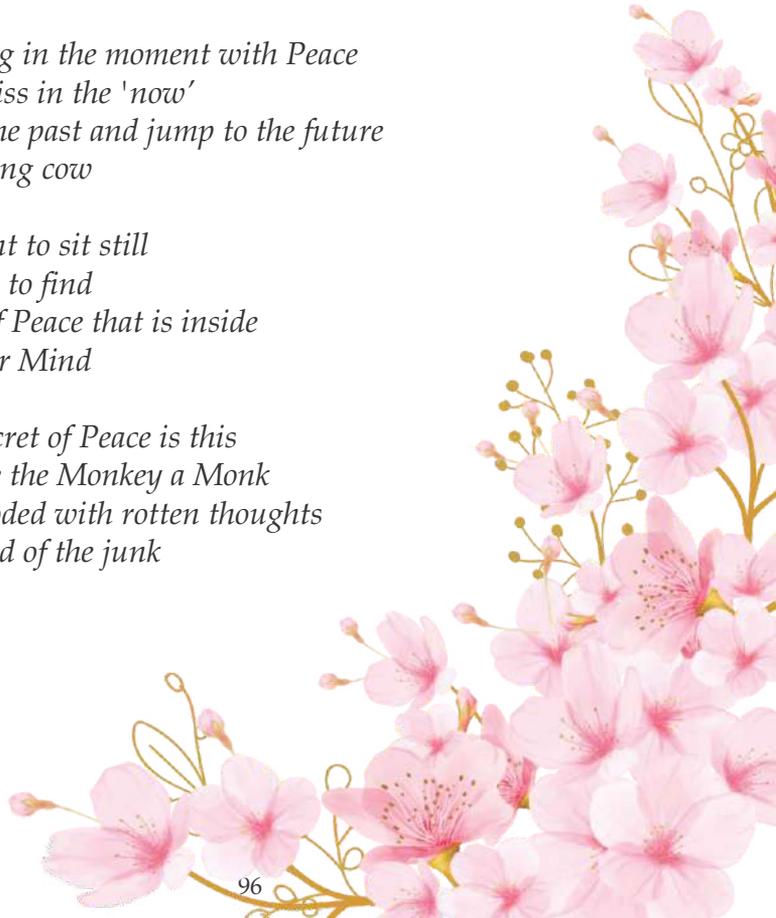
*There is a way to find this Peace
We must cut the Monkey's tail
The 'Ever Yearning' of life must stop
Otherwise, we will fail*

*We come with nothing, we go with nothing
Life is just a show
The Mind makes us just run and run
And then it's time to go*

*Instead of being in the moment with Peace
Living with bliss in the 'now'
We swing to the past and jump to the future
Like a wandering cow*

*We never learnt to sit still
And go within to find
The treasure of Peace that is inside
Is stolen by our Mind*

*And so, the secret of Peace is this
We must make the Monkey a Monk
Our Mind flooded with rotten thoughts
Must be cleared of the junk*



*The Mind seems intoxicated
With all that it has drunk
How will we ever find Peace
Until we make it a Monk*

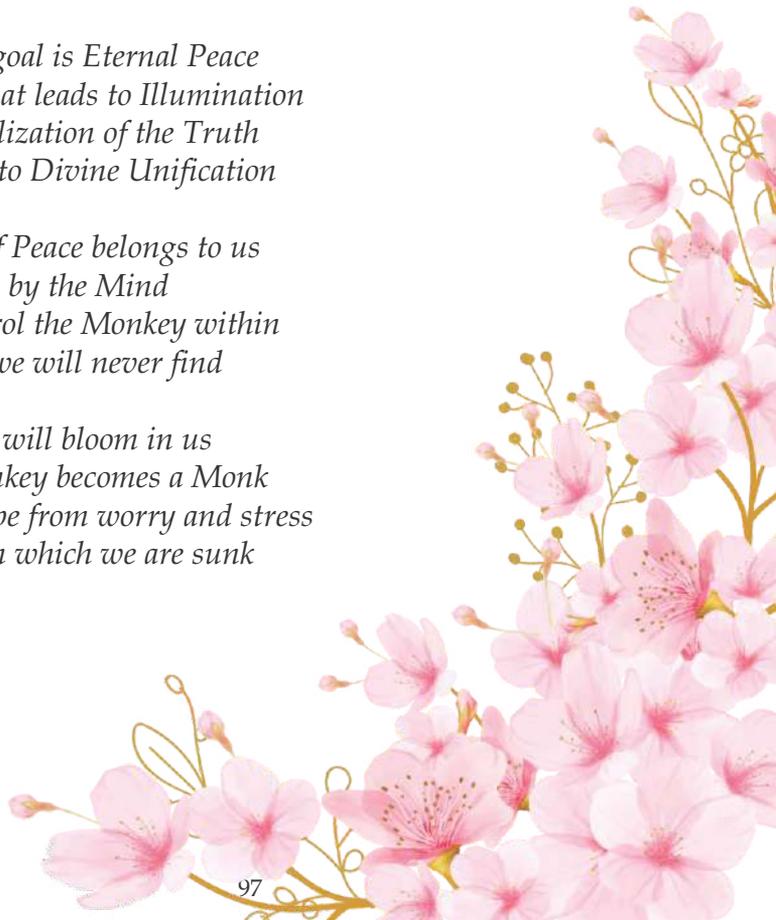
*So, let us start a new journey
To discover the treasure of Peace
Then worry, stress, and anxiety
In life will completely cease*

*We will reach that state of bliss
Of Peace and tranquillity
If we stop the Monkey Mind
Jumping from tree to tree*

*Our ultimate goal is Eternal Peace
Purification that leads to Illumination
And then, Realization of the Truth
That will lead to Divine Unification*

*The treasure of Peace belongs to us
But it is stolen by the Mind
Until we control the Monkey within
This treasure we will never find*

*Peace of Mind will bloom in us
When the Monkey becomes a Monk
When we escape from worry and stress
And anxiety in which we are sunk*



PEACE

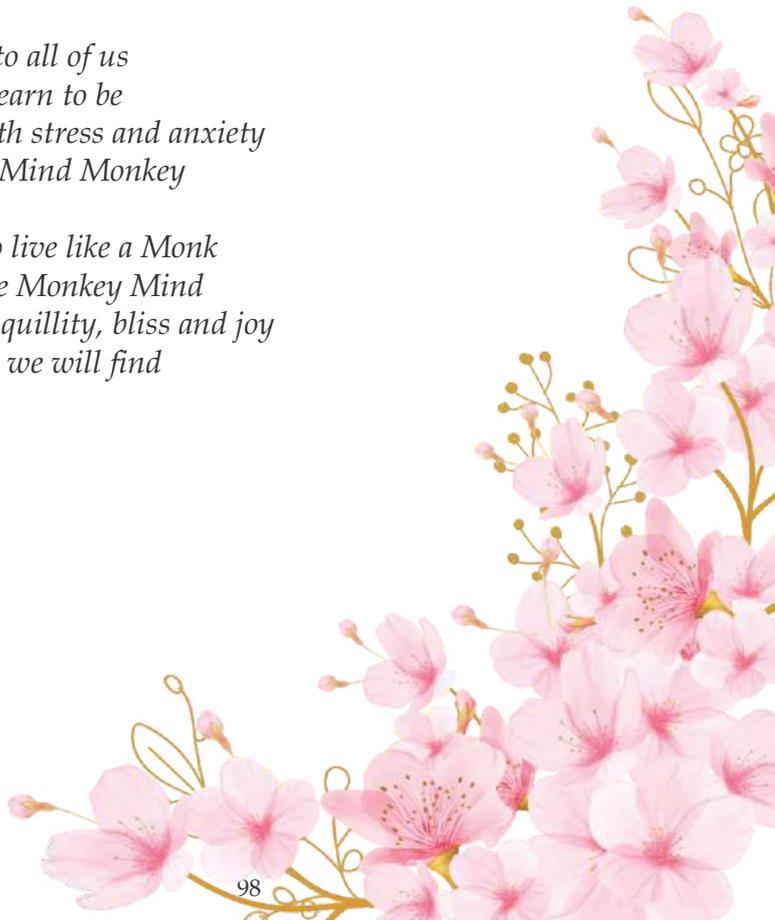
*And so, if you want to be happy, my friend
First, Peace you must find
You cannot enjoy joy and bliss
Until you still your Mind*

*You can experience Peace of Mind
But for this you must be a Monk
If you want pure tranquillity
Get rid of your Mind's junk*

*And when you cut the Monkey's tail
Stop it Yearning this and that
You will discover the Monk within
And Peace within your hat*

*Peace is a gift to all of us
If a Monk we learn to be
But we live with stress and anxiety
Because of the Mind Monkey*

*If we resolve to live like a Monk
Controlling the Monkey Mind
Peace and tranquillity, bliss and joy
Every moment we will find*



29. SatChitAnanda

*Who doesn't want to be Happy?
We all seek Happiness
We search for it from birth to death
But the true treasure of Bliss we miss*

*Success is Happiness, we were taught
And in this myth, we were caught
We won and we lost, we succeeded, and we failed
But Happiness we forgot*

*Happiness is like a Shadow, you see
The more you chase it, the further it goes away
But if you stay still to enjoy it
You will see that with you, it will stay*

*Happiness is not a product or a place
Nor a person that can give you Bliss
Happiness is a state of being, my friend
When will you realize this?*

*From the time we are born, we seek Happiness
Just as we run away from pain
We start seeking pleasure and then we seek Peace
We seek Happiness again and again*

*Ananda is that state of Joy
It is true Bliss without a tear
We transcend the suffering of ego, body, and mind
And we live without worry and fear*

*But this state of Ananda, this state of Joy
Doesn't come to us for free
Until we become conscious of the Truth
In this state we cannot be*

*It starts with the Realization of the Truth
Overcoming the myth in life
Renouncing all superstitions and rituals
That create misery and strife*

*When we go in quest, 'What is the Truth?'
It is then that we get to find
All that we were taught when we were a child
Was a lie, and we were just blind*

*When we are Enlightened with the Truth
It is then we get to know
We are not this body, we are not this mind
This world is just a show*

*We realize that we are the Divine Soul
That causes us to live until death
The day we leave this physical body
There is death, there is no breath*

*But we are that, the Divine Soul
To realize this is our goal
Then, we will experience true Ananda,
In Peace and Joy, we will roll*

*Why is it we don't Realize the Truth?
Why the Truth we don't find?
Because we live as prisoners
Of the ego, body and mind*

*Our quest leads us to the Law of Karma
Our actions make our desires prevail
Then we realize there is no heaven and hell
It is all but a fairy tale*

*Today science agrees we are not the body that appears
Before this there was no synergy
It had warred with spirituality on almost all counts
But today both agree we are energy*

*When we become conscious of this Truth
Then the myth we leave behind
It is then that we open our spiritual eyes
We can see, we are no more blind*

*But soon the mind that's a monkey
Will jump from thought to thought
The Truth that we had realized
Will soon be forgot*

*The challenge is to stay conscious
And to observe as a witness
Only then the Truth that we have realized
Will give us Happiness*

*The Truth is the Truth, no one can deny
But we must be conscious of it
Otherwise though we have the knowledge
We will lose sight of it*

*Consciousness is not an easy thing
It's unknown to the world
Only a few are blessed to experience
What the wise sages had told*

*SatChitAnanda, they used to say
Consciousness, Truth, Bliss
But what this state actually was
Nobody could understand this*

*Consciousness of the Truth is Bliss
But how this Joy, can one find?
Unless one realizes the Truth
They remain prisoners of the mind*

*Ananda is that state of Bliss
It is a state of Joy that's rare
It is eternal Peace and everlasting Bliss
But you must pay the fare*

*You must be conscious of the Truth
If you want everlasting Peace
Then the triple suffering that makes you cry
Will, once and for all, cease*

*Nothing will affect you in this world
As you surrender and you accept
The Divine Leela of the Lord
You will realize you passed the test*

*Nothing is real, it is just like a dream
In the end, we all must go
But if we live conscious of the Truth
We will truly enjoy the show*

*Those who don't know, they fret and fume
They look at the sky and they cry
They try to make sense of what happens
They pray and ask God, 'Why?'*

*But those who live conscious of the Truth
They live a life of Bliss
They have learnt to live in the moment
Forever in Happiness*

*SatChitAnanda is a seamless Joy
Being conscious, living in Peace
Nothing that happens in the world
Can make our Bliss cease*

*For deep within we enjoy Peace
And conscious of the Truth we live
We know it's a dream, it's not real
We love, we laugh and we give*

*But is it easy to achieve this state...
This state of eternal Bliss?
Oh, no! As long as we have the mind
It's difficult to achieve this*

*As long as the monkey mind in us
Creates all the junk
There can be no Ananda
Till the Monkey becomes a Monk*

*Then, we can live with Consciousness
With Peace, with Joy, with Bliss
Nothing that happens in this mortal world
Will steal our Happiness*

*SatChitAnanda is eternal Bliss
It is our ultimate goal
It comes when we transcend ego, body, mind
And we live as the Divine Soul*

30. *NETI NETI TAT TWAM ASI*

*Neti Neti, I am not the Body
Neti Neti, I am not the Mind
If I am not the Body and Mind
Who am I? This must be defined
Tat Twam Asi, I am the Divine Soul, I find*

*If the Truth you want to know
Then on a Journey, you must go
You must Realize 'You are That, not this'
Until you Realize the Truth, there will be no bliss
Then only will Heaven open its door*

*Ghor Avidya is Gross Ignorance
I lived with the Myth, in a trance
Because I didn't know this was just my name
I got caught in my wealth and my fame
And the Truth just missed my glance*

*This world is a Leela, a drama I see
We are just Actors, just transitory
The earth is a Stage, we come and we go
Nothing is real, it is all just a show
We must transcend the Mind and Ego, ME*

*Tattva Bodha is the Knowledge of the Body
We are made of elements five
From dust we come and to dust we will go
This Body is not real, this Truth we must know
To Realize this Truth, we must strive*

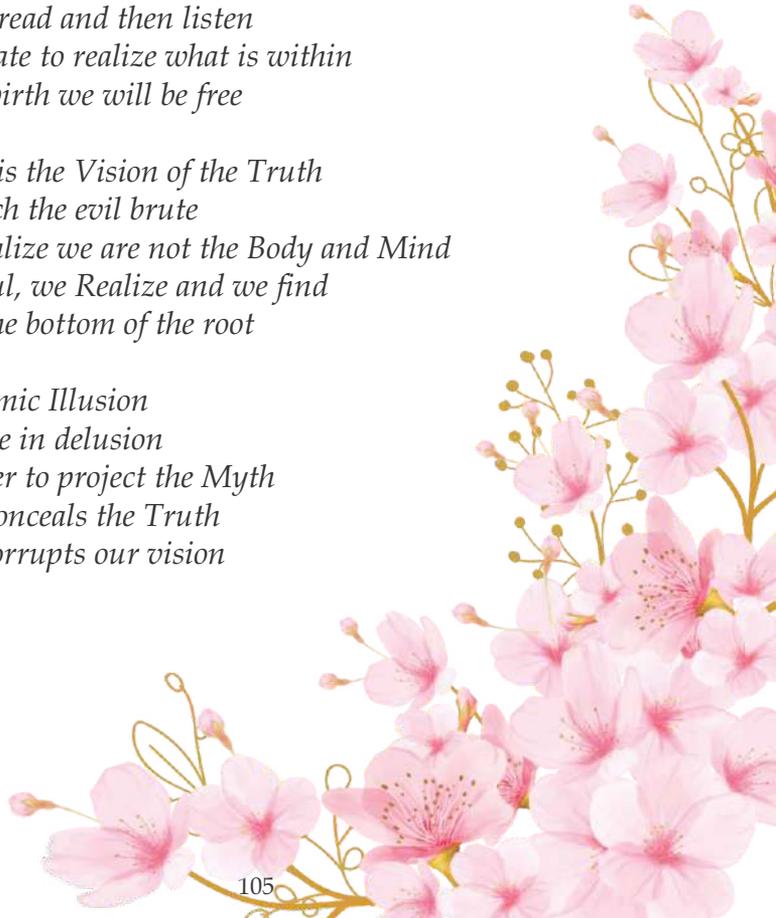
*Atma Bodha is the Wisdom of the Soul
It is the Power that makes us roll
When we realize we are the Atman, the Soul, the Spirit
Not the skin that is outside, but the Power that is in it
Then we achieve our Life's ultimate goal*

*We must start a Talaash, a Quest
And put all our beliefs to test
We must Ask, Investigate and Realize
Only then will we open our 'real' eyes
And our Ignorance will come to rest*

*Sravana, Manana, Nididhyasana
The steps to the Truth are three
We must first read and then listen
And contemplate to realize what is within
Then from Rebirth we will be free*

*Sat Darshana is the Vision of the Truth
It helps us catch the evil brute
It makes us realize we are not the Body and Mind
We are the Soul, we Realize and we find
As we get to the bottom of the root*

