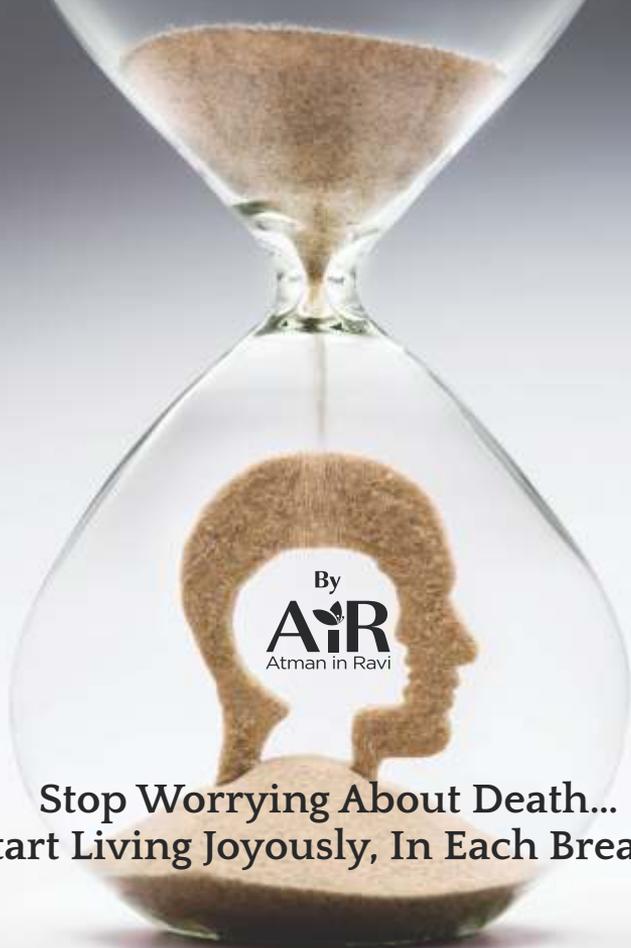


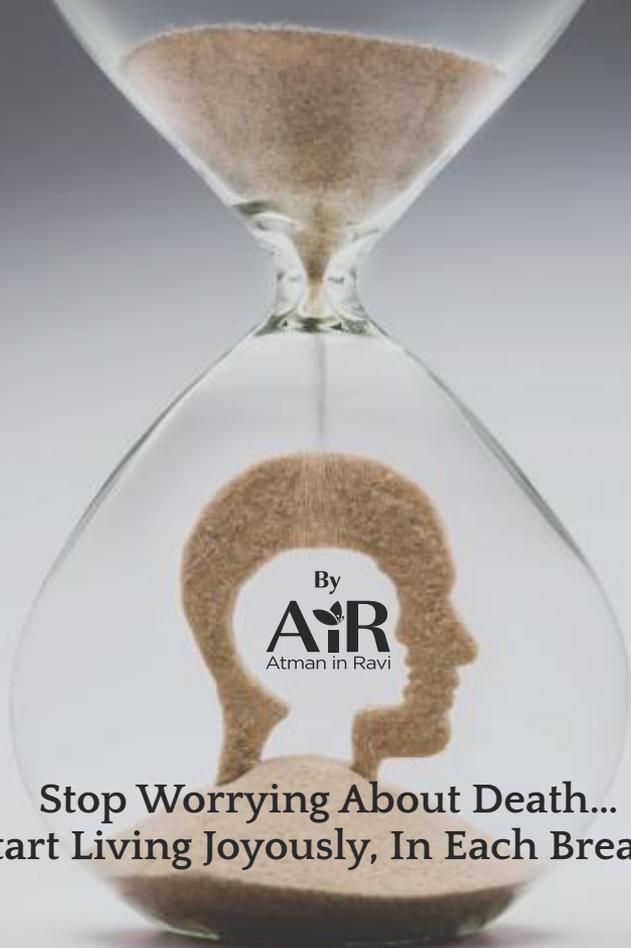
# The A to Z of **DEATH**



**Stop Worrying About Death...  
Start Living Joyously, In Each Breath!**



# The A to Z of **DEATH**



By  
**AiR**  
Atman in Ravi

**Stop Worrying About Death...  
Start Living Joyously, In Each Breath!**

# The A to Z of **DEATH**

By  
**AiR**  
Atman in Ravi  
Ravi V. Melwani

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ISBN 978-93-5777-033-0

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**Printed by: Vel Murugan Binding Works**

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

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

*Why must we read about Death in a book?  
Because the Fear of Death, catches us by a hook!  
Instead of living, we just cry and we die,  
This book will help us overcome every lie!*





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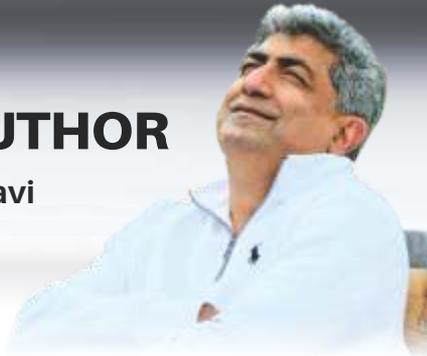
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# ABOUT THE AUTHOR

**AiR- *Atman* in Ravi**



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

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

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

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

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

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

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 60 books, composed and sung about 1400 bhajans, written several blogs, quotes, and poems. He has taken up various other

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

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

**YOU CAN DIRECTLY**

**Ask AiR**

at 8 pm every day



Meeting ID: 85021104431

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# PREFACE

## WHY A NEW BOOK ON DEATH?

Death is a reality. Every 'body' must die. Although this is the truth and we all know it, we are unable to accept death gracefully.

Many years ago, I wrote a book named *I will Never Die, Death is Not the End*. I shared how only the body dies and people say that we passed away. They are so sure that we have left the body and moved on that they destroy it by cremating or burying it. Therefore, death is not the end, it is just a bend. Death is not the end of life, it is just the end of one chapter in the book called 'life'. The body dies, but we, the one who was alive, the Mind and Ego, ME, move on to be reborn in a new body.

Later, I wrote a sequel to the first book on Death and named it *Death is Not the End, Death is Liberation* where I briefly touched upon how death is nothing more than a sunset somewhere and a sunrise somewhere else. One body dies and another one is born. Death is Liberation from all misery on earth. It leads us to rebirth which is another opportunity for Liberation and Unification with the Divine. While these two books that were printed several years ago, opened the door to the truth about death, I have evolved so much in my understanding of death that I thought of writing a new book, *The A to Z of Death*, to share how we could stop worrying about death and start living joyously in each breath, how we could make death a celebration, how we could realize that death is Liberation from the triple

suffering – pain of the body, misery of the mind and agony of the ego. Once we know the A to Z of death, once we realize the truth about what happens when we lose our breath and once, we realize that we do not go to a God in the skies and these are just lies, we will stop worrying about death and start living in each breath.

Death is the starting point of Enlightenment. I decided to write this book because my mission is to make people realize the truth. The purpose of my life is to help people get enlightened. As long as people are living in ignorance, they will continue to fear death. They will fear the loss of all that they own, all that is known, just as they will fear the unknown that lies beyond death. But why should we fear death? Death is a reality. We must accept it gracefully. Only the body will die. But who is the 'I' that departs at death? Instead of worrying about death, we must realize the truth about what exactly happens at death. This Realization will liberate us from our fear, our ignorance, and the myth that we have grown up with. It will unite us with the Divine.

I decided to write a comprehensive book about death – Why do people commit suicide? Why do people not realize that the one who dies does not go and live somewhere up in the skies? This book will reveal the truth. We are not the body that dies. We were conceived nine months before our so-called birthday. The body was formed much later inside the womb of our mother. We are the Spark Of Unique Life, the SOUL. Realizing this is our ultimate goal and this book, *The A to Z of Death* will reveal the truth.





# INTRODUCTION

## MY REVELATIONS ABOUT DEATH

Do you want to overcome the fear of death? Do you want to live joyously and courageously in every breath? Then you have a book that will help you stop worrying and start living. Death is going to happen. Everybody has to die, one day. Can you escape death? No! Then why worry about it? Why fear death?

The book contains the truth. It will open our real eyes and make us realize that Death, in fact, should be a celebration. It is not painful. In fact, it is Liberation from all pain and misery. As long as we are alive on the planet, we will experience the pain of the body, our mind will make us miserable and our ego will agonize us. Who does not cry with aches and pains? Who does not live in fear and anxiety? Who does not experience anger, hate, revenge and jealousy? Everybody does! But the moment we die, we are free from all of this. The truth is that it is only the body that dies. We are reborn and this goes on and on. Is there any way to escape this cycle of death and rebirth? Yes, there is! If we let go of the myth that was taught in our school and college and absorb this truth that is the complete knowledge, then we will evolve from the Kindergarten of our Religion and graduate into this University of Spirituality. We will be enlightened about death and be liberated, not just from all suffering on earth, but also from the continuous cycle of death and rebirth.

What is death? Who dies, in reality? Why do we fear death? Why do we believe the fairy tales and the myth we grow up with? This book explains everything. Not only does it touch upon the scientific perspective of death but it also examines the two possibilities of what happens at death. The ancient scripture, *Kathopanishad* reveals the Divine Truth but very few people realize what it is. Instead of accepting death gracefully, people live in fear, worry, stress, anxiety, depression and even contemplate suicide. They do not realize that birth and death are not in our hands. Everything is controlled by Karma. At death of the body, either we will be reborn or if we are enlightened, we will be liberated and united with the Divine.

This book not only reveals the truth about death but also reveals the secret of birth. It examines the Law of Karma and how SIP, the Supreme Immortal Power, whom we call God, has instituted several Universal Laws to govern life and death.

This book, *The A to Z of Death*, has everything you need to know about death. Everything relevant is covered, just as anything irrelevant that is not in it, is not necessary to be worried about. *The A to Z of Death* will not only open the door to the truth but will show us the way to be united with the Supreme too. It will inspire us to realize that we are not the body that dies. We are the immortal Soul, a manifestation of the Divine and our ultimate goal is to be free from the cycle of death and rebirth. This book will help you overcome the fear of death and you will start living joyously in every breath, as you make 'death' a celebration!



*What is Death? Every 'body' must die!  
We live in fear because we believe in the lie.  
Why should we cry? At Death, all misery will end,  
We can unite with the Divine, when we take this bend.*





# 1

CHAPTER

## WHAT IS DEATH?

*What is Death?*

*It's the moment we lose our breath.  
Every 'body' that is alive, one day will die,  
But the Soul is eternal, it will depart to the sky.*

Death is certain. Every 'body' must die. And still, we are paranoid and full of fear when we hear about death. Why? It is because we do not understand death. We do not understand what happens when somebody dies. We are not even sure if a person is dead or not. Most often we need a certification by a doctor before we pronounce somebody dead.

Death is different from sleep. We sleep every night and we wake up the next morning. But death is eternal sleep. We will not wake up. In fact, people are so sure that we have died and departed that they cremate our body or bury it. Would we dare destroy the body of someone who was just asleep? Death is the moment when life ends. What happens at death exactly? Most of us don't know that and hence, we say, 'He passed away.' 'He has left the body.' 'He has departed, gone, moved on.' But who has departed? Who has gone when the one who is dead, is still lying on the bed? In fact, his body is intact and so is his head. Then, why is he dead? Death happens when the life inside our body leaves. It is a permanent departure. The person who has died cannot come alive. Such is death. Every living creature must die. Every living being that is born must move on. We know it, but we don't realize the truth behind death. We don't pay enough attention to understand the departure because we have not understood the arrival. Those who are enlightened with the truth realize that we are not the body that dies. We are the Divine Power that flies in the moment of death. Very few people are enlightened with this truth. They are the ones who are liberated from the cycle of death and rebirth. They are the ones who are united with the Divine in that moment of death.

## WHAT IS DEATH?

What is death? While a dog, a frog, a butterfly and a bee, all the living organisms die, we rarely call for a doctor to certify their death. But, because a human being is precious and is dearly loved, the loved ones want to be sure that the person is dead before they start the final procedures of cremation. So, a doctor checks and confirms if the person has actually died or not. He first checks the pulse and then the heart, whether it is working or it has stopped working. He also examines if the person is breathing or not and, in most cases, examines the pupils to see if there is a pupillary response in the eyes or not. When the doctor is sure that all these responses are absent, he pronounces the person as 'dead'. When a person is in an emergency ward of a hospital and is either on a ventilator or in the intensive care, the doctors either examine death of the heart or death of the brain to announce the death. Sometimes, a person is kept alive through a ventilator but this is not possible on a permanent basis. When both the heart and the brain stop functioning and responding, medical experts become helpless and they have no option but to accept death.

While death is certain and every person has to die one day, then why have we created so much mystery around death? Why is there so much fear? Is there any doubt that we will all die? No doubt our body will die, but what happens to the one who was alive? Not many of us realize this truth. Each of us has a lifespan. For human beings, the lifespan is about 100 years, just as for a dog, it is 15 years. A butterfly can live for 2 weeks and there are some other flies whose lifespan is just 24 hours. The lifespan is the maximum time a living creature can

live. Lifespan is different from life expectancy. The average life expectancy of a human being is about 75 years, in most countries. In developed nations like Japan, it maybe 90 years due to advanced medical facilities and lifestyle and in some African countries it may be around 60 years. This is how long a person can expect to live. While this varies from region to region, there is no doubt that every human being must die one day. When we realize that death is not the end of the journey of a Soul, when we are enlightened with the truth that 'I' will never die, only my body will die, we are liberated from the fear and misery caused by death.

Let us begin a journey to understand death in a positive perspective. Let us accept the reality of death and discover a way to not just accept it, but make it a celebration. Let us realize the truth of birth and death and what happens thereafter. This is a journey of Enlightenment. It is a Spiritual journey. It is the only way to go beyond what the medical world knows about death. Death is not the end. It is just a bend. It is Liberation. Let us realize this truth.





# 2

CHAPTER

## WHO DIES?

*Death is certain,  
But Who is the one that Dies?  
The Name, the Body is no more,  
But Who departed into the Skies?*

Death is certain. Nobody can escape death. Can anybody deny this? 'Princess Diana is dead.' The news channels announced. 'Her body lies in the coffin.' Nobody says, 'Princess Diana is in the coffin.' The moment a person is pronounced dead, they are no more considered to be 'them'. It is just their body. People said, 'Princess Diana passed away, she moved on. She departed!' even though her dead body was very much visible on earth. The one who was alive as Princess Diana is 'no more'. We are sure about this. But we do not know anything beyond this. There are so many beliefs that make death a mystery.

Many people think that the person who dies is resurrected. They come back alive in a distant heaven. There are so many who imagine that the physical body of their ancestors is living somewhere in a different world, somewhere far away. But is this all true? No! When we ourselves cremate the body or bury it, then what is the possibility of a resurrection of the person who is dead? If Princess Diana died, then her life as Princess Diana has come to an end. Her body has returned to dust and there is no possibility of another Princess Diana coming alive anywhere, anytime. Isn't this common sense? Many religions advocate many myths that we have grown up with. We believe in the lie that God lives up in the sky and that one day, we will come face-to-face with God. But there is a gap, a lacuna in our understanding of death. When we understand who dies and what lies beyond death, we will realize the truth about death. Some people talk of an astral body or the subtle body of the one who is dead. It is considered to be an etheric double, an identical duplicate or an invisible

body of the deceased. All this only complicates the understanding of death and what lies beyond. Let us simplify it.

