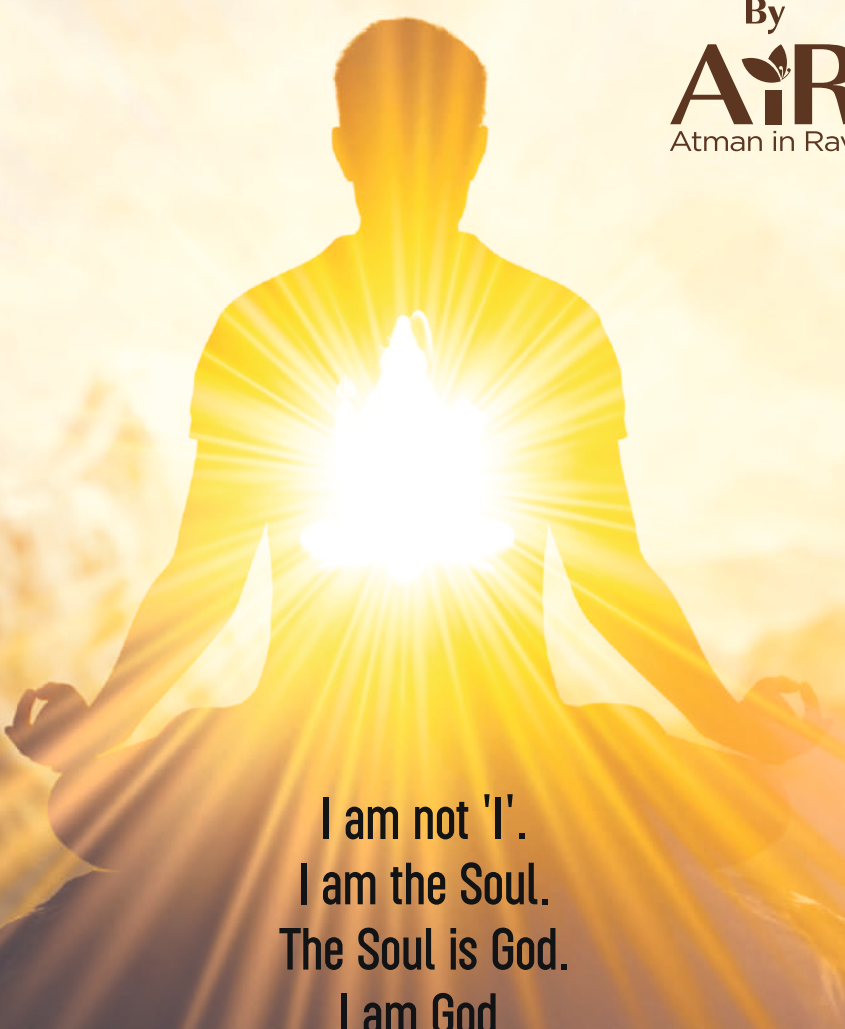


SHIVOHAM

GOD IS EVERYWHERE,
IN EVERYTHING

By
AiR
Atman in Ravi

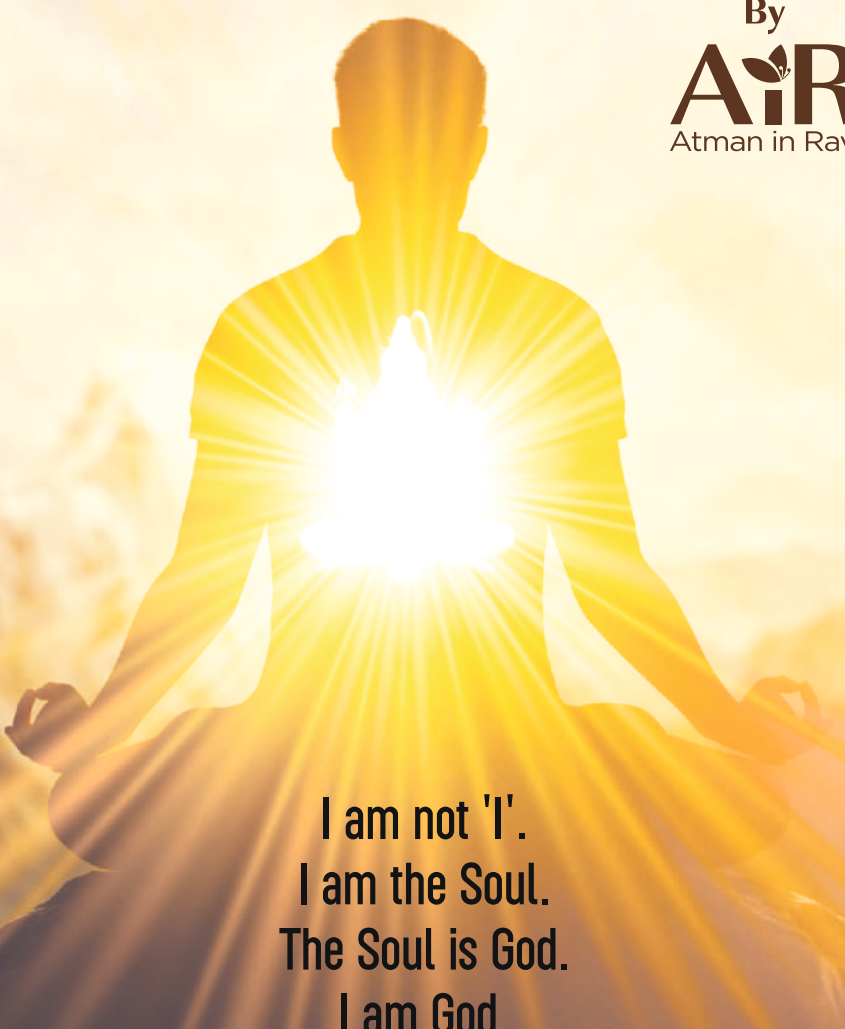


I am not 'I'.
I am the Soul.
The Soul is God.
I am God.

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AiR
Atman in Ravi
Ravi V. Melwani

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

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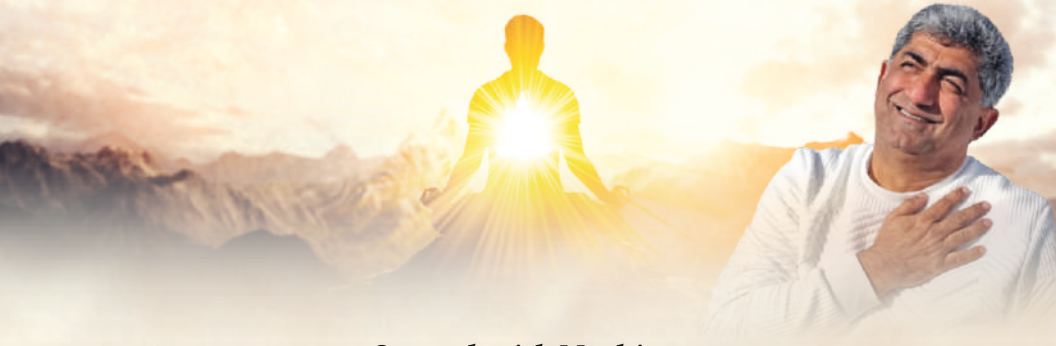
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ABOUT THE AUTHOR

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 800 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. Post his metamorphosis, he 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, corporates and universities. 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



I always believed that Lord Shiva is God.

*My Love was so deep that I went in search for my Lord.
I realized, 'Shiva is SIP,' Supreme Immortal Power within,
The Power of Life that throbs in every cell under the skin.*

Are you in search of God? This book can make you realize the truth about God. Who is God? Where is God? What is God? Most of us have our personal Gods. It maybe *Shiva* or *Ganesha*, *Krishna* or *Jesus*. But are all these Gods really God?

We go to a temple or a church and we pray. We search for our God without realizing that God lives in the temple of our heart. Some of us even believe in many Gods without realizing that God is one. God is SIP, the Supreme Immortal Power. God has no name or form. God has no birthday. The Supreme Power is immortal. SIP is birthless and deathless, beginningless and endless. But because we do not go on a quest for God, we do not realize that God is SIP, the Supreme Immortal Power everywhere, in everything.

Shivoham literally means *Shiv + Aham*, I am *Shiva*, I am God. How can I be *Shiva*? The name *Shiva* here does not personify only Lord *Shiva*, but any God whom we pray to. When we yearn for God so much and when our yearning takes us on a

Divine quest, then we get to realize – Who am I? Am I this body? No, one day, the body will die. Am I the mind? No, where it is, I cannot find. If I am not the body and mind, how can I be the ego? When we realize that the true self is not the body, mind and ego, but rather that Spark Of Unique Life – the SOUL that gives us life 9 months before our so-called birthday, this Self-Realization makes us realize that I am not 'I'. I am the Soul. The Soul is none other than SIP. Therefore, I am SIP. I am *Shiva*.

Shivoham, thus is not just another *Hindu mantra*. It is God-Realization. It is the Realization that all the mythological Gods, hundreds, thousands or even lakhs of Gods, are not really 'God'. God is nameless and formless. That God lives in the sky is nothing but a lie! God is the life that throbs within. God is SIP and SIP manifests as the Soul, in you and me, a butterfly, a bee and a tree, even a dog and a frog. Anything alive, anything that has a Soul, has a spark of Divine energy within. This is God. This is Shiva. This is SIP. *Shivoham*, thus is a *mantra* or a chant of one who is God-realized. It reveals that one has found *Shiva*, God or SIP within, in their heart. It not only shows that a person has passed the phase of Self-Realization, realizing that he is the Divine Soul, but has also reached that state of God Realization, realizing God is SIP, the Supreme Immortal Power within.