*Maya is a Cosmic Illusion
It makes us live in delusion
It has the power to project the Myth
As it does, it conceals the Truth
And thus, it corrupts our vision*



*Aparoksh Anubhuti is Intuitive Realization
We experience the Truth and get Liberation
It is not knowledge that we can get from a book
It is beyond what the ordinary eyes can look
But the reward is Divine Unification*

*Why are we talking of all this?
We don't realize that this is Bliss
When we go on a quest, putting our beliefs to test
We search and search with all our zest
We must not stop or the reward we will miss*

*There are many who are caught in this world of pleasure
They think that money and wealth is the real treasure
They are prisoners of their Body and Mind
They are the Soul, this Truth they don't find
True Peace and Bliss of life they fail to measure*

*There are some who use their Intellect
What is the Truth, they detect
Viveka Chudamani is a treasure, they find
It kills the rascal, the Monkey Mind
And then in Ananda they rest*

*Tat Twam Asi, Thou Art That
Not this, not this, we are That
We are not the Body that we seem to be
Not the Mind and Ego that says, 'It's ME'
We are the Divine Soul, in fact*

*We are the Waker, the Dreamer, the Sleeper - states three
From this Ignorance we must be free
We are Chaturyam, or Turiyam, the state that's fourth
To this Truth we must all march forth
Then the Witness, the Observer we will be*

*Satyam Shivam Sundaram, do you know...
It is a mantra, the Truth it will show
Translated, it means, 'The Truth is God is Beautiful'
Without God, there will be nothing wonderful
With Realization, into this we grow*

*What stops us is Ahamkara, the Ego
Which hides the Truth for the Myth to show
All along we say 'I', 'me' and 'mine'
And so, in agony we live, and we whine
It's time to let go of the Ego*

*And then we must know about the Law of Action
Karma is the Law of Reaction
It states, 'As you sow, so shall you reap'
If you sin, you will take Rebirth and weep
From this cycle, we need Liberation*

*What is the reward if all this we do?
We will be Free from suffering, that is true
Jivanmukti is a state of Bliss
It overcomes all misery, this we must not miss
Otherwise, we will live as if in a zoo*

*A Steady Intellect can transcend the Mind
When the Intellect is Steady, we are Stithpragya we find
It is about living with Realization
And not letting go of Liberation
Until we unite with the Divine*

*To Realize the Truth, we must live in Yoga
Not sink in this world and suffer in Bhoga
Yoga is about transcending the Mind
What the world believes is a myth of a kind
Then we are Enlightened, not blind*

*To Realize the Truth, all this we must know
If we have to cross this worldly shore
Neti Neti, Not this, Not this
Tat Twam Asi will give us Bliss
But to this Truth we must row*

*What is our Life's Ultimate Goal
To Realize we are the Divine Soul
Moksha, Niroana, Enlightenment, it is called
Because of Ignorance, this Truth is stalled
Until our Death, we just roll*

*To Realize this Truth, we need a Master
Then to the Goal, we will go faster
It is the Guru that takes us from Darkness to Light
A Spiritual Master tells us what is right
Reward is Joy, Bliss, and Laughter*



*And then, our Journey to God we will start
We Realize God lives in the Temple of our Heart
God is the Power that lives Within
It is a myth that he is made of bone and skin
And from all old beliefs, we will depart*

*I too lived in Ignorance for years
Until I Realized the Truth with tears
I finally realized that this was just my name
And I was glad and ended all my shame
And I got rid of all my Fears*

*If we want God-Realization
Then we must start with Self-Realization
Are we the body and mind? We are not this
Then, we realize we are That and live in Bliss
And then, we experience Unification*

*But there cannot be Unification
Unless first, there is Liberation
We must be Liberated from the Ego and the Mind
We are the Soul, this Truth we must find
And all this starts from Realization*

*Not this Not this, start your Quest
Thou Art That, only then you rest
Till you discover who you are not
You will never Realize, in the myth, you will be caught
Don't lose your Spiritual zest*

32. SATYAM SHIVAM SUNDARAM

*Aren't we all looking for God...
In a temple and in a church?
Once we Realize Satyam Shivam Sundaram
It will end our search*

*The Truth is God is in everything Beautiful
God doesn't dwell in Heaven or Hell
Let us grow beyond the fairy tales
The stories that our scriptures tell*

*God is a Power that is everywhere
God is in you and me
God is in the Beauty all around
Alas! We cannot see*

*Though our eyes can see, we are blind
We can't see the spiritual Truth
All the beauty around us is God
We see the fruit, but not the root*

*Who is, where is, what is God
When will this Truth we Realize?
When we stop looking at the material world
And when we open our 'Real Eyes'*

*What is it that makes our heart, beat?
We must see beyond bone and skin
God is the one who lives inside
God is the Power within*

*Just as God dwells in you and me
God is the cause of life on earth
Without God, there would be nothing in the world
No one would ever take birth*

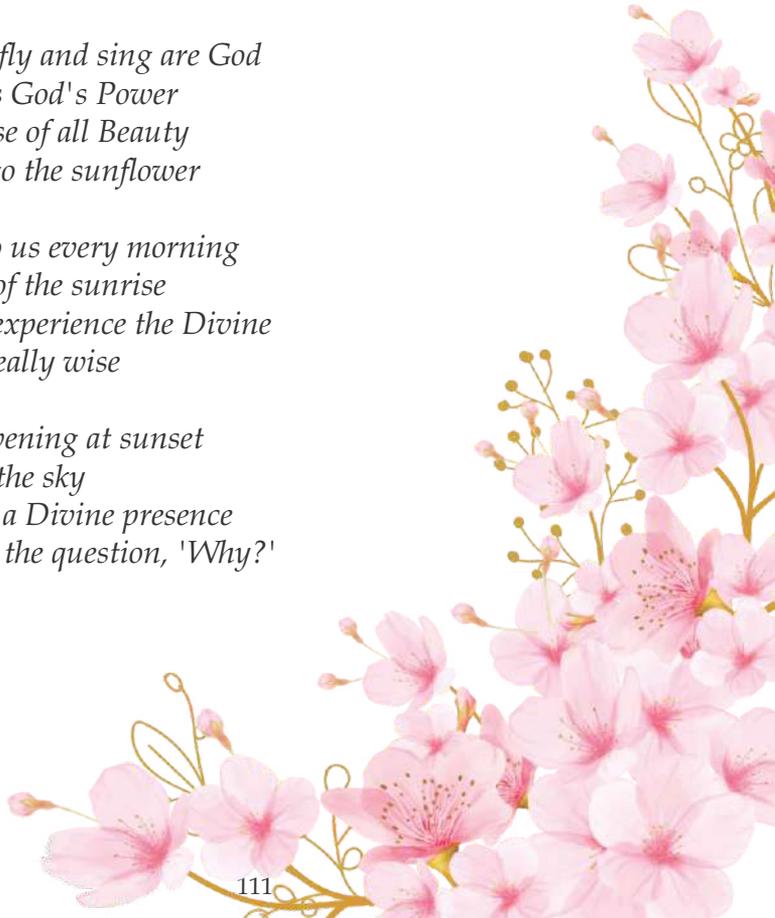
*But because we don't really love God
We don't go on a Spiritual Quest
If only our yearning was deep and true
We would pass the ultimate test*

*We would see God in all the beauty around
In each and every beautiful flower
We would feel God's Divine presence
At night in a twinkling star*

*The birds that fly and sing are God
Their beauty is God's Power
God is the cause of all Beauty
From the sun to the sunflower*

*God appears to us every morning
In the Beauty of the sunrise
But very few, experience the Divine
Very few are really wise*

*When in the evening at sunset
Colours paint the sky
We experience a Divine presence
But do not ask the question, 'Why?'*



*We must Realize God is in all that is Beautiful
We must know that God is the cause
If not for God, there would be no beauty
We must experience God as we pause*

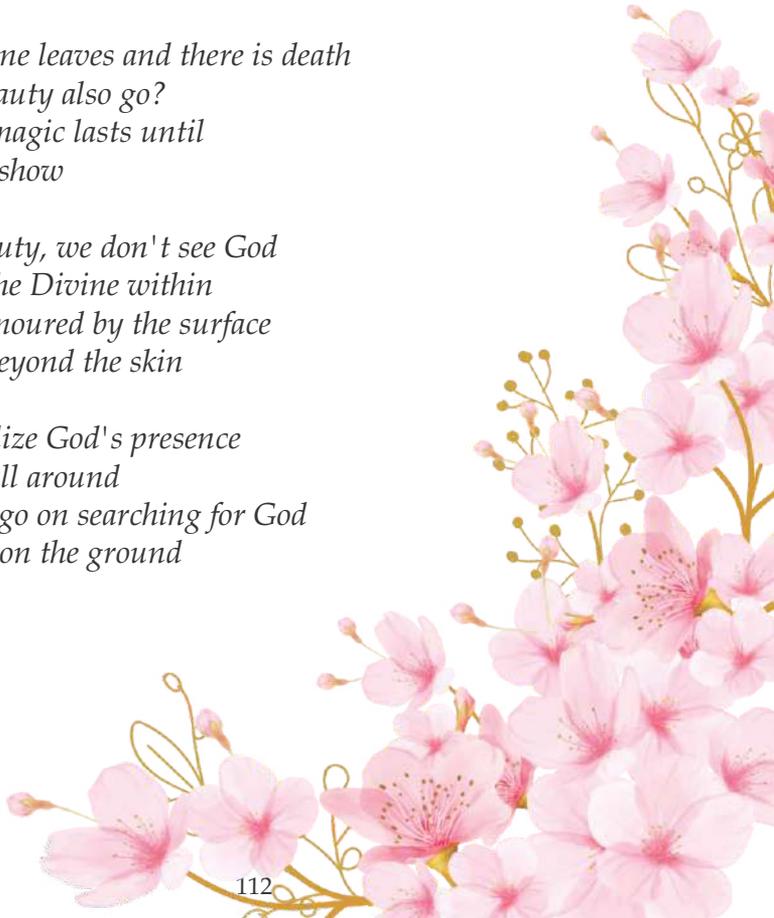
*It is in stillness that we experience God
When we stop the chatter of the mind
Then, in everything beautiful
God, we will find*

*For when we look deeper, what do we see?
God is the cause of the magic
The beauty we see is the Lord Divine
It is nothing but simple logic*

*When the Divine leaves and there is death
Doesn't the beauty also go?
The beautiful magic lasts until
The end of the show*

*But we see beauty, we don't see God
We don't see the Divine within
We are so enamoured by the surface
We don't see beyond the skin*

*If only we Realize God's presence
In the beauty all around
We would not go on searching for God
In the sky and on the ground*



*God is right here, God is now
In all the beauty we see
The ecstasy that we feel in our heart
It is none else, it is He*

*But as long as we do not Realize the Truth
We will continue our search for God
And though God is in all the beauty around
We will not see our Lord*

*We are taught that God is a statue
That God is a Divine Saint
And so, we don't experience God in the beauty
In the magic that God does paint*

*It is God Himself that appears
On earth as you and me
All the beauty in the skies and the land
Without God would not be*

*God is the cause, we are just effects
Like the wave is caused by the ocean
The moment you remove God, the cause
There would be no creation*

*Satyam Shivam Sundaram is the chant
That reveals that God is in everything Beautiful
It makes us experience the Divine in beauty
And then makes our life blissful*



*We will experience the Divine presence of God
Every moment, all the while
We don't need to wait to talk to our Lord
God's beauty will make us smile*

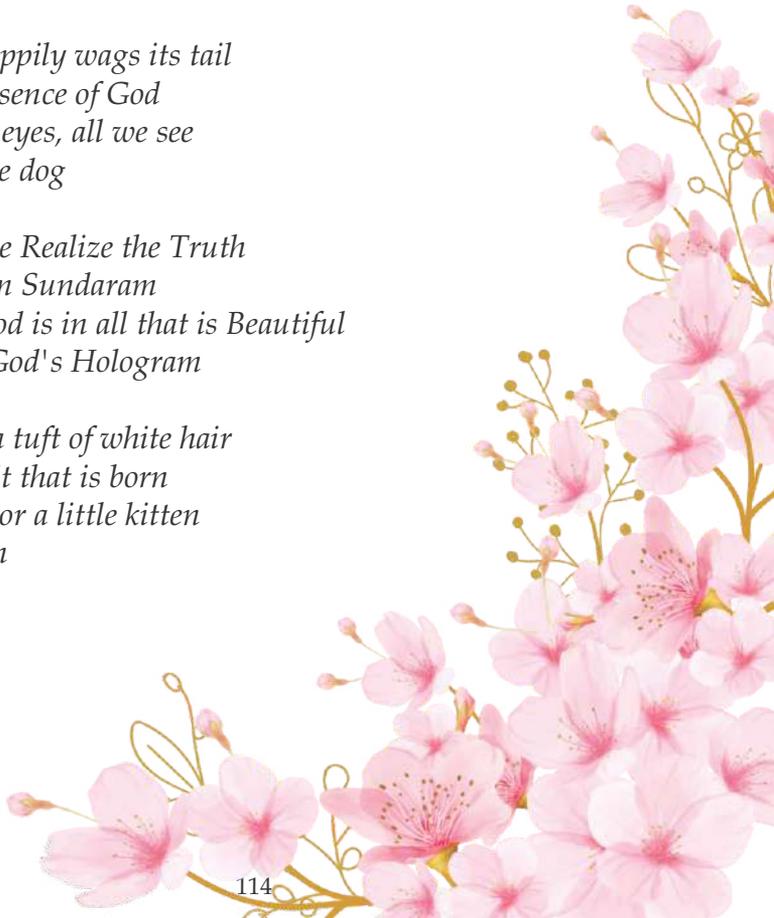
*For when we feel God's Divine presence
In the wind that upon us blows
We will feel God in the rain that pours
And in the sun that glows*

*We don't just look at the beauty
When we see a gorgeous butterfly
We hear God as a bird sings
Flapping its wings in the sky*

*When a dog happily wags its tail
We feel the presence of God
Though to our eyes, all we see
Is just our little dog*

*Deep within we Realize the Truth
Satyam Shivam Sundaram
The truth is God is in all that is Beautiful
This world is God's Hologram*

*Whether it be a tuft of white hair
In a baby rabbit that is born
A child, a pup or a little kitten
God does adorn*



*And when God-energy decides to go
The end of the magic starts
All the beauty disappears
When the Divine departs*

*When will we Realize this Divine Truth...
That God is in all that is Beautiful?
When will we Realize God in our heart...
That will make our life meaningful?*

*Our search for God will come to an end
As we experience God all the time
In all the Beauty, we see, smell and touch
God we will find*

*So, the next time you want to Pray
Feel God in the blowing of the breeze
Feel God's Divine presence and love
In the swaying of the trees*

*All it needs for us to do
Is to open our 'Real Eyes'
Then everything beautiful that we see
Is God, we will Realize*



32. WHEN YOU OVERCOME THE FEAR OF DEATH, YOU START TO LIVE

*Why die every day in fear?
Why fear death and cry?
Let's overcome the fear of death
And celebrate each day till we die*

*Fears are False Expectations
A False Expectation Appearing Real
It makes the wolf seem bigger than it is
Fear steals our life-treasure, our pearl*

*When we let fear take control of our life
It stops us from doing what we must do
It imprisons us within our own mind
It makes us feel blue*

*Every moment we think, 'I will die'
We are scared of the ground and the sky
Fear fools us that death is waiting
Makes us miserable and cry*

*We are scared of a disease
Think a coughing virus will kill
Fear steals from us our immunity
Robs from us our will*

*As long as we live with the fear of death
We will lose this gift called life
It may seem we are walking and talking
But inside, we are full of strife*

*We must use courage to overcome fear
Live with confidence and surrender to His will
Not be scared of a disease or an animal
And constantly fear that it will kill*