A bulb, in itself has no light but when electricity enters it, it glows. And when the bulb breaks, it cannot glow. Electricity no more powers a broken bulb. Our body is energized by a life force. When that life force departs, the body is dead. There is no breath. This is a simple understanding of who dies. It is the body that dies. The body is not just the physical existence of a person. When Princess Diana died, along with her body her name also ceased to exist, except in the memories of people. At death, all relationships come to an end. The person who owned wealth and possessions, suddenly loses everything because at death, it is the end of that chapter of life. Still, we say that the Princess departed. So, where did she go and who went? It is her SOUL, the Spark Of Unique Life that gave her breath, till her death, that left her. It is as simple as that.

To understand Soul, let us take a rubber balloon. It is lifeless, it is dead. Now, we blow air into it. Suddenly, the balloon dances and becomes full of life. The moment we burst it, the air inside it merges with the air that is everywhere. So does our Soul. At death, everything looks intact but the life energy in the person that made them alive, leaves the body. We may call it Soul, Spirit, Energy or *Atman*. While the names are different, there is no doubt that the life energy within has left. The Soul that leaves the body, never dies. It is immortal. Only the body dies. What about the Mind and Ego, ME, that was alive in the body? What about the subtle aspect of our

existence? Is that the same as the Soul or is it separate? Does the Mind and Ego, ME, also die at death or does it leave the body and return to earth in a rebirth? Does the ME go to a heaven or a hell, as some scriptures tell? All these questions shroud our understanding and make death a mystery.

We will realize the truth about death in this book. At this point, let us be sure of one thing. The body dies. The one who was alive is 'no more'. This is certain and there is no doubt about it. Even science accepts the phenomenon of death but cannot explain what exactly happens to the one who dies. When we sleep, we wake up. Unlike that, at death, we will never wake up. Unlike a machine that can be repaired and reconstituted when it breaks down, a person cannot be revived or life cannot be put back into him when his death occurs.

Every living creature that is born, must die one day but only the body dies. The one who was alive, departs. The moment we realize death and what happens beyond it, we overcome all fear about death. As long as we consider death to be a moment of sorrow and grief, we will continue to live in ignorance and imagine all the horrible things that death brings about. We will imagine suffering not only to the body that is dead but also to the one who has departed.





# 3

CHAPTER

## WHY DO WE FEAR DEATH?

*We fear Death because of the Loss of  
All that is Known and all that we Own.  
Just as we fear Death because of the  
Mysteries beyond Death that are Unknown.*

Who doesn't fear death? In a flash of a moment, we see that somebody is gone. They disappear into nothingness. Somebody who was so dear to us, somebody who was a part of our life suddenly dies and everything is over. Where did they go? What will happen to them? Will they feel pain anymore? These questions haunt us because we do not know what happens after death. Nobody in this world understands this mystery. But death is a reality. Everybody who is born must die one day. But somehow, because of our ignorance, because we don't know the true meaning of death and because we do not realize what death is and who dies, we continue to fear death.

Nobody likes death because at death, someone who was dear to us will no more be there for us to talk to, go for a walk with and play or sing together with. That person will be missing from our life altogether. But the reason for our fear is deep-rooted. We fear death because we imagine so many things that we have been told, taught and indoctrinated with. We have been told that we will go to a distant hell and suffer. Then, we start imagining and that nightmare of death, haunts us. We don't stop and contemplate that in the moment of death, the body will be no more. Then, who will go to hell and suffer? We have no clue about what lies beyond death. It is unknown. This ignorance is one of the major causes of our fear of death.

We fear death for two main reasons. First, we fear death because of the unknown that lies beyond it. Second, we fear death because of the loss of all that we own, all that is known.

In fact, on the surface it seems that we fear death because of the loss of whatever belongs to us, although subconsciously, the fear of the unknown and what lies beyond death maybe a larger fear factor.

In the moment of death, the deceased loses everything. Not just all their possessions like their house, car, money, favourite clothes, shoes and precious collections, but they lose their treasured relationships, those whom they loved so much too. In a moment, in a flash, the one who dies, loses their mother, father, husband or wife, siblings, friends and everybody. Suddenly, all of their relationships snap and they disappear into oblivion. When we see somebody die, we often wonder what will happen to us when we die. What about all our money in the bank? What about the ones we love so much? They will not be ours anymore! We will go beyond death alone and nobody will belong to us anymore. Nothing will be ours. This is the reality and this is what makes us so paranoid about death.

But death is going to happen. There is no doubt. It is not about whether death will happen or not. It is about when it will happen. We all know that we have to go. Life is like a show. We are the actors who come on this earth stage. One day, we will go. But actors don't fear acting on the stage because they know that it's a show and because we are ignorant and do not realize, we live in a constant fear of death.

Did we bring anything with us when we were born? No! Then why should we fear that we will lose everything when we are

gone? We fear because of our ignorance about death, and we live and die in fear. Once we realize the truth about death, our fears will disappear. We will live gracefully without any fear of the loss of what we own or the fear of the unknown that lies beyond death. Until we realize the truth about it, we will continue to fear death.

FEAR is False Expectations Appearing Real. Fear is not a danger. It just appears to be one. We may die after 20 years but we are fearing death today. Why? Because death is uncertain. It can happen any moment and death is so fierce that it spares nobody. It takes away everything that belongs to a person. Hence, death is our biggest fear. The enlightened ones overcome this fear because they realize the truth about life and death. They realize, 'We fear death because we think we will die. But we are immortal Souls. We never die. Death is in hands of SIP, the Supreme Immortal Power. We must accept and surrender. Nothing belongs to us. Even this body is not ours.' Of course, the body will die, but don't we know that the one who was alive will pass away, depart and move on? Realization of this Truth reveals, 'I will never die. Death of the body is certain. But I am immortal.' Let us all realize this truth. Then we will not fear death anymore.





# 4

CHAPTER

## THE MYTH ABOUT DEATH

*Because we believe,  
In the Myth about Death,  
We don't realize what Death is,  
And we lose our breath!*

You and I are sure to die. There is no doubt in that but neither you nor I go on a quest to realize, 'Who am I? Who will die? Who will disappear into the sky?' We just cry when we see somebody die. We look up at the sky and ask, 'Why?' Is it not better for us to contemplate death and overcome the myth that we have grown up with? Death is certain. Every 'body' will die but it is also certain that our history is filled with mystery about death and because we believe in the myth, the reality escapes us.

When somebody dies, we immediately pray for their Soul to 'rest in peace'. We see the body of the dead, the deceased, disappearing into nothingness. So, who will rest in peace? We pray for the departed Soul but what is the Soul and where is this Soul? We understand nothing, and still pray. We perform rituals and ceremonies after somebody dies without understanding anything, without a clue about what we are doing and why we are doing. Why do we follow these rituals? No doubt, it is the fear of death that makes us follow the dogmas propounded by our religions and we are paralysed by the myth of death.

We are told that the one who dies will become a ghost and hover around if we do not perform certain ceremonies and rituals. We even imagine that the ghost of the dead one is lurking somewhere near us, when it is all a myth. In the moment of death, a person's journey on earth ends, their body is cremated or buried and it returns to nothingness. Haven't we read, 'From nothing, we come and into nothing, we will go'? This is the truth. But who dies? Who passes away? Where

do they go? These are the questions that we must answer before we die. We must understand that we cannot realize the truth about death after we are dead! We must overcome the myth and realize the truth when we are alive.

This body will die one day, and the one who was alive will leave the body. That is why we burn or bury the body. Would we dare destroy the body of somebody who was just sleeping on the bed, and is not dead? No, we dare not! We get a doctor to certify death before cremating the body because we are afraid, 'What if the one who is perceived to be dead, suddenly wakes up when we are starting the cremation or burial?' Death is certain and irreversible but it is only the body that experiences death. We are sure that the one who was alive has passed away and moved on. While we are sure of this, we are unsure of where they may have gone. Because of our ignorance, we put up their picture in a frame, hang it on the wall, light a lamp, burn incense sticks and offer flowers to the picture. We imagine that the one who is dead is somewhere far away in heaven. This is a lie! We have destroyed the body and the one who is gone, is already reborn.

Now, let us imagine that the one who died was John. John will not return as John. Once he is gone, the story of John is over. There is no point in looking at his picture and hoping for him. John has already been reborn, maybe as Harry or Mary or even Smith. We don't know! But the truth is that the one who dies, carries their Karma and enters a new life in a new body. Death is not the end of the book called '*life*'. It is just the end of one chapter of the book. Thereafter, there will be another

chapter in a new body to settle our past deeds. Heaven and hell are not far away in the sky. We experience them when we come back to earth in a rebirth and because we do not realize the truth, we live and die with the myth.

There are a lot of fairy tales and stories about death that force us to believe in a lie. We imagine that God lives in the sky, but the moment we realize the truth of '*Who am I?*' we overcome the myth associated with death. Till we realize the truth, death will remain a mystery. We will fear death! We will continue to say, '*R.I.P.*' without having a clue of who should 'rest in peace'. Where has the one who died, gone? As long as we believe in the fairy tales, we will be slaves of our own ignorance. A few blessed ones ask questions and investigate, till they realize the truth. What is death? Who dies? What is birth? Who is born? What is the connection between death and birth? What happens to our Karma. When we join these dots, the mystery will dissolve and a clear picture will emerge. Till then, not only will we be ignorant about death but we will constantly live in the fear of death.





# 5

CHAPTER

## DEATH - A SCIENTIFIC PERSPECTIVE

*When the heart stops beating,  
And the brain shuts down,  
Causing all life processes to cease...  
For science this is Death, the person is deceased.*

The definition of death, as per science, is the absence of life. Science considers death to be just a phenomenon of human existence. They have not been able to discover what death truly is. Science can put back any machine to work, whether it is an aeroplane, a submarine, or a space craft. But when it comes to a human body or even a dog, a frog, a bee or a tree, science has not been able to put life back into a dead creature. This is because science does not understand what death is.

To scientists, death is just a moment when we lose our breath. While they may not accept the reality of death, the truth is that they know and accept that the life energy in a person has left forever at death. They also realize that this energy is beyond scientific comprehension. Otherwise, science would have found a way to reinject the energy back in a dead body to create life. While science still hopes to make a scientific discovery and take a command over death, the truth is that it cannot.

As long as science considers everything in this world to be energy as endorsed by modern day Quantum Physics, it will never realize the truth about death. It will continue to consider human beings to be nothing more than a machine and will remain in ignorance. But scientists are intelligent people. The moment they use inference, they will not only realize the truth about death, but also accept SIP, the Supreme Immortal Power and the fact that a living being is nothing but a SOUL or Spark Of Unique Life. The scientists in the past used inference to discover the Law of Gravity. There is no

proof but because everything is pulled back to the centre of the earth, science accepts the Law of Gravity through inference.

Science today accepts two important theories. Science accepts that energy can neither be created nor destroyed. It can only be transformed from one form to another. This is the universally accepted Law of Thermodynamics. This law indicates that energy is birthless and deathless. It just exists. It can be transformed into matter and from the matter, return to energy. Recently, scientists coined a theory called the *Wave-Particle Duality*. When they were examining the smallest particle of a human cell, a quark, it suddenly disappeared. While they were flabbergasted and trying to understand the disappearance, the particle reappeared. The experimenting scientists concluded this phenomenon as the *Wave-Particle Duality*. What did it mean? It meant that the human cell can become energy and the energy can return as another human cell and because of this discovery, many scientists accepted that a human body that seems to be made up of about 30 trillion cells, is nothing but energy. Every human cell is energy and thus, a human being is energy!

What then happens at the death of a human being? When death occurs, the energy in the human being disappears. The body has no life and the person is certified as dead. Then the body is destroyed by a cremation or burial. This suggests that the one who was alive in the body has left. Therefore, the body is dead and useless and hence, is burnt or buried. Science will accept that the energy that has left at death is our real

existence and not the physical body. What happens to the body then? It returns to the five elements of nature from which it was formed. What are these elements of nature? They are nothing but energy! All of this is scientifically accepted. There is only one thing that stops science from realizing the truth about death. Scientists believe that everything in this universe is energy but they do not accept that this energy is a Power, the Supreme Immortal Power or SIP. Soon, science will accept it because there is no other explanation to this phenomenon. This is the truth.

Putting together the scientific laws, theories and inferences, science accepts death. Science accepts everything is energy. It also accepts that death is an irreversible process. It accepts the natural law that apples cannot grow on mango trees. Science also submits to the fact that we have no control on our birth but it does not join the dots to realize the truth of life and death. This is because science believes that there is no SIP or Supreme Immortal Power. Scientists live with the hope that they will control death and birth, one day, and take the place of God or SIP, the Supreme Immortal Power. Alas! This ignorance stops scientists from being enlightened with the truth. When death occurs, the scientists are helpless spectators and some even cry when they see somebody die.





# 6

CHAPTER

## THE TRUTH ABOUT DEATH

*What is the reality,  
Of the phenomenon called Death?  
What happens at Death,  
Why do we lose our breath?*

Death is a reality. It is not a myth. We all have seen and experienced death happening. It may have been the death of a family member, a near or dear one or it may have been the death of a world-famous personality. Death is certain. Every 'body' dies. Nobody escapes death. Every living creature has a lifespan and for a human being, it is about 100 years. Therefore, we do not see people walking around, who are 150, 200, 300 or 500 years old. There are only rare cases of people living over 100 years of age. As of today, about 300,000 centenarians live out of 8 billion people on earth. That is 0.004%. These figures make us understand that we will probably die before we are 100 years old. But what exactly happens at death? Who dies? Why do we die and what happens after our death? The fairy tales that we believe in and the myth we have grown up with have completely confused us about death. We do not realize the truth. In reality, it is quite simple. If we stick to the facts, we can realize the truth about death.

Death is certain. Every 'body' will die. The one who was alive, who had a name, relationships and possessions will leave everything behind when the body is dead on the bed. Then people will say that the one who has died 'has passed away', 'has left the body and moved on'. His body is lifeless. We even talk about praying for the departed Soul. Nobody is sure of who has departed but we are certain that the body has died. Their brain has stopped functioning and heart has stopped beating. Then slowly, the dead body starts to decay. These are all facts and nobody can deny them. Thus, death is certain and it is also certain that one who was alive will leave his body.

Otherwise, we would not cremate or bury the body. Would we destroy the body of anyone who was alive, fast asleep in bed and not dead? No! It is impossible. That would be called a murder. Unless a person is certified dead, we do not cremate or bury them. While all this is absolutely true, we are still unable to comprehend as to who leaves the body at death. Somebody or something has left the body. Otherwise, death would not have occurred. If the body was like a machine that stopped working, then just like a machine, we should have been able to revive it from death and make it work again. But we know that we cannot put back life into a dead person. What is this 'life' that leaves at death? This is known to only those who have been enlightened to realize the truth. The rest of the humanity does not understand the phenomenon of death. Thus, people just cry when they see somebody die.