Thousands of years ago, the ancient *Hindu* faith was known as *Sanatana Dharma*. It was not just a religion. It was *Dharma*, a way of faith, a philosophy of life. The original *Hindu* faith was *Sanatana*, which means the eternal truth, which should be a way of life, a moral duty and an ethical philosophy. Thereafter, *Sanatana Dharma* got diluted into a mythological religion like any other, with scriptures, rituals and dogmas. In the original teachings of *Sanatana Dharma*, there was no God with a name and form. But then, how did one pray to

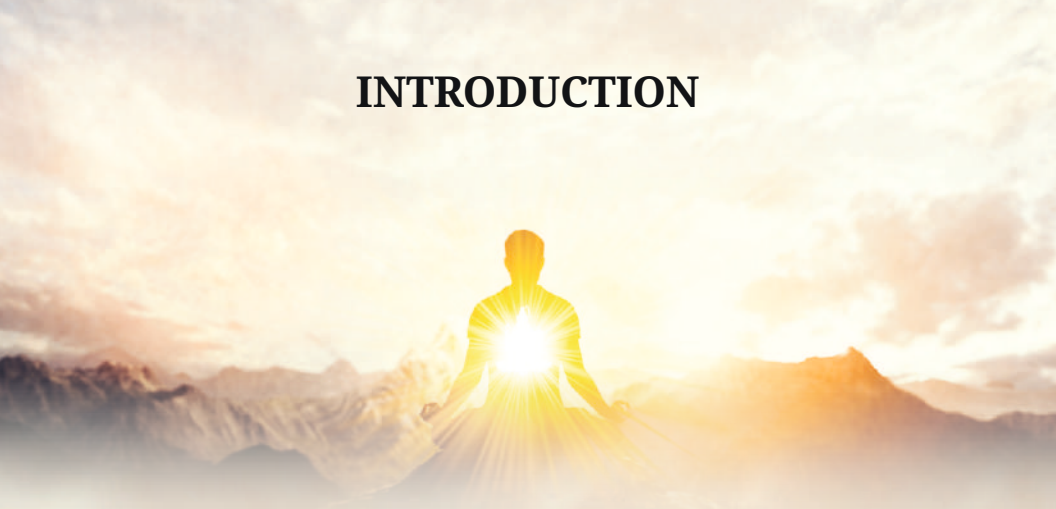
God? People started praying to God in the form of nature, as the Sun God, the Wind God and the Rain God, to name a few. Then, these Gods were picturized and people gave these Gods attributes, names and forms and these are the Gods that have evolved into the Gods and Goddesses that we believe in today.

Somewhere in the scriptures and in the *Hindu* faith, came the word, *Shivoham*. It is generally attributed to Adi Shankara in the 8th century when he recited the *Nirvana Shatakam* with the line, *Chidananda Rupah Shivoham Shivoham*. When young Shankara went in search of a Guru and he was asked, 'Who are you?' and 'Why are you here?' he is said to have recited this answer. The young boy had realized that he was a manifestation of God.

We may believe in *Krishna*, *Ganesha*, *Hanuman* or any other God. But we think that God is separate from us. Unfortunately, we don't realize that we too are a part of God. We grow up believing in the myth and we live and die with it. We believe that God is somebody who lives in Heaven and one day, we will meet God to settle our Karma. Very few of us, like Shankara, realize that the Power of God is within us. The *Vedas* and the *Upanishads* state this truth in the *Mahavakyas*, the principal statements – *Aham Brahmasmi* – I am the Lord, and *Ayam Atma Brahma* – This Soul is a Power and part of the Supreme.

Unfortunately, although this was revealed to us thousands of years ago, we have, over the centuries, diluted the truth and have lost sight of God. God is not far away. God is here. God is now. God is SIP, the Power within. This book will make you realize who you truly are, *Tat Twam Asi*, *Thou Art That*, as you realize *Shivoham Shivoham*.

INTRODUCTION



Shivoham literally means 'I am Shiva'.

But then, how can I be God?

When we realize I am not 'I',

We are united with the Lord.

Most of us believe in a God. From the time we are born, we are taught about a Creator. It maybe *Shiva* or *Ganesha*. We are made to believe in a God with a name and a form. Just like we are taught 'A' with an apple and 'B' with a ball, we register God as a superhuman being, who lives up in the skies in a Heaven far away. Most of us are born into a religion and follow a scripture. We develop faith in that God and we even fear that if we sin, the wrath of our God will fall upon us.

Faith has power. We believe that our God has magical powers and is capable of any miracle. Therefore, our **FAITH** – Full Assurance In The Heart, leads to **H O P E** – Having Only Positive Expectations and **T R U S T** – Total Reliance, Unconditional Surrender To the Almighty. We grow up with enthusiasm because it comes from the Greek word *En+theos* which means 'in God' we believe without a doubt. Many of us fall in love with our God. There is deep devotion, commitment and dedication in our prayers. However, we develop what is called blind faith. We just follow the herd

without asking any questions because we are taught that it is blasphemous to question anything in our religion, our scriptures or our God.

Very few of us stop to ponder on the number of Gods in the world and reflect on how there could be so many. We blindly believe what the scriptures tell us and that one day, we will go to Heaven or Hell. We don't stop and ask, 'Who is God, where is God and what is God?' We just live and we die and whenever something goes wrong, we look up at the sky, and we cry and we ask, 'Why?' We never stop to ask the question, 'Who am I? Where did I come from?' and 'What is my relationship with God?' Very few of us stop and **Ask, Investigate and Realize the truth** about ourselves, life and God. Very few of us climb the ladder to heaven and go beyond traditional belief and faith. For just a few of us, our deep yearning for the Divine takes us on a quest to discover the truth about God.

We start our journey of God-Realization through Self-Realization, when we realize we are not this body that dies, we are not even the Mind and Ego, ME. We then realize we are the SOUL, the Spark Of Unique Life that comes alive 9 months before our so-called birthday. The Soul is part of SIP, the Supreme Immortal Power that the world considers to be God. God is one, one Immortal Power, one Supreme Power, that different people portray as different Gods in different religions. Very few people go on a quest to realize this God. Most people just believe in the God of their religion. They believe in *Karma* and then, after they die, they return to earth in a rebirth. Amongst the few who go on a quest to realize God, those who truly love God, truly yearn for God, and realize God in the temple of their heart. They realize the truth that the Soul within is SIP, the *Atman* is *Paramatman*. The Power of life within each of us is a part of

the Supreme Immortal Power. Alas, a very tiny fraction, much less than 1 % of humanity realizes this truth about God!

In this book, *Shivoham*, we will explore how Adi Shankara, the one who revived *Sanatana Dharma*, the ancient Hindu faith in the 8th century, chanted *Chidananda Rupah Shivoham Shivoham*. In this book I will share my journey of how I evolved from *Om Namah Shivaya* to *Shivoham*, from praying to *Shiva* in the temple to realizing *Shiva* in the temple of my heart. We will understand the true meaning of *Shivoham*. While the literal meaning is 'I am *Shiva*', the truth is we are nothing, neither the body that we appear to be nor the mind and ego that says, 'It is 'ME'.' We are the Divine Soul. The Soul is *Shiva*. The Soul is God.

This book is a journey of evolution from the kindergarten of Religion to the university of Spirituality. It will bust many a myth that we have grown up with. We will realize the truth that God is **omnipresent**, present everywhere; **omnipotent**, all-powerful; **omniscient**, knows everything. We will experience God as SIP and realize the Supreme Power in everything beautiful around us. We will start seeing every man and woman as God, just as we will experience the Divine in the bird in the sky and in every creature that moves on the planet. We will see God in a flower and in a fruit, just as we will experience the Divine in a sunrise and sunset. This is God-Realization and *Shivoham* is the chant, the *mantra* that will help us be bound to the ground in our Realization of the truth till we attain our goal of Liberation from this world and the ultimate goal of Unification with the Divine. It can all start with *Shivoham*.

THE MEANING OF SHIVOHAM

1

CHAPTER



*What is the meaning of Shivoham?
Literally, it is I am Shiva, I am God.
It is only when we realize we are nothing,
That we become one with the Lord.*

The word *Shivoham* is a *Sanskrit* word that combines *Shiva* and *Aham*. It is a merger of the words, *Shiva I am*. While it literally means I am *Shiva*, how is this possible? *Shiva* is God and I am a mortal human. How can I become God? People think that it is insane to even think that this is true. But the true believers of God, those who believe in God, who love God, who yearn for God and who go in quest of God, realize the truth.

The word *Shivoham* became popular when Adi Shankara used it in the 8th century in his chant, *Chidananda Rupah Shivoham Shivoham*. We will understand that in detail later. But for now, how can we say *Shivoham*? What does *Shivoham* actually mean? Let us make a preliminary analysis.

Who am I? When we answer this question on a superficial level, we appear to be this body and mind, empowered by a Soul. We are alive, but one day, we will die. This body is mortal. When we go in quest of what is known as Self-Realization, we get to the truth as we get to the bottom of the root. This body is formed much later. We are conceived 9 months before our so-called birthday. Our journey starts as a single-celled zygote. We are nothing but a Spark Of Unique Life, the Soul. The body is formed from the 5 elements of nature in our mother's womb. One day, it is delivered on earth. Then it grows, and ultimately, the body dies and returns to its 5 elements. People are so sure that we are not the body that they burn the body as they declare us dead. It is said that we have passed away, departed, expired or moved on. Who is the one who left the body at death? When we realize that we are that Spark of Unique Life, the Soul, it starts our journey towards *Shivoham*.

Of course, we are not the body. But are we the mind? Where is the mind, we cannot find! Just as we are not the body and mind, the ego is a false identity. Therefore, who is 'I'? If I am not 'I', neither the body, mind nor ego, but I am, I exist, then who is the one who is alive from conception to death? It is the immortal Soul that starts this chapter of life and remains till the last page. We are that! We are energy.

Different scriptures explain this in different ways. Adi Shankara said, '*Shivoham*.' The Bible says, 'The Kingdom of God is within.' It also says, 'God lives in the temple of your heart.' The Vedas and Upanishads say, '*Neti Neti*, you are not this body, not this mind. *Tat Twam Asi*, you are that, the Divine. *Aham Brahmasmi*, you are the Creator yourself. *Ayam Atma Brahma*, the Soul is the Lord. *Prajnanam Brahma*, the Divine is omnipresent, everywhere and in everything.'

While so many scriptures are screaming about this, the truth of life, 99% of humanity is lost in the material world. We are either atheists or non-believers, agnostics or doubters, or just blindly religious. We follow our scripture and our God, without using our common sense. Very few people are blessed to discover the truth, the truth of *Shivoham*.

Shivoham means, I am God. While it refers to *Shiva*, it actually means, I am *Krishna*, *Hanuman* or *Ganesha*. These are just names and forms given so that as children, we pray and find our way to God. But once we have our head on our shoulders, our well-developed intellect should make us discriminate the truth from the lies. God does not live in the skies. God is within. The Soul in each living creature is none other than God or *Shiva*. Thus, *Shivoham Shivoham*. God is everywhere. God is the life power in every man and beast. A bird that flies, a fish that swims, you, me, the butterfly and the bee, we are all manifestations of God. God is the Supreme Immortal Power, SIP, that is everywhere, in everything. This is the meaning of *Shivoham*.

The journey of *Shivoham* is a voyage of God-Realization. It is an inner quest that makes us shed the outer illusory body, mind and ego, as we realize God within. We realize, 'I am nothing, only God is. Only *Shiva* is. Only SIP is. Names don't matter. God is nameless and formless. God is the Supreme Power, beginningless and endless, birthless and deathless. We are that Power of SIP. We are in reality, God, *Shiva*, SIP and that is *Shivoham*.'