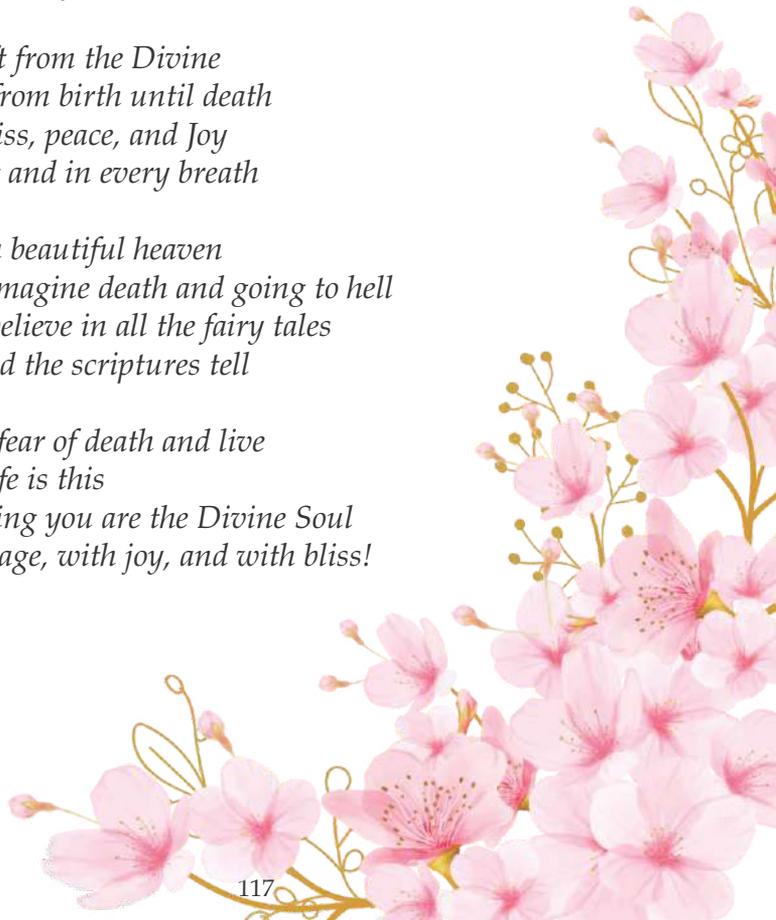
*For death is certain and it will come
But it will come but once
If we live with the constant fear of death
In life, we will forget to dance*

*I am not this body that will die
That I am the ego and mind is a myth
When we realize we are the Divine Soul
Then we celebrate life, the Truth*

*For life is a gift from the Divine
We must live from birth until death
Living with bliss, peace, and Joy
Every moment and in every breath*

*This world is a beautiful heaven
We must not imagine death and going to hell
We must not believe in all the fairy tales
That people and the scriptures tell*

*Overcome the fear of death and live
The secret of life is this
Kill fear realizing you are the Divine Soul
Live with courage, with joy, and with bliss!*



33. WORLD PEACE! A SIMPLE SOLUTION

*There is a simple solution for World Peace
A way that the whole world must know
When we Overcome our Ignorance and Realize the Truth
Then we will peacefully enjoy the show*

*Why do we fight with each other?
Why all these battles and wars?
Because we don't realize we are not different from each other
Our life is full of tears and scars*

*We want to be more powerful and rich
Just as we are driven by our greed
Our mind makes us desire and envelops us in ignorance
Never satisfied, fulfilling our need*

*But what did we bring to earth?
And what will we take when we go?
When we Realize the Truth that this world is not real
We will blissfully enjoy the show*

*The solution for World Peace is simple
It is in Realization of the Truth
It is being Enlightened and Overcoming our Ignorance
Till we get to the bottom of the root*

*Why do we battle with one another?
What is the cause of the fight?
When we investigate what triggers our conflict
Only then will we see the light*

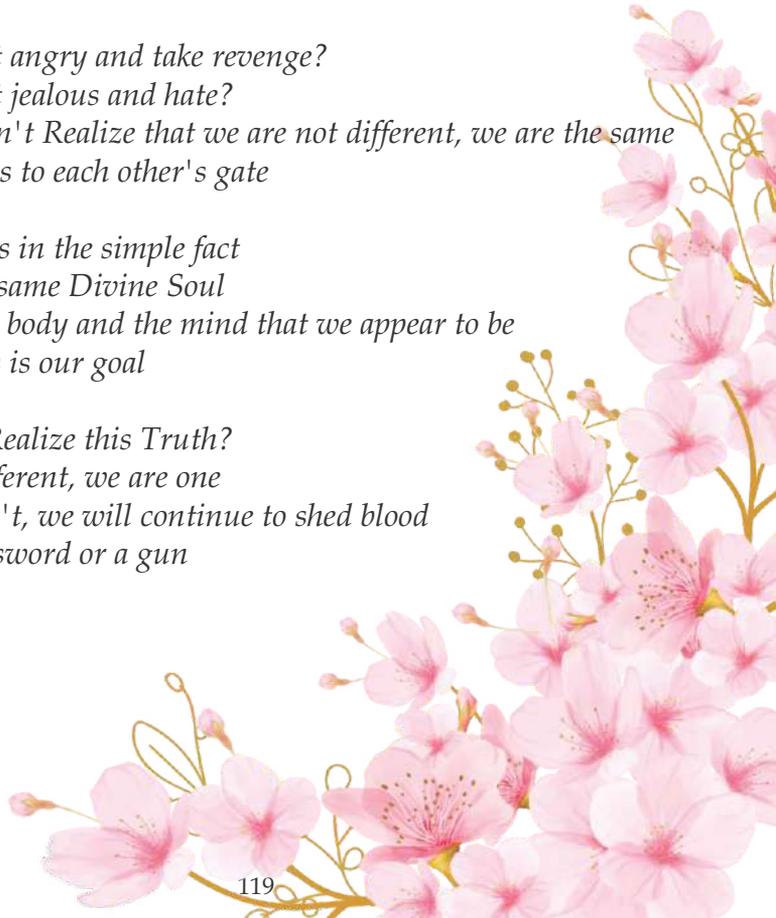
*The root cause of all wars is the ego
It makes us believe that we are 'I'
Together with the mind, it makes us different from others
And we are ready to make others die*

*I am an American, you are an Asian
I am better than you
When we compete with one another, there are battles
Isn't this what we do?*

*Why do we get angry and take revenge?
Why do we get jealous and hate?
Because we don't Realize that we are not different, we are the same
We take swords to each other's gate*

*The answer lies in the simple fact
We are all the same Divine Soul
We are not the body and the mind that we appear to be
To Realize this is our goal*

*How will we Realize this Truth?
We are not different, we are one
For till we don't, we will continue to shed blood
Be it with the sword or a gun*



*This body starts with nothing and ends as dust
And have you ever seen the mind?
When you go on a quest to Realize the Truth
Who we truly are you will find*

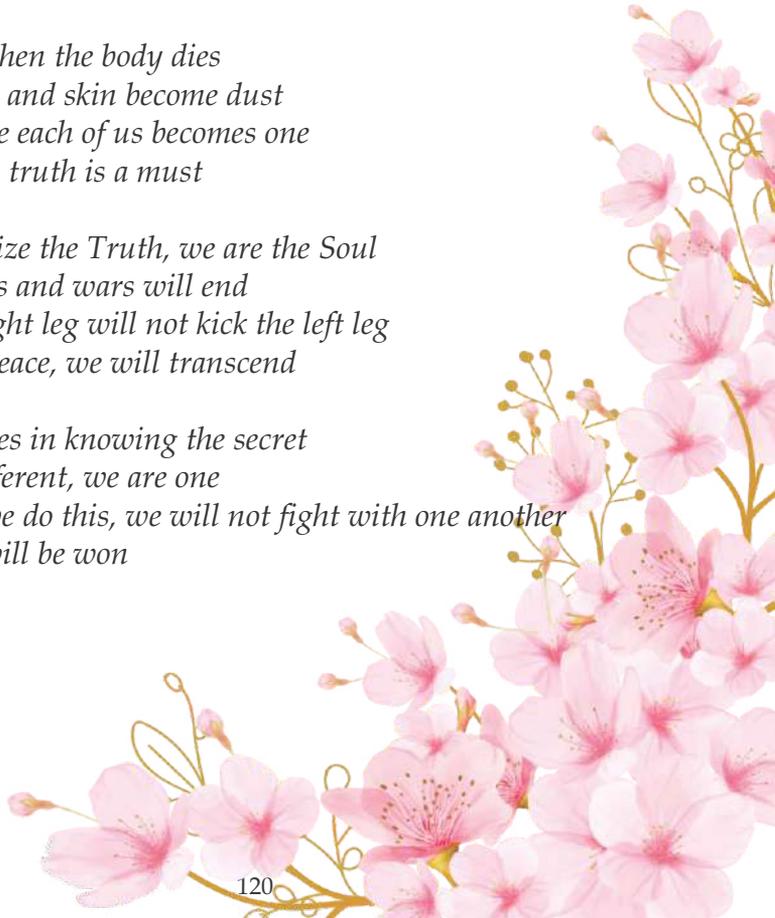
*In essence, we are all Energy
Even science confirms this fact
That every cell of the human body is not matter that we seem to be
We are Divine Energy, in fact*

*When you burst two balloons full of air
Where does the air in them go?
The air in the balloons merges with the air that is everywhere
This truth for sure, we know*

*So, at death, when the body dies
And our bones and skin become dust
The Soul inside each of us becomes one
To Realize this truth is a must*

*When we Realize the Truth, we are the Soul
Then all battles and wars will end
Just like the right leg will not kick the left leg
From war to Peace, we will transcend*

*The solution lies in knowing the secret
We are not different, we are one
The moment we do this, we will not fight with one another
World Peace will be won*



*Why is the world today in pieces?
Why is there no Tranquillity and Peace?
Until we Realize the Truth of who we are
Conflicts will never cease*

*But once there is Realization of the Truth
Then, there is no need to fight
Why kill one another and lose our Peace of Mind
This Realization comes to light*

*Although we appear different on the outside
The Truth is we are all the same
We are all manifestations of the one Divine
This is His Divine Game*

*But because this secret we don't understand
We fight and lose our Peace of Mind
But once we Realize we are all the same Divine Soul
We will be loving, compassionate and kind*

*For this, we must Overcome our Ignorance
And the Ultimate Truth we must know
The Power that makes creatures walk, run and crawl
Is the Power that has created this show*

*The Creator is everywhere, in everything
The Power that is in you and me
When we Realize that we are all a part of the Lord Divine
Peace in the world there will be*

*Would we take a sword and kill God?
Would you hate the Lord Divine?
If we knew that every enemy was in fact, the Almighty
All war we would rewind*

*Then there would be an end to all battles
And all wars in this world would cease
When we Realize the Truth of who we truly are
The world will surely have Peace*

*But till we don't Realize the Truth
We will hate each other and fight
We will even drop nuclear bombs and destroy cities
Just to prove our might*

*But once we Realize the Divine Truth
That we are all the one Divine Soul
Our hate, our anger, our jealousy and our revenge
Will burn away like coal*

*We must go beyond nationalities
And religions we must leave behind
We must give up all differences that cause war
Then, Peace we will find*

*We must learn to accept one another
And not identify each other by the colour of the skin
Then, there will be Peace all over the world
If we Realize the Lord within*

*Aren't we all just travellers?
We come into this world at birth
But we live with ignorance, with stress, worry and anxiety
And lose our Peace on earth*

34. MANY PROBLEMS, ONE SOLUTION

*Problems, Problems are everywhere
My life is in such a mess
I feel so sad and miserable
With worry, anxiety and stress*

*It all started when I was a child
My exams made me cry
And then, it was heartbreak
I looked up at the sky and asked 'Why?'*

*And then, I tried to succeed
But failure came in the way
My life was full of sleepless nights
I faced problems every day*

*I was worried and there was fear
And this stress cost me very dear
I had anxiety attacks in my mind
My depression left all Peace behind*

*Everybody has problems as I looked around
There was hate and revenge on the ground
Jealousy and anger were here and there
The problem monsters were everywhere*

*But then I stopped and I took a pause
Everybody has problems but what is the cause
Who is the one who suffers the pain
I searched for the answer, not in vain*

*I could see the misery of the mind
Suffering of physical pain, a different kind
But far worse was the agony of the ego
This triple suffering was part of the show*

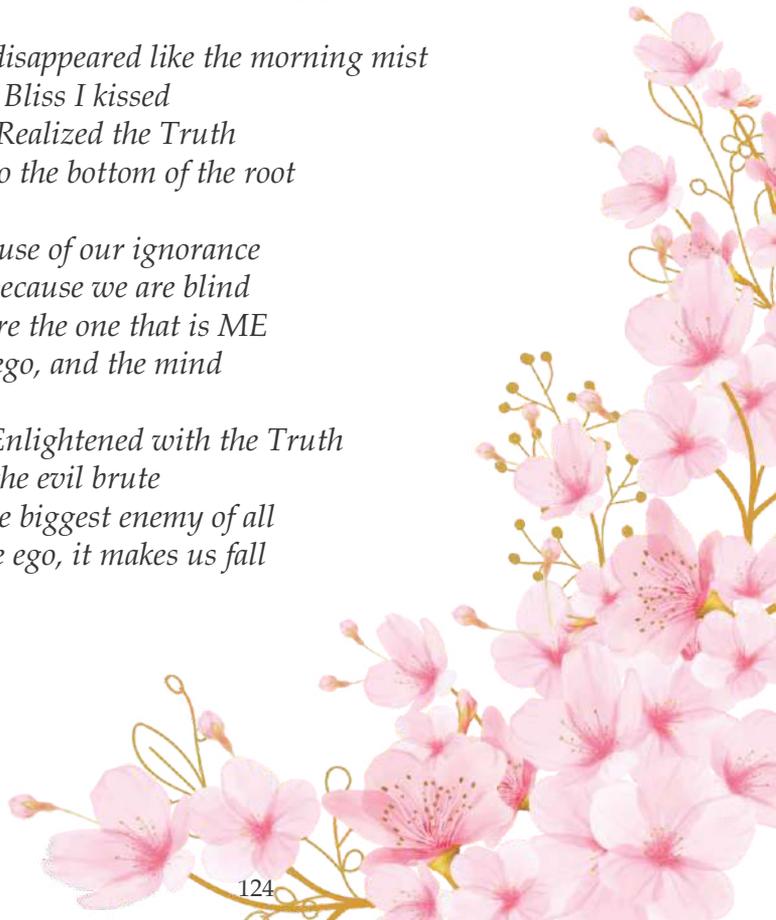
*So are we meant just to cry and to die?
As the problems trouble, must we just lie
Aha, no! I found there was magic
One solution with a clear logic*

*Who is it that suffers the pain?
Body-mind-ego cries again and again
But when I Realized I was the Divine Soul
There were no problems, I achieved my goal*

*My problems disappeared like the morning mist
Peace, Joy and Bliss I kissed
It was when I Realized the Truth
When I went to the bottom of the root*

*We suffer because of our ignorance
Problems are because we are blind
We think we are the one that is ME
The body, the ego, and the mind*

*When we are Enlightened with the Truth
We can catch the evil brute
The mind is the biggest enemy of all
Along with the ego, it makes us fall*



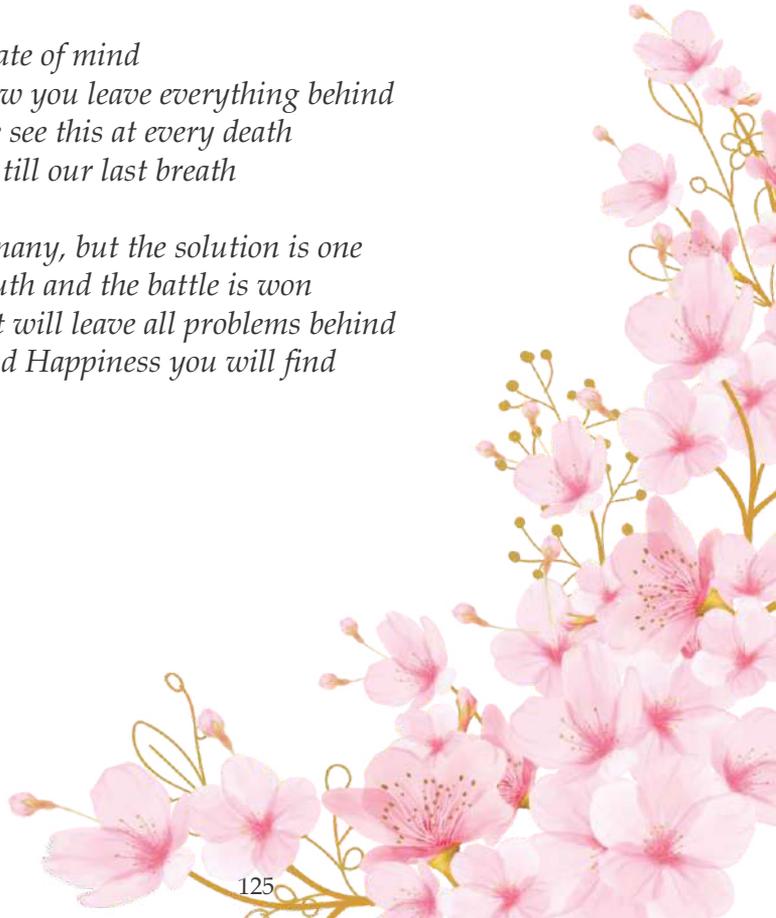
*When I saw the mind was full of junk
I tamed the monkey and made it a monk
And as I transcended all evil thoughts
All my problems I had fought*

*For the problems don't actually belong to me
Ignorance makes me live with the wrong identity
When I Realize I am the Divine Spirit
Then all my problems disappear with it*

*For then I know life is just like a dream
No need to worry, no need to scream
At the end it will be time to go
Forget your problems, it is just a show*

*Poverty is a state of mind
Don't you know you leave everything behind
But though we see this at every death
We are greedy till our last breath*