Somehow, we are living in a state of denial. We deny that we can die at any moment. Somebody may die at 80 years of age, somebody at 8 years of age and yet, somebody at 28 or 48 years of age. Death is certain. Everybody has to die, one day, but nobody knows when because death is not controlled by us. Nobody in the world can confirm as to 'when' it may happen but it will certainly happen when it has to happen. A person may be healthy one day, but suddenly dies because of an accident or an illness. Older people die natural deaths, but everybody dies. Who dies? Only the body dies. The one who was alive passes away to an undisclosed location. Where and why?

At death, where does the one who was alive go and why? The most common understanding and acceptance is that when we die, we have to pay for our sins and be rewarded for our good deeds. Some religions advocate that we will go to a distant heaven or hell, come face to face with God and be rewarded or punished for our deeds. Other religions that realize that the body has perished, believe in the concept of heaven and hell and according to them, it happens when we take rebirth on earth. We are rewarded or punished through a new birth, according to our Karma or our actions. A very small minority that does not believe or accept anything, lives and dies in ignorance. They do not introspect and reflect on death. There is no contemplation on this concept and this minority thinks that death is the end of life. But nobody on earth denies death. Every living creature must die. The questions that need to be answered are, 'Who dies? What happens after death? And who controls death?'

Death is a reality of life. Anyone who is born must die, one day. The one who has come, must go one day. This world is like a show and we are just actors. Unfortunately, we do not realize this and therefore, we mourn death, when in reality, death is a moment of Liberation, it should be a moment of celebration. But as long as we live in ignorance, we will cry and question, 'Why?' Instead of crying in ignorance, why not we spend our life discovering the truth about death and make both life and death, a celebration?





# 7

CHAPTER

## **AT DEATH, ONE OF THE TWO THINGS HAPPENS**

*At Death, most people are Reborn,  
And this goes on and on!  
But those who are Enlightened, are Liberated,  
With the Divine, they are United!*

What happens at death? The body dies. Nobody doubts this. But the mystery of death fills our history. Will we go to heaven or hell? Will we meet God? Will we be reborn? Who will be reborn? Will the body be resurrected? Does the Soul take rebirth? How does rebirth happen? Will we go to another planet? Will we return as animals as per Karma? There are hundreds of questions that add to the myth that we have grown up with. But what is the truth?

Death happens. The body dies. The person who was alive, leaves the body and passes away. For most people, it is very simple as the one who was alive in the body, the Mind and Ego, ME, returns to earth as per their Karma or unsettled deeds of the past. These seem to be the intelligent people of the world. They live with morals and ethics because they know that the Law of Karma prevails. They realize that they cannot escape from their sins. They are confident that their good deeds will not be wasted. Whether they have good or bad Karma, they will return to earth in a rebirth. They will leave the current body, which will be cremated or buried. The body will return to dust and they will adorn a new body in a new birth to settle their pending Karma.

Most people in the world today believe in the doctrine of Karma. They accept the Law of Action and Reaction. They realize that a child is born blind, not because God is not kind. The life drama is unfolding as per Karma. In this show, we come, we go and we are reborn and this cycle goes on and on. There are some ignorant people too, who do not see the Law of Karma prevailing on earth. They do not realize that apples

cannot grow on mango trees. They do not understand that birth is not in our hands, rather it is in the hands of Karma because they do not understand simple facts. They disregard the Law of Karma and just live selfish and merry lives without any care or compassion. They do not think it is necessary to live with morals and ethics. To them, 'Life is just a one-way road that will end and then, it is over. There is nothing like rebirth or Karma. There is nobody like God. Everything is just a natural phenomenon.' Such people just live and die. They never discover the truth of 'Who am I?' They never look up and marvel at the sky. Such people come and go and they will suffer in their rebirth on earth. You may be Robert, Mary, Rajesh or John, it hardly matters because you will be reborn, whether you believe in Karma or not. One cannot escape this law. But there is one category of people that escape the cycle of rebirth after death. These are the rare, enlightened ones who are very few to find. They realize that at death, one of two things can happen.

At the moment of death, 99% of this people in this world or even more, just return to earth in a rebirth. But a small minority who is enlightened are liberated from the cycle of rebirth and they are united with the Divine. They realize that they are not the body that is sure to die. They also realize that they are not the mind that they cannot find. Finally, they realize that their ego is a false identity that says 'I, me and mine.' We say, 'I am John' but we were not John when we were born. One day, for sure, John will be gone and will be reborn. But who was the one who is gone? It was the SOUL of John, the Spark Of Unique Life, the Power that was alive, the Spirit,

also called the *Atman*. The moment the enlightened ones realize that they are not the body, mind and ego but are the Divine Soul, they do not return to earth in a rebirth. They are liberated from the cycle of death and rebirth and united with SIP, the Supreme Immortal Power. This is our ultimate goal, to realize that we are the Soul and to be free from the cycle of transmigration and reincarnation. This goal is possible only if we realize the truth before we are dead.

To be liberated at death, one has to be enlightened. They have to realize that they are not the body that is sure to die and they are not the Mind and Ego, ME, that carries its Karma and is reborn. They are the SOUL, the Spark Of Unique Life. It is this Realization that will liberate the ignorant one who lives birth after birth and returns to earth, carrying unsettled Karma. Therefore, at death, one of two things will happen. Either we will live and die as the body, mind and ego, do Karma, then carry this Karma and be reborn or if we have realized that we are the Divine Soul, not the body, mind and ego, then, at the moment of death, we will be liberated from all Karma. Thus, we will not return to earth in a rebirth. We will be liberated from the cycle of death and rebirth and be united with the Divine.





# 8

CHAPTER

## **CAN WE ESCAPE DEATH?**

*No living creature on this earth,  
Can escape Death.  
It will be foolish for anyone to think,  
That he can forever keep his breath?*

Every living creature must die, whether it's a fly that will live for just a day, a butterfly that may live for two weeks, a dog that can live for 10 to 15 years, a tree that can live for a few hundred years or we, humans, who can live up to a hundred years. However long or short the lifespan is, one thing is certain that every 'body' has to die. Nobody can escape death. This is the way that the Creator has created this universe.

Two things that are not in our control are 'birth' and 'death'. Did you decide how you were born? Did you decide the date of your birth, your parents, gender or nationality? No! None of this is in our hands. We were born because of the Divine Law of Karma. One day, we will be gone and that too, is not in our hands. Death depends on Karma too. It depends on our Twin Karma, our past Karma that we came to earth with and our present Karma, the actions that we do on a day-to-day basis. It is this Twin Karma that decides when we will die. We are sure to die but only the body will die. We may not know when we will die but we can be absolutely sure that the body will die.

Nobody can escape death. There is an interesting story about the world conqueror, Alexander, the Great. He was dying because of a mosquito bite and he is said to have called the doctors in his kingdom and offered them all his wealth if they could save him from death. Unfortunately, they could not! It is said that when he died, he instructed that his bare hands be displayed outside his coffin for people to realize how helpless we are at the moment of death and how we cannot take even a penny with us when we go. We all have to die. But we don't

die. Only the body dies and people will say that we passed away. The one who passes away at death can never return in the same body again. The body becomes lifeless and useless then. It is normally, cremated or buried and returned to ashes. If we believe in Karma, we will be reborn in a new body. If we are enlightened that we are the Soul, we will be liberated from the cycle of death and rebirth and be united with SIP, the Supreme Immortal Power. However, in either case, we cannot escape death. Death of the body is certain. There can be no rebirth without death, nor can there be Liberation and Unification, known as *Nirvana* or *Moksha* without death. No 'body' can escape death.

In this universe, SIP, the Supreme Immortal Power manifests as every creation, whether animate or inanimate. The inanimate things seem to be immortal because they don't die. The earth, oceans, skies, clouds, rivers and mountains are not subject to birth and death. They are made up of molecules of matter that are nothing but manifestations of the Divine energy. They do not have a SOUL, a Spark Of Unique Life.

The animate world has SOUL, a Spark Of Unique Life. This is the Divine Power and it is one that causes birth and death in every living creature. Every living creature is born as per its Karma and one day, it will be gone! Of these living creatures, it is only a human being who creates Karma through discriminative action. The rest of the living creatures do not create Karma. They are either consuming their past Karma or redeeming it. They come and go and the cycle will go on till finally, they take birth as a human being. Only a human being

has an intellect, creates Karma and is capable of escaping from the cycle of rebirth and death. But even such enlightened beings must experience death of the body. They cannot be liberated and united with the Divine until they experience death. They cannot escape death. Nobody can! But in that moment of death, the enlightened ones escape rebirth, all the misery on earth, and all future deaths and births .

Therefore, the goal of human life is not to try and escape death, but rather try and escape rebirth. It is to realize that we are not the body that will die but we are the Divine Immortal Soul. Once we realize this, we become free from the fear of death, drop all duality and have the Realization that death is a moment of Celebration, Liberation and Unification with the Divine. A few rare enlightened beings attain *Nirvana* or *Moksha* and they make the best of life in every moment they live. The rest just live and die.





# 9

CHAPTER

## DEATH AND SUICIDE

*Why does somebody commit suicide,  
To prenone their Death?  
What causes one to give up,  
This precious human breath?*

While birth and death are in the hands of the Divine and we can neither control how we were born, nor do we know how we will be gone, there are people who choose to end their life because they are unable to deal with all the misery and strife. In that moment, when their mind defeats their intellect, they make that reckless decision to end their life and before they realize it, it is over. But what is the truth? Is suicide the end of all our sorrow on earth? No! Suicide will only make us return to earth with more sorrow than ever before. We are all born with Karma, our past deeds that need to be settled, that need to be redeemed. If we try to escape from life, we may escape from one life in this body, but we cannot escape from returning to settle our pending Karma. Added to that, the Karma of committing suicide will become another humongous Karmic burden that we would have to settle eventually. Thus, it is wrong to contemplate suicide. It is not wise to end life. We must surrender to the Universal Laws of birth and death and let them unfold till the moment when there is no breath. Those who try to interfere with these Universal Laws, pay a hefty price for their actions.

Why does somebody commit suicide? Most often, it is not because of the pain endured in the suffering of the body, rather it is because of the mind. It is the mind that decides to end the life. It is our thoughts that motivate us to take the drastic decision to kill ourselves. The fact is that human life is very precious, more precious than any other form of life and to end this life unnaturally, is wrong. It is out of our sheer ignorance that we take such an extreme step. We all experience pleasure and pain and this happens, again and again. All this

is happening as per our past Karma. But when we are ignorant about Karma and unaware about the truth of death, we sometimes, contemplate suicide. Death is not the end. It is just a bend and if we do not transcend this body, mind and ego, we have no option but to return to this world. If the one contemplating suicide realizes that they will never die, it is only their body that will die, chances are that they will not end their life. If they understand and realize the truth that their next life would be only worse than this one, they may probably not attempt suicide. Somehow, people who commit suicide believe that their death caused by suicide will end all their suffering and sorrow. But this is not true. It is a false belief. Many people commit suicide due to losses in businesses or out of dejection of failure. There are some who commit suicide because of loss of love and a broken heart and yet, there are others who commit suicide when they get diagnosed with a fatal disease. Sometimes, it is simply old age. People who have reached a peak in their life and lost purpose in living, decide to harm themselves and end their life. Whatever be the reason, the decision of committing suicide is made by the mind.

Haven't you heard that depression leads to suicide? Depression is caused by an aggression of the mind. When an uncontrolled mind creates a lot of stress, worry, anxiety and fear, one reaches a mental state of depression. Then they are unable to escape from their suicidal mind. All they want is to end their life. There is no logic in this, but they take the tragic decision to end their life by either jumping off a building, consuming poison, using weapons, or just hanging

themselves. There are so many ways to end one's life. But they do not understand the burden of bad Karma that they are accumulating with this one act.

Rather than focussing on suicide and death, why not contemplate the precious gift called life? Why not count our blessings? Why not realize that death is in the hands of the Divine? And finally, why not realize that suicide is not a permanent solution to our problems? We will return to pay the price of our suicide and settle our pending Karma.

One who realizes the truth about life and death will never commit suicide. He will realize, 'I am not the body that is sure to die, I am not the mind that tries to find a way to end life, I am not even the ego that seems to be suffering beyond levels that I can bear, I am the immortal Soul.' Such a person will never take the harsh decision to commit suicide. It is our ignorance about the meaning of life and death that makes us even think about suicide. The realized one surrenders his life to the Divine and awaits the moment of death, peacefully and gracefully. We must set aside the thought of suicide and learn to live with acceptance and surrender.





# 10

CHAPTER

## **ACCEPT DEATH GRACEFULLY**

*The body has to die,  
Accept the fact with joy!  
Live life moment by moment,  
Enjoying the Divine ploy.*

Instead of worrying about death and choosing to cry till we die in fear and stress, why not enjoy the journey called '*life*', forgetting about death? Death is certain. The body will die, one day. But '*we*' will never die. When we realize that '*we*' are not the body that is going to experience death, we can be free from the tormenting thoughts of death.

When we see somebody die, we must realize that the dead body is not the one who died. Don't we all say that the person passed away? Is there any doubt that the body is just a mass of five elements? If the person who died was in the body, would we dare cremate the body? Aren't we sure that the person is gone? We may not know if they are reborn or not, but one thing is sure that we are not destroying that person, rather we are destroying only the body, the mortal remains of the person. The deceased has departed. Is there any doubt about this truth? If the person was asleep and would soon wake up, would we cremate or bury the body? Then, what does death make us realize? Death makes us realize that only the body is dead. The one who was alive has left the physical body. Then why should we worry about death if we don't die at all and only the body dies? We should not worry at all, rather, we should realize what happens at death, where we will go and where we will depart to. Shouldn't we spend our energy on the Realization of the truth, on being enlightened rather than just crying about death?

Those who are enlightened with the truth about death, not only accept it gracefully, but they laugh and smile accepting the reality as planned by the Creator, the Divine.

Why do people cry about death? People cry because they think they will die. They think that they will suffer. But this is a myth. For the one who faces death, there is no suffering, rather a Liberation from the triple suffering of the body, mind and ego. So long the person is alive, there is so much suffering but in the moment of death, all suffering ceases and there is Eternal Peace. This Realization can make death a celebration. The fact is that we never die. Only the body dies. It is like the death of an actor in a movie. At the end of the movie, the actor dies. But does he die in reality? No! Death is only in that role wearing that costume. Then he starts a new role in another movie. We understand this very well. While some foolish people cry when they see an actor die, the ones who are emotionally strong, the ones who are intelligent, do not weep when they see the actor slip in eternal sleep. They know that the actor is not dead. It is only a movie.

The enlightened ones realize that life is just a show. We are like actors who come and go. This earth is a humongous stage and as per our Karma, we are given a role. Ultimately, we have to die. But only the body will die. We will take our Karma and move on to our next role. The only difference is that we will have a new body. Therefore, the body is nothing more than a costume. When we realize this truth, we will neither fear death nor become unhappy about it.