EVOLVE FROM OM NAMAH SHIVAYA TO SHIVOHAM

2 CHAPTER



*In the Journey of Life,
it's not enough to just live with Faith.
Not enough to chant Mantras
and try and reach Heaven's gate!
Beyond Faith, we must love God;
for the Divine we must yearn.
Then we will evolve, we will realize God,
And within us is Divinity, we will learn.*

Life is a journey of evolution. Not from a monkey or an ape to man like we have heard, but rather it is a journey to evolve from blind faith to God-Realization. Who is God? Where is God? What is God? We must not believe the lies that God lives in the skies. How can God be an old man with a long white beard sitting somewhere up in the clouds? How can God be somebody with a name and form? How can God be made of bone and skin? We have to ask questions and investigate, till we realize the truth.

As long as we blindly believe in our faith, our religion, our scripture and our God, we will continue to chant *mantras*, slogans and sing songs and hymns without understanding

what we say when we pray. If we don't know to whom we pray, and what we say when we pray, then we don't pray, we just bray. Aren't we human beings better than monkeys and donkeys? Aren't we unique amongst all species to be blessed with an intellect? Then, we must not believe what we are blindly taught. If we are told we will go to Heaven after we die, we have to question, 'How and why?' The body dies, and it returns to dust, after it is burnt or buried. Then, who will go to Heaven and how will we go to Heaven? Ultimately, where is Heaven? Has anybody been there? Has anybody seen Heaven? All this is a myth that we have grown up with and as long as we do not overcome our ignorance and realize the truth, we will continue to pray but we will never realize the truth about God.

What is it to evolve from *Om Namah Shivaya* to *Shivoham*? The meaning of *Om Namah Shivaya* is, 'I bow down to Lord *Shiva*'. Similarly, *Om Ganapatye Namah* means, 'I bow down to Lord *Ganesha*' while *Om Namo Bhagavate Vasudevaya* is, 'I bow down to Lord *Krishna*'. This means that we are bowing down to a God or Goddess that is made of bone and skin. This is mythology and it is wrong because by doing so, we will never realize the true God within. Instead of *Om Namah Shivaya*, if we evolve to *Shivoham*, we realize God in the temple of our heart. We realize God as the Soul, the Spark Of Unique Life within. We realize God in every living creature. We stop searching for God because we realize God everywhere, in everything. This is God-Realization, and it is the ultimate purpose of our life. God is not *Shiva*, *Ganesha*, *Krishna*, *Hanuman* or a God of any other religion. God is not God. God is SIP, the Supreme Immortal Power. We may give God many names and may see God in many forms, but every time we do this, the truth of God is not revealed to us. Therefore, we have to evolve from a chant like *Om Namah Shivaya*, to *Shivoham*. We have to evolve from seeing God outside to experiencing God inside. We must not visualize

God as being made of bone and skin, but rather as the Divine Soul that dwells within. When we evolve as such, we will realize God, we will be able to love God and become one with God. Otherwise, we will just live with devotion and blind faith and we will die, without realizing, 'I am not 'I'. I am a manifestation of the Divine.' Why do we blindly chant these mantras like *Om Namah Shivaya*? It is because we are taught these lies. Right from the time we are in school, we are indoctrinated with this and we grow up to be a fool. We are further warned not to question our God, religion and scripture, as it is blasphemous. So, we live with the lie, and with the lie, we die without realizing God.

Only a few are fortunate to realize God. They not only believe in God, but they love God so much, that their yearning takes them on a quest. They realize that God is a Power that gives life. God is in the Soul of every living creature. Such people evolve from *Om Namah Shivaya* to *Shivoham*. They stop praying to a statue of God, and start praying through the statue, to the Supreme Power that is omnipresent, present everywhere. Unless we really love God, seek and yearn for God, we will not evolve from *Om Namah Shivaya* to *Shivoham*. We will remain in the kindergarten of religion all our life and we will not graduate in the university of Spirituality. We will live with fear, rather than faith, thinking that God is an all-powerful being, who lives far away in Heaven. We will not realize God is here, God is now. If we want to realize God, we must let go of *Om Namah Shivaya* and chant *Shivoham*. We must repeat and remind ourselves, *Shivoham, Shivoham, I am nothing. I am Shiva. Shiva is everything. Shiva is in all. Only Shiva is. Only SIP is. Nothing else exists. Shivoham.*

ARE YOU A BELIEVER?

3

CHAPTER



*Are you a Believer? Do you have Faith in God?
Do you actually Trust or do you just fear the Lord?
Do you Surrender when you fold your hands and pray?
Or do you doubt God and believe what the agnostics say?*

Most people believe in God. They trust God. They accept and surrender to God's Will. But there are some who have either lost faith or they have never believed in God. They are atheists. There are others who are agnostics. They are not sure whether God exists, and so, they doubt the existence of God. As long as we are atheists or agnostics and we continue to live a life enveloped in ignorance, we will not be blessed with the power of enthusiasm that comes from believing in God.

Enthusiasm comes from the word, *En + theos* which means 'in God'. When we believe in God, have faith in the Lord, and trust the Supreme Power, we live a life of peace and happiness. Those who don't believe, live with doubt, fear, worry and despair. As long as man doesn't need God, he can live without belief. But there are times when man becomes

so helpless that he has no option but to cry, look up at the sky and ask, 'Why?' in his prayers!

We may not know who God is, where God is and what God is, but is there any doubt that God is? God is the Creator of this universe. Somebody created the planet, created you and me, the butterfly, the bee and the tree. Where did all this come from — be it a dog or a frog, or any other living creature that has a Soul? All this came from somewhere. It couldn't have just appeared from nowhere. We believe that our parents gave us life, but who caused their birth? How did the first life come to earth? Some believe in the concept of the Big Bang and some others believe that we evolved from apes. But where did the apes come from? When we use our intelligence, the unique gift given to human beings, we realize that there is a Creator whom we call, 'God.' Each of us believes in our own God. But a few are unfortunate, and they end up without being religious or spiritual. They choose doubt over faith, and they live with despair rather than hope. In a way, the agnostics are better than the atheists. They do not deny the existence of God but they are not sure about it. Some of them even go on a quest to probe the reality of God.

Who caused our birth? How did we come to earth? While our parents were involved in the act of copulation, who created the brain, the heart, the bones and the skin? What is the Power that makes our heart beat within? Where did the Soul come from, that Spark Of Unique Life that gives us breath till our death? Who causes us to die? How does everything on this planet unfold? Who governs the universe, the rotation of the earth, the revolution of the planets? Is all this magic that has no logic? All this is governed by Universal Laws and these Universal Laws are created by a Power, a Power we call God. Not many of us realize this simple truth that without God, there would be nothing. There would be no

earth, planet and stars. There would no mountains, rivers and seas, no flowers, fruits and trees. There would be no you and me. We are all effects. The cause is the Supreme Immortal Power that we call God.

The world has evolved with so many religions that it is fortunate that most of us are born into a religion. We go to a temple, church or monastery to build our faith but unfortunately, we are taught fairy tales about God. As children, it is very difficult to understand the truth but like in any kindergarten that uses an apple to teach 'A' and a ball to teach 'B', religion teaches us the ABC of God. Without religion we would never believe in God. And so, we must be grateful to religion. All religions are good because every religion builds our foundation of faith and belief in God.

How much do you believe in God? How much do you trust your Lord? Do you completely trust the God of your religion, or you believe that there is a Power in the sky that controls everything that is happening in this world? Do you believe in the Universal Law of Karma, a law created by God that controls all actions and reactions? Are you a real believer? Do you pray to God? Do you talk to God when you have problems? Do you seek God's help in making your dreams come true? Do you believe that God is a Power that can make miracles happen? Do you trust God and love God? If you really love God, then, this journey of *Shivoham* will lead you to God. It will make you realize God in the temple of your heart. It will make you realize that God is SIP, the Supreme Immortal Power. But only the ones who truly believe in God, trust and love the Lord, will ultimately realize God.

HOW MANY GODS?

4

CHAPTER



*Is there just one God or many Gods and Goddesses?
Will each God that we pray to, give us a different thing?
If more Gods we pray to, will it lead to more Happiness?
The gift of Peace, Joy and Bliss, will many Gods bring?*

If only we try to make a list of the number of Gods in this world, the list will be endless. There are so many religions and innumerable Gods and Goddesses. Each religion proclaims that its God is the true God and the most powerful Lord. Humanity is left confused. We are even taught that each God will bless us with different gifts. There is a God of knowledge, a God of wealth, one Creator, one preserver, one destroyer, one who lives in Heaven and one who comes to earth. What is the truth? Which is the real God? Who is the God of all Gods? Which religion is the most powerful?

The truth is that there is just one God. We may call God by different names. Each religion may give its God a different form and different attributes. But that does not make many Gods exist. Because we grow up with the myth, we don't realize the truth. The first ignorance that we must overcome

is that there are many Gods and Goddesses and these Gods and Goddesses live in a distant Heaven. These are nothing but lies! God does not live in the skies! God is not made of bone and skin. God is the Power that dwells within. If God was like you and me, if it was true that God had a birthday that we celebrate, then God would be mortal. But the truth is that God is immortal. We don't need any brilliance to realize this. Even a little child's common sense can reveal the truth. The Gods and Goddesses that we picturize are nothing but a figment of man's imagination. These Gods and Goddesses are a creation of religion. Therefore, does that make religion bad?

All religions are good. But they are just kindergartens. Just like we teach children with the help of fairy tales, religions also use fantasy to help us evolve in our journey of faith in God. How else can we get to believe that there is a Creator? The stories about God are made such that we believe that our God is the most powerful one. We start comparing our God with other Gods. We even start hating other religions, and this only deepens our ignorance. God is one. God is Supreme. God is Immortal. God is a power that is birthless and deathless. Unless we realize this simple truth and start respecting all Gods, we will never realize God within. Unless we honour people of different faiths and respect the different festivals they celebrate, we will not develop the tolerance, kindness and compassion that are needed to realize God. As long as we continue to live with blind faith, we will imagine God to be mortal like you and me and we will never realize God.

Is it very difficult to accept the fact that there is just one God? Is it even possible that different Gods created the existence we see, that one created the earth, one created the skies, one manages birth, and one manages death? We are made to

imagine that God looks like an old man with a long white beard and lives above the clouds. All this only takes us away from God. If we truly love God and we seek God, we will go on a quest to realize the truth about God. But first, we must overcome the myth that there are many Gods.