*Problems are many, but the solution is one
Realize the Truth and the battle is won
Enlightenment will leave all problems behind
Bliss, Peace and Happiness you will find*



35. LIVE LIFE MOMENT BY MOMENT

*Life is just about this moment, are you living it?
Or has life escaped you, bit by bit?
Life is just about the 'now,' make the best of it
Celebrate every moment of life, don't just simply sit*

*Life is not about yesterday, yesterday is gone
Life is not about tomorrow, it is not yet born
Life is about this moment, life is about 'now'
I'll be Happy every moment, take this solemn vow*

*Life has a purpose, we don't realize that it's a big treasure
Life is not just meant to be chasing every pleasure
Every moment of life is given to realize this
Moment by moment, we lose life chasing Happiness*

*Life is not a long journey that starts at birth
Life is not all about the years that we live on earth
Life is not the many years that we live till we die
Life is blissful now, let's sing like a bird in the sky*

*Most of us are missing life, waiting for it to pass
We don't know how to truly live, did we miss this class?
Life is not a long journey that will go on and on
Life is about 'now', tomorrow it may be gone*

*Many of us fill our life with fear, worry, and stress
We don't know how to live life with Peace and Happiness
Those who learn to live life, living in today
They smile, laugh, and love, no matter what comes their way*

*There is only one way to live, it is living in the 'now'
Not facing all our problems, with sweat on our brow
We must do our best with life, with the given plough
And then, surrender to what will be, this we must allow*

*For what can man do, other than doing his very best
Once he does that, to the Divine, he surrenders the rest
He learns to live each moment, with faith, trust and hope
And so, with life's battles, he is able to cope*

*Those who lose the treasure of life filling their mind with junk
Those who don't tame their monkey mind and make it into a monk
They live their life jumping from a thought to another thought
Life is just about 'now', this truth they forgot*

*The enemy, the thief, the rascal, is our very own mind
It bombards us with thoughts and steals our life, we find
Moment by moment, we lose life as we desire and we crave
It is our mind, that makes us cry, right until our grave*

*Instead of accepting whatever happens, living with a smile
We cry, we scream, and we question, unhappy all the while
We don't realize that what is unfolding in life every day
It's a reaction of our own actions, the price we must pay*

*Life has a purpose, we must realize this before we die
Life is not just about wandering on earth and in the sky
Before we die, we must achieve our life goal
To realize we are not body and mind, we are the Divine Soul*

*If we let the moments of life pass one by one
Though we achieved trophies, and victories we won
Before we realize our treasure of life will be gone
We will suffer on earth and then, we will be reborn*

*We must live every moment Conscious of the Truth
We must invest every minute getting to the root
Moment by moment, we must live, in Consciousness
Realizing the Truth, and with it, getting eternal Happiness*

*The sun will rise, and the sun will set, soon life will pass by
Moment by moment, day by day, we will laugh and cry
But how can we live without Sorrow, with Peace and Happiness
It's by living moment by moment, we must learn this*

*If moment by moment, we let our life simply pass
When we wake up, it may be late, we will cry, Alas!
The gift of moments was given to us, for us it was to use
But we lost moment by moment, this why did we choose?*

*It's not too late, we can wake up, and start living 'now'
We can find the purpose of life and stop grazing like a cow
We are still alive, and our moments are yet in our hand
We can live life, not let it slip away, just like grains of sand*

*Death is certain, we can't escape it, every 'body' must die
There is no use to look up at the sky, to cry and ask 'why?'
The only way to live life moment by moment with Joy
Is to be Conscious of the secret – Who is this 'I'*

36. THE SPIRITUAL JIGSAW PUZZLE

*Just as children sit around
For a Jigsaw Puzzle to Solve
We too must pick up all the pieces
In life, for us to evolve
Piece by piece, as the puzzle fits
The picture will appear in bits*

*Enlightenment is the ultimate goal
Not in diamonds and gold, to roll
Those who are only chasing happiness
Can end their life in a mess
But those who attain Enlightenment
Go beyond Achievement and Fulfilment*

*Are we the Body? No, it will die
One day we will leave and fly in the sky
Are we the Mind? Let's try and find
Where is the Mind? We just can't find
When we let go of the Ego in whole
We Realize we are the Divine Soul*

*But how to get to the Divine Truth?
How to reach the bottom of the root?
Confronting us is the enemy, Mind and Ego, ME
It stops us from being who we are meant to be
Until we kill the Ego and Mind
Enlightenment we will never find*

*How should we start? Must we go on a Quest?
Should we put all our beliefs to test?
What about all those things we did learn?
Is it necessary, that the myth we unlearn?
Yes, if one wants to Realize the Truth
All ignorance, he must uproot*

*Why is it that we are miserable and sad?
Isn't there a way to be always glad?
Yes, if we realize, this is just a show
We are mere actors who come and go
Then, we will be free from suffering and pain
And from Rebirth, again and again*

*But for that, this Puzzle is a must
All that's in it, we have to Trust
Piece by piece, the Truth will flow
Till we are Enlightened with the glow
When the Truth we get to see
We will transcend Mind and Ego, ME*

*But once the pieces fit in place
We'll be transported to a new space
We are not Body, we are not Mind
We are the Soul, we will find
Then we will reach our Ultimate Goal
With God will Unite, our Divine Soul*

*This is the Purpose of our life
Not to struggle with misery and strife
This Puzzle will help us go within
To Realize we are not just bone and skin
Then beyond Contentment and Fulfilment
Will come the 'Aha!' of Enlightenment!*

37. THE FOUR QUARTERS OF LIFE

*One, two, three, four
Life has Quarters Four
Our journey is made of four parts
Not just smiles and hearts
Life is not just to learn and earn
Then leave behind wealth for others to burn
Let us learn to live and die
In a manner that others will cry*

*Everybody in this world must die
When the body dies, we depart to the sky
But who is that one, who is that 'I'
That moves on after we die?
The journey of life starts at birth
There is a purpose for us on earth
If we don't Realize this, we suffer pain
And we will come back again and again*

*For every living creature, there's a plan
How long they live, what's their life span
A human being lives for seventy years
But our dog dies at ten, filling our eyes with tears
But why cry, why question, 'Why?'
Why can't we accept the will from the sky?
Whoever is alive on earth must go
Such is God's Divine show*

*But many of us, we just sleep
Finally, we wake up, and we weep
We think life will go on and on
But in a flash, the treasure is gone
Every moment is a gift to spend
Realize this before your end
Wake up to life's Quarters Four
Before death pushes you out of the door*

*The First Quarter of life is to learn
Every small child must pages' turn
And then the Second Quarter is to earn
Earn money that others will burn
Most of us just live these Quarters two
Those who go beyond are very few
The Quarter Three, the few who seek
They reach life's ultimate peak*

*But most of us just live and die
Don't discover the Truth of 'Who am I?'
Why did we come to planet earth
Why were we blessed with a human birth
Only those who take an exit from achievement
Move onward and find Enlightenment
They escape from the cycle of death and rebirth
Become one with God, don't return to earth*

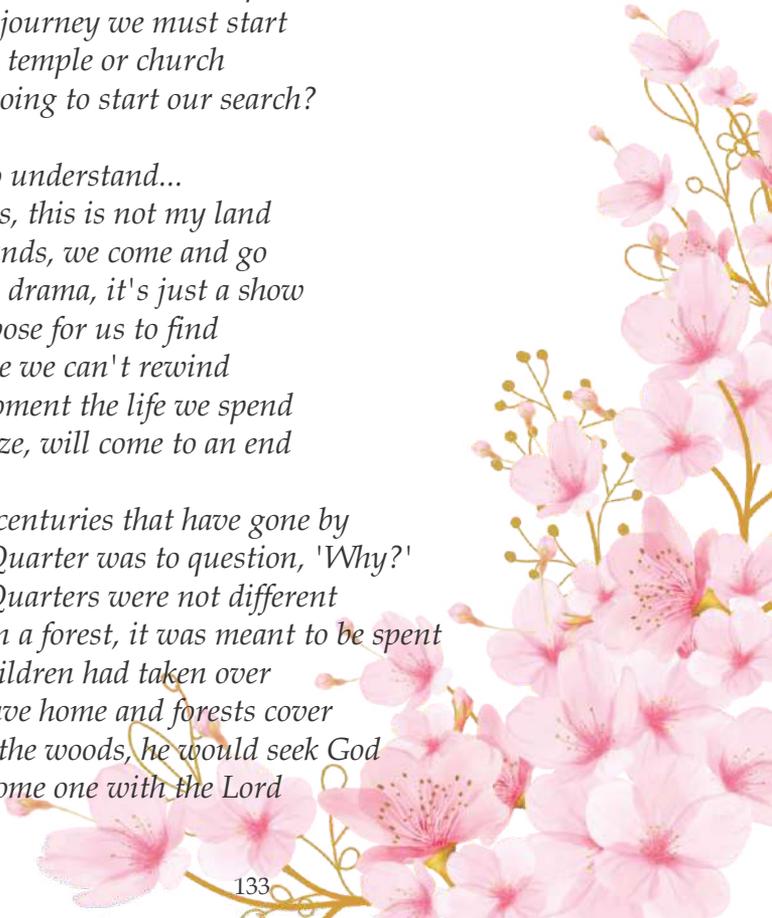
*What is this Quarter Three all about
Nobody showed us this Divine route
Quarter Three must be in silence spent
It is to Enlightenment an advent
To leave behind our passion for wealth
And try to improve our Spiritual health
To know we are not the ego, body, and mind
In Quarter Three, this truth we must find*

*Don't you know, it will be time to go
After Quarter Three, it will soon be end of the show
The earth is a stage, we are actors that dance
Everything has a purpose, nothing happens by chance
And now, the Law of Karma we must learn
And then, for the Divine, we must start to yearn
Very few are blessed to take this path
When will we, this Divine journey, start?*

*How many of us will live to see Quarter Four
Very few, you can check the score
Thus, in fact, we have only Quarters Three
Before they are over, we must be free
From all attachments, we must depart
To heaven our journey we must start
God is not in a temple or church
When are we going to start our search?*

*Is it difficult to understand...
Nothing is ours, this is not my land
With empty hands, we come and go
This world is a drama, it's just a show
There is a purpose for us to find
Do it now, time we can't rewind
Moment by moment the life we spend
Before we realize, will come to an end*

*In the ancient centuries that have gone by
Man's Third Quarter was to question, 'Why?'
The first two Quarters were not different
But the third in a forest, it was meant to be spent
So, after his children had taken over
Man would leave home and forests cover
Wandering in the woods, he would seek God
And try to become one with the Lord*

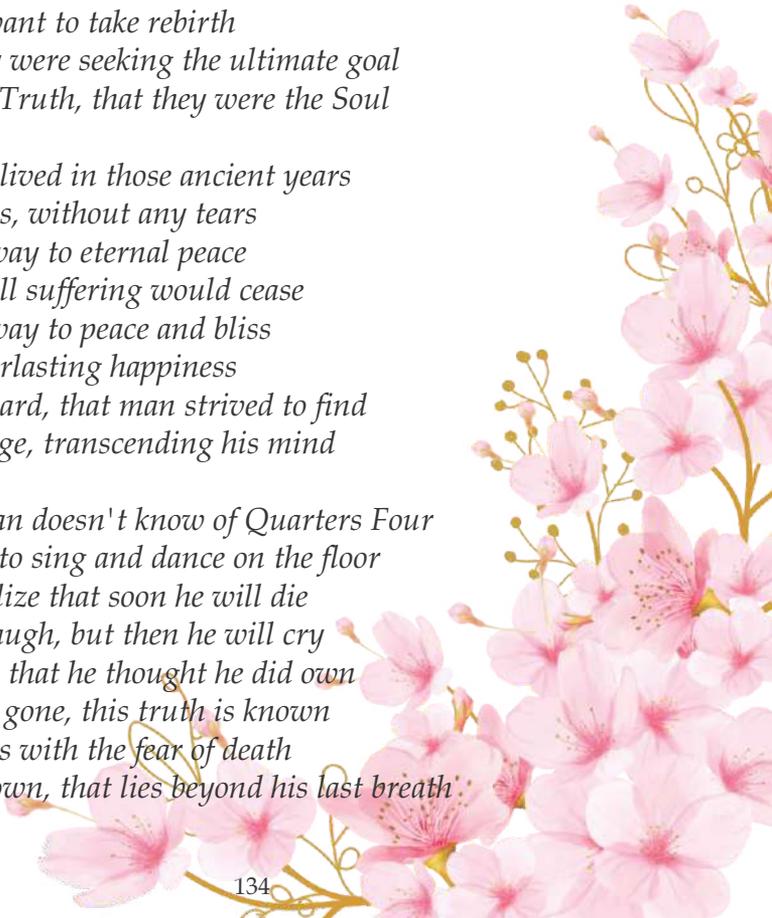


*Everybody in those ancient days
Had to follow these prescribed ways
They were not just meant to live and die
But to find life's purpose, discover 'Who am I?'
After learning and earning, they would start a search
And not in greed they would just lurch
In a Quest, their life they would spend
And do nothing else, till their end*

*In those days, the purpose was God
People lived with the fear of their Lord
In sunshine they would work, in darkness, they would pray
Their last days were meant to find a way
They did not want to return to earth
They did not want to take rebirth
And thus, they were seeking the ultimate goal
To Realize the Truth, that they were the Soul*

*The sages that lived in those ancient years
Lived with bliss, without any tears
They found a way to eternal peace
A way where all suffering would cease
They found a way to peace and bliss
How to get everlasting happiness
It was this reward, that man stroived to find
Spent his old age, transcending his mind*

*But today's man doesn't know of Quarters Four
He just wants to sing and dance on the floor
He doesn't realize that soon he will die
He wants to laugh, but then he will cry
For everything that he thought he did own
Soon would be gone, this truth is known
And so, he lives with the fear of death
And the unknown, that lies beyond his last breath.*



*Man is busy in a rat race
Trying to be successful, to be an ace
Before he realizes, he is caught in a maze
He does not discover God's grace
He does not discover his purpose on earth
He loses this treasure of human birth
And then, to settle his Karma he is born again
To return to earth for another journey of pain*

*It's time for man to leave the myth behind
To find out that he is not the body, the ego, the mind
To Realize the Truth, he is the Soul
And to unite with God, is his ultimate goal
Then man will be free from misery and stress
And he will have eternal happiness
Overcoming the myth that success is happiness
He will discover true peace and bliss*

*So let us all discover the Quarters Four
Before it is time to go out of the door
Before this precious life does end
Let's start a Quest, it's time well-spent
The ancient wisdom that our forefathers told
Let us pursue that, let us be bold
And leave behind this life that we waste
Eternal bliss and peace, let us taste*



38. REBIRTH

*The waves of the ocean come and go
After a dark night, the sun will glow
The Law of Cycles operates everywhere on earth
And so, after we die, we come back in a Rebirth*

*What is the cause of this human birth?
What was the reason we came to earth?
We didn't decide where and when we were born
It was our Karma that sounded the horn*

*Therefore, when we see a child born blind
We ask, 'Is God unjust; is He so unkind?'
No, God isn't unkind, our Karma is the cause
We will Realize the Truth of birth, if we pause*

*As we sow, so shall we reap
On earth if we sin, we sure will weep
Such is the law, what we give, we get
Apples won't grow on a mango tree, that is a bet*

*The Law of Karma is a Universal Law
It makes no mistake, it has no flaw
Not only does it work everywhere on earth
Even after death, it causes our Rebirth*

*Death is certain, everybody must die
Nobody can escape, not you, nor I
But what is death, is it the final end?
No, it is not, it is just a bend*

*The body dies, it is burnt to dust
 But the one who was alive, leaves like a gust
 Don't we say that he passed away?
 But where does he go, can anybody say?*