Life is not like a book that will end. Life is like one chapter in a book. When one chapter ends, another one starts. When we realize this, we will learn to accept death gracefully. We will accept without protest, the death of a dear one, and Surrender

in Consciousness, to the Divine Will that unfolds. If only we realize that two things are not in our control, 'birth' and 'death', we will accept both gracefully. Neither will we cry when we see somebody die, nor will we fear as to when and how we are going to die. We will also accept the present circumstances of our birth gracefully, realizing that it is all Karma. Birth and death are controlled by the Twin Karma. These are our own deeds, the deeds we choose to do in this life and past deeds of previous lifetimes that we have lived that cannot be changed. But today, we have a choice. We can choose what we do and every act becomes a part of the Karmic score that influences our death and birth. Instead of worrying about death, should we not gracefully accept it and live doing good Karma?

We have one more choice. If we want to be free from the cycle of death and rebirth, we can focus on being liberated from all Karma by being enlightened. Thereafter, there will be no death, as there will be no birth. And at death, we will be liberated and united with the Divine. This is our ultimate goal, to realize that we are the Divine Soul and to become one with the Supreme. So let us accept death, gracefully.





# 11

CHAPTER

## DEATH IS NOT THE END

*Death is not the end,  
It is just a bend.  
Realizing this, from body, mind and ego,  
We must transcend.*

So far, we have realized one thing for sure that death is not the end of life. It is just a phenomenon that occurs. There is a continuation after death. No doubt, the physical body dies. But we are not the body. The body came much after our conception. We are that Spark Of Unique Life, the SOUL, that arrived nine months before our so-called birthday. Our body that was formed in our mother's womb, grows and ultimately, dies one day and we, the SOUL, that Spark Of Unique Life, depart at death. That is why there is no breath. The Power that gave us life, left the physical body to die, decay and ultimately, be returned to the five elements from which it was formed.

Death is the end, only for our body. When this body was born, our parents gave this body a name. This body grows up to think, 'It is *me*.' We live as the body, and the Mind and Ego, ME, makes us believe that we are what we see in the mirror. That is why, when we look at a photograph of our physical body, we point out and say, 'That is me!' But that is a lie! We are not this body of ours. We are the Divine Soul. And because we don't realize this truth, we continue to fear death and cry in the moment of death.

Death is not the end, it is just a bend. Sometimes we are driving on a road and we see that there is a dead end at a distance. Why do we call it a dead end? Because it looks like there is no way forward. When we drive further, we see that there is a bend, just before the end. Those who realize the truth about life and death, realize that life is just a bend and they transcend the body, the mind and the ego to become the Immortal Soul.

Is there any doubt that we are not the body? If we use our intellect, we can be sure that this body came after we came and this body will die, when we go. That is why people say, 'Let us pray for the departed Soul.' But neither do we understand this statement, nor realize the truth behind it. If we did, we would not consider death to be the end. Death is just a bend. We leave one body and then, come alive in another body.

While a large majority does not realize that death is not the end, many people know that they will be reborn and this will go on and on. To them, death is just a U-turn because they have to return in a new life with a new body. They are no more attached to the body, which they know is not 'me', but they are still not enlightened to realize that they are the Divine Soul. A blessed human being not only transcends the body, but also goes beyond the mind and ego because he realizes that there is no mind. He also realizes that the ego is a false identity. Once he transcends the mind and the ego, he drops all Karma and is liberated from the cycle of death and rebirth. Some people call this Salvation, others *Nirvana*, and yet some others call it *Moksha*. The names may be different, but they mean the same. The body has to die and as we have learned that there are only two options –we will either be reborn and this will go, on and on, or we will be liberated at death and be united with the Divine.

It is our choice. If we believe death to be the end, then we will return. But if we realize that death is Liberation, then we will realize we are not the body, mind and ego and live as the

SOUL, as a Spark Of Unique Life. At death, we will have no Karma that would bring us back to earth. We will become one with SIP, the Supreme Immortal Power. This will happen if we transcend the body, mind and ego, if we realize that death is not the end. When we realize that death is the doorway to the Divine, we become free, not only from the cycle of rebirth but also from all suffering on earth.

Death is not the end of the Soul. This is realized by the one who is enlightened that death is like a sunset somewhere, which is nothing but a sunrise somewhere else. The ignorant ones just live and die. They do not ask the question, 'Why?' or discover, 'Who am I?' The seekers of truth reach the bend of death. Then, either due to good Karma, return in a good rebirth or by realizing they are the Soul, are liberated from returning in a rebirth. They attain Salvation, *Nirvana* or *Mukti* from the cycle of death and rebirth.

This is our choice. We can choose what we perceive death to be. We can choose to live and die as the body, as ME, the Mind and Ego that carries forward its Karma and thus, ends up in a rebirth. Or we can live as the Divine Soul, being enlightened and at the bend called death, transcend, and attain unification and become one with the Supreme.





# 12

CHAPTER

## THE TRUTH ABOUT BIRTH

*If we want to realize  
The Truth about Death and Birth,  
We must investigate,  
How and why we came to earth!*

While death is certain and we know that every 'body' will die, for sure, we are still clueless about who will fly into the sky! When we see a person's body lie dead on the bed, we just say, 'R.I.P, Rest in Peace.' What does this mean? We also say, 'Let us pray for the departed Soul,' when we have no clue about what we are saying. What is even more ridiculous is that we believe that the dead ones have gone somewhere far away to some distant heaven, where they will meet our ancestors. There can be no bigger joke than this. The fact is that after a person dies, we destroy their body, their physical remains. Then, by what magic, by which miracle can the same body go to a heaven? It is impossible. The body has perished. We must accept this fact, without any doubt.

How can we realize the truth about death? For this, first we must contemplate the truth about birth. How are we born? When two cells, one from a man and another from a woman fertilize to become one, a zygote is created. This zygote grows in the womb of a woman into a physical body, which is then delivered after nine months. Is this fertilization process controlled by man? No! There are many couples who try to conceive for years and yet, they fail. Therefore, in this process, although the physical act of copulation is between man and woman at their will but fertilization and formation of a zygote can happen only when the Divine Will permits it to unfold. A new life is created in that moment of conception. The act is physical but the result is Divine. Once we are conceived in the womb of our mother, can we change our mother? No! We know we cannot because the journey of our birth has already started, nine months before our so-called birthday. While we

celebrate our birthday and we cut a cake, this day is fake. We should awake to the reality that we were conceived nine months before that day. What were we, when we were conceived? We were just a speck of energy, a Spark Of Unique Life, SOUL, that created the zygote. Without the Soul, a new life cannot be conceived. We may call it Soul, Energy, Spirit or *Atman*, it hardly matters. It is that Spark Of Unique Life, the SOUL, that starts our new journey of life. Why are we born? We are born because of our Karma, our past actions. We return to earth in a rebirth to redeem our unsettled Karma. Sometimes due to past Karma, some of us are born blind, but for some, Karma seems to be very kind! In reality, we get what we give. That is the Law of Karma. We will discuss Karma further as we progress in this book.

The moment we awake to the truth that we are a Spark Of Unique Life, the SOUL, and accept the scientific fact that our body is a result of the process where the cells multiplied in our mother's womb without any human intervention, we will start discovering the truth about death. Who created our brain, heart and kidneys? Was it our mother, our father or the doctor? None of these! We know that it is the act of the Divine, for sure, and nobody else has a role to play in it. One day, we come out of our mother's womb and we call that day as our birthday. But, in reality, we were born around nine months before that day. At most, we can call this as our 'arrival day' on earth. Thereafter, because of the milk that we drink, the bread, pizzas, pastas and noodles that we eat, our body grows. Ultimately, one day, this mass of flesh and bones will die. But 'we' do not die. We only leave our body at death. It is only

when we realize that we are the SOUL, the Spark Of Unique Life, we will understand that death is only of the gross physical body. Just like the Soul arrives at conception, at the formation of the zygote, it departs at death. This is the Divine truth and can be logically and practically explained with what we see, but somehow, our mind makes us deny the fact.

Did you control your birth? No! You did not. You did not decide your parents, your gender or nationality or even the date of your arrival on earth. Then who did? We cannot just say, 'Nature did!' Everything happening is an intelligent process unfolding in front of our eyes. Nothing happens randomly. Even the period between conception and delivery is fixed by nature. What we have in our body is not different from most of the other bodies. Who decides all this? We do not know! There is a Power beyond our comprehension that causes birth and death but we have the sense to understand what birth and death is. If we use our intelligence, we can clearly infer that we are, in reality, that Spark that arrives at conception and departs at death. It is very simple to understand this fact and accept it. Somehow, man is lost in the ignorance of his mind and is not able to contemplate birth, death, Karma and realize the truth about life.

If only we contemplate the truth about birth, we will solve the mystery about death too. If only we realize that we are not the body, we are the Divine SOUL, the Spark Of Unique Life, we will understand that death is just of the physical body. The Soul is liberated at death. Those who try to find the mind, realize that there is no mind but to understand and realize this, we must use our intellect.





# 13

CHAPTER

## DEATH AND KARMA

*The moment of Death,  
Does not happen by chance.  
It is Karma,  
That is in charge of this dance!*

What is Karma? The word Karma means action. In the context of birth and death, Karma is the Universal Law of Action and Reaction, also called the Law of Karma. This universe has several natural laws governing it. There is Law of Gravity that pulls everything down to earth. The Law of Cycles makes the earth rotate precisely once in 24 hours, just as it controls the earth's revolution around the sun and thereby, the seasons that unfold on earth. Everything is controlled by laws and Karma is one such law. The Law of Karma decides our birth and death. It is also called the Law of Cause and Effect. Whatever you do, will come back to you. Even the scriptures mention, '*As you sow, so shall you reap.*'

Since the Law of Karma exists in this universe, every human being who has an intellect and the willpower to choose his action, creates Karma. Only a human being can create Karma. The inanimate world has no Karma, just as other living beings cannot create Karma. They only redeem their Karma. A human being creates Karma in every action that he does. It may be good or bad. When life ends, wherever is the pending Karma, it must be redeemed. As per the Universal Law, when the body dies and the Karma is not finished, the ones who are not enlightened with the truth that they are the SOUL, the Spark Of Unique Life, carry their unfinished Karma and return to earth in a rebirth to settle their Karma, good or bad.

How can we logically explain this? The fact that the Law of Karma exists is proved by the simple truth that you do not find apples growing on mango trees. The seed that we plant decides the fruit on the tree. Similarly, our deeds decide our

destiny. Everything that is happening in our life is unfolding as per our Karma. It is neither luck, chance, serendipity, nor is it a God sitting in a distant heaven controlling our destiny. Just as it is automatic for mangoes to grow on mango trees and apples on apple trees, good begets good and sins are settled with tragedies as per the Universal Law of Karma.

Death is, most often, sudden and the Karma of an individual are not settled. When the body of the one who is not enlightened dies, their Mind and Ego, ME, carries those unsettled Karma and returns to earth in a rebirth. That is why maybe a child is born blind. But Karma is kind to those who have good deeds in their account. Birth is not a matter of chance. It is controlled by Karma.

Just as birth is controlled by Karma, even death occurs as per our Karma. There are two kinds of Karma involved in our life. One is the Karma that we bring to earth based on our past actions and second is the Karma or actions that we do after we take birth. When we are old enough to choose actions, they become our Karma. Together, these Twin Karma decide our death. When and how we die is not a matter of chance. It depends on destiny and our Twin Karma.

We may question now as to what controls the birth and death of other living beings? Unlike human beings who have an intellect and they create Karma, the other living beings do not create any new Karma. They only consume or redeem their past carried forward warehouse of Karma of previous lives and then, depart. It is only a human being that creates Karma.

If a human being does bad Karma, we can infer that the human may return as a non-human living creature too. There is no proof of this. It is just an inference because if these living creatures have been given a life and they suffer, there must be a reason behind it. We can say that a man may die to return as man, if he does good Karma or will return as another living being, to settle his bad Karma.

Ultimately, the fact is that the Law of Karma exists and death is certain. And it is also a fact that birth depends on Karma. In the upcoming chapter, we will join the dots between Death, Birth and Karma but for now, we must understand the simple truth that death does not happen by chance. According to our Karma, if it is time to die, then death will occur. Nobody can stop death. But yes, if in the moment of death we are enlightened, then we will be liberated from all Karma and be united with the Divine. But even an enlightened being is subject to the Law of Karma. He must live till the time Karma liberates him and unites him with the Divine. Those who do good Karma must also continue to live life till their destined moment of death. Nobody should interfere in the predestined process of life and death. If we do, then we are creating bad Karma for ourselves for which we will have to return in a rebirth and pay the price for it. Therefore, we must Surrender to Karma, accept death gracefully and try to attain Liberation, freedom from the cycle of death and rebirth.





# 14

CHAPTER

## JOINING THE DOTS

*When we join the dots,  
Of Birth, Death and Karma,  
We realize the truth,  
Of this Leela, this Drama.*

Death is certain and nobody can escape it. But we can realize the truth about death, if we want to. We just have to join the dots. The body dies and we say that the one who died has passed away. We don't know who has passed away, where he has gone and how. Death seems to be a mystery and the myth and fairy tales fill our history. So many religions, theologies, philosophies and beliefs about death only confuse us. Will the deceased become a ghost and hover around till we perform certain ceremonies and poojas? Some believe in the lies, saying that the one who dies, will go up to a God in the skies. Let us stop and accept only what we can see. The body is dead and it is sure that the deceased has left and what is left, is only the mortal remains. That is why, we consider a dead body to be 'John's dead body' and not John himself. So, how do we solve this mystery about death?

To solve the mystery about death, let us consider 'birth' first. How does birth occur? Who decided our birth? Who brought us to this earth? Again, let us not believe in the stories that we are taught. In fairy tales, we must not get caught. When a sperm and an ovum fertilize, the first cell or a zygote is formed. This is the real moment of our birth, the moment of our conception. Nobody can deny this. But who is responsible for this? Is conception in the hands of man? No! It does not happen as per man's will, although a man and a woman need to engage in the act of copulation. Did we control when and where we were born? No! We do not control where and when we are born. Then who decides our destiny at birth? It is the Law of Karma. Karma decides if we are to be born in a slum or

a palace, as a boy or a girl, healthy or sick. It is not luck but it is Karma. This means that there is a Divine law that controls our birth.

Our birth is not the beginning. There is something before birth that decides how we came to earth. It is the Law of Karma. Birth is just an effect. The cause of birth is our unsettled Karma. Where did this Karma come from? Why is a little child born blind? Why is someone born as a prince and someone poor? It is neither God's will nor luck. It is Karma that determines all these things in the moment the conception takes place. The body comes later but the zygote already carries the past Karma and its destiny to become either a beggar or a prince. Therefore, birth depends on Karma.

What is Karma? Karma is the Law of Action and Reaction. We have already discussed in detail how Karma works during life and death. To join the dots, let us understand that birth happens as per the previous Karma of the one who is born. In their first cell of existence, the body has not yet been formed and the individual is just a tiny zygote. But the zygote carries in it, the seed, of the one who has done many a deed. The Mind and Ego, ME, that leaves the deceased at death, carries its Karma, only to be born in a new body. This is the only possible inference and we can realize it when we join the dots. The first dot is that death is certain and the one who was alive departs. The second dot is that birth is not a matter of chance, rather a result of one's Karma. The third dot is that the Law of Karma controls everything that happens on earth. When we join these three dots, the truth is revealed.