There are people who start the week and go to Lord *Shiva's* temple on Mondays. Then on Tuesdays, they go to the *Hanuman* temple. On Wednesday, they pray to Lord *Ganesha* and on Thursday, they worship Lord *Vishnu*. On Friday, it is another God — it could even be another place of worship of another religion. Saturday can be for Infant *Jesus* and Sunday, for the Lord *Jesus* Christ. It is not wrong to pray, but when we visualize God as 'G O D,' Giver of Destiny and we keep running to God so that he can solve our problems and make our dreams come true, we will never realize the truth about God. To realize that the kingdom of God is within, to realize God is not made of bone and skin, we must first realize that God is one. For this we must evolve from *Om Namah Shivaya* to *Shivoham*. We must evolve from the Father and the Son to the Holy Spirit. Most scriptures and religions have the truth tucked inside their beliefs, but we somehow let the truth escape us. Therefore, while we live with faith in our God, we even love God, we don't attain God. As long as we try to *find* God, we will never succeed. We must try to *realize* God and this journey starts with Self-Realization and ends at God-Realization. But all this is only possible by this first Realization that God is one. Unless this battle is won, we will just go around in circles, live, pray and die, only to return to repeat this cycle.

THE LADDER TO HEAVEN

5

CHAPTER



*Most of us Pray, we want to attain God.
We go to a temple, church, monastery to search for our Lord.
But how many of us who love God, our yearning, we strengthen?
Those are the few who climb the Ladder to Heaven.*

Do you truly love God? If you do, you can attain the Lord, you can become one with the Divine. But this will happen if God is a priority in your life and if you are a true believer. If your faith in God is unshakeable, then step by step, you will start climbing that ladder, which will ultimately take you to Heaven.

Most people believe in God, barring the few atheists and agnostics. But **Belief in God** is just the 1st step. Suppose somebody says, 'I believe in God' but they don't pray, then what does this say? This proves that they either fear God or though they have been taught to believe in God, their belief is not so deeply rooted. When belief is expressed in **Prayer**, we climb the 2nd step to Heaven. Prayer is a universal act. There are so many temples, churches, and monasteries in this world as millions of institutions where people go to

pray. But how many people have Faith? **FAITH** means having **Full Assurance In The Heart**. When there is faith, there is no doubt and those who climb this 3rd step to Heaven often move to the next step, the 4th one of **HOPE**. They **Have Only Positive Expectations** because their belief in God is very strong. Their life is filled with optimism as they realize that with God, all things are possible. People who live with faith and hope, always cope because they catch hold of that rope of trust.

TRUST is the 5th step on the ladder to Heaven. Those who trust, they live with **Total Reliance** and **Unconditional Surrender to The Almighty**. Trust is never 99%. It is always 100% and it leads one to living with **Enthusiasm**, the 6th step on the ladder to Heaven. The word enthusiasm comes from the Greek word, *Entheos*, meaning 'In God'. Because such people **believe** in God, have **faith** in God, have **hope** and **trust** God, and they pray, their life is filled with **enthusiasm** and joy. They eliminate the negative toxic emotions of doubt, fear, stress, worry and anxiety because they have climbed the ladder to Heaven till this sixth step. Many people get stuck on this 6th step to Heaven. They have a lot of devotion and faith, but they don't love God. They don't really yearn for God.

The 7th step on the ladder to Heaven is **Love**. Those who truly love God and yearn for the Divine, more than a miser yearns for gold, a lover for the beloved and a child for its lost mother, they are the ones who take the leap on the ladder to Heaven and move on to the 8th step. But very few people, a rare minority, do this. They are the ones who go on a **Quest** to realize God.

The rare few who go on a quest to realize God, go beyond their faith and their religion. They do not blindly believe the

scriptures. They climb to the 9th step of **Contemplation and Silence**. They spend time trying to understand who God is, where God is and what God is. If they are fortunate, they climb the 10th step on the ladder to Heaven and **Find a Guru** who can take them from *Gu* to *Ru*, from darkness to light. Without a Guru, we can never realize God. With the help of a Guru, they jump on the 11th step and **Overcome Ignorance**, the lies that God lives in the skies. This takes them **Beyond Karma** with God's grace which is the 12th step on the ladder to Heaven. They jump on the 13th step to **Realize the Truth** that God is not made of bone and skin. God is the Power that lives within. Although there is a **War Within**, and their mind and ego try to stop them from climbing the ladder to Heaven, their yearning for God makes them win the war within and climb the 14th step.

What happens thereafter? Thereafter, after **Purification and Illumination** and **Realization** of the truth, they climb the 15th step of **Liberation from Ignorance**. Soon thereafter, they climb the 16th step that makes them a *Yogi*, one who attains **Divine Unification**.

These 16 steps take us to our ultimate destination of Heaven. Heaven is not a physical location somewhere. When we realize God within, then, in that moment of death, our Liberation and Unification make us one with SIP, the Supreme Immortal Power. We don't return to earth in a rebirth. This becoming one with God is climbing the ladder to Heaven. Are you ready to start your quest to attain God? The quest starts with *Shivoham*.

THE QUEST – WHO, WHERE, WHAT IS GOD?

6

CHAPTER



*Where is Heaven, where is Hell, what do scriptures tell?
Each Religion has its own story, we mustn't fall under their spell!
Who, where, what is God? We must start a search,
Then we will realize God is not in a Temple or a Church.*

Those who truly seek God, love God, yearn for God, start a quest to find God. They are the ones who climb the ladder to Heaven. Heaven is not a physical location. But we cannot understand this. We have to realize it. Realization is not something that can be defined in words. When we go on a quest in search of God, and we sincerely ask and investigate, then we will realize the truth. It is a 3-step method – **Ask, Investigate, Realize.**

Not many people go on a quest for God. They blindly believe in the Lord and the myth that they have grown up with. They live and they die, believing in their scripture and following rituals and dogmas. But those who truly love God, don't stop there. They spend time in silence and contemplation. And most important, they take the help of a Spiritual Master, a Guru.

A Guru is one who takes us from *Gu* to *Ru*, from darkness to light. It was my Guru, Dada J.P. Vaswani who inspired me to start a quest. I was seeking purpose in life after I shut down my business at 40. I was seeking a way to eternal happiness, just as I was seeking the truth about God. All this made me start my quest, my *Talaash*, my search. I must admit that without my Guru, I would have been lost. It is only an enlightened Master, a Spiritually evolved Saint, a true Guru, who can take us on this path of *Shivoham*, of realizing that God lives in the temple of our heart. Just like we need a GPS, a Global Positioning System to drive to our destination, we need a Spiritual **GPS**, the **Guru's Powerful Signal** to realize God.

I always thought that the God whom I believed in, Lord *Shiva*, must exist somewhere. I was taught that *Shiva* lives in *Kailasha*, and my devotion took me to all the pilgrimages. When I went to *Badrinath* in the *Himalayas*, a temple priest told me that Lord *Shiva* used to live on Mount *Nilakantha*, pointing at a beautiful ice-capped mountain. For some reason, he moved to *Kailasa*. After a lot of pondering, I had this Realization that Lord *Shiva* could not be mortal like us. He was an Immortal Power that was omnipresent, omniscient and omnipotent. But I could not understand where God lives. I believed that there was one God as it made no sense for many Gods to exist, and my Guru guided me forward in my quest.

What took me forward in my quest for the truth? There were two main questions –

1. Who am I?
2. Why am I here?

These questions led me to probe further and branched into 9 questions that became a part of my search.

1. What is the purpose of Life?
2. What is the truth of Birth, where do we come from?
3. Death is a reality but where does the deceased go?
4. Do Heaven and Hell really exist physically?
5. Is there life after death – Rebirth?
6. Does the Law of Karma actually govern Earth?
7. What is the truth about the Soul?
8. Who, where and what is God?
9. What is Enlightenment and Liberation?

These 9 questions made me ponder and led me to realize that I was not this body made of bone and skin. I realized the simple truth that this body was formed in my mother's womb over a period of 9 months. When I pondered on death, I realized that one day, this body will die. I became sure that this body is not 'I' because people will say that I passed away and they will cremate this body. I realized that I was the Divine Soul, a Spark Of Unique Life, that arrived 9 months before my so-called birthday and that will depart at death. I realized the truth that we are all, in reality, Souls, not the bodies that we appear to be. This led to my Self-Realization.

It is not easy to reach this state, but it is only when we realize that we are the Soul, that we will realize God is SIP, a Supreme Immortal Power. God is not the several Gods and Goddesses of the numerous religions. God has no birthday and God will never die. God is a Power. God has no residence. God is present everywhere. In fact, I realized God is not God, God is SIP, the Supreme Immortal Power and this Realization was inspired by *Shivoham*. The chant *Shivoham Shivoham* led me from Self-Realization to God-Realization. There is no other way to God.

GOD-REALIZATION HAPPENS AFTER SELF-REALIZATION

7

CHAPTER



Do you want to Realize God?

Do you want to become one with the Lord?

*First, Realize you are not the Body nor the Mind and Ego, ME.
Then you can discover God within and the Divine you will be.*

The journey of God-Realization starts with Self-Realization. *Shivoham* is a chant that can constantly remind us that I am not this body that I appear to be. I am a particle of Divine energy. But how does this knowledge become Realization? Just reading this truth is not enough. We need the grace of God and the guidance of a Guru. Without this grace and guidance, we will just go round in circles till we die. We will not find out who am I and we will return to earth in a rebirth.

It is when we go on a quest with the guidance of a Guru that we might attain the Realization of the truth of the self and God. 1% of people in the world are visually blind, they cannot see. But the rest, 99% of people are spiritually blind. They do not go on a quest to find out who they truly are. How do we start the quest and reach Realization? The quest starts with the question, 'Who am I?' or the chant, '*Koham.*'

Sincere seekers will get the answer, *Soham* or *Shivoham*. *Soham* means, 'You are That' and *Shivoham* means, 'You are God.' But then comes the question, 'How can I be God? I am me. I am this body.' How can we realize the truth? To realize the truth, we need two words, *Neti Neti*. *Neti* means 'not this'. It means we are not this body, we are not this mind. When I first read these words, I wondered what they meant. How can we not be the body and mind? Without the body and mind, we are nothing. But my quest took me forward. I was holding my Guru's hand and I believed that I will be shown the way.

I went on to the Realization of *Tat Twam Asi, Thou art That*. This means that I am that Spark Of Unique Life, the Soul that arrives at conception and departs at death. It was on the 31st of August 2014 that I became sure that I was the Soul, the *Atman*. It was a flash of Spiritual inspiration that I had when I was on a flight AF 192 from Paris to Bangalore. Suddenly, I felt I had realized the truth!