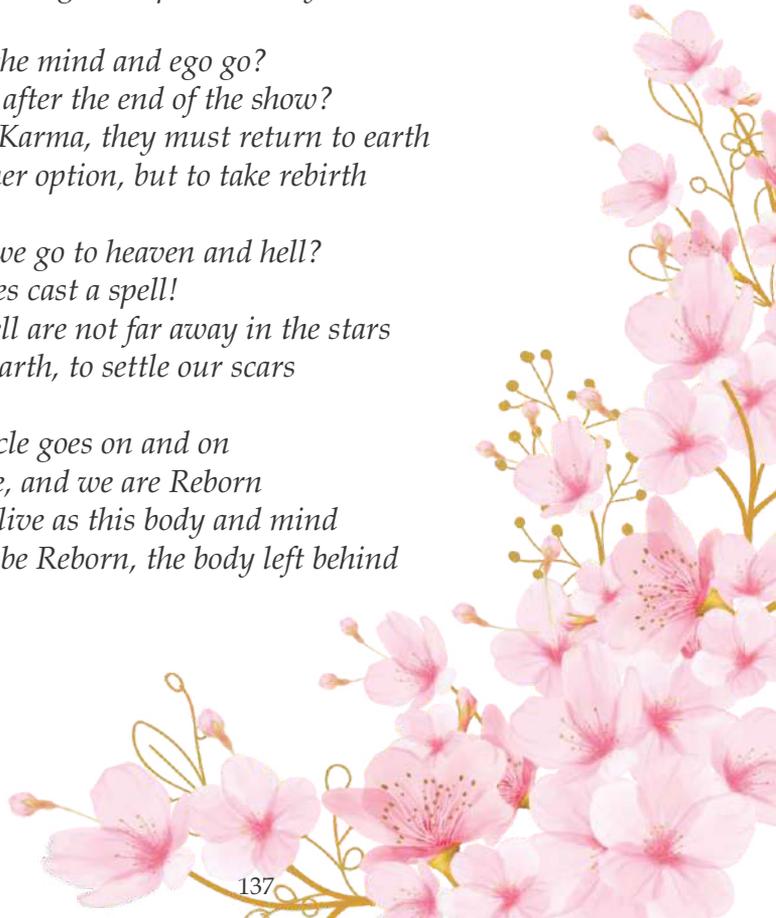
*We are sure that the one who died left
 Otherwise, our loved ones would have the body kept
 But who is the one that has left the body behind?
 Is it ME, the Ego and the Mind?*

*The body is just an instrument to act
 The mind and ego direct it, that's a fact
 The body is born, and the body must die
 But the mind and ego, escape in the sky*

*But where do the mind and ego go?
 What happens after the end of the show?
 To settle their Karma, they must return to earth
 There is no other option, but to take rebirth*

*Is it true that we go to heaven and hell?
 These fairy tales cast a spell!
 Heaven and hell are not far away in the stars
 We return to earth, to settle our scars*

*And so, the cycle goes on and on
 We live, we die, and we are Reborn
 As long as we live as this body and mind
 The mind will be Reborn, the body left behind*



REBIRTH

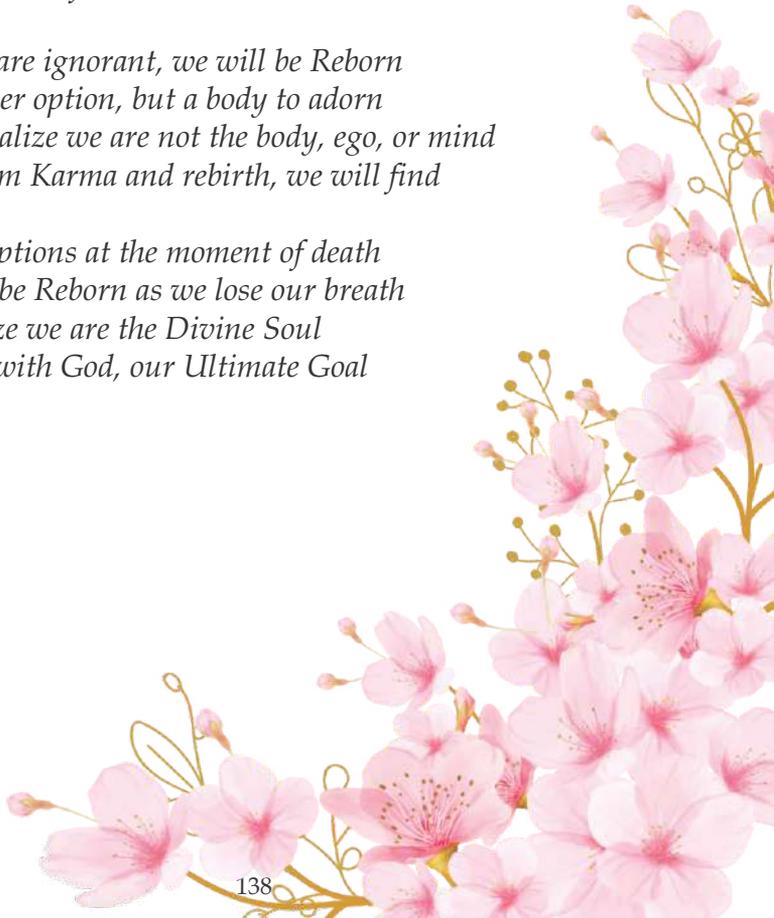
*But when we achieve our ultimate goal
When we realize we are the Divine Soul
Then, from Rebirth, we are free
And one with our Lord, forever we will be*

*But how can we become one with our Lord?
To escape from Rebirth and unite with God
When we overcome our ignorance and Realize the Truth
Then, we don't plant seeds, there will be no shoot*

*As long as seeds of Karma we plant
Escaping from Rebirth we just can't
The body will die when it has no breath
But we will return after our death*

*As long as we are ignorant, we will be Reborn
There is no other option, but a body to adorn
But once we realize we are not the body, ego, or mind
We are free from Karma and rebirth, we will find*

*We have two options at the moment of death
Either we will be Reborn as we lose our breath
But if we realize we are the Divine Soul
We will unite with God, our Ultimate Goal*



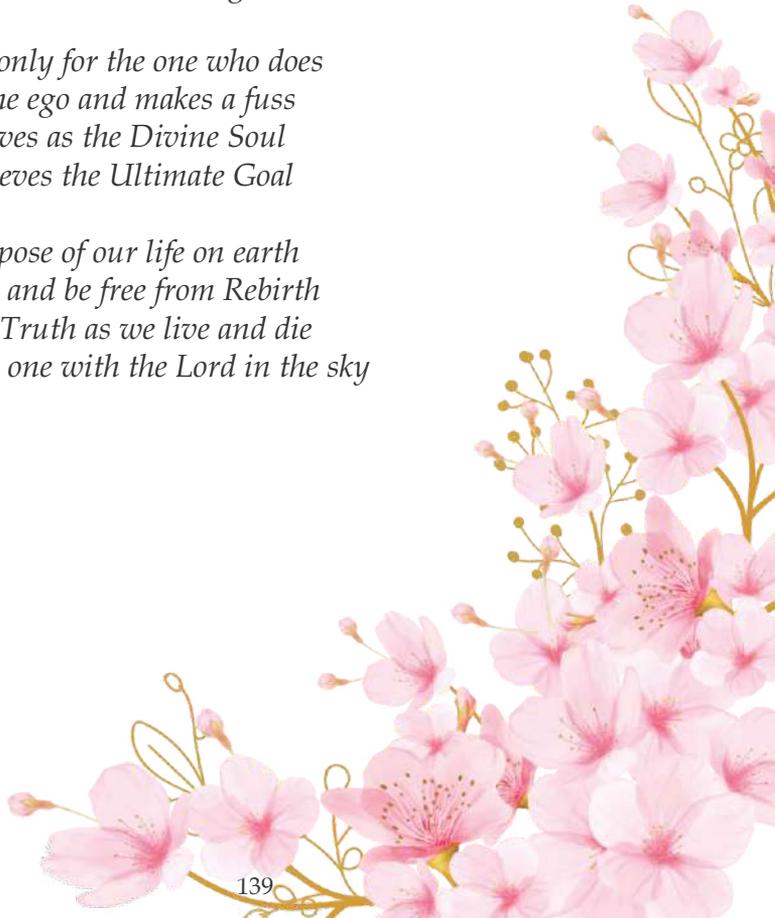
*So today, the mystery of Rebirth let us solve
To Realize the Truth, let us resolve
And be free from the triple suffering on earth
To become one with God, not return in a Rebirth*

*Let us realize we are not the body and mind
The body will die and mind will rewind
All the actions that it has done
Will transfer to a new life that's begun*

*But if we realize we are not the doer of action
Then of course there will be no reaction
Then we will be from Karma free
And not have to be Reborn, we agree*

*For Rebirth is only for the one who does
Who lives as the ego and makes a fuss
But one who lives as the Divine Soul
He is free, achieves the Ultimate Goal*

*This is the purpose of our life on earth
To live as Soul and be free from Rebirth
To Realize the Truth as we live and die
And to become one with the Lord in the sky*



39. HOW TO LIVE A SPIRITUAL LIFE IN A MATERIAL WORLD?

*As I move forward in my mission
To help people Realize the Truth
After I have evolved myself
And have got to the bottom of the root
I share a way to eternal peace
To bliss and happiness
And show in a noisy, material world
How Divine a Spiritual life is*

*Spirituality is not that complicated jargon
That mystery we learned in school
Spirituality is not giving up the world
You can't do it, O fool!
Spirituality is discovering the eternal Truth
We are not the ego, the body, the mind
Spirituality is discovering who we are
The Divine Soul we find*

*Don't we suffer many a crisis
Caused by desire, passion and greed?
Don't we often get disappointed
Trying to fulfil our need?
Don't we get caught in the struggle
Of duty, lust, and shame?
Chasing money, success, and achievement
Crying every day in this game*

*'Oh! What will people say
It is better if we follow the herd!
We don't have the courage
To fly like a bird
We seem to be trapped in ignorance
Living with anger, revenge, and hate
These are the real-life stories
That imprison us behind the gate*

*But some of us begin the journey
We start a Divine quest
We don't accept, we ask questions
Putting every belief to test
We want to know 'Who am I?'
Where is heaven and God?
Are we the Soul? Will we be reborn
And become one with our Lord?*

*We blindly believe our religion
And follow what scriptures tell
We pray with devotion to our Lord
Hoping to reach heaven, not hell
We get trapped in rituals and superstitions
Not knowing what we do
And soon our life is over
It's time to bid adieu*

*But what is life all about
How will we get to know?
We learn how to use our gadgets
But what is this life-show?
What is the purpose of our life
Why did we come to earth?
Who will tell us what life is
And the purpose of this human birth?*

*Then somebody said, 'It's Spirituality'
Let's live a Spiritual life
Let's give up this material world
That is full of misery and strife
But how to discover that Divine Spirit
The Power that lives within?
How to transcend the body and mind
And go beneath the skin?*

*Everybody wants happiness
Who wants to live in pain?
Everybody wants to make a profit
We want pleasure, we don't want pain
But while we are chasing pleasure
Like shadows in the material world
In the end, all we have are tears
As our life, our years have swirled*

*We live in this world of love
Thinking love is just a kiss
We create relationships
But True love, we sadly miss
Hearts and hugs and Valentine's
Is not what True love is
We don't discover Divine Spiritual love
That fills our life with bliss*

*What exactly is it to live
A Spiritual life, do you know?
Will you discover this amazing journey
Before it is time to go?
Will you realize that life is not
Just a crazy race?
And get out of this material prison
Get out of this miserable maze*

*Life is a gift for us to live
It is all about the 'now'
Can we be happy tomorrow?
Can anybody tell us how?
The only way to happiness
The only way to bliss
Is to live life moment by moment
That's actually what life is*

*The fact is that we are not this body
This body will one day die
Though there are so many thoughts
The mind seems to just pass by
The fact is we are the Divine Spirit
We are the immortal Soul
To Realize this Truth is our purpose
It is our life's ultimate goal*

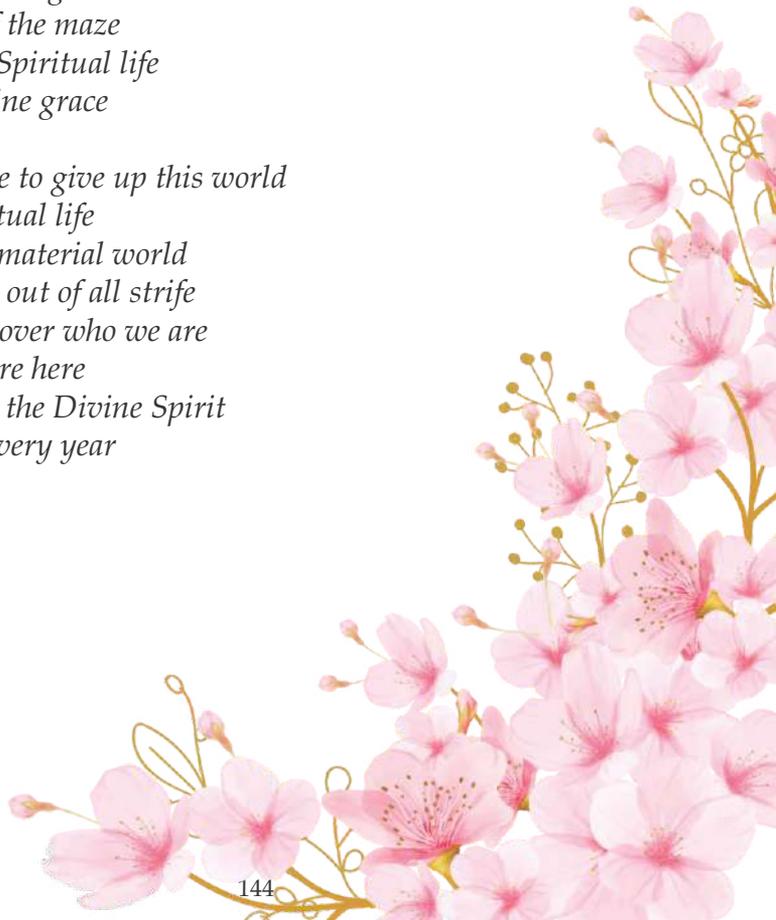
*We don't have to give up this world
To live a Spiritual life
We can live in this physical body
And cut the world with a knife
If only we discover the Divine Truth
Before we fly in the sky
What is the purpose of coming here
Finding out, 'Who am I?'*

*Human beings have a Divine gift
With the intellect they can choose
We have been given an opportunity
Which we must not lose
We can just live in this material world
And soon we will be gone
The body will die, but the mind and ego
With Karma will be reborn*

*But some of us are lucky
We choose a Spiritual life
We are not caught in this material world
With our children and our family life
We overcome ignorance, Realize the Truth
From the material world, we are free
And live a life of eternal Bliss
Being who we are meant to be*

*So, if you want to find a way
To live with peace and bliss
To escape misery in this material world
And discover true happiness
Then, stop running in this mad race
And get out of the maze
Live a Divine Spiritual life
Live with Divine grace*

*You don't have to give up this world
To live a Spiritual life
Living in this material world
There is a way out of all strife
If only we discover who we are
And why we are here
We can live as the Divine Spirit
Every day of every year*



40. LIFE IS KARMA

*Do you know why we came to earth?
Why did we get this human birth?
Everything that happens in our Life is Karma
Very few of us realize the Truth of this drama!*

*How does the Law of Karma work?
What happens when from morals and ethics we shirk?
Whatever you do, that's what you will get
Nobody can escape from Karma, that's a bet!*

*Why don't we see an apple on a mango tree?
Is there a way from Karma to be free?
The law has a principle - as you sow, so shall you reap
If we are going to sin, we are sure to weep!*

*Why do we see a child being born blind?
Why do we think that God is unkind?
Because we don't realize the Divine Truth,
Life is Karma, we don't get to the root*

*Is God controlling our Life from heaven?
Is there a way to reach cloud eleven?
The Creator has created the law of the deed
Our good Karma will make us happy, indeed!*

*Why do bad things happen to good people?
Why is there suffering for the weak and the feeble?
Nothing is luck, nothing depends on chance
Life is a drama and Karma makes us dance!*

Why do we cry, look at the sky and ask 'Why?'
Oh Lord, I didn't murder or kill, did I?
While we pray to God as we experience hell
We don't listen to the Truth that Karma does tell!

Can anybody escape from Karma, the action?
Can anybody escape from Life, the reaction?
Whatever we have done, we must receive the fruit
Karma is Life, this is the Truth

Does Life depend on Chance? Does Life depend on luck?
Can we control whatever happens, choose what to pluck?
While we have a freewill and can choose our deeds
We can't escape from the thorns that we planted as seeds

Does Karma decide all that happens on earth?
Will Karma also decide our rebirth?
Yes, we are glad or sad, depending on what we do
And this will continue into our next Life, it is true!

Who carries the Karma, to whom does it belong?
Is the account of Karma, short or long?
The body will die, but Karma belongs to the mind
It will appear in a new body, leaving the dead one behind!

The Law of Karma, can anyone escape?
Is it only for a man or also for an ape?
Every living creature must follow this law
The law is perfect, it has no flaw!

Who controls Life, Karma or God?
Can I get away if I pray to my Lord?
Those who think that prayer can do the trick
They ultimately cry, when Karma gives a kick!