The body dies, but the one who was alive, their Mind and Ego, their ME, carries their Karma and is reborn. Rebirth occurs due to one's Karma. One has to settle their past Karma and birth is decided based on our unsettled Karma. This is the simple inference of the truth. There is no other possibility. The body perishes after death. It is the end for the physical body. But the entity that was causing life in that body, leaves the body at death. If we are enlightened with the truth that we are not the one who died, but we are the immortal Soul, then there will be no Karma and thereafter, no rebirth. But 99% of us do not realize this truth. Hence, we are reborn. The least we can do is to understand this simple cycle of death and birth by joining the dots with Karma.

Can we deny death? No! Can we deny that birth is not a matter of chance? No! Can we deny the existence of the Law of Karma? No, we cannot! If we accept these three facts as the truth, then the mystery of death is solved. Death is not the end. Only the body dies and we will return to earth in a rebirth, in a new body, based on our pending Karma. It is simple.

People question, 'How the subtle body, the Mind and Ego, ME, can carry its Karma and be transferred to a new body?' We should reflect up on how we transfer our data, applications and software from an old, dead phone to a new device. The phone or hardware may die, but the data and software can be transferred to a new phone. Similarly, the physical body may die but Karma can be transferred to a new body through the subtle body, the Mind and Ego, ME, powered by the Soul.





# 15

CHAPTER

## WHO IS REBORN?

*The Body is dead,  
Who leaves the Body, who is gone?  
Is it ME, the Mind and Ego,  
Or the Soul that is reborn?*

At death, man is baffled. He does not understand where the deceased has gone. Death is not a mystery, but the departure of an individual is. The body dies and that is not the big issue. Just like an old car that stops working, a body stops working too, after a while. But while we can repair the old car, replace the worn-out engine with a new one and get the car back on the road again, we can't do the same with a human body.

When the body dies, we are absolutely sure that the one who died, has left the body. There is not an iota of doubt about it. Many centuries ago, the bodies of the dead were preserved with embalming with the hope that the deceased would come back to life. But man has gradually overcome this ignorance completely. He has accepted that death is certain and the one who dies, cannot return. So, he destroys the dead body, the physical remains. Even if it is a very near and dear one, he has given up hope that a lifeless body can come back to life after death, to walk, talk and live, again. Man also realizes that the body is just a mass of flesh and bone. The one who was alive, has left the body. But he is confused and perplexed as to what happens beyond death.

There is no doubt that the one who was alive in the body, has departed. There is no life in the body anymore. Even the doctors certify this when they pronounce a person, dead. The body then, starts to decay because it has no breath, no oxygen. The question that remains unresolved is, 'Who left the body and where did they go?'

We understand that when we are alive, this gross physical body is our hardware. We also understand that there is a subtle body, the Mind and the Ego, ME, which is our software. But for a human body to work, it needs a power supply. That power supply is the SOUL or the Spark Of Unique Life that arrives in a zygote on the day of conception, around nine months before our so-called birthday. It is this SOUL or the Spark Of Unique Life that departs in the moment of death. That is why, there is no breath! What happens to the Mind and Ego, ME? Does it die with the body too? If it does, what will happen to its pending Karma or actions that need to be settled? If the ME, the Mind and Ego, is dead, then who is born as a blind child with his unsettled Karma? When we join these dots, it becomes obvious that it is ME, the Mind and Ego, that is born in a new body along with its past unresolved Karma. This happens in the moment of death, when the Soul departs. It is simple to understand if we observe life and death. The body that was alive, dies. The Mind and Ego, ME, are reborn. And the SOUL, the Spark Of Unique Life, is just a power supply that arrives at conception and departs at death.

We have no question regarding the body. The physical body dies and perishes and it is either cremated or buried. What leaves the body at death is the Soul or the Power and the Mind and Ego, ME. So, out of these two, what is reborn?

The Soul is immortal. It is like the electricity that gives power to all the gadgets in our house. The Soul is birthless and deathless. It is energy that can neither be created nor destroyed, as per scientific laws. Therefore, the Soul cannot be

reborn because it does not die at all. It only departs and causes death in an individual. Then, a new SOUL, a new Spark Of Unique Life, gives birth to the same Mind and Ego, ME, in a new body to settle its Karma. At death, the SOUL becomes one with SIP, the Supreme Immortal Power and at birth, the SOUL emerges from SIP, to give life to ME, the Mind and Ego, in a zygote.

So, who is reborn? It is neither the body that is gone, nor the Power, the Soul that departs and merges with SIP. The one that is reborn is the ME, the Mind and Ego, the subtle body that carries its Karma from one body at death to another zygote at conception. This ME will be reborn as a body and its pending Karma will unfold as its destiny. This ME has a free will in a new body. If born as a human being in the rebirth, it can create new Karma. One day, the new body of this ME will also die and this ME will carry forward its Karma and be reborn. This cycle of death and rebirth will go on and on.

Now we know that every 'body' dies and the Mind and Ego, ME, will carry its Karma and be reborn. Will this go on and on? Yes, it will go on and on, if we are ignorant and think that 'I' am 'I', consider our body to be ME and live as the Mind and Ego, creating Karma. In such a case, there is no other option than to die and be reborn. The moment we realize that we are the Divine Soul that departs, in that moment of Realization there will be no Mind and Ego, ME and therefore there will be no Karma. Ultimately, there will be no rebirth on earth.





# 16

CHAPTER

## **WHO CONTROLS BIRTH AND DEATH?**

*Who controls  
Our Birth and Death?  
Is it the one who  
Gives us our breath?*

While we ponder about birth and death, it is important to realize who we truly are. This will reveal the truth. It will lead us to what is known as Self-Realization and God-Realization. We did not control our birth. Did our parents control it? No! Even though they were involved in the act of copulation that resulted in our birth, they did not decide when we would be conceived or if we would be male or female. None of it was in their hands. Once conceived, did our parents create our heart, brain, blood, bone and skin? No! Our parents only ensured and nurtured our growth but they did not create our body parts and organs. Growth in the womb was an automatic process. How can the creation of a unique creature like a human being happen just by chance? How can intricate organs like heart, brain, kidneys and lungs emerge without an intelligent design? Is there any doubt that there is a Power beyond human comprehension that created our life on earth? We should not have even an iota of doubt that such a Power exists. We are incapable of comprehending this Power, who, where and what it is. What we can be sure of is that this Power exists and this Power is Supreme. This Power is not he or she. It is an energy. An energy that is birthless and deathless, beginningless and endless. This Supreme Power is Immortal. It arrives in the moment of our conception to give us life as our SOUL, the Spark Of Unique Life. Then, it gives us breath, till our death.

What is the Power that makes our heart, beat? Is there a battery, a power cord or a power bank that is giving us energy? For a machine to work, we need electricity, battery or gasoline. But for a human body, the power is within. What is

the Power that is within? Is man so ignorant that he does not understand that it is this Power that causes his conception, just as it gives him energy to live, grow, walk, talk, sing and do anything. Then, one day, man is dead! What happens then? This energy departs! Who departed? It is the SOUL, the Spark Of Unique Life that departed from the body. Because man does not understand the simple truth that he is the Soul, the Spark of Life that gave him birth and breath, he continues to live in ignorance as the gross physical body and the subtle body constituting the Mind and Ego, ME, till his death. Then, as per his Karma, he is reborn.

While we are alive, the Power of the Soul gives the body, mind and ego an opportunity to choose our actions. We also have an intellect to realize the truth. But the mind, our biggest enemy, stops us from Realization because once we are enlightened, it will be the end of the Mind and Ego, ME, it will cease to exist. If we die without realizing the truth, 'Who am I?' then we will be reborn on this earth.

Who controls death? We know how death is connected with Karma. But what happens in the moment of death? Why do we lose our breath? It is because our power supply, the SOUL, the Spark Of Unique Life, leaves the body. The moment there is no power, no energy, the human machine dies. Even if everything is the same, the human engine does not work because the Power that was giving it life from conception, leaves at the moment of death. Do we control death? Does anybody in this world know when and how they will die? The answer is, no! Therefore, we must attribute it to the Supreme

Immortal Power, SIP, that causes our birth. It is the Supreme Power that is responsible for our life, our birth and death. How does SIP, the Supreme Immortal Power control this? SIP controls all this through Universal Laws. Birth and death are controlled by the Supreme Immortal Power, SIP through the Law of Karma. If we live, thinking that we are the body and our egoistic identity that is driven by our human mind, we will live and die, only to return in a rebirth. But the moment we realize that there is no mind however much we try to find, there is no ego, the false identity, we are enlightened with the truth. There is no Mind and Ego, ME. It is an illusion. We are the Divine SOUL, the Spark Of Unique Life and because of our ignorance, we came to earth in a birth to settle our Karma and if we do not overcome ignorance, we will die and experience rebirth again. The moment we realize that we are the Divine SOUL, we are a Spark of SIP, the Supreme Immortal Power, we are liberated from the cycle of rebirth and at death, we will be unified with the Divine. But for this, we must realize who SIP, the Supreme Immortal Power is and how the Supreme Immortal Power controls birth and death through the Law of Karma.

Unless we realize the existence of the Law of Karma and unless we realize that we are not the body that dies, we are not the mind that we cannot find and we are not the ego that is a false identity, we will continue to suffer birth after birth, on this earth. Our goal is Liberation and it will happen only with Realization. The Realization of the Truth about birth and death can liberate us and unite us with the Divine.





# 17

CHAPTER

## **SIP AND UNIVERSAL LAWS**

*SIP is the Power,  
That gives us birth,  
Through Universal Laws,  
SIP governs the Earth.*

What is SIP? SIP is the Supreme Immortal Power, a Power that some people call God. But God is not a he or a she. God is a Power that is in you and me. God is not made of bone and skin. We have to realize that God is the Power within. SIP governs this universe through several Universal Laws. One such law is the Law of Karma. There are many such Universal Laws that prove that there is an intelligent Power that is governing everything that is happening in the universe.

Can we deny that there is a Power within us? No! We cannot. From birth to death, we do not need electricity, battery, a power cord or a power bank to function perfectly. There is surely some Power inside us and one day, that Power will depart. Then, there will be no breath. That is death! What is the difference in somebody who is alive and somebody who is dead? There is no difference in their body or head, except one that the Power of life that was making the person walk, talk, breathe and eat, has left. We have no clue as to *what* or *who* that Power is but this Power exists in every living creature, be it a dog, a frog, a bee, a tree, or you and me. One day, this Power will leave and that will be the moment of death.

Where does this Power go? If we take balloons that are full of air and burst them, where does the air go? The air merges with the air that is everywhere. So, if a bunch of people die, where do their Souls go? Their Souls will merge into the Power that is omnipresent, present everywhere. We may call it the Soul, the Spirit, the *Atman*, *Ruh*, *Prana*, *Chi* or life force, the name does not matter. The Power is invisible but it departs and we cannot deny this. Death is proof of its departure from the body.

What happens to a child that is stillborn? A stillborn baby has no life. Without life, there can be no birth. We know it. But sometimes, we do not accept it. The Power of life in you and me is the Power of the Supreme. It is beyond man's comprehension. There is no doubt that there is a Power. Both birth and death endorse this fact. In fact, even science endorses that the smallest particle of a human cell, the Quark, is nothing but energy. Science also endorses that energy can neither be created nor destroyed. It can only be transformed from one form to another. The energy in us becomes the body and ultimately, the body returns to dust when this energy departs. This is all a part of a Universal Law, the Law of Karma. All of this is controlled by SIP, the Supreme Immortal Power. There is no Power greater than SIP. SIP is birthless and deathless, beginningless and endless. It is the Power that is everywhere. SIP is beyond human comprehension. We humans cannot define or discover the attributes of SIP. We can only realize that SIP exists, it is in you and me and it is everywhere. We can acknowledge that SIP governs everything that happens on the earth, including our death and our birth, through the Law of Karma.

Just like the Law of Karma, there are several other Universal Laws that we are familiar about. There is the Law of Gravity that ensures, our feet are on the street. Otherwise, everything would be flying around. There is the Law of Cycles that ensures the earth rotates precisely once in 24 hours. This law also ensures that the earth revolves around the sun, in precisely  $365\frac{1}{4}$  days, which is one year, so that the seasons unfold as per the Divine Design.

The Universal Laws exist to govern the world the way its Creator wants it to be. That is why, apples do not grow on a mango tree. We do not wake up in the morning to see that the sun has missed rising. There are other Universal Laws as well, like the Law of Opposites, the Law of Reflection, the Law of Polarity, the Law of Rhythm, the Law of Relativity and the Law of Motion, among others. All these Universal Laws together, acknowledge the presence of SIP, the Supreme Immortal Power.

If there were no SIP, where would these laws come from? We cannot attribute everything to nature, a Big Bang, or something oblivious to us. The facts stare at us in our face and we must accept them with Divine grace. Can we deny death? No! Can we deny birth? No! Can we deny that the Law of Karma operates on earth? No! When will man realize that the Power of SIP is everywhere and in everything? The Soul that gives us life from birth to death is also the Power of SIP. Every molecule of matter has energy, which is nothing but SIP. It is accepted by science that this whole universe is filled with dark matter and dark energy, which is nothing but SIP. Unfortunately, we live like the blind, who deny what they cannot see, without even realizing that they are blind.





# 18

CHAPTER

## LIBERATION FROM THE DEATH CYCLE

*When we realize that we are the Soul,  
Then we achieve our Ultimate Goal.  
At Death of the body,  
We attain Divine Unification,  
When from the cycle of Death and Rebirth,  
We get Liberation.*

By now, we are aware of not just the reality of death and how certain it is for us to one day, lose our breath, we are also clear about our birth and how we come to earth. We have understood the Law of Karma too and if we join the dots, the mystery is solved. We do not control our birth and our death is certain. At death, only the body dies and as per our Karma, we will return to earth in a rebirth. How much ever we may deny it but this is the ultimate truth of life. This is the only logical inference that explains birth, death and all that happens in between in life.

We, human beings, barely live for around 70 to 100 years. We contemplate on the age of the earth and this universe, on how many billion years old the earth is and how many trillion years this universe will exist but we do not pay attention to the few thousand days that we have breath, before we will face the moment of our death. Some of us look up at the sky and pray, while some cry and ask, 'Why?' The answer lies in the Realization of the Truth. We must overcome our ignorance and move in the direction of our ultimate goal. Our ultimate goal is to realize that we are not the body that will die, not the mind we cannot find, not the ego that keeps saying, 'mine', 'me' and 'I'. We are the Divine SOUL, the Spark Of Unique Life. It is the Soul that creates this body and when the Soul departs, the body will disintegrate into the five elements that made it. This is a fact. We cannot deny it! What must we do before this happens? We must realize the truth of who we are and why we are here. We must be liberated from the cycle of birth and death and be united with the Divine. This is our ultimate purpose of life.

How can we be liberated from the cycle of death and rebirth, and be united with the Divine? Is the Realization that we are the Divine Soul, enough? No! It is just the beginning. When we realize the truth that we are the immortal Soul that departs at death, we must also realize that we are not the body that dies. It is more important to be free from the Mind and Ego, ME. If we are slaves of the mind, we become prisoners of the ego, and together, the Mind and Ego, ME makes us perform deeds that become our Karma. It hardly matters if the deeds are good, bad, positive or negative. As long as we live in ignorance, as the body, mind and ego and the body acts or creates Karma directed by the Mind and Ego, ME, we are bound to return to the earth in a rebirth. The only way to be free from rebirth is to be free from Karma. When there are no pending deeds, then there are no fruit-bearing seeds. We are then, liberated in the moment of death and united with the Divine. However, this is not easy because every living being must act. If actions are inevitable, how can we be free from Karma before that moment of death?