I was putting the pieces of my Spiritual jigsaw puzzle together and suddenly the picture came alive. I am not 'I', I realized. I am not Ravi. I am the *Atman* in Ravi. I even changed my name to AiR, *Atman* in Ravi with the Realization of the truth. I will explain in the next chapter how this happened. But it is this Self-Realization that took me to God-Realization.

Without realizing the true self, that we are not the body, but the Divine Soul, we will never reach the ultimate goal of God-Realization. For 40 years, I believed God to be Lord *Shiva* and now, how could I believe *Shivoham*, that I am *Shiva*? I felt I had become crazy even to consider this! Every seeker of God feels the same.

When Swami Vivekananda was searching for God, he went from one Master to another, asking them only one question – Have you seen God? He did not get a satisfying answer till he met Ramakrishna Paramahansa who said, 'Yes, I have seen God. I see him as clearly as I see you.' Vivekananda was flabbergasted. This was the beginning of Vivekananda's journey of God Realization. He believed in his Master and realized God. But to realize God, he had to go through the process of Self-Realization. There is no other way.

We often experience God in the beauty of creation. We may feel Divinity in an amazing sunrise or sunset and we experience God as the Creator of this beautiful world. But unless there is Self-Realization, we will never realize that all this is not created by God. All this is God. Very few people are blessed to realize this. But once we realize who we are, we will naturally realize that we are nothing. We are but a manifestation of the Divine. We are the Soul, the Spark Of Unique Life that comes from SIP, the Supreme Immortal Power, and goes back to SIP. At this point, just reading this will not make complete sense. But this is the truth.

When Adi Shankara said *Shivoham*, he meant exactly this. We are not mortal bodies. We are the Immortal Soul. The Soul is nothing but *Shiva* or God. Without the Power of God, we are nothing. When the Soul departs, there is no breath, there is death. Although this truth stares at us in our face, we cannot realize it without Divine Grace. We need Self-Realization to reach God-Realization.

WHO AM I?

8

CHAPTER



*To Realize God, I must find out, 'Who am I?'
First, I must Realize that I am not the Body that will die.
I am that Spark Of Unique Life, the Soul,
To Realize this is my primary goal.*

The journey of *Shivoham* is the journey of God-Realization, and this journey is not possible without Self-Realization. What is Self-Realization? It is the Realization of 'Who am I?'

Most of us believe I am 'I', I am the body, mind, ego and intellect. I am the one who I see in the mirror. I am not my hand, this is my hand. I am not my head, this is my head. I am not my eyes, but these are my eyes. If I lose my eyes, I will still exist. Then who is this 'I'? Isn't it strange that we human beings know everything, but we don't know the answer to the question, 'Who am I?' We are trying to discover distant planets in the skies, we are digging deep under the earth's surface and exploring the depths of the oceans. But we are not going within ourselves to find out our real identity. One day we will die, and people will say that we passed away. But who passed away? The body lies dead on the bed. But

this is not the 'I' that was alive. The 'I' has left. We all know it and we say it. But we still don't realize, 'Who am I?' If we really understood who we were, our life would have been transformed. Because of our ignorance, we continue to suffer as the body, mind and ego, which is our false identity.

Who am I? Am I this body? Which body am I talking about? This body was just a little baby when it arrived on earth on my so-called day of birth. I was conceived 9 months before. I came alive as a single-celled zygote, the first cell of my existence. This multiplied from 1 to 2, 2 to 4, 4 became 8 and then 16. This multiplication goes on till we are born as a baby with over 25 billion cells. What is causing this multiplication? We don't ponder on that. We just grow into a 35-trillion-celled adult and one day we die. The body dies and people say that we passed away. Who passed away? Where did we go? Who went? Does anybody know? The answer to these questions is called Self-Realization and this is necessary for God-Realization.

If we are not this body that comes alive and that dies, then who are we? Are we the mind that is constantly thinking that I am 'I' or are we the ego that along with the mind becomes the Mind and Ego, ME? When we go in quest of the mind, where is the mind, we cannot find. The mind seems to exist as a bundle of thoughts. When there are no thoughts, there is no mind and when there is no mind, there is no ego. So, how can we be me or a subtle 'I' that physically does not exist? Still, we know that while the body seems to be the hardware of the human-computer, the mind and ego seem to be the software that drives the body to act. Just like software needs hardware in a computer, the mind and ego need the body to exist — both hardware and software form the human-computer. But can the computer work without a power supply, a battery, electricity or a power bank?

In trying to realize, 'Who am I?' we must first realize that we are not the physical body that is the hardware. The body is created from the 5 elements of nature and at death, eventually, it returns to the 5 elements. We are not even the illusory Mind and Ego that makes us believe it is ME. Then who are we in reality? We are that power supply, that life force that makes us come alive as a zygote at conception. We are the same life force that makes the first cell multiply into 2, 4, 8, 16, 25 billion cells at birth and ultimately 30 trillion cells as an adult. Each cell is nothing but the energy of that life force. Without the energy of life, cells cannot multiply. Dead cells are dead and without life, they are nothing. We know this truth, but we don't realize that we are not the dead cells, but rather, the life or Power or Energy that is within each cell.

What is this Power that is our true identity? What is this life force that we truly are? Unless we first realize we are not the body that will die, we will never realize the truth of who am I. If we want to be who we truly are, we have to let go of the Mind and Ego, ME that doesn't exist. If we let go of the body and the mind and ego, then we will see the reality. Unfortunately, more than 99% of humanity lives in ignorance, thinking I am 'ME'. The truth is I am not 'I'. I am a manifestation of God. I am a spark of God Energy. I am the Divine Soul, the Spark Of Unique Life. To realize this is our ultimate goal.

SOUL - SPARK OF UNIQUE LIFE

9

CHAPTER



*The Soul is a Power, it gives us Life.
Without the Soul, there would be Death.
It is a Unique Spark in you and me,
It keeps us alive, it gives us breath.*

Can we deny that we have a Soul? Some people question the existence of the Soul because they cannot see it. Isn't it strange that they don't question the existence of electricity, although it is invisible? If anybody doubts that electricity exists, all we need to do is to touch a live wire. We will get enough of a shock to never again question the existence of electricity!

There is no doubt that energy is everywhere. There is solar power, hydro power, wind power and other kinds of power that come to us from so many other sources. This power is transmuted or converted into electricity or energy. What would the world be without this energy?

While we find it easy to understand that there is electricity in a bulb or that there's battery in our mobile phone, we

sometimes struggle to realize that there is Power in every living creature. The Power of life causes our birth and our death. But we have not discovered this Power. Whether it is you or me, a dog or a frog, a butterfly, a bee or a tree, there is life energy in each one. Till that moment of death, when that Power departs, can anybody deny this journey of life and death in every living organism? Nobody can.

What is this Power? This is the Soul. S O U L is a Spark Of Unique Life. It is a spark of energy. It is unique in each living creature. It gives life from birth to death. This Power is unique as long as it is within each one of us. But the moment it leaves our body, it returns to the Universal Power grid, the Supreme Immortal Power that gives that spark of life to every living creature. Each Soul comes from the Universal Power and goes back into that Universal Power. It is just like there are many gadgets in our house, but all the gadgets receive Power from the same single source. Without this Power, the gadgets would be dead. So would we.

As we realize the truth that we are not the body, nor are we the mind and ego, in that Realization, we also discover that we are the Soul. We are that Spark Of Unique Life that comes alive as the zygote, the first cell of our existence. Every cell comes alive because of the Soul. The billions of cells in a newborn baby and the trillions of cells in an adult become nothing when the Power of the Soul departs in the moment of death. Each cell of the human body is a manifestation of the Soul. Unfortunately, we do not realize the truth that we are not the body that we appear to be. We are not the Mind and Ego, ME. We are Soul Energy. This is the absolute truth and even science endorses it in a scientific way.

Today, science has awarded the Nobel Prize in Physics to physicists whose advanced learning in Quantum theory has

made them realize that every cell of matter, every molecule is made up of energy. This is nothing new. The world's best scientists have propounded that energy cannot be created or destroyed. It can only be transformed from one form to another. What is this energy? It is the Soul Power that is Immortal. It appears as matter, our body and then, disappears, just as particles become waves and waves become particles as shown by science. The Soul is a reality. It is the Power supply of the human-computer. It is what makes our heart, beat. Without the Soul Power, there would be no electricity in the nerves to transmit signals and make our body work. All this is the truth, but still, we don't realize that we are the Soul. When we realize this, we move forward in the journey of God-Realization.

Science and Spirituality are no more opposite in their beliefs. Science agrees that there is energy everywhere in the universe. Spirituality calls this 'Power'. There is no difference. It is for us to realize the truth and this Realization will happen when we discover, I am not 'I'. I am not the body or mind. First, we discover we have a Soul that gives life to the body. Then we realize we are that Soul, that very life that arrives at conception and departs at death. It is plain and simple. When the Soul departs, the 5 elements of the body disintegrate into nothingness. We are the Soul that departs. We are the Power. What is this Power of the Soul? Where does it come from and where does it go? *Shivoham* reveals the secret. This is God-Realization.

SOUL IS SIP, THE SUPREME IMMORTAL POWER

10

CHAPTER



*Where does the Soul come from, where does it go?
The Soul is a Spark Of Unique Life, a Power we must know.
The Soul comes from God, the Supreme Immortal Power, SIP,
When we realize this, we start the most Divine trip.*

The journey of *Shivoham*, realizing God within, in the temple of our heart, will only happen when we realize what the Soul truly is. First, we realize we are not the body, mind and ego. We are the Divine Soul. The Soul is a Spark Of Unique Life. It is energy, it is Power. It arrives 9 months before our earthly birthday and it departs in that moment of death, when we lose our breath. Hopefully, we are clear now that we are the Soul, that Spark Of Unique Life. But where does this spark come from and where does it go?

If we stop to ponder, there are billions of Souls, actually trillions. Every human being has a Soul, a Spark Of Unique Life. The Soul also exists in every bird, animal, fish and plant. There are trillions, countless Souls. How do we reconcile this in our head? Suppose you have a humongous factory in which there are millions of bulbs. Does it mean

that you have millions of different power supplies? No. You have just one source of power that supplies energy to every section of your factory. If one gadget or bulb goes bad, it doesn't affect the entire factory. Each gadget in your factor is unique. Each bulb is different. But the source of power is one, it is the same. So also, we appear to have different Souls, but they come from one universal source, and they return to that source. An ocean may have millions of waves, but all the waves belong to one ocean. They appear from the ocean and return to the ocean.