*To whom does this Law of Karma belong?
Is Karma stronger or is God more strong?
God has created Karma to control the earth
Everything is Karma, our death and our birth!*

*How can we then from Karma escape?
How can we reach God at heaven's gate?
Only those who realize – the doer is not 'I'
From Karma they are free and to God they fly!*

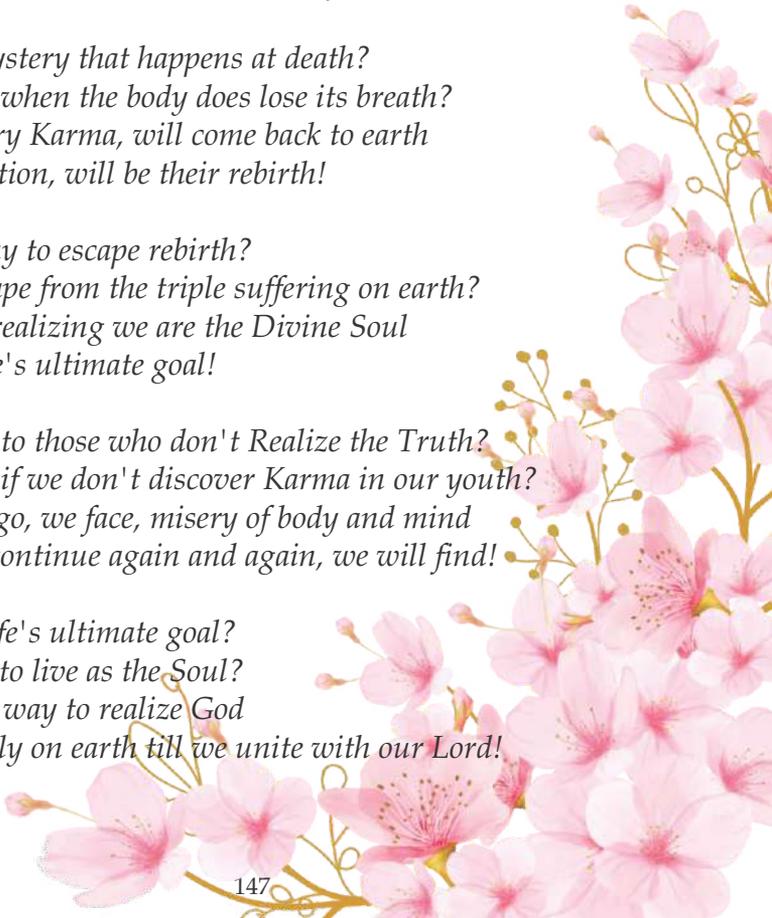
*What is the way from Karma to be free?
To be born, not to return as a human, animal or tree?
When we realize we are not the body, ego and mind
Then free from Karma ourselves we will find!*

*What is the mystery that happens at death?
What happens when the body does lose its breath?
Those who carry Karma, will come back to earth
As per their action, will be their rebirth!*

*What is the way to escape rebirth?
How can I escape from the triple suffering on earth?
It happens by realizing we are the Divine Soul
This is our Life's ultimate goal!*

*What happens to those who don't Realize the Truth?
What happens if we don't discover Karma in our youth?
Agony of the ego, we face, misery of body and mind
And this will continue again and again, we will find!*

*What is our Life's ultimate goal?
Is it necessary to live as the Soul?
Yes, this is the way to realize God
To live blissfully on earth till we unite with our Lord!*



41. I AM THE DIVINE SOUL

*i am not this body that craves physical pleasure
i am not even the mind that lives with worry and fear
i am not the ego that thinks i am 'me'
i am the Divine Soul... my Goal is this to be*

*my challenge is to live like the Divine Soul
To be One with the world is my Life Goal
To experience the Divine in the Beauty all around
In the skies, the waters and everything on the ground*

*But if i am lost in the thoughts of the mind
If i get caught in this world and its grind
If i spend my life as the ego, body and mind
The True Bliss of the Divine Soul, i will not find*

*my challenge is to live as the Divine Soul
To be an instrument of the Divine is my Life Goal
Whatever happens in life i must just accept
i must Surrender, i must not expect*

*my Mission is to help people Realize the Truth
Overcome the myth, reach the bottom of the root
To go beyond the pleasure of achievement and fulfilment
And reach that Eternal Bliss of Enlightenment*

*Now that i know i am not 'this', but 'that'
I will answer questions that are nothing but the fact
Help seekers from the fairy tales of life to be free
And to ultimately be what they are meant to be*

42. ENLIGHTENMENT! THE MYTH... AND THE TRUTH!

*We human beings are seeking Enlightenment
But we live and die in the dark
The myth makes us scared of a lizard
Instead of fearing the shark*

*It's sad that we are taught lies
And our mind is full of junk
It's time for the Intellect to make the monkey mind
Into a silent, tamed monk*

*But how do we doubt our parents and teachers
Who taught us all that we know?
How can we believe that this world is not real
It's just a cosmic show*

*For years we have followed our religion
And believed in what scriptures tell
Suddenly to change our belief is tough
That there is no heaven and hell*

*What is the Truth, what is the myth
How will we get to know?
Until we ask questions and investigate
Through Life, we will just flow*

*We are taught to chase money and success
And that the Goal of Life is Achievement
We live and die without realizing
That the Goal of Life is Enlightenment*

ENLIGHTENMENT!
THE MYTH... AND THE TRUTH!

*Throughout Life we chase pleasures
And to become happy, we try to be
We never Realize the Truth that happiness
Is within and then from misery we are free*

*Money can buy medicines and a bed
And it can buy a diamond ring
But money cannot give us health and sleep
True Love it cannot bring*

*So, throughout Life we believe in the myth
We never learn the Truth
We live and die with ignorance
Not getting to the bottom of the root*

*We try to be Happy in a tomorrow
A tomorrow that is not yet born
And we live with the miseries of yesterday
A past that is forever gone*

*We believe in astrologers and palmists
And like fools show them the lines on our hand
We don't realize that everything is controlled
By a Supreme Power beyond our land*

*We live and die with ignorance
Thinking we are the body, ego and mind
But the Truth is that we are the Divine Soul
This Realization, when will we find?*

*We come with nothing, we will go with nothing
This Truth, don't you know?
Enlightenment will open your 'real' eyes
To realize everything is just a show*

*Then, the myth makes us celebrate our birthday
With balloons, candles and a cake
The Truth, we were conceived nine months prior
To this Truth, when will we awake?*

*We think God lives in a distant heaven
He is made of blood, bone and skin
That is a myth, the Truth is this
God is the Power within*

*Doesn't each human being on earth say with pride
'I am Roger, Steve or John' ?
These are just names, when will we realize
One day, this body will be gone!*

*Some of us believe in the Law of Action
Everything is controlled by our deed
Do we believe in the myth
That we can get mangoes with an apple seed?*

*Then, why do we believe the Law of Attraction
That we can manifest all we Dream?
When will we realize, not attraction, but action
A Team and Scheme will fulfill our Dream*

*We believe the myth that our mind is king
And we trust it can do anything
When will we realize it is the biggest enemy
That throughout life does misery bring!*

*Isn't it true that we will die?
Death is certain for all who are born
Some of us believe we are this body
But at death, we depart, we are gone?*

ENLIGHTENMENT!
THE MYTH... AND THE TRUTH!

*Then, we believe that after death
To a distant heaven we will go
We ourselves destroy the body of our loved one
Then to God, who will go?*

*We haven't understood death, have we?
The myth of death makes us live with fear
The loss of all that we own and the beyond, unknown
Makes us shiver, year after year*

*Why do bad things happen to good people?
This question our ignorance does ask
Bad things can't happen to good people
Everything is happening as per our task*

*Then, we blame God as being cruel
And say that He is unjust, unkind
This is sheer ignorance my friend
It is a trick of our monkey mind*

*It believes that good deeds will take us to heaven
But think, who will go there?
The body at death has become dust
And the one who died, is where?*

*Of course, we have to pay for our actions
For every good deed and sin
When we Realize the Truth of Rebirth
Then, this battle of Life we win!*

*But we just live with ignorance
Thinking bad thoughts will control our Life
It is not bad thoughts, but actions
That we do to our friends or our wife*

*And so, we pray to our Heavenly Father
To forgive us for our bad deeds
When will we realize the law he made?
Everything grows as the planted seeds*

*The Truth is simple, it can be learnt
If we transcend the ego and mind
But first we must discard the fairy tales we learnt
Then Enlightenment we will find*

*For years we are taught this story
That God lives in a temple or church
We live and die with the ignorance
But for God we never search*

*We think God is a statue or picture
Who has a name and a form
We don't realize that God is the Supreme Power
He is immortal, He never dies, nor is ever born*

*But because we are taught with prayer
To God we can go
We continue to fold our hands at pilgrimages
Through life we flow, we don't grow*

*Is there a way to find God?
This Truth we never find
We just live as slaves of our ego
And our rascal monkey mind*

*Because we just believe everything
We are taught and we are told
To the myth and the superstitions of this world
And to the rituals we are sold*

ENLIGHTENMENT!
THE MYTH... AND THE TRUTH!

*Religion is good, it teaches us basics
But it's just a kindergarten, it's where we start
If we want to realize God
We need Spirituality that will take us to the last*

*Spirituality is the way to realize God
To realize the Power in our heart
To realize we are ourselves that Supreme Power
And with the Power we will unite, when we depart*

*But as long as we believe that our ancestors are alive
In some heaven far away from earth
We will not realize the mind and ego
Will return to earth in a rebirth*

*Why do we believe in the fairy tales?
Stories that preach suffering of the Soul
To realize that the Soul is the Supreme Power
Is our life's ultimate Goal*

*But we are taught about good Souls and bad Souls
We don't realize we are all one
Our bodies and mind are different
But our Soul is the Power of the sun*

*There is one Power that controls everything
The Supreme Immortal Power
But until we overcome our ignorance
The Truth we will not Discover*

*Have you ever stopped to realize...
What is the purpose of life?
When you do, you will be free from all misery
And the triple suffering that causes you strife*

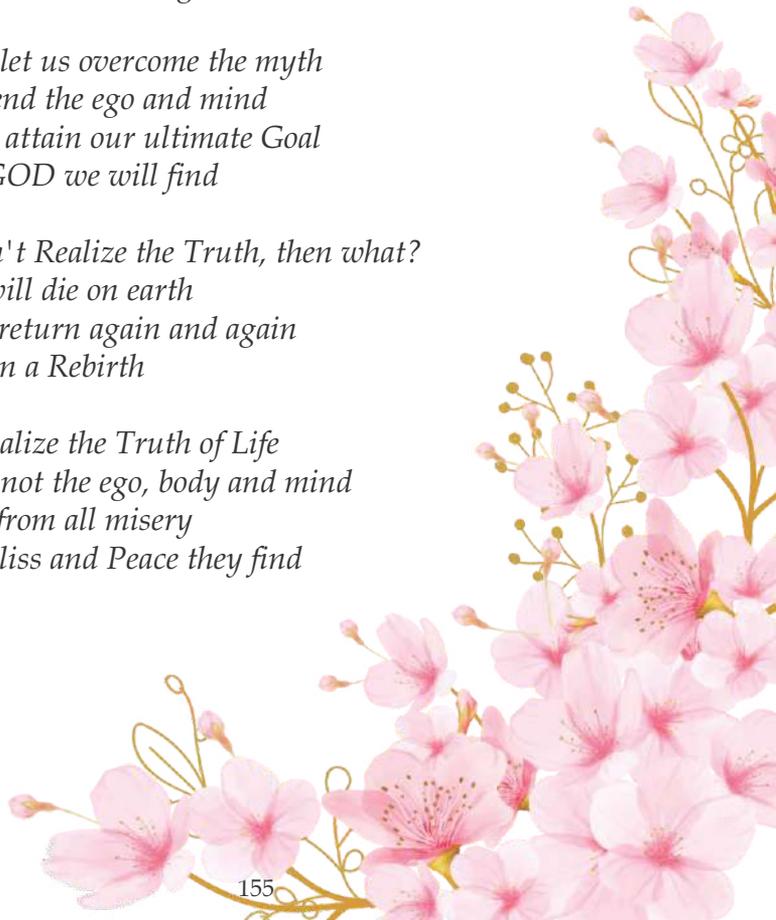
*The past is gone, you can't change it
But you can change Life from now
Go in quest and Realize the Truth
Today, take this solemn vow*

*Let go of the fairy tales, the myth and the lies
And Realize the Truth of this show
We are just actors, this earth is a stage
We just come and we must go*

*Before we go, let us overcome the myth
Let us transcend the ego and mind
Then, we will attain our ultimate Goal
Within, our GOD we will find*

*And if we don't Realize the Truth, then what?
One day we will die on earth
Then we will return again and again
As we suffer in a Rebirth*

*Those who Realize the Truth of Life
That they are not the ego, body and mind
They are free from all misery
Everlasting Bliss and Peace they find*



43. THE LADDER TO HEAVEN

*Do you know that there is a Ladder to Heaven?
For all to climb, be it man or woman
But we mustn't stop at step seven or eleven
We must go on till we reach our heaven*

*Many of us want to go to God
But we don't know the truth about our Lord
We just go to a temple, mosque, and church
Instead of going on a quest to search*

*The first step to God is Belief
For those who don't believe, how can they achieve?
There are some who are atheist or agnostic
A life without faith, they choose to pick*

*But the ones who believe, they take their first step
The Ladder to Heaven they start to inspect
They know without doubt that God exists
They believe and pray and their belief persists*

*There is not a day that they don't Pray
With folded hands they go to God and say
Not only to the Lord everything they tell
They also listen to Him, not just ring the bell*

*The third step on the Ladder is Faith
Without this one cannot reach heaven's gate
Faith is Full Assurance In The Heart
Our journey to God, it helps to start*

*The fourth step on the Ladder is Hope
Without Hope, how can anyone cope?
Those who believe in God they find
He is there when you reach the end of the rope*

*And then, the believers in God, they Trust
It is Trust that forms their journey's thrust
Trust is unconditional surrender to God
And always accepting the will of the Lord*

*After Belief, Prayer, Faith, Hope and Trust
What is it that stands out first?
It is Enthusiasm, that is step six
'Entheos', 'In God,' that gets our problems fixed*

*Then comes step seven, it's Love for God
We make it a priority, the Love for our Lord
To us, God is not someone who lives far away
Every moment that we live, with us He does stay*

*It is this Love that makes us seek
Our passion for God makes us climb the peak
Because we want God, we Go on a Quest
And whatever we believed, we put it to test*

*In our search for God we Contemplate
We spend time in Silence and for God we wait
We don't accept what the scriptures tell
And we find the truth about heaven and hell*

*Of course, there is Karma and we must do good
As we sow, we reap, we create our own food
But step ten on the Ladder is not to live after we die
But to learn, how to God our Soul must fly*

*Importance of a Guru is the Ladder's step eleven
For without a Mentor, how can we discover heaven?
A Guru takes us from darkness to light
And to Overcome Ignorance, he helps us fight*

*As we Overcome Ignorance and discover the myth
We climb step thirteen to Realize the Truth
We realize that we are not the ego, body, and mind
We are the Divine Soul, on realization we find*

*Realization is not the end of the game
There is a War within that can make us lame
Unless we transcend our enemy – ME
From Mind and Ego, we must be free*

*Step fifteen on the Ladder is Liberation
Liberation only comes after Realization
Liberation, when alive, is from suffering being free
And from rebirth, to escape and with our Lord to be*

*The final step on the Ladder to Heaven
Comes after climbing sixteen steps, we reckon
It is Unification of the Divine and our Soul
Which is our life's Ultimate Goal*

*Climbing this Ladder is the purpose of our life
Not just to live with misery, sorrow, and strife
For those who live on planet earth
They must face suffering birth after birth*

*Where are you on this Ladder, my dear?
Do you live with faith or do you live with fear?
Have you started on the Ladder to God?
The Ladder to Heaven will make you one with the Lord!*

44. RELIGION IS A KINDERGARTEN TO SPIRITUALITY

*Religion is just a kindergarten
It's just a preparatory school
It prepares us for formal education
So that we don't grow up to be a fool*

*Spirituality is graduation
University that follows school
It helps us become graduates
So that we can jump into the world pool*

*What would we do without Religion?
Without ABC where would we go?
If nobody taught us the basics
We would end up with a poor show*

*But can we live our entire life
Learning in a nursery?
Imagine growing up as big adults
Just learning ABC*

*We all need to progress
We all need to grow
We need all kinds of knowledge
So that our life boat we can row*

*While learning is important
And it is a must to go to school
If we want to achieve our life goal
Then Spirituality is the tool*

*Who is God, where is God, what is God?
If answers we want to know
Then we must go on a Spiritual quest
Knocking door to door*