The Realization that we are the Divine Soul happens only when we realize the fact that we are neither this body that acts, nor the Mind and Ego, ME, that directs. We are just a Divine Instrument. Although we are performing Karma or actions, these actions are not ours. We do not seek any fruit as a result of any of our actions. They are selfless deeds performed as an instrument of the Divine. We become like a bamboo flute that realizes that its music does not come from the flute, rather from the one who plays the flute. We realize that we are nothing. SIP is everything! We are just a tiny

particle of SIP. We are like a wave in the ocean that has no real existence, which appears to emerge from the ocean and ultimately, will merge back into it. We are the SOUL, the Spark Of Unique Life that came from SIP and will go back into SIP, the Supreme Immortal Power.

Liberation from the death cycle is possible when there is not only the complete Realization that we are nothing, we are not the body, mind and ego but also when we start living as the Divine Soul. When our actions reveal that we have realized the truth, we can be sure of Liberation from rebirth and Unification with the Divine. We see the Divine in one and all, be it a living Soul or a dead stone. We realize that everything is a manifestation of the Divine. We will desire nothing, seek nothing but the Divine and we will live every moment joyously, in the Consciousness of the Truth that this entire universe is a manifestation of the Supreme. When we start living such a life, then in the moment of death of the body, we will surely escape from returning to earth in a rebirth and suffer again. Liberation will unite us with the Divine. We will be free from the cycle of *Samsara*, from the triple suffering on earth, from death and rebirth and experience a state of Eternal Happiness, Divine Love and Everlasting Peace.





# 19

CHAPTER

## DEATH IS LIBERATION

*Death frees us from the body,  
And the Mind and Ego, ME.  
If only we realize we are the Soul,  
The Divine Energy.*

Death, to most human beings, is the end of life. People just live and die and they do not know why. They do not know, 'Who am I?' and 'Why am I here?' Such people not only suffer till death but death itself becomes a moment of great grief and sorrow for them. Death is the sad moment of separation from loved ones, the moment that snatches away all that they own and all that is known, including beautiful relationships with the special people that they lived life with. Such people do not accept the reality of life and death. Instead of realizing that death is certain and it may knock on their door, any moment, they are like the foolish ones who just shut their eyes when in a jungle they are faced with a tiger. Death is sure to devour such people and they will return to earth and suffer another rebirth.

And yet, there are others, for whom death is not the end, it is just a bend. They anticipate death, accept the Law of Karma, do good deeds and by doing so, plant good seeds for a future destiny, maybe a rebirth in happy circumstances. Unfortunately, while they live ethical and moral lives, they still experience life like a merry-go-round, a to and fro of pleasure and pain. Sometimes they are glad and sometimes, they are sad. They experience the triple suffering – pain of the body, misery of the mind and agony of the ego. They return to earth in a rebirth and continue to live like a yoyo, going back and forth, from peak to valley.

Only the enlightened ones realize the truth about death and live every moment of life in joy, love and peace. An enlightened person realizes that he is not the body, mind and ego that suffers the triple suffering. Such a person attains

freedom from the cycle of death and rebirth and in the moment of death, becomes one with the Lord. Thus, to an enlightened Soul, death is a celebration because it signifies the moment of Liberation, *Moksha*, *Nirvana* and Unification with the Divine.

How does death become Liberation? Death liberates us from the pain of the body. Every living being is sure to experience physical aches and pains. Ultimately, the physical body will die and often, after decay and diseases. Therefore, death liberates us from this physical suffering. Every human being suffers because of the mind too. The mind creates fear, worry, stress and anxiety. It does not spare anybody. In the moment of death, we are not only free from physical pain but also from the misery that is caused by our mind. Death frees us from the anguish caused by the ego too. The ego is agonized by anger, hate, revenge and jealousy but in that moment of death, we are liberated from this triple suffering of the body, mind and ego.

Death is Liberation. Not just from the triple suffering on the earth but more importantly, it is Liberation from the cycle of rebirth. Those who are not liberated at death, not only suffer till they die, they also suffer the moment of death and finally return to earth, again and again, and continue to suffer as the body, mind and ego. To the enlightened one, death is Liberation from the cycle of rebirth. In the moment of death, the enlightened Soul is free from Karma. Such a Soul does not have to return to earth. Therefore, the enlightened Soul becomes one with SIP, the Supreme Immortal Power.

Our ignorance makes us live as the body, mind and ego and we pave a way to return to earth in a rebirth. The fact is that every death is Liberation but if in that moment of death, we have not been enlightened with the truth that we are not the body that dies, not the Mind and Ego, ME, then we carry our pending Karma and return to earth in a rebirth to redeem our unsettled Karma.

Therefore, we must make death a moment of celebration. We must realize the truth that death is an opportunity to be free from all suffering on earth, just as it is an opportunity to be liberated from rebirth and be united with the Divine. It is only a human being who is blessed with an intellect who can realize this truth. No other living creature can be liberated at death. Every living creature must return to earth in another birth and suffer life. The Human being is blessed with the opportunity of Enlightenment, Realization, Liberation and Unification with the Divine. If man lives and dies without finding out, 'Who am I?' then death does not become a doorway to God where we can be united with the Divine.





# 20

CHAPTER

## UNIFICATION WITH THE DIVINE

*Death is not  
A time to cry,  
It is the moment of Union  
With the Lord in the sky!*

Ignorance makes us cry in the moment of death. We do not realize that death is Liberation. Death is the end of all suffering. It is the doorway to God. Death is not the end, rather it is just a bend. The body has to die, one day. But the one who was alive, is liberated and can be united with the Divine. We return to earth in a rebirth because we do not realize this and we just die. We are then reborn and this goes, on and on. If only we realize the Divine Truth about birth and death and discover the Law of Karma before we lose our breath, surrender all our actions to the Divine and live in the Consciousness of the Truth as a Divine Instrument, then in the moment of death, we will be free from rebirth and forever be unified with the Divine.

For so many centuries, man has lived and died, and everybody has cried. No doubt, death is not a pleasant moment, for the one who was dear to us, is gone. But what is the point of mourning death, when it is an absolute reality? Every 'body' has to die, one day. Then why cry. The only way to flip over and to celebrate death is having the Realization that *Death is Liberation*. Whether death is Liberation from one life and the beginning of a new journey, a new life in a new body, or it is Unification with the Divine, is a different matter. But surely, death is an opportunity to unite with the Supreme.

So, how should we view death? We are reading this book and we are for sure, alive. We can be just as much sure that this body will die. We have a limited time to live on this planet and before the whistle does blow and it is time to go, we must realize the simple truth that we will either return to earth in a

rebirth or become one with SIP, the Supreme Immortal Power. That is our choice. If we cry when we see somebody die, it just endorses our ignorance and ensures that we are surely going to be reborn but if we realize the truth that death can be a moment of Unification with the Supreme, then we can live with this Realization in our Consciousness and achieve our ultimate goal. We can live as the Divine Soul, drop all Karma and become one with the Divine.

This is not an easy task. It is a rare feat. It may seem easy, as we read these few words but this means a lot. Unification with the Divine means that we must first attain Liberation from the body, mind and ego. This means that there should be a Realization of the Truth. It also means that we should overcome ignorance to reach a state of Illumination. We can never be enlightened with a spark of Divinity, until we go through the process of Purification, of removing all the myth that we have grown up with.

Death is a start point. The Realization of the truth about death and living as the Divine Soul is a simple way to become one with God. Realizing that 'God is not God, God is SIP, the Supreme Immortal Power, everywhere and in everything, is one of the many Realizations. Another profound Realization is that we were born nine months before our birthday. All these Realizations will together create Enlightenment, that spark of ultimate Realization that will liberate us and unite us with SIP, the Supreme Immortal Power.

We have an opportunity now. We can either live a life of Achievement or we can live a life of Enlightenment. If we want just momentary success, name and fame, we can live and die, pursuing the same. But if we want Eternal Happiness and Everlasting Peace, then we need to be on the path of Purification, Illumination and Realization that will lead to Liberation and Unification. It is a choice and we have to consciously make this choice. Continuing to cry when we see somebody die, we will never let us reach the state of living as the Divine Soul. Why should we cry? We should be firm that death is Liberation and Unification. Our mourning should not be an indication of our ignorance. It will only ensure that we remain entangled in this material world and never attain the Spiritual world of the Divine.

The ultimate goal of life is Liberation and Unification. The purpose of every human life is to attain this and to realize this purpose is the purpose of life. Alas, we are wandering behind shadows of pleasures, people and possessions and we reach the end, without realizing that soon, the bend will make us return into this world for another Karmic journey. Instead, we must live as the Soul, as the Divine instrument in total Acceptance and Surrender, so that in that Divine moment of death, we are united with the Lord.





# 21

CHAPTER

## **MAKE DEATH A CELEBRATION**

*Isn't Death a moment  
Of utter Desperation?  
How to flip over  
And make it a Celebration?*

It is natural to cry when we see a dear one die. We may not shed tears on the death of an unknown person. People die, every day. It is estimated that around 2,00,000 people die, every day. This means that over a hundred people die in about every minute around the world. Similarly, several people are born in a minute around the world.

We are attached to some people and we wish that they never leave us. Don't we want to live and die with our loved ones? Is this even a distant possibility? We can look around and see that this can never happen. We are born alone and we will die alone. We come alone and we will go alone. This is the reality of life. When we refuse to accept this stark reality, we fill our eyes with tears and every time a dear one dies, we regret, mourn and cry. If we flip over from a state of ignorance to a state of Realization, we will put an end to all our misery and sorrow. We will realize that every 'body' has to die one day. We will live with acceptance that our loved ones do not die and it is only their body that dies. We shall be absolutely sure that either they have become one with the Divine or they have started another beautiful journey on earth in a rebirth.

Why don't we celebrate death? We do not celebrate death because of our ignorance, the understanding of death as a sordid moment of horror. We imagine that the deceased will suffer the process of cremation. We think about all the ghastly tales of ghosts and spirits and imagine that our dear ones will face trouble after death. Therefore, we continue to be sad. We should end this stupidity by realizing the simple truth that this chapter of life for our loved one is over. It is the end! It

cannot be reversed. We should accept without protest. We should gracefully accept this Divine will. If only we realize the truth, then instead of desperation in the moment of death, there will be celebration.

If we realize that the one who has died, has been united with the Divine, can there be any other greater cause for celebration? No! That is how every death should be viewed. Unfortunately, because we live and die, we just cry and we don't understand the simple truth of, 'Who am I?' we do not make death a celebration. So, we can start today by realizing that we are not this body that will die.

This body is made of five elements. It was formed after we were conceived as a zygote, nine months before our arrival day. One day, this body will die and return to its five elements. This is the fact, the Absolute Truth! We are the Divine Soul and we will return to SIP, the Supreme Immortal Power. If we try to find the mind, where is the mind, we cannot find! Realizing the truth will make death a celebration. It will reveal that the person who has died, has attained Liberation and hopefully, Unification with the Supreme.

There is no point in crying and no need to mourn the dead. Being in a state of sorrow is no-good and of no use. Death is an irreversible process. Realizing that we are not the body that dies, will liberate us from the suffering of death of others as well as the fear of our own death too. When we realize the truth, we will start to celebrate death and live every moment of life joyously, without fearing or worrying about death.

Death will come, for sure. The moment of death will arrive whenever it has to. So, our focus must not be on death, instead it should be on life and each breath. Our focus must be on Realization and Liberation that will accompany the moment of death. Then death will truly become a celebration.

When we see somebody dead and gone, we must realize beyond doubt, that they are already reborn somewhere else. The moment of departure in one place signifies an arrival somewhere else. When there is a sunset somewhere in this world, we don't have to cry that the sun has disappeared, but realize that there has been a sunrise, somewhere else. Life is a cycle. There will be birth and there will be death. We will get life and we will also lose our breath. We must learn to enjoy every moment in life. We must not only celebrate life but celebrate death too. We must break the taboo that makes death a moment of desperation, sadness and sorrow. And instead, we should reverse our philosophy and our paradigm and make death a celebration, a moment of joy and hope that the one who is has died will become one with the Supreme or in the worst-case scenario, will return to earth in another beautiful birth, with a new body.





# 22

CHAPTER

## **STOP WORRYING ABOUT DEATH**

*There is but one objective,  
In reading this Death book.  
It must completely change,  
Your life's outlook!*

Death is not an easy subject. It is a reality that is difficult to accept. Even though it is certain that every 'body' will die one day, still everybody worries about death. Everybody fears death. A very small minority who is enlightened with the truth about life, make death a celebration. Our goal in life is to be those select few who not only live every moment in joy, love and peace but also accept death gracefully.

How should we stop worrying about death? Is that even possible? Of course, it is. If we realize that death is not something to be unhappy about, rather a moment of joy, if we realize that death will liberate us from this body that experiences physical pain, decay and disease, if we realize that death will liberate us from the mind that creates so much misery with fear, stress, worry and anxiety and if we realize that death will liberate us from the ego that causes us agony and anguish with anger, hate, revenge and jealousy, we can flip over and not worry about death. Instead of being sorrowful at death, we can be happy in that moment that would possibly bring Liberation from all suffering and freedom from the cycle of death and rebirth and lead to Unification with the Divine.

Why worry about death? Can you do anything about it? Can you stop it from happening? Can you live even one moment longer than you are destined to? The answer for all these questions is 'No!' When death comes, it will come, no matter what. You cannot shoo it away. It cannot be postponed even by a day. So, why worry about it? Why not accept it gracefully? If there is Realization about the truth of death,

then not only will we accept death gracefully, we will accept it joyously too. This can happen only when we are absolutely clear about the truth of death and what happens, thereafter.

We will stop worrying about death if we realize that '*we*' never die. Only the body dies and it is sure to die. But the body is not '*I*'. '*I*' will leave this body and move on. So, why should I cry? Let me imagine that I am driving an old useless car. If somebody is going to gift me a new car, which is much better, would I be glad or sad? Obviously, I would celebrate! So, if my paradigm about death is that I will be leaving this old body that is inflicted with disease and decay and I will be given a new body, should it not be a moment of celebration, rather than a point of fear and worry?

Why should we worry when somebody dear passes away? We should realize that the moment they are gone, they are already reborn somewhere else. They are already the son or daughter of a new mother. Should we not gracefully accept this truth of life? The one who died will be reborn as per their Karma. We can do nothing about it. We can hope that they have done good deeds, which will become seeds of their next destiny, their new life. If they have been enlightened with the truth, they could have even been liberated and united with the Divine but that is not in our hands. If it is not, then why worry about it? Instead of worrying about death and crying after somebody dear is gone, we should do our best when they are here alive. We must make the best of every relationship of our life, knowing that we cannot do anything after they are dead. When will we get this

into our head? When we understand it, we will celebrate life and not worry about death.