Those who go in quest of *Shivoham*, realize this truth. They realize that they are not the body that is formed in their mother's womb over 9 months. They are not the body that will ultimately die. They are not even the Mind and Ego that says, 'Me'. They realize that they are the Divine Soul, the Spark Of Unique Life that gives them breath till their death. But not all realize the truth that the Soul is SIP, the Soul is the Supreme Immortal Power. As long as it appears to be the Soul, it is contained in the body, but the moment it leaves the body, it becomes one with SIP, the Supreme Power. Then again, when a Mind and Ego, ME, carrying its Karma needs to be conceived in a zygote to start its next journey, it is the Soul that empowers that life. Without the Soul, there can be no birth. What is this Soul that is starting a new birth? It is the Power of SIP. The Soul is SIP. This is *Shivoham*.

Shivoham makes us realize that while we appear to be the body, mind and ego, the truth is we are not! What are we? We are the Soul, we are SIP. How do we realize this? *Shivoham* leads us from Self-Realization to God-Realization with this simple formula —

I am the Soul.
The Soul is SIP.
I am SIP.
SIP is in all.

The journey of *Shivoham* makes us realize that we are all manifestations of the one Divine. We may appear to have different Souls as we live, but we come from SIP, and we return to SIP. The truth is we are SIP. We are the Soul that is none other than SIP. As long as we are encapsulated in this body-mind complex, we are enveloped in ignorance. We live and we die, without realizing who am I. To realize we are the Soul is our ultimate goal and as long as we have *Om Namah Shivaya* or any *mantra* of any God that has a name and a form on our lip, we will never realize the truth that we are SIP, the Supreme Immortal Power.

This is the ultimate truth and the ultimate purpose of our life, to realize we are SIP, we are the Divine Soul. Although we appear as different living organisms, these organisms will ultimately die. But the Soul within is immortal. It is birthless, deathless, changeless. Our bodies keep changing, but the Soul is SIP. It may appear to be a spark of unique life throughout our life journey. But ultimately, it will merge with the Supreme.

Shivoham makes us realize *we are the Soul* and *not that we have a Soul*. It changes our belief from, 'We are a body, mind, ego and intellect that has a Soul' to the Realization, 'We are the Soul that manifests as the body.' We are SIP, the Supreme Immortal Power. This Realization is a Divine blessing and very few people attain this God-Realization of *Shivoham*. Only they become one with the Divine.

EVOLVING FROM RELIGION TO SPIRITUALITY

11

CHAPTER



*We all go to kindergarten in school, the truth of life to learn,
We live, we die and to this earth, we then do return.
If we evolve from Religion, a kindergarten, to a university,
We can be liberated and attain God with Spirituality.*

A human being can live up to a hundred years, but on an average, we live till 70. We start our life going to a kindergarten. We are taught ABC. But then, we move on to school and then to college and university. Many of us graduate, but most, if not all of us, move from that phase of learning to a phase of earning. We are born, we learn and we earn. But this does not go on forever. One day, the body will die, but we don't realize the simple truth that if we are not enlightened with the truth, we will return. In that moment of death, the body will either be buried, or it will burn. But we who are alive in the body, the Divine Soul, the Spark of Life, will leave the body and become one with SIP. If we are enlightened with this truth, then we don't have to return to earth because the Soul doesn't have any Karma. Unfortunately, we don't learn this lesson, the most important lesson in life.

While we go from kindergarten to university, we don't evolve from Religion to Spirituality. We blindly follow the herd and believe in the lies like 'God lives in the skies.' We don't realize the truth of *Shivoham* — that we are SIP, we are the Soul. Therefore, we live as the body that dies and believe we are the Mind and Ego, ME, that creates Karma. Since the moment of death is uncertain, there is always unsettled Karma, good or bad. To redeem this Karma and to face our sins or be rewarded for our good deeds, we return to earth in a rebirth. Why does this happen? Because we learn this in our religion. All religions are good, but unfortunately, they create a trap, and we believe in a God and this duality that separates us from God, keeps us separate forever. Religion teaches us to believe that we can't be God. Even the thought is ridiculous! God is the powerful Master in heaven, and we have to pray to that God who lives far away! Inadvertently, while religion makes us believe in God, it is this very religion that stops us from realizing God.

We need religion to start our journey to God. Without religion, we cannot have belief, faith or hope nor will we pray. However, if we don't evolve to Spirituality, we will never discover the kingdom of God that is within. God lives in the temple of our heart. Most religious scriptures say this but they imprison us in rituals and dogmas and stop us from graduating in the university of Spirituality.

Shivoham is the way to attain God, to become one with the Lord. The truth is that God has no name and form. God does not reside on a faraway planet. God is omnipresent, present everywhere, omnipotent, all-powerful, omniscient, knows everything. God is SIP, the Supreme Immortal Power that is present in every molecule of matter as SIP. SIP is present in every Soul, in every living creature. *Shivoham* makes us realize that we are nothing. SIP is everything. As long as we

live as the Ego that says, 'I' and along with the Mind, becomes ME, and together with the body, we pray to a God of our religion, we will continue to go round and round in cycles, till we die, without realizing God. Unless we let go of the 'I', the ego, unless we realize we are not the body that is bound to die, unless we realize we are not the mind, nobody has ever found the mind, we will continue to pray religiously to our God, but we will never become one with the Lord.

A few amongst us are lucky. We let go of the kindergarten of Religion and we move on, graduating in the university of Spirituality to realize God. We realize the truth of *Shivoham* and discover God within. We realize that we are nothing, just the energy of SIP, the Supreme Immortal Power, appearing as, manifesting as this human being on earth. *Shivoham* makes us realize that we are not human beings having a Spiritual experience. We are in fact, the Divine Soul, a Spark of SIP that is giving life to an ignorant ME, Mind and Ego, that has come alive in this body to settle its past Karma. The moment we are enlightened with *Shivoham*, we realize we are the Divine Soul. There is no Karma. All our Karma dissolves with our Enlightenment and we are liberated from rebirth and united with the Divine. But for this, we need *Shivoham*. We need the Realization of the truth. We need to let go of Religion and graduate in Spirituality. Otherwise, throughout our life, we will be stuck in the kindergarten of religion and religiously pray to God, but we will never become one with the Lord.

ADI SHANKARA AND SHIVOHAM

12

CHAPTER



*When Adi Shankara was asked, 'Who are you?'
He replied, 'Shivoham Shivoham,' which means 'I am God,'
I am not the Body, Mind, Intellect or Ego,
I am the Divine Soul, the Soul is the Lord.*

Very few people are fortunate to understand the term, *Shivoham*. The term comes from the young Shankara, who was 8 years old. He was looking for a Guru, a Spiritual Master. It is said that in the 8th century, young *Shankara* was wandering in the *Himalayas*, and he met Swami Govinda Bhagavatpada. Govinda Bhagavatpada asked Shankara what he was seeking and Shankara, who was an evolved Soul, recited what is known today as the *Atman Shatakam* or *Nirvana Shatakam*. The young boy was seeking Self-Realization. He was somebody who had gone through a deeply Spiritual life before and was blessed to continue the Spiritual journey in this lifetime. Otherwise, he could not have been so spiritually evolved at this young age.

Shankara's reply to Swami Govinda Bhagavatpada was a 6-verse *Sanskrit* poem with each stanza ending with the line,

Chidananda Rupah Shivoham Shivoham. What was this poem all about? Shankara said, 'I am not the body and its 5 senses. I am not the mind, nor am I the ego or the intellect. I am a manifestation of the Divine.' The young Shankara seemed to have had the Realization of the truth and his reply explained it in detail.

One can study the *Atman Shatakam* or *Nirvana Shatakam*, but the key takeaway is *Shivoham*. Literally, *Shivoham* means, 'I am *Shiva*'. At that time, the closest word from the Upanishads was *Soham*. When a Spiritual Master of *Sanatana Dharma*, the original Hindu faith, wanted to teach his disciple the *Advaita* philosophy of non-duality, the Master would teach the terms *Koham* and *Soham*. *Koham* means, 'Who am I?' *Soham* means, 'I am That'. It is a teaching of the *Mahavakyas*, the principal statements of the *Upanishads* and the *Vedas*. Young children were taught *Neti Neti*, meaning, *Not this, Not this*, you are not this body, you are not this mind; *Tat Twam Asi, Thou art That*, you are that Supreme Immortal Power, SIP, manifesting as a human being on earth.

Young Shankara was inspired to evolve from *Soham* to *Shivoham*, which directly means, 'I am God'. In the poem, Shankara first explains what he is not and because he is nothing but he is, he is that Supreme Power that is in everything. The *Shivoham* poem is very deep and somebody who can understand the 6-verse *Shivoham* poem can reach that state of God Realization.

It was in the 8th century itself that Shankara taught us that God was SIP, a Supreme Immortal Power that manifests as this universe and everything animate or inanimate in it. In the *Shivoham* poem, Shankara reveals that the Soul is a part of the Supreme Power. But unfortunately, we have not been

able to interpret *Shivoham* correctly, that *Shivoham* is the very Consciousness that keeps us all alive, that God lives in the temple of our heart. All this was revealed by the young Shankara over 1200 years ago. Because we are so caught in this body-mind complex as the ego, we have not been able to understand *Shivoham* and interpret and realize the truth.

Adi Shankara wrote many books which have helped people reach that state of God-Realization. If we want to benefit from Adi Shankara's work, the books we must not miss reading are *Vivekachudamani*, *Aparokshanubhuthi* and *Bhaja Govindam*. Anything written by Shankara is a treasure. Unfortunately, over the centuries, information gets diluted and one should not lose the essential teaching of Shankara. *Atma Bodha* and *Tatva Bodha*, also said to have come from his teachings, have also led many seekers to realize God.

The word *Shivoham* by Shankara is the greatest gift to mankind. Many people misunderstand it to mean its literal translation: I am *Shiva*. The realized ones understand that it means, 'I am not what I appear to be. I am nothing but Divine energy. I am God appearing as a human being.' This is our biggest goal, to realize we are the Divine Soul. Shankara is trying to tell us that we are all Souls, and these Souls are none other than SIP, the Supreme Immortal Power. SIP is in one and all. When we chant *Shivoham Shivoham*, we evolve from believing that God is a statue in a temple or somebody living in the heavens in the skies, to realizing that, that very God we worship is the Supreme Power within us, in every living creature and in every molecule of existence.