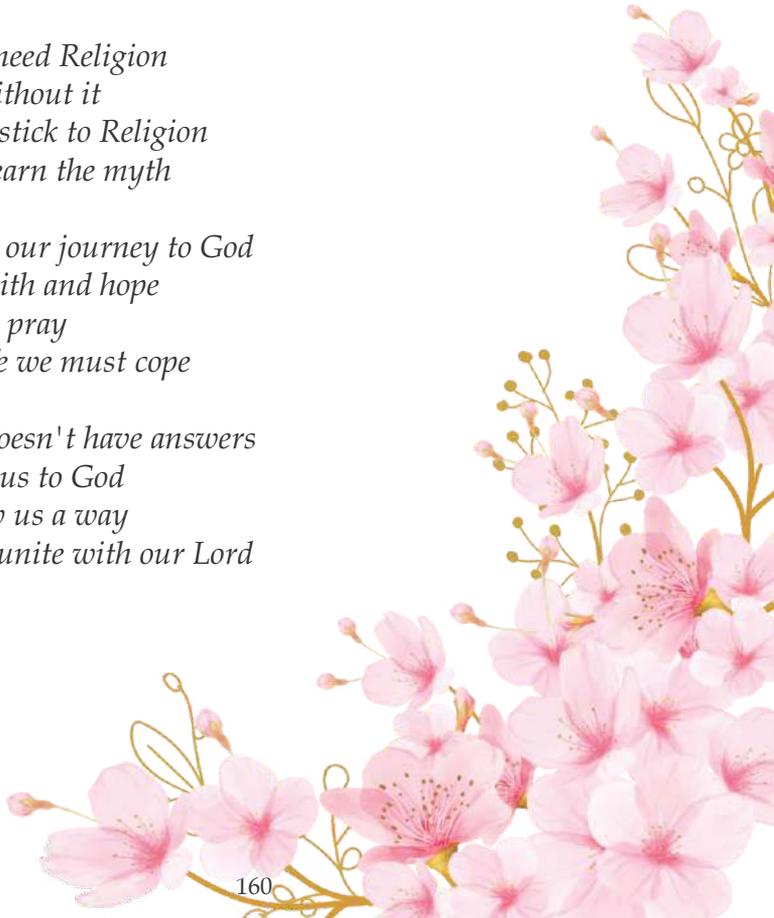
*We can't just believe in Religion
From birth until death
For it only teaches the basics
It is just like taking breath*

*From Religion we need a transfer
From kindergarten, we must grow
We must ask questions about God
Not just accept what scriptures show*

*Of course, we need Religion
We can't do without it
But if we only stick to Religion
We will only learn the myth*

*Religion starts our journey to God
It builds our faith and hope
It teaches us to pray
And how in life we must cope*

*But Religion doesn't have answers
It doesn't take us to God
It doesn't show us a way
Where we can unite with our Lord*



*Spirituality is a university
It's all about going on a quest
It is not an easy game
And we must pass the test*

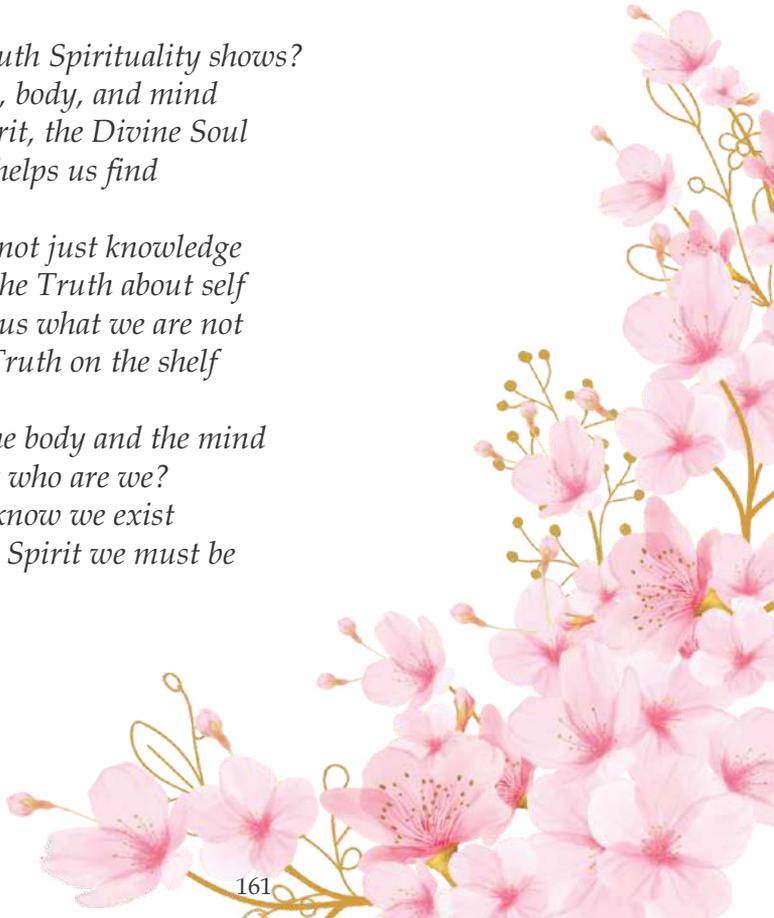
*What is Spirituality all about?
To realize we are the Soul
To be liberated from this alluring world
This is our Ultimate Goal*

*While Religion makes us imprisoned
In myth, ritual, and superstition
Spirituality makes us Realize the Truth
And then gives us Liberation*

*What is the Truth Spirituality shows?
We are not ego, body, and mind
We are the Spirit, the Divine Soul
This Truth, it helps us find*

*Spirituality is not just knowledge
It is realizing the Truth about self
It first teaches us what we are not
And puts the Truth on the shelf*

*If we are not the body and the mind
Then in reality who are we?
Of course, we know we exist
Then the inner Spirit we must be*



*There is a Power inside us
That comes to us at birth
We may call it the Soul, the Spirit, the Atman
It's with us till we are on earth*

*But ignorance makes us blind
Making us think we are body and mind
We don't realize we are the Soul
With realization this we find*

*Realization can't be taught in schools
We may read many a book
But until we Spiritually evolve
Ignorance will catch us by the hook*

*Spirituality is a long journey
It needs a Spiritual Master
He will help us Realize the Truth
And to God, we will go faster*

*What is the essence of Spirituality?
What is this all about?
It is our true Love for God
To God a direct route*

*But God can't be found in temples
Nor in a church or a monastery
God is a Universal Power
There is not a place where He cannot be*

*God is in you, God is in me
God is everywhere on earth
God is that Power that gives life
Without God, there can be no birth*

*It is not so difficult to realize
At death, we come to know
The body just lies on the floor
But where did the Spirit go?*

*The Spirit is the Lord that is inside us
The Truth is that we are He
We are not the Body, Ego, and Mind
Spirituality makes us see*

*Our Souls are not different
At death, we see our Souls pair
Just like when we deflate two balloons
The air merges with the air that is everywhere*

*God is a Power that is everywhere
God is Energy too
God is in you, God is in me
Spirituality shows us this is true*

*But why is it that we don't realize
This simple Truth about God?
Because we are going round in circles
Praying to our religious Lord*

*We must go beyond our Religion
A lot further we must go
We must march to our Lord
And in Spiritually we must grow*

*We need not change our Religion
All Religions in the world are good
But they cannot make us realize God
They give us our basic food*

*Religions are good we must know
They teach us faith and hope
They teach us to believe in God
But sadly, tie us with a rope*

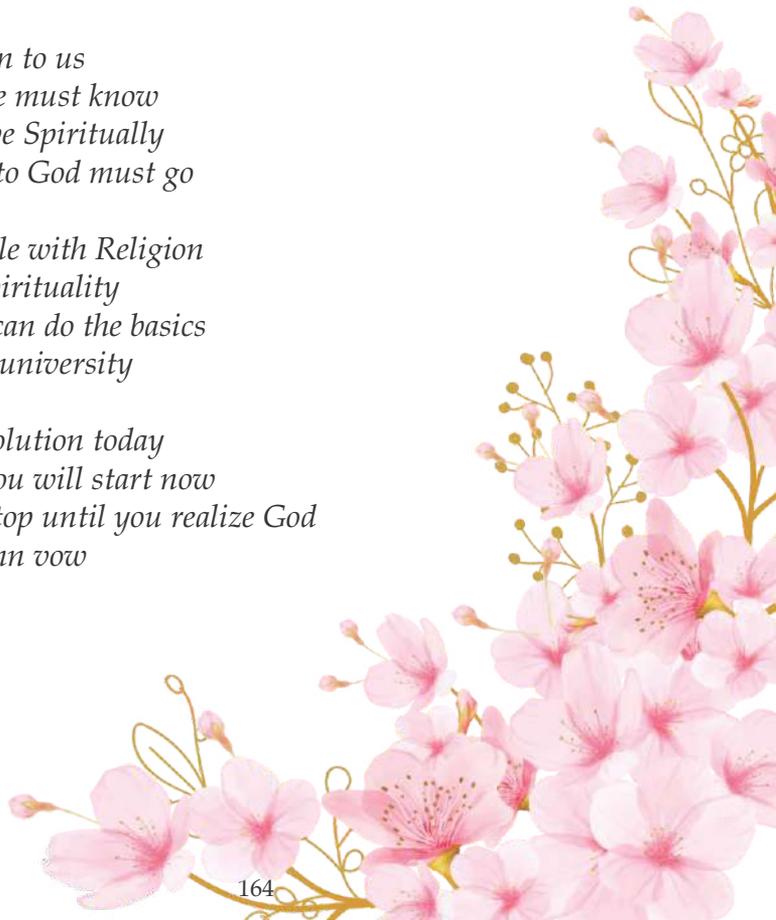
*If we truly love God then we must
On a Spiritual quest, we must go
Our goal must be to realize God
Before the end of our life show*

*Most people believe in Religion
They pray from birth to death
But they never Realize the Truth about God
Performing rituals till their last breath*

*But life is given to us
So that God we must know
We must evolve Spiritually
And our Soul to God must go*

*It is not possible with Religion
We all need Spirituality
Kindergarten can do the basics
But we need a university*

*So, make a resolution today
A quest that you will start now
You will not stop until you realize God
Take this solemn vow*



45. GOD IS NOT GOD, GOD IS SIP – SUPREME IMMORTAL POWER

*Do you love God, do you seek God, do you pray every day?
Do you have any clue, what to your Lord you say?*

*Where is God, do you know? Where does He live?
Does He live far away, His address can you give?*

*Is your Lord, God or is my God the Lord?
Are there many Gods or is there one, almighty Lord?*

*So many religions in this world, which is the best?
Which religion will give us God? Come, let us test!*

*Religion is just a kindergarten, like a basic little school,
But one who is there all his life, will always remain a fool!*

*Just like we go from a school to a university,
We must graduate and realize God through Spirituality.*

*God is not a man or woman, made of bone and skin,
God is the Supreme Power that throbs in the heart within.*

*We give God a name and a form, we believe in the myth,
We pray to a God who is not God and live and die with it.*

*God is birthless, God is deathless; God is an Immortal Power,
But we put God in a temple, a church and a monastic tower!*

*If God is not God, then who is God, how can we find?
We will realize God, only when we tame the monkey mind.*

*We must realize who we are, then we will realize the Lord,
We are the Divine Spirit, the Soul, we are a temple of God.*

*'But how can we be God,' we say, 'how can this be true?
How can God ever be, in me and be in you?'*

*When we realize God is a Power, God is here and there,
We will realize the Power in a flower, the Power is everywhere.*

*The Power of God can be seen in the mighty sun that glows,
God is in the wind that blows, and in the water that flows.*

*Because we believe God is human, God is he or she,
We don't realize this is a myth, how can this ever be?*

*Such is the mighty Power of God, our petty mind cannot see,
Imagine emptying into your bathtub, the waters of the sea.*

*But still, with innocence and ignorance, we continue to pray,
We believe in God, who is not God, and thus, we just bray!*

*When will we yearn for our Lord, and start for Him a search?
When will we go away from a temple and a church?*

*When will we start the journey within, go inside and find,
The Lord, behind the senses of the body, the ego and mind.*

*When we realize 'I am not I', then God will come to light,
When we let go of the ego, then God will come to sight.*

*God is the Supreme Immortal Power, God is SIP,
What we see of God, in fact, is just the iceberg's tip!*

*Every atom, every molecule is energy, it is SIP,
Because we live in ignorance, in misery we dip.*

*When we realize we are that Power, we'll be free from pain,
We will be liberated from the rebirth cycle, again and again.*

*We live and die, and don't realize what is our goal,
The purpose of life is to realize we are the Divine Soul.*

*When we realize we are ourselves the Power of SIP,
We will find SIP in all, the Power is in every lip.*

*Everything that walks and crawls, every bird that can sing,
The Power of SIP is everywhere; it is in everything.*

*Everything in this world is an illusion, the one reality is SIP,
We don't realize this because we are on a worldly trip!*

*So, we live, and we die, and God we don't realize,
We roam like blind men and don't open our real eyes.*

*Just because a man is blind, is it true there is nothing?
No! The truth is he is blind, he can't see anything!*

*And so, God exists everywhere, in every grain of sand,
But we are searching for God, in a faraway land.*

*As long as we live with ignorance, the truth will ever hide,
But when we realize God is a Power, within SIP will abide.*

*Then, we will feel the Power of the Lord every moment we live,
We'll experience SIP, live with love and joy, and we'll forgive.*

*We'll realize this earth is nothing more than His Divine show,
We are all just actors, we come, and one day, we will go.*

*Everything is just a projection of His mighty Power,
It is all like a dream that gets over before we shower.*

*We must wake up, Realize the Truth, and live our life with SIP,
Not continue to follow the foolish herd, we must make a flip!*

*You are God, I am God. This truth when we get to know,
Then we will overcome misery and enjoy the Life show.*

*Just because the world is caught in a big illusion,
We should not follow others and live with disillusion.*

*Only when we Realize the Truth of 'Who am I?'
Then we will realize SIP is the Power, that lasts till we Die.*

*First, we think that my Soul is different from your Soul,
Then we realize that all Souls are one, and we achieve our life's goal.*

*What is the Power that is present in everything that is alive?
It is the Supreme Power of SIP, don't count from one to five!*

*As long as we try to define SIP, we will continue to wonder,
The way to realize SIP is to accept and surrender.*

*Before this journey of life comes to an end,
Let us realize SIP before we take the final bend.*

*The world may call it Moksha, Nirvana or Enlightenment,
Names are different, it is freedom, free from imprisonment.*

*When we are free from ego and mind, and live as the Soul,
We become one with SIP, the Power that is from pole to pole.*

*When we realize we ourselves are nothing but SIP,
We will live without fear and worry, and enjoy this Life trip.*

*Then we live with SIP, in ever Consciousness and Bliss,
We will live with Joy and Love, and eternal Happiness.*

*God is not God, God is SIP, when will this we know?
Hurry up, don't waste time! Soon it will be the end of the show.*

AFTERWORD

*I have been writing many books and I stopped to take a look
The best thing was the poem at the end of the book
And so, I decided to put together my poems that rhyme
So that even after we go, they will face the test of time*

*Don't try to read these poems like a book, one by one
Open them in a random way, just to have some fun
Whenever you are feeling low or want to scratch your mind
Flip through the pages and the answer you will find*

*The poems are all about Life and how to live with bliss
They are about Peace and eternal Happiness
Karma, Yoga, SatChitAnanda – don't miss even one
Some poems, for sure, for you will shine like the sun*

*All the poems have meaning, they are all about the Truth
They will make you Investigate, till you get to the root
From achievement to fulfilment, you will go peak to peak
Enlightenment will be your reward, nothing else you will seek*

*I wish, I hope, I pray this book will make you transform
All the lies that you were taught, these poems will reform
Read these poems, for sure, from misery you will be free
As you discover you are the Soul, not the mind that says, 'Me'*

*As I read these poems, I had a funny thought
Of course, they are my poems, but their origin I forgot
Then I realized, I do nothing, I am an instrument of God
He writes the poem, the name is mine, the author is the Lord*

WHO IS AiR?



Who is AiR?