Stop worrying and start living! Stop worrying about death and start living in a manner where death is a celebration because it is Liberation and Unification. Do not follow the heard, cry and look up in the sky and ask, 'Why?' when you see somebody die. Stop shedding those tears that you may have wasted for so many years. It is of no use to cry when somebody does die. So, instead of worrying about death, we should worry about living life in ignorance. We should worry about wasting our life till the moment we die. This life is precious and every moment is invaluable. Either we can waste our moments in worry or fear, or we can invest our moments to overcome ignorance and become clear that death is a reality of life. It is only through death that we realize God, we can attain our Lord and become one with the Supreme.

If we realize that death is the opportunity to be free from this world full of suffering and enter the kingdom of heaven, that state of Unification with the Supreme, we will lose all fear of death and stop worrying about it. We will be ever ready and in fact, look forward to the moment when we will be freed from this world and enter the world of the Divine. Shouldn't this be a moment of celebration? Yes, absolutely! If we keep worrying about death, we will be giving in to our ignorance and creating more Karma and entanglements that will get us caught in this cycle of death and rebirth. Hence, let us stop worrying about death and look forward to Unification with the Divine, when we lose our breath.





# 23

CHAPTER

## **WE ARE IMMORTAL SOULS**

*We are not the Body,  
That lives and dies.  
We are Immortal Souls,  
As Realized by the Wise!*

Not everybody realizes this Divine Truth. Only those who open their real eyes, realize that we are not this body. This body is made of bone and skin and it has many organs within. How was this body created? This body developed from the immortal SOUL, that Spark Of Unique Life that was conceived nine months before our arrival day, our so-called birthday. The body that is born will one day, surely be gone! It arrives as a tiny baby and everything that goes into it, be it food or drink, only increases its size and one day, it will die. It is sure to die. No 'body' can live forever. The body is mortal but 'we' are not this body. At death, people will destroy this body. They will cremate it because 'we' who were alive would have left the body. 'We' are not the mortal body. We are the immortal Soul that arrived at conception and will depart in the moment of death. We are that Spark Of Unique Life, the SOUL, the energy of the Divine that gave Power and life to this body to be conceived, be born and live, till it dies. This is the absolute truth, which nobody can deny.

Who are we, in reality, if we are not that body that was formed from the five elements in the womb of our mother? Are we the mind? Throughout life, people believe that they are not just the physical body, they are also the mind, the software of the human computer. The mind creates thoughts. It seems to have a power to discriminate and even a memory. The mind portrays itself to be the most important part of human existence. We become slaves of the mind. It worries and wanders, creating fear, stress and anxiety. In fact, it controls our life, in totality. We start to believe that we are the mind. But where is the mind, you cannot find! Those who go in a

quest to realize that they are not the body that dies, they are the immortal Soul, they realize that the mind is nothing but a bundle of thoughts. That is why, when there are no thoughts, there is no mind! They remain in a state of thoughtlessness that takes them into Divine Consciousness. It is in this state of Consciousness, that their intelligence shines. Their intellect is activated and they are able to still the mind and kill the mind! Then, the mind is 'no more'! So, if we are not the body and in Consciousness, we have killed the mind, then who are we?

Throughout our life, our ego raises its ugly head and repeats, 'I', 'me' and 'mine'. Who is this 'I'? It is not the body that is constantly changing. The body was powered by the Soul from the time it was a single cell zygote, till it was born and until it will die. If the ego is not 'I' and there is no mind, then there is no ego at all. We are nothing, but the immortal Soul.

The SOUL in me is a Spark Of Unique Life. As long as it is in 'me', it is different from 'your' Soul. Your SOUL is your Spark Of Unique Life, just as my Soul is mine. Each Soul creates life from the moment of conception and remains till the moment of death. We are the SOUL, that Spark Of Unique Life but because we do not realize that we are the Soul, we start believing that we are the body, mind and the ego. When we are enlightened with the truth that this body is nothing but a physical entity made out of the five elements, formed in our mother's womb and it will ultimately, return to the five elements at death, we realize that we are the very Power of life, the Soul that is causing this body to come and go. This body is needed for the mind and ego to complete its cycle of

Karma, its past deeds. Neither we are the body, nor we are the mind and ego and it is not our Karma. We are in ignorance, trapped in a case of mistaken identity and that is why, we suffer as the body, mind and ego. The truth is that we are all immortal Soul. We come from SIP and we go back into SIP, the Supreme Immortal Power. This Realization will liberate us from Karma, death and rebirth.

The most important goal of life is to realize that we are the Soul. We are not mortal humans, we are immortal Souls. We are all manifestations of SIP, the Supreme Immortal Power. Realization of this is Enlightenment. This Enlightenment will put an end to the mystery about death that has filled our history. The story that we have been told until now, is a lie. The myth about death is a plot to keep us in ignorance and stop us from realizing that we are the Divine Soul. The moment we achieve this Realization, we have attained victory. Victory over the mortal body, the rascal mind and the agonizing ego that forever stops us from realizing who we truly are. Death is that Divine moment when we can be free from this body, mind and ego and as immortal Souls, we can unite with SIP, the Supreme Immortal Power.





# AFTERWORD

## I WILL NEVER DIE

*I too was scared like hell about Death,  
Till I realized what happens when we lose our breath!*

Just like anybody else, the fear of death used to trouble me a lot. What if I died? What would happen after death? What about everything and everybody that I would leave behind? These are common fears that everybody has about death and I was quite paranoid about them too, but as my Realization journey unfolded, I realized who I truly was and how every 'body' must die, the fear of death slowly dissolved. I realized that nothing is ours. It is an absolute fact, 'We come empty handed and we go with nothing. Nobody is ours.' I realized this truth beyond doubt. Even this body which is 'me' has to be left behind at death. When I realized all these truths of life, death stopped worrying me.

Can we control death? No! Nobody can! Not even the richest, the most powerful man on earth can control death. Death will come and we have to accept it. We have no choice. Then why worry about it? Earlier, while all these Realizations helped me, I couldn't really accept and digest death. The fear of death troubled me constantly but it was only after I was fully enlightened with the truth about death that I mastered all fear regarding this horrifying subject. In fact, now it no more scares me. I realize that only the body dies. I am sure beyond

doubt that death is not the end. That is why we see people cremating the dead body of the departed. When I realized that we all depart, we all leave at the moment of death, I also realized that it is foolish to cry at death. Just as the body is formed over nine months from the five elements of nature, it will return to these five elements in the moment of death. Every 'body' has to decay and die but we are not this body that will die. We are the Divine SOUL, a Spark Of Unique Life. This Realization changed my paradigm about death. It was a transformation that came from my metamorphosis, an irreversible change in my life and my name became AiR, *Atman* in Ravi. I eliminated the fear of death from my life, completely.

Death is Liberation. In fact, it should be a Celebration! It frees us from the triple suffering on earth, just as it will free us from the cycle of death and rebirth. Isn't this good news? I realized that it was. Why should we cry, when we see somebody die? I realized that we all will lose our loved ones, one day. This is the reality of life. But the moment we realize that somebody who is dead, who is gone, is already reborn, then we stop shedding tears for them. After death, what is left is just the mortal remains of the one who died. He has already gone, moved on to be a child of another father and mother. Why then should we continue to nurse and rehearse that sorrow?

Today, I do not fear death. I accept it gracefully and without protest. It is not that I have become heartless or lost all compassion and kindness. No doubt, death will remain a moment of sadness. But it should only be a moment and

nothing more! It is natural to mourn the loss of a dear one to death, but then, we will all lose our breath. The reality of life is, the moment we accept death as Liberation, it will become a Celebration.

When we realize the presence of SIP, the Supreme Immortal Power as the SOUL, the Spark Of Unique Life, in each one of us, death becomes just another act in the drama called 'life'. This earth is a stage. We are actors who come and go. Everything unfolds as per Karma. All these are Realizations that will eliminate the fear of death. Do we cry when somebody is born? No, we do not! We celebrate without even realizing that the one who has taken birth is going to suffer their Karma that comes along with every birth. We are ignorant because we just cry when we see somebody die and we dance and sing at birth. The enlightened ones act in reverse. They seek Liberation from birth and Unification in the moment of death. Therefore, to them, death is the doorway to the Divine.

May this book on death make you realize the truth before you lose your breath. One day, you and I will die but before we die, we must realize, 'Who am I?' The Realization that we are the Divine Soul will not only help us achieve our ultimate goal but will also free us from the fear and worry about all that we will lose when we are gone, all that we own and all that is known. Once we realize the truth about the unknown that lies beyond death, we will accept death joyously. May we realize that death is Liberation from suffering on earth, from rebirth and ultimately, a gateway for Unification with the Divine!





# POEM

## The A to Z of **DEATH**

**O man, why do you fear  
the moment of Death?**

By  
**AiR**  
Atman in Ravi

*Are you the body that is sure to die?  
Or are you the one who will go into the sky?  
Why don't you stop and find out, 'Who am I?'  
Then, there will be no need to cry  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Death is not a moment of desperation!  
Stop with the body, your false identification  
Then, Death will become Liberation  
With the Divine, a moment of Unification!  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

POEM

*This world is a drama, it's just a show  
We are just actors, we come and we go!  
When the truth about Karma, we get to know  
Death will not be a deadly blow  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Why fear the loss of all that you own?  
Is it not certain that you will lose all that is known?  
There is no need to fear the beyond that is unknown  
You are not the one made of skin and bone  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*All that we learned about Death were lies  
Even that we will go up to God in the skies  
The body is destroyed, it cannot rise  
It's time to overcome ignorance and be wise  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Can you escape the certainty of Death?  
Isn't it a fact that you will lose your breath?  
Then what is the point to live with fears?  
Realize the truth and let go of your tears  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*One of two things will happen when you die  
Either you will be Reborn, or will be Free in the sky  
If you have Karma, you will return to earth  
If Liberated, then, no Rebirth!  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*In this fear, you think of ending your life  
You want to be free from all misery and strife  
You even contemplate suicide and search for a knife  
But in our hands, neither is Death nor Life.  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

POEM

*Do we control Death or Birth?  
Did we control how we came to earth?  
Everything that happens is just a drama  
Everything is controlled by the Law of Karma  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Do we fear Death because it is the end?  
Is it the end or is it just a bend?  
If from ignorance, we can transcend  
Then Death will become our best friend  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Isn't Death a moment that will Liberate us from pain?  
Will it not save us from being born, again and again?  
If it is going to Free us from the Rebirth chain  
Then why should Death create so much strain?  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*What is the way to overcome this fear?  
We must overcome ignorance, that is clear!  
Death is not an enemy that comes with a spear  
It unites us with the Divine, this should give us cheer!  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Of course, we will die, but this is in whose hand?  
Is it a God of another land?  
God is SIP, the Supreme Immortal Power  
Death reveals this, it takes off the cover  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Are you the Body that is sure to die?  
Are you the Mind that you cannot find?  
Are you the Ego that keeps saying, 'I' ?  
You are the Divine Soul, that is no lie!  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

POEM

*Isn't Death going to come, you will die?  
Why not be happy, why just cry?  
Realize the Truth of 'Who am I?'  
Then, like a bird, you can fly in the sky  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*We cry because we believe the myth  
About Death, we did not realize the truth  
We did not get to the bottom of the root  
We are the seed, not the shoot or the fruit  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Do you realize you are the Divine Soul?  
When you achieve this, the ultimate goal  
Then, your life will become whole  
Joy, Peace and Love will unfold  
Is it not certain that we will lose our breath?  
O man, why do you fear the moment of Death?*

*Will not Death free us from our earthly pain?  
 Will it not reward us with heavenly gain?  
 There will be no more sunshine and rain  
 Celebrate Death, for freedom you will attain  
 Is it not certain that we will lose our breath?  
 O man, why do you fear the moment of Death?*

*Doesn't anyone who comes to earth, face sorrow?  
 He may be glad today but will cry tomorrow  
 Don't fear Death, instead, learn to celebrate  
 Surrender to the Divine, your life's fate!  
 Is it not certain that we will lose our breath?  
 O man, why do you fear the moment of Death?*

*Are we the mortal body, or the immortal Soul?  
 We are the Power, when this secret we unfold  
 Then from the fear of Death, we are free  
 Free from the Body, the Mind and Ego, ME  
 Is it not certain that we will lose our breath?  
 O man, why do you fear the moment of Death?*

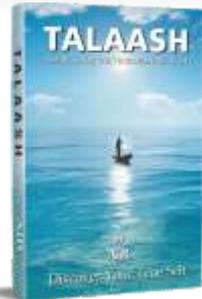
By  
**AiR**  
 Atman in Ravi



# OTHER BOOKS BY AiR

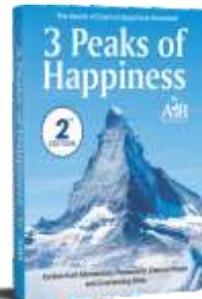
## 1. Talaash

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



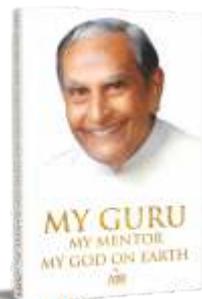
## 2. 3 Peaks of Happiness

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



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

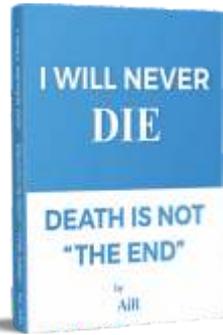
This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him



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

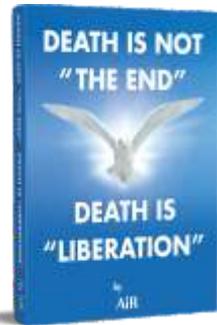
#### 4. I will Never Die, Death is Not “The End”

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



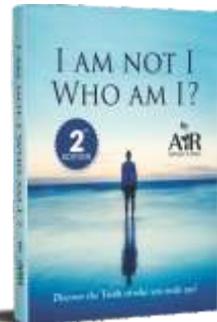
#### 5. Death is Not “The End.” Death is “Liberation”

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



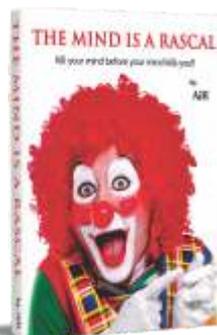
#### 6. I Am Not I. Who Am I?

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



## 7. The Mind is a Rascal

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



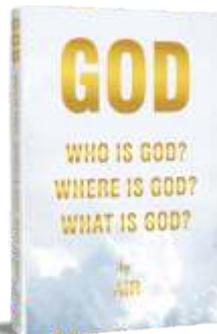
## 8. A Cosmic Drama

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



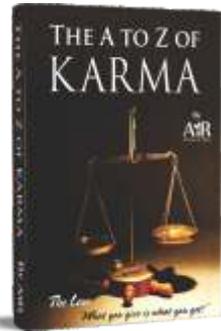
## 9. Who is God? Where is God? What is God?

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



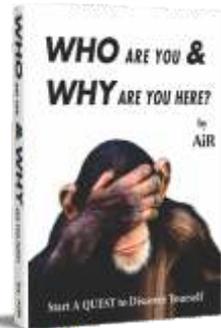
## 10. The A to Z Karma

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



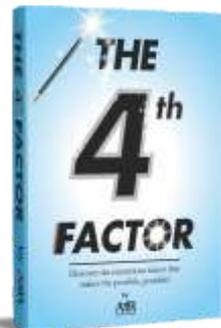
## 11. Who Are You and Why Are You Here?