SHIVA IS NOT SHIVA, SHIVA IS SIP

13

CHAPTER



*I prayed to Lord Shiva for over 40 years.
My faith and Love made me shed many tears,
Till one day my yearning for Shiva, my God,
Led me to realize Shivoham, within me was the Lord.*

My faith in Lord *Shiva* was not ordinary. I started believing in 'my' God when I was 8. My grandfather used to take me to the temple and I started fasting on Mondays. For me, the most important day in my life was *Maha Shivratri*, not my birthday. Since then, I have stayed awake all night on every *Maha Shivratri*, praying to God. My father too added to the belief that we all had in *Shiva* and my faith evolved.

One day, when I was barely 25 years old, I had the vision to build a huge *Shiva* temple. Along with my father, we constructed the most amazing and Divine statue of Lord *Shiva*. This 65-foot statue of Lord *Shiva*, today, attracts millions of *Shiva* devotees to the *Shivoham Shiva* temple, behind the Kemp Fort Mall, on Old Airport Road, in Bangalore. Till I was 48 years old, I had single-pointed faith in *Shiva* and was devoted to my Lord. Then my *Spiritual* Master, Dada J.

P. Vaswani led me on a *Talaash*, a search to realize God. After 25 years of attaining success after success in business, I had shut it down and started doing humanitarian work and managing the temple. Little did I realize that my deep devotion and my unshakeable faith would make me realize Lord *Shiva* within me as *Shivoham*.

To me, *Shiva* was the greatest God in the universe. Each of us believes in our personal God. It may be *Krishna* or *Ganesha*, *Jesus* or any other God. As children, we all grow up believing in God. But we get stuck in *our* religion, *our* scripture and *our* God. I got stuck with Lord *Shiva* for 40 years and I could not believe there could be any other God, other than *Shiva*. When my faith in *Shiva* became deep love and yearning, I started seeking *Shiva*. This seeking, known as *Mumukshutva* led me to realize the truth about *Shiva*. *Shiva* was the same God that others believed to be *Krishna* or *Ganesha* or even *Jesus*. God is one. There are not many Gods who are controlling this universe. This is a myth that we grow up with. This was the first Realization that led me from the kindergarten of Religion to the university of Spirituality.

I realized that *Shiva* is not *Shiva*. *Shiva* is SIP, the Supreme Immortal Power that is everywhere and in everything. God is not he or she. God is a Power that is in you and me. The several Gods of several religions are very much needed for us to believe and to pray. But unless we intensely love God, seek and yearn for God beyond anything else, we will never realize God. It was only when I was yearning for *Shiva* so much, that I left everything and realized *Shivoham*, that *Shiva* was within me, *Shiva* was the power of the Soul that is in every human being. The world gives names to God, but God is nameless and formless. God is birthless and deathless. But we celebrate God's birthday! These fairy tales which are meant to help us attain God, eventually become

the hurdles that stop us from God-Realization. Unless we love God deeply, we will never overcome the myth and realize the truth about God.

My love for *Shiva* is very deep. That is why, after 40 years of unflinching faith and devotion, my love and yearning for the Lord took me to *Shivoham*, to realize that the God I prayed to in the temple, actually lived in the temple of my heart. Today, I no more pray TO Lord *Shiva*, I pray THROUGH Lord *Shiva*, because I have realized the truth. *Shiva* is SIP, the Supreme Immortal Power. I have realized the truth of *Shivoham*, that God is in each one of us. The Lord has hidden himself in every human being, but we ignorant human beings are searching for God outside. How will we ever realize God? We are so lost in the material world that is outside that we do not stop and go within. We blindly believe our scriptures and follow rituals and dogmas, and we think that our faith in our personal God will make us realize God. These are lies. God doesn't live in the skies. When we truly love God, we will go within, realize God, and become one with the Lord.

All Gods that we pray to are ultimately that one Supreme Immortal Power, SIP. We cannot realize SIP without praying to that personal God. My faith in *Shiva*, my love for *Shiva* is what led me to realize *Shivoham*, that I was none other than *Shiva*. This body will die but *Shiva* is the Soul inside me. If we realize this truth of *Shivoham*, we will not return as ME, the Mind and Ego, carrying Karma to this earth in a rebirth. If we realize the truth of *Shivoham*, we will be liberated, and become one with *Shiva*, who is SIP, the Supreme Immortal Power.

A JOURNEY FROM FAITH IN GOD TO LOVING GOD

14

CHAPTER



*Many of us believe in God, we have Faith,
But this devotion will not take us to heaven's gate.
Unless from Faith, we develop Love and for God we yearn,
The Gift of attaining God we will never earn.*

Most of us pray to God. We believe in a Supreme Power, we go to a temple or church, we follow rituals and dogmas, we respect our scripture. But is that enough to attain God? If we want God, faith is not enough. There must be a deep yearning, a yearning that makes God the priority of our life. When we have faith, we are inspired by a combination of fear and love. But when our faith grows to loving God, there is no fear. There is complete trust and surrender. But how can we love God?

It is said that to love God, we must develop what is known as the triple yearning for the Divine. We must love God more than a miser yearns for gold. Our love for God must be more than what a lover has for his beloved. When a child has lost its mother, it cries and cries to reunite with its mother. When

our yearning for God is a combination of this triple yearning, then this love for God will make us seek God and achieve God. This is called God-Realization.

Unfortunately, most of us grow up fearing God. We fear that our actions must not displease God. We are made to believe that God is that powerful being that lives far away in the heavens and one day, we will come face to face with that God and we will be rewarded or punished based on our deeds, our Karma. This fear of God stops us from loving God. This fear is based on ignorance about who God is, where God is and what God is. The moment we realize we are the Divine Soul, we are a spark of SIP, the Supreme Immortal Power that people call God, we can start loving God that is in every Soul.

Therefore, *mantras* like *Shivoham* constantly remind us that God is not God. God is the Supreme Immortal Power. *Shivoham* helps us evolve from the kindergarten of Religion to the university of Spirituality. *Shivoham* helps us grow from having faith in God to loving God. What does this love for God do? It makes us go on a quest for God. Just like a lover will go in quest of his beloved, or a miser is in quest of gold, or the yearning a child has for its lost mother — our love for God must be far greater than all these. In the scriptures, this deep love is called *Mumukshutva*.

What is *Mumukshutva*? It is an intense longing, a burning desire, both for the Divine and for Liberation from this world and Unification with God. A *Mumukshu* seeks nothing else. Unfortunately, even the scriptures think of *Mumukshutva* to be more about seeking Liberation, but we will never attain this Liberation until there is a deep longing for the Divine. It is the deep love of God that will free us from

the cycle of *Samsara*, of death and rebirth, which is said to be the ultimate goal of human life. But can we have such deep yearning, such intense love for God?

As long as we are caught in thought, and we continue to desire and crave till we reach our grave, there will be no time and space in our life for God's love. It is only when a staunch devotee of the Lord loves God so intensely, that he goes in quest of both Self-Realization and God-Realization. It is rare to find such a seeker, but it is only such a seeker who believes in God and loves God so much that he goes in quest of God and realizes God. Very few people make God the priority of their life. Although they may celebrate all the festivals of their Gods and Goddesses, deep within, there is no love for God and because we don't yearn for God, we don't go on a quest to realize God.

Therefore, the most important journey of life is this, the journey of loving God, the journey of yearning for God, the journey of seeking God. The reward is *Shivoham*, the Realization that God is not far away. The Realization that God is within. The Realization that God is SIP, the Supreme Immortal Power that is everywhere and in everything. But this Realization cannot come unless we truly yearn for God and love God.

Do you really love God? Do you seek God? Are you in search of God? If you are, then you will realize God. If not, it's time to let go of the love and yearning for this material world, of people and possessions that are temporary, are ephemeral and it's time to seek and love God, the one eternal reality. Are you ready to start this journey of yearning for God and loving God?

WE CAN'T FIND GOD, GOD MUST BE REALIZED

15

CHAPTER



*God is not somebody who lives in a faraway land,
God is not a he or she, you can't hold God's hand!
God is a Supreme Power, God is SIP.
If you really seek God, then start a new trip.*

As long as you are visiting a temple, a church or monastery, a Gurudwara or a synagogue, you will surely grow your faith in God. But you will never realize God. God does not live here. You have the wrong address! If you think that you will find God on a pilgrimage, and you spend your time and money going there, that too is a futile voyage. You can go for a picnic, a holiday, but be sure you cannot find God there. Do you really want God? Do you truly seek God? Then your love for God must make you realize God.

Because we grow up with the myth and we believe in all the fairy tales about God, we do not realize who is God, where is God, and what is God. Our faith in God grows, but our love is not deep enough. Our yearning is not such a burning desire that we overcome the myth and we realize the truth about God. We can never find God. God is not made of bone

and skin. God is a Power that dwells within. If we want to attain God, the only way is through God-Realization, and this will happen only through Self-Realization.

Many of us reach that state of Self-Realization, but then, we get stuck there. We clearly understand that we are not the body that will die, we are not the Mind and Ego, ME. We are the Divine Soul. But we don't go further. Our love and longing for God is not deep enough to make us realize God as every Soul that is alive on the planet. God is everywhere, in everything. But we don't realize this truth about God. Because of our ignorance, we keep on searching for God, but we will never find God. How can we? God is inside, but we are searching outside. Only when we start the inner journey, will we be able to realize God.

Man has discovered everything. He is proud that he has created space shuttles that take him into outer space. He has created submarines that take him deep under the ocean waters. But man has not been able to go within his own self. Man has not been able to succeed in that inner journey to realize the presence of God within. This is *Shivoham*, the journey that goes inwards. As long as we go on searching for God outside, how will we ever find God?

There was an old lady who was desperately searching for one of her gold earrings that she had lost, outside her house. All the neighbours joined in to help her find the earring. One smart neighbour asked the question, 'Do you know where exactly you dropped the earring?' She replied, 'Of course, I do. I dropped it inside the house.' 'Then, why are you searching for it outside?' he questioned. 'Oh, you don't understand,' she said, 'there is no light inside my house, so I am searching outside.' Many of us are searching for God outside because there is darkness inside us. Instead of switching on the light within, instead of being enlightened

with the truth about God, if we continue to search for God in the outside world like the old lady was searching for her earring, will we ever find God?

We cannot find God. God has to be realized. God is a Power that is present everywhere. But unless we are enlightened with this truth, we cannot attain God. Unless we overcome the ignorance that God lives in Heaven, unless we brush away that fairy tale that God is that old man with a long white beard, who is seen high above the clouds, we will never realize God as the Soul in every living creature on earth. God is everywhere, God is in everything. Then, why don't we realize this truth? Because the whole world is chasing pleasures that are outside of us, we do not find the real treasure that is inside us. God has hidden himself as a Power that is within each one of us, but we continue to search for God outside. When we start the *Shivoham* journey, when we realize God is not the statue that we pray to, that God is SIP, the Supreme Immortal Power, this God Realization will liberate us from our ignorance and make us one with the Divine. However, we must remember that not everybody is blessed to realize God. Less than 1% of humanity goes in quest of realizing God. Those who truly love God, truly seek God, may ultimately realize God. The rest will just live, and they will die, and they will return to earth in a rebirth. They will be reborn, and this will go on and on. The purpose of human birth is, in fact, to love God, seek God and realize God. We must stop searching for a physical God and we must realize the God that is present everywhere.