*No, not the air that is everywhere!
He is a Light that can make your life bright
He'll help you discriminate wrong from right*

*What is the Truth? What is the myth?
He'll help you discern, bit by bit
He has realized that he is not the ego, body and mind
'Who are you?' He will help you find*

*AiR moved on from success to achievement
And then, from fulfilment to Enlightenment
He went on a quest to Realize the Truth
Overcoming ignorance from the bottom of the root*

*Today, AiR lives as a Yogi in bliss
And he can show you the way to true happiness
In his twenties, he started many a shop
And then in one stroke, his business he did drop*

*He realized that though making money made him glad
Making a difference transformed lives that were sad
And so, AiR renounced the material world
And went forward on his journey into the spiritual world*

*Seeking to be free from the cycle of death and rebirth
And not to suffer and return to earth
He now lives with only one mission
To help people Realize the Truth, is his passion*

*AiR shows people the way to Enlightenment
And how this is the biggest achievement
He can take you from darkness to light
He can show you how misery, you can fight*

*'Overcome the sorrow of the ego, body and mind'
He says, 'And eternal bliss and peace, you will find'
Life is a journey, it's just a show
We are just actors, we come and we go*

*But what is our purpose on planet earth?
AiR will reveal the secret of death and birth
He will help you reach your ultimate goal
To realize you're not who you think you are, you are the Soul*

*A quest is what AiR will urge you to begin
He'll lead you to God, as you'll realize God within
Starting from the journey of self realization
AiR will guide you to God-realization*

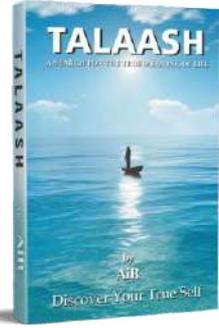
*He will show you who you are and why you are here
What the purpose of life is, he'll make it clear
He will make you overcome worry and fear
And make you live life without a tear*

*AiR will show you how to realize God in your heart
A journey to the ultimate goal, he'll inspire you to start
So if you want to become one with your Lord
Reach out to AiR, he will help you realize God*

BOOKS BY THE AUTHOR

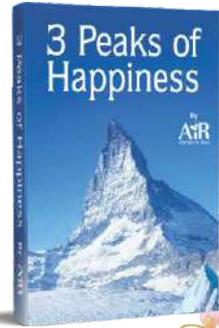
1. Talaash

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



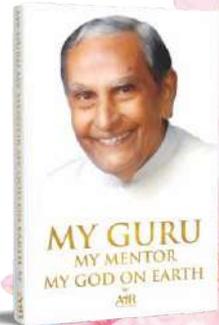
2. 3 Peaks of Happiness

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



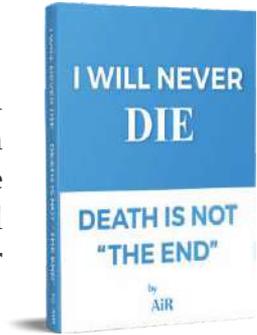
3. My Guru, My Mentor, My God on Earth

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



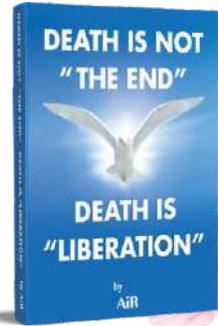
4. I will Never Die, Death is Not “The End”

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



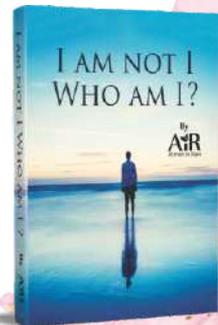
5. Death is Not “The End.” Death is “Liberation”

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



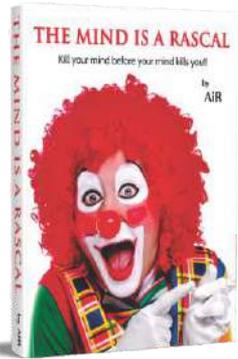
6. I Am Not I. Who Am I?

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



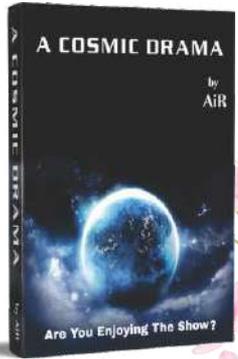
7. The Mind is a Rascal

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



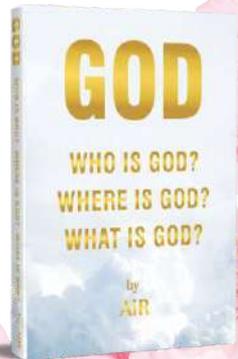
8. A Cosmic Drama

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



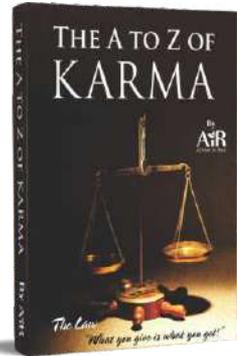
9. Who is God? Where is God? What is God?

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



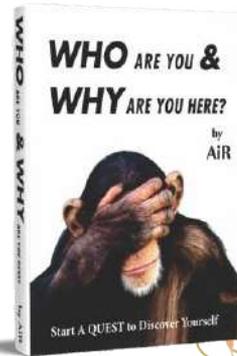
10. The A to Z Karma

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



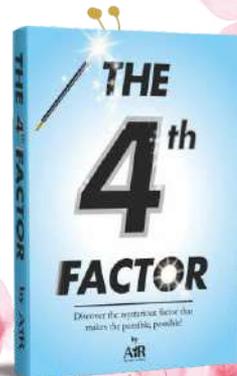
11. Who Are You and Why Are You Here?

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



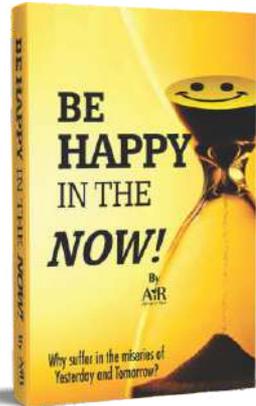
12. The 4th Factor

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



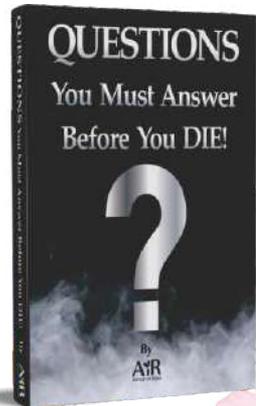
13. Be Happy in the NOW!

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



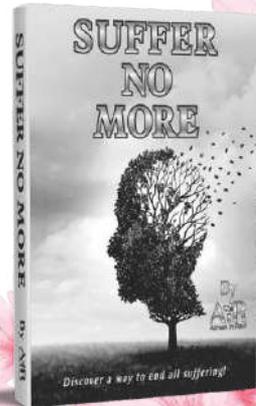
14. Questions You Must Answer before you Die!

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



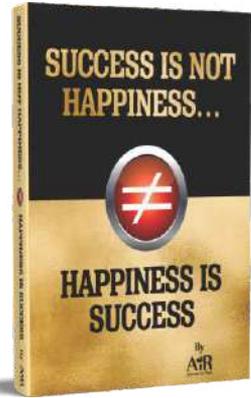
15. Suffer No More

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



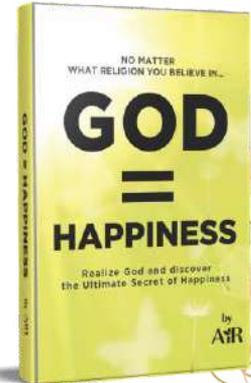
16. Success is not Happiness, Happiness is Success

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



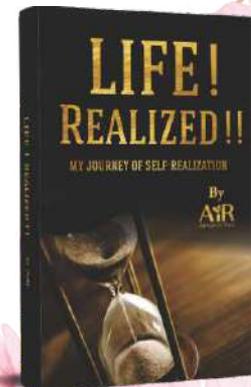
17. God = Happiness

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



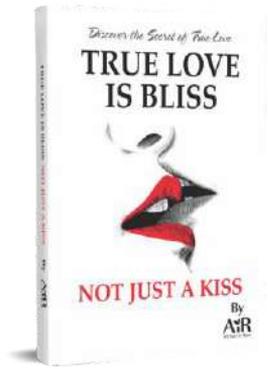
18. Life! Realized!!

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



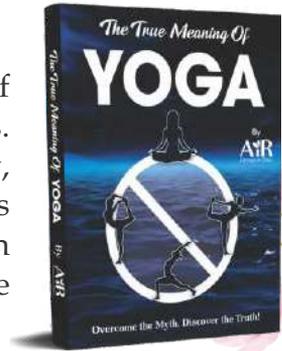
19. True Love is Bliss...Not Just a Kiss

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



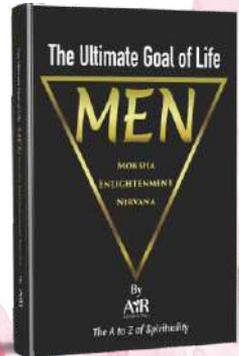
20. True Meaning of Yoga

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



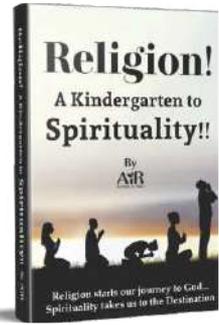
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



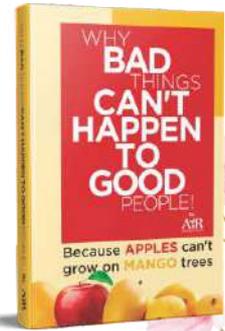
22. Religion! A Kindergarten to Spirituality!!

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



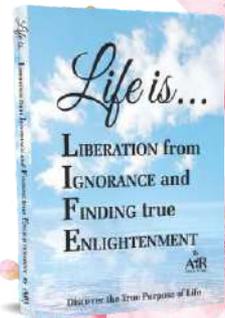
23. Why Bad Things Can't Happen to Good People!

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



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

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



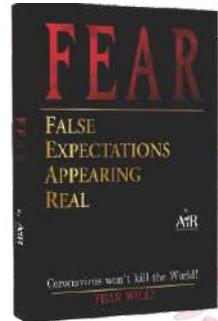
25. The Ladder to Heaven

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



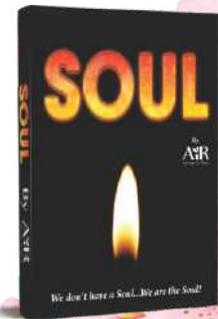
26. FEAR- False Expectations Appearing Real

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



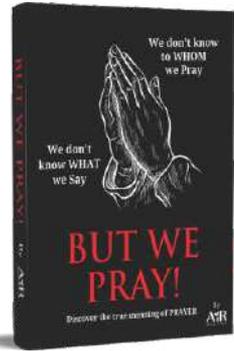
27. Soul – We don't have a Soul... we are the Soul!

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



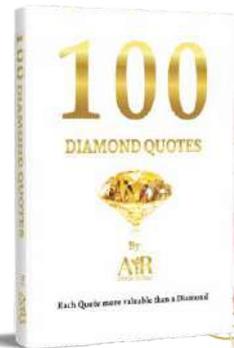
28. But We Pray!

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



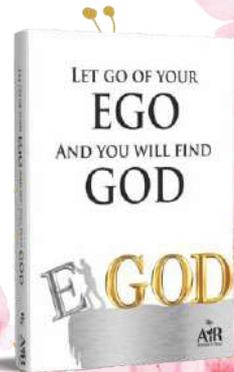
29. 100 Diamond Quotes

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



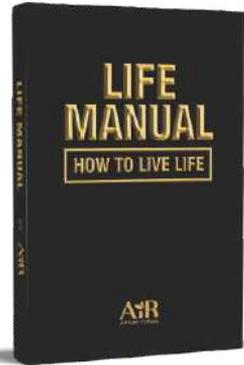
30. Let go of your Ego and you will find God

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



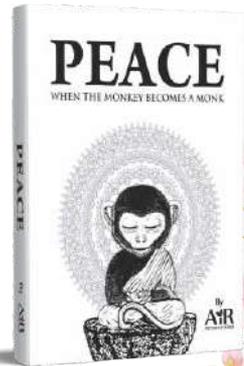
31. Life Manual - How to live life?

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



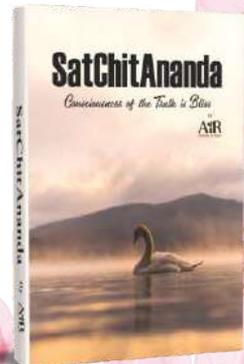
32. PEACE... When the Monkey becomes a Monk!

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



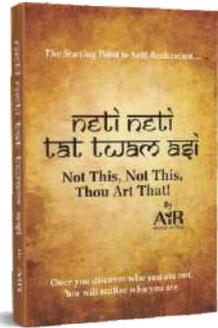
33. SatChitAnanda - Consciousness of the Truth is Bliss

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



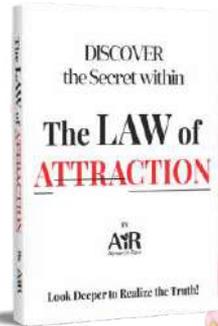
34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



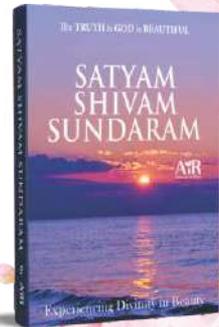
35. *Discover the SECRET within The LAW of Attraction*

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



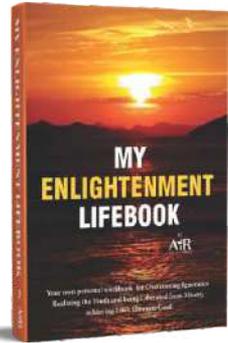
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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



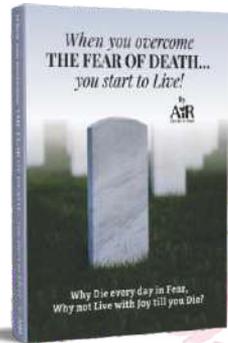
37. My Enlightenment Lifebook

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



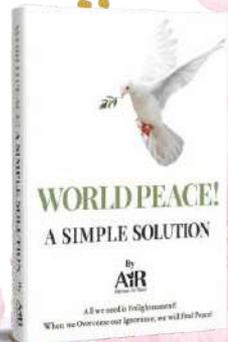
38. When you overcome the FEAR of DEATH, You start to LIVE

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



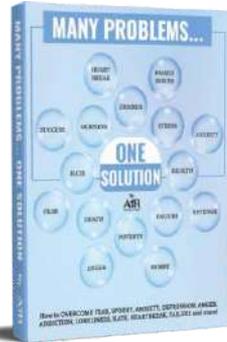
39. World Peace! A Simple Solution

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



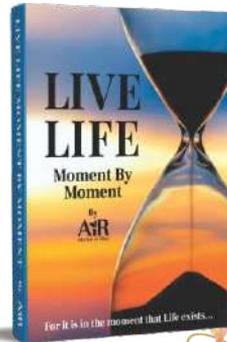
40. Many Problems, One Solution

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



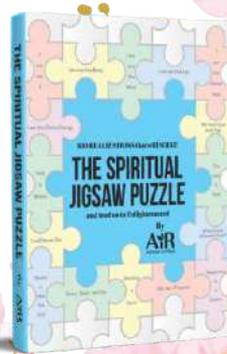
41. LIVE LIFE... Moment by Moment

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



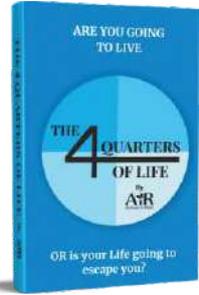
42. The Spiritual Jigsaw Puzzle

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



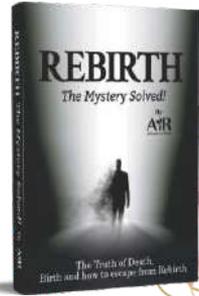
43. The 4 Quarters of Life

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. This book will inspire you to live a complete life, Quarter by Quarter, so that you can live with bliss and everlasting happiness.



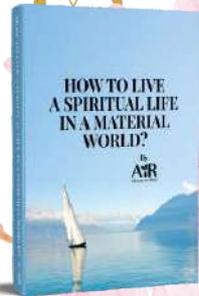
44. REBIRTH ... The Mystery Solved!

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?

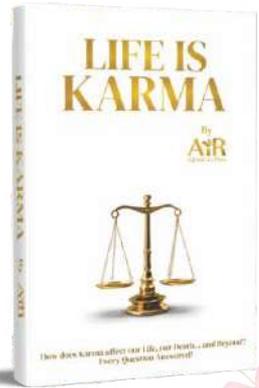
Most of us are lost in the material world and only turn to Spirituality when suffering comes our way. We don't realize that a Spiritual life can liberate us from all misery and suffering. Some people do take the road less travelled, the Spiritual path, and go on a quest to Realize the Truth. But is it even possible to live a Spiritual life in this material world, surrounded by worldly pleasures? Of course, it is! Spirituality is not really about



renunciation, but Realization. This book shows the way to that inner voyage of eternal happiness.

46. Life is Karma

Life is Karma. As life unfolds day after day, we wonder why things are happening the way they are. Is it luck, chance, serendipity or is it God instructing what should happen in our lives? It is none of these. It is Karma, the Law of Action and Reaction, which is based on the principle, 'as you sow, so shall you reap.' Everything we do creates Karma. Even after we die, our Karma continues with our Mind and Ego, ME that takes rebirth on earth along with its karma. This book 'Life is Karma' explains everything about Karma, and how we can be liberated from Karma and be united with the Divine.



And Now

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

Next in pipeline...

48. Enlightenment! The Myth... and The Truth!

49. God is not God, God is SIP - The Supreme Immortal Power

50. Happiness is Success

51. The 10 Commandments of Detached Attachment

Poems For Life

Peace, Love, Bliss, Enlightenment and Eternal Happiness

Do you want to read poems that will transform your life?
Do you want Happiness and an escape from all strife?
This book of poems is sure to give you the gift
It will inspire you to ecstasy, from the mundane you will lift

The poems are many, but in this book everything you will find
It will teach you how to escape from your own rascal mind
It will make you think and make you ask and look at the sky
Till you ultimately find out the Truth - Who am I?

Realize the Truth as you go beyond success and achievement
Let these poems take you to ecstasy and Enlightenment
These poems will take you beyond seeking ordinary pleasure
If only you realize that in your hands, you have a true treasure

by

AiR
Atman in Ravi

A.i.R.

AiR Institute of Realization
Ask Investigate Realize

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

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