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



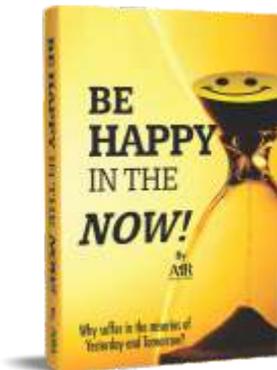
## 12. The 4<sup>th</sup> Factor

Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4<sup>th</sup> 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!



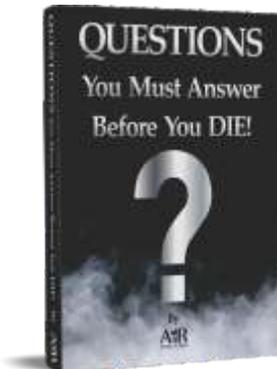
### 13. Be Happy in the NOW!

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.



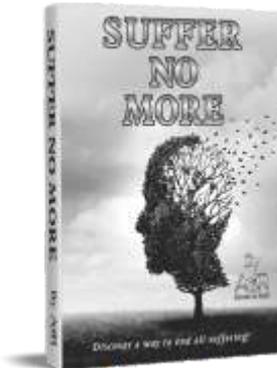
### 14. Questions You Must Answer before you Die!

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.



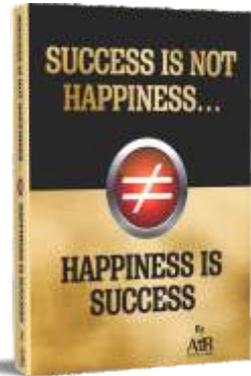
### 15. Suffer No More

'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.



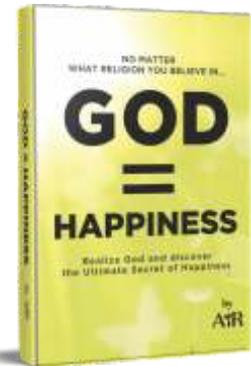
## 16. Success is not Happiness, Happiness is Success

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.



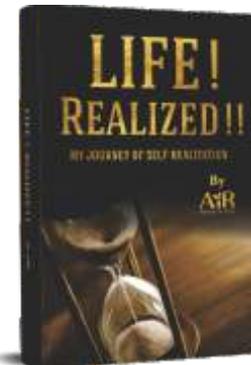
## 17. God = Happiness

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.



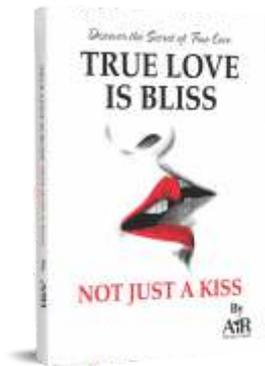
## 18. Life! Realized!!

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.



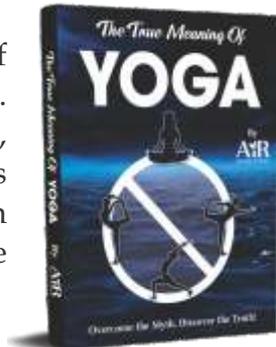
## 19. True Love is Bliss...Not Just a Kiss

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.



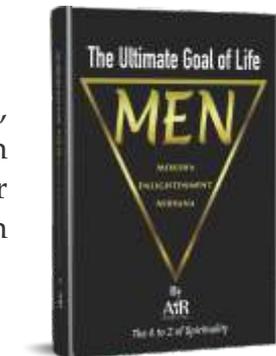
## 20. True Meaning of Yoga

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.



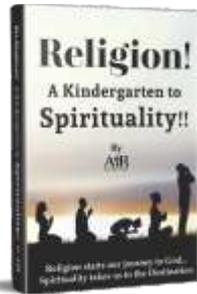
## 21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



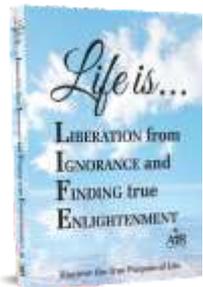
## 23. Why Bad Things Can't Happen to Good People!

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.



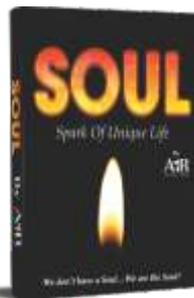
## 26. FEAR- False Expectations Appearing Real

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 - Spark of Unique Life

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



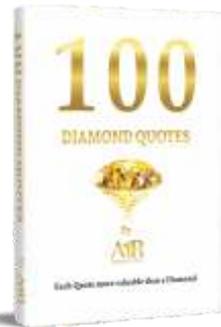
## 28. But We Pray!

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



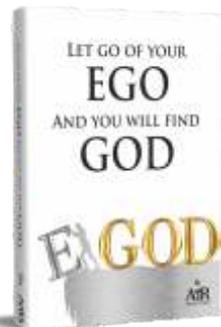
## 29. 100 Diamond Quotes

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



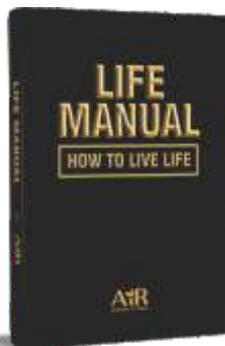
## 30. Let go of your Ego and you will find God

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



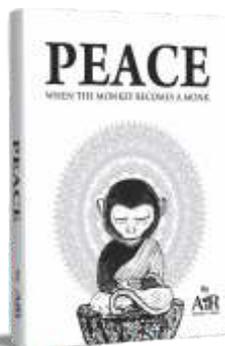
### 31. Life Manual - How to live life?

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



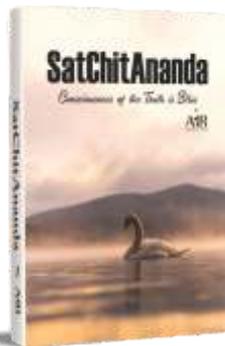
### 32. PEACE... When the Monkey becomes a Monk!

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



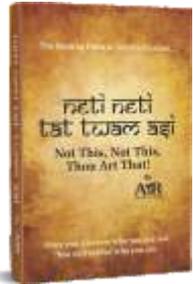
### 33. SatChitAnanda - Consciousness of the Truth is Bliss

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



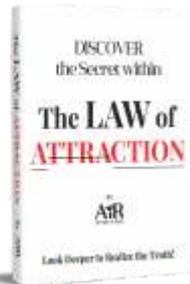
### 34. *Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



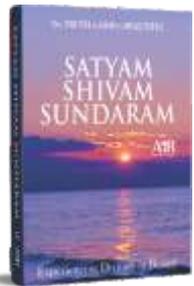
### 35. Discover the SECRET within The LAW of AttraCTION

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



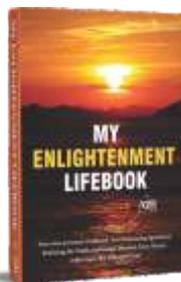
### 36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

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



### 37. My Enlightenment Lifebook

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



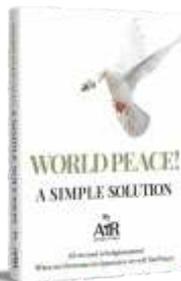
### 38. When you overcome the FEAR of DEATH, You start to LIVE

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



### 39. World Peace! A Simple Solution

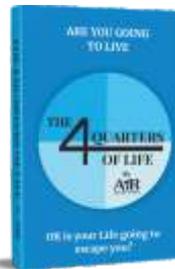
The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful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





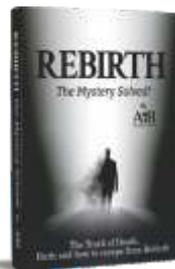
### 43. The 4 Quarters of Life

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



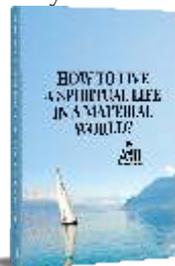
### 44. REBIRTH... The Mystery Solved!

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



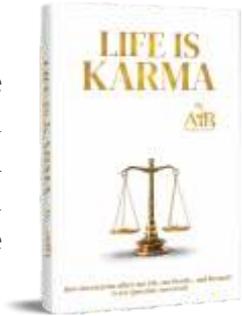
### 45. How to Live a Spiritual Life in a Material World?

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



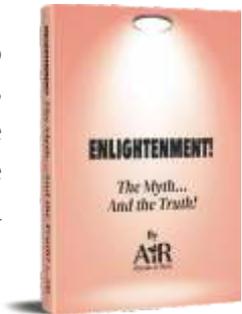
## 46. Life is Karma

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



## 47. Enlightenment - The Myth and The Truth

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

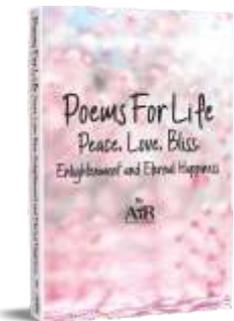


## 48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

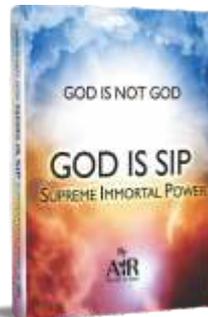
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



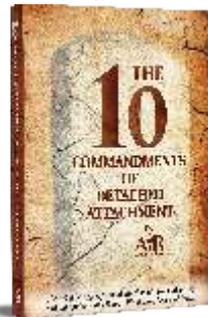
## 49. God is not God. God is SIP – Supreme Immortal Power

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



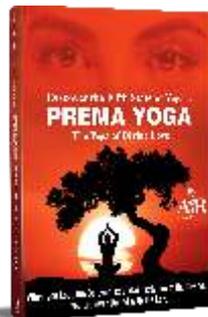
## 50. The 10 Commandments of Detached Attachment

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



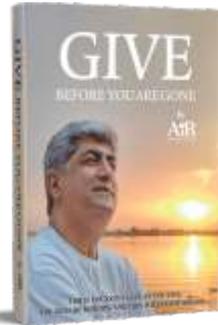
## 51. The Yoga of Divine Love - Prema Yoga

The world knows of the 4 states of Yoga: *Dhyana*, *Bhakti*, *Karma* and *Gyana* Yoga. The Yoga of Meditation, Devotion, Action and Education. *Prema* Yoga, the Yoga of Divine Love is the Fifth state of Yoga unknown to the world. When we go beyond loving the physical appearance of the Beloved, and love the Soul then we are actually loving God.



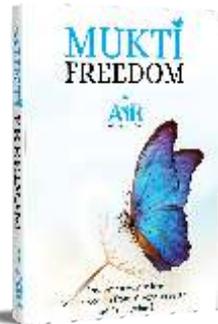
## 52. Give before you are Gone!

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



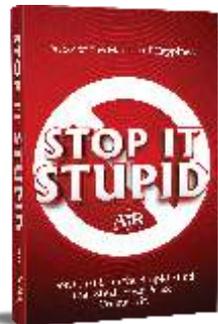
## 53. Mukti - Freedom

What is *Mukti*? It is Freedom - not only from all misery on earth but also Freedom from Rebirth. This book reveals that we not only need Freedom from all joy stealers, but also Freedom from the cycle of death and Rebirth.



## 54. Stop it, Stupid!

How often have you felt that you have been stupid, and you could not stop the stupidity! If you want to put an end to your stupidity, this book is just the book for you. In this book, AiR shares a simple tool that will help you stop being a fool, a Mantra, we never learned in school! All you have to say is, 'Stop it, Stupid!' to yourself when you feel like a fool, and you will see the magic.



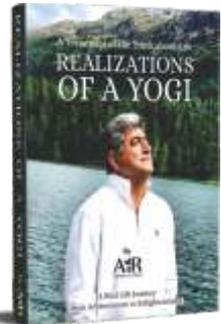
## 55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! Your birthday is fake! You were born inside your mother's womb nine months earlier. We are that Spark Of Unique Life, the SOUL that comes alive at conception.



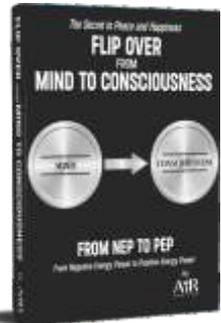
## 56. Realizations of a Yogi

This book is the real life journey of an achiever who realized the truth and became a Yogi. In this book, AiR shares how he experienced a metamorphosis and how he lives in Yoga to attain the ultimate goal of Liberation and Unification with the Divine.



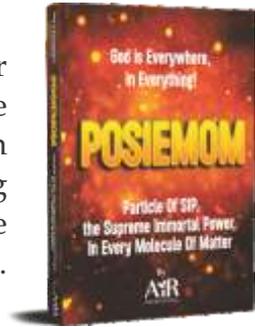
## 57. Flip Over! From Mind to Consciousness, from NEP to PEP

How do you flip your life over from being sad to being glad? There is a way. Flip over from a state of Mind to a state of Consciousness, from Thoughts to Thoughtlessness, from Negative Energy, that is Poison to Positive Energy, that is Power. How? The solution is in this book!



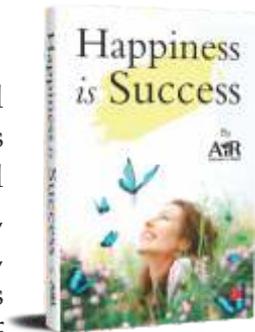
## 58. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God is lives somewhere far away in the sky. But God is SIP, the Supreme Immortal Power that is everywhere, in everything. SIP appears as the Soul in living beings and also manifests as every particle that fills this universe. Everything is energy. Even science agrees to this.



## 59. Happiness is Success

Why is the whole world chasing success and achievement? It is because we think success is happiness. But is this true? Are all successful people happy? On the contrary, all happy people are successful. Therefore, success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, from one success to another, only to realize that the ultimate peak of happiness is beyond Achievement and Fulfilment. It is Enlightenment, Liberation from misery and suffering and experiencing Eternal Happiness, Divine Love and Everlasting Peace. This book can transform your life.



And Now....

## 60. The A to Z of Death

# The A to Z of DEATH

*Fools shed Tears for somebody who is Gone.  
The one who is Dead is already Reborn.*

Are you scared of death? Do you cry and look up at the sky and ask, 'Why?' when a loved one passes away? We all do it. We all feel sad in the moment of death. But is it not true that we all will lose our breath?

Death is certain. Every 'body' must die. Nobody can escape death. But once we realize the truth about death and overcome the myth that we have grown up with, death will no more be a time of desperation. It will become a moment of celebration.

This book will make you realize that you are not the body that will die. You are the Divine Soul that departs at death. That is why, our loved ones destroy the body once we lose our breath. Death liberates us from all suffering on earth and from the cycle of death and rebirth. It can unite us with the Divine. Realize the truth about death, be free from the fear of death and enjoy every breath, living as an Enlightened Soul. This book will change your paradigm about death and enlighten you about the truth of life.



By  
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AiR Institute of Realization  
Ask. Investigate. Realize

ISBN 978-93-5777-035-0



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