WE ARE ALL MANIFESTATIONS OF SIP

16

CHAPTER



*As long as we think God is a statue and prayers are on our lip,
As long as we think God is in Heaven, the truth will slip.
If we want to realize God, we must realize that God is SIP.
We are all none other than God, this truth we must grip.*

As long as we think God is God, we will never realize God. The moment we talk about God, each one of us thinks of the personal God that we believe in. We have all grown up with a religion, going to a temple or a church and the moment somebody says, 'God', the image of our personal God comes in front of us. It may be *Krishna, Shiva, Hanuman* or *Jesus*, it hardly matters which God. But the moment we think God is God, we will never realize the truth that God is SIP. God is the Supreme Immortal Power, a Power that is present everywhere, in everything.

Most seekers of God find this very difficult to comprehend and observe. They say it is easy to find God in good people, but how do we find God in those who are evil? There are so many murderers, rapists and terrorists. How can we find God in them? As long as we are caught by the surface of the

skin, we will not go deeper to realize SIP within. We have to let go of outer appearances to realize the Power of the Divine within.

A little child went to a park and he was enamoured by a man selling gas balloons. The man filled gas into a red balloon and then let it up in the sky and he tied it with a string to his tank. He then filled the yellow balloon with helium, and it flew up along with the red balloon. The child kept watching the different coloured balloons that the man was blowing gas into and then tying them with a string. The child saw all the colours, red, orange, green, yellow, pink, black and white. The child was curious, and he asked the man, 'What would happen if you blew gas into a blue-coloured balloon?' The man smiled and said, 'The blue balloon too will go up into the sky.' He explained to the child, 'The colour of the balloon hardly matters. It is the helium gas inside it that makes the balloons go up.'

We human beings are so caught with the colour of the skin, that we do not realize the Divine within. Although we know we are not this body that will die, we still struggle to realize that God is in each living creature. In fact, God is the Soul, the Spark Of Unique Life, not just in man, but also in every beast, bird and fish that is alive, that moves, flies or crawls. As long as we are ignorant of the truth, we will not realize that we are all manifestations of SIP. As long as we do not realize that we are nothing, we will never realize that the Divine or SIP manifests as everything in each of us. We are just effects. SIP is the cause. Without SIP, we are nothing.

To realize God as SIP, it is good to understand the law of cause and effect, also referred to as the Law of Causation. This law has 3 tenets:

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

Gold is the cause. The ring, the bracelet and the chain are all effects. If you remove the gold, there will be no ring. The wave is the effect. The water in the ocean is the cause. If there is no water, there will be no waves. Mud or clay is the cause. It appears as a pot, a plate or a statue. These are just effects of the cause, mud. Without mud, there would be no pot, plate or statue. Those who understand the Law of Causation may realize that we are all none other than manifestations of the Divine. God or SIP is the cause. We are just effects. Without SIP, we would be nothing.

When we contemplate the beginning of our journey, it starts with SIP, the energy of the Soul and in the end, when the energy departs, we become nothing. It is the energy of SIP that is the cause of our existence. We are all effects. SIP is the cause. We are all manifestations that appear as you and me, but in reality, we are all made up of energy that is SIP.

This is not just a Spiritual theory. This is also a scientific fact. Today, the world has honoured physicists with the Nobel Prize for the theory that every particle of matter is in essence, energy. Science has reached till here. Science just needs to take one step forward. What is this energy? This energy is nothing but SIP, the Supreme Immortal Power. The truth is that we are all energized by SIP, in every cell of our existence. Without SIP, we are nothing. SIP manifests as you and me, and as every living Soul on the planet.

SIP IS IN EVERY MOLECULE OF MATTER

17

CHAPTER



*God is SIP, the Supreme Power that is Immortal.
SIP causes the Soul, responsible for our departure and arrival.
SIP is everywhere, in every molecule, in everything.
SIP creates the 5 elements for this universe to spring.*

The world doesn't know God. Therefore, the world is searching for God, seeking God and praying to an unknown God. We believe God to be that God who we have been taught about and in that thought, we are caught. Therefore, throughout our life, we don't know to whom we pray, and we don't know what we say when we pray. It is unfortunate that we, in reality, just bray, and don't pray! God is everywhere. God is in everything. But we are unable to realize this. It is our mind that stops us from such a Realization because this Enlightenment will kill the mind. Unless we transcend the mind, we still it and kill it, we will never realize that God is the Soul, the Spark Of Unique Life in you and me. God is SIP, the Supreme Immortal Power and God is in every molecule of matter that exists in this universe.

Those who are new to this concept must take out some time to read about the Nobel Prize for Physics, 2022. It has been awarded to 3 physicists for their work in Quantum Physics and Quantum Mechanics. Their scientific theory explains what is coined as the Wave-Particle Duality. The scientific community has decided to reward work done on this truth which has been resisted by many scientists over the years. What is this Wave-Particle Duality of Quantum Physics that has been awarded the Nobel prize and how is it connected to God?

The Wave-Particle Duality states that what appears to be a particle of matter, in reality, is not matter. The particle can transform into a wave, just as the wave can transform into a particle. When scientists were performing an experiment with the tiniest particle of matter which they called Quark, and which is smaller than the molecules, atoms, electrons, protons and neutrons, this tiny Quark just disappeared. The scientists were flabbergasted. Even as they were trying to understand what happened, the particle reappeared. It became clear to the scientists that this phenomenon had to do with the Law of Thermodynamics. This law states that energy cannot be created or destroyed. It can only be transformed from one form to another. A Quark, a particle, transformed into an energy wave that was invisible and then returned to the particle state. It is this experiment of the Wave-Particle Duality that has convinced scientists that every molecule of matter is in essence energy. It is this work of Quantum Physics that has attracted the 2022 Nobel Prize for Physics. What connection does this have with God, with *Shivoham*?

The energy that is in every molecule of matter, that is now accepted by science, is none other than SIP, the Supreme Immortal Power. Science calls it energy, Spirituality calls it

Power. Both are the same. The Saints and the Sages that lived thousands of years ago, said, '*Shivoham*.' What does *Shivoham* mean? It means the Power of SIP, the Supreme is in you. The Saints said, '*Neti Neti*', you are not this body that you seem to be and '*Tat Twam Asi*', you are that Power of the Supreme. Today science is coming to terms with the truth that this whole world that appears to be physical is in reality nothing but energy. In fact, for several decades, scientists have accepted that they know very little of what exists in the universe. Some say we know 1 % and some say we know 5%. But the rest of the universe is what they call, Dark Matter or Dark Energy. Basically, scientists have always agreed that this entire universe is nothing but energy.

Those who are on a quest for the truth of God must realize that even science endorses that every particle in this universe is energy. The truth is, every molecule of matter is part of SIP, the Supreme Immortal Power. Whether it is the mountains or the oceans, the clouds or the stars, they seem to be made up of the 5 elements of earth, water, air, fire and space. But in reality, every element is energy, every element is SIP. The Supreme Immortal Power is in every molecule of matter.

SIP is not only the animate Soul, the life energy that is present from birth to death, SIP is also the inanimate that is never born or dies. In fact, when a body that is alive dies, and the Soul departs, the body disintegrates into the 5 elements, which are none other than SIP. Therefore, whether it is inanimate or animate, every molecule of this universe is SIP. It appears to be matter, but in reality, it is the energy of SIP that is manifesting as you and me, the butterfly, the tree, the mountain and the sea. Every molecule on earth is SIP.

WHERE IS *SHIVA*? REALIZE THE TRUTH

18

CHAPTER



*Shiva is not Shiva. Shiva is SIP,
This truth is now in our head, not just on our lip!
Shiva is SIP, and SIP is everywhere, in everything.
Without Shiva, who is SIP, this world would be nothing!*

Those who have progressed in this book up to now will realize the simple truth that *Shiva* is not the God who is *Mahadev*, *Bholenath*, the *Yogi* or *Adiyogi*, the one who sits on a tiger with the crescent moon on his head and a snake over his neck. *Shiva* doesn't live on *Kailasa* and if you go to *Manasarover*, you cannot get *Darshan* or a glimpse of Lord *Shiva*. The truth is that *Shiva* is everywhere. *Shiva* is in everything.

When *Adi Shankara* said *Shivoham Shivoham* in the 8th century, he tried to make us realize the truth that we are none other than *Shiva*. *Shiva* is a Power, the Supreme Immortal Power, *SIP*. *Shiva* is not just the Soul, the Spark Of Unique Life that gives us breath from conception to death. *Shiva* is in every molecule of matter. All the 5 elements of nature, earth, water, air, fire and space are nothing but energy and this is endorsed by science. *Shiva* is *SIP* and *SIP* is

in everything. Without SIP, without the energy, there would be nothing. If you remove the 5 elements of nature from this universe, this universe will disappear. This is not just a Spiritual statement, but a scientific truth. Unfortunately, because we believe the myth that we grow up with, we just live and die with it. We continue to pray to *Shiva* as our Lord, as the destroyer of the universe, as the husband of *Parvati* and the father of *Ganesha* and it is these mythological stories that stop us from realizing the truth about *Shiva*. The truth is *Shivoham*, I am *Shiva*, you are *Shiva*. The truth is *Shiva* is SIP. SIP is in every Soul. SIP is in every molecule of matter. Therefore, *Shiva* is everywhere, in everything.

Many of us pray to a *Shiv Ling* and we chant, '*Om Namah Shivaya*.' But we don't understand what we are chanting and why we are chanting. Very few of us evolve from *Om Namah Shivaya* to *Shivoham*. We realize *Shiva* is SIP and SIP is in every atom of this universe. We don't need to search for *Shiva*. *Shiva* is everywhere, in everything. Unfortunately, although we read about *Shivoham*, we are still stuck in the fairy tales of religion, the mythology of Gods and Goddesses. We don't go on a quest to attain that state of Self-Realization and God Realization. Therefore, we may believe in *Shiva* or in our personal God, but we will never attain God. We will never realize God. The truth is that God is not God. God is not *Shiva* or *Krishna* or *Ganesha*. God is the Power, the energy that fills this universe. We don't need to pray to a *Shiv Ling* or a statue of God. We have to experience God everywhere, in everything.

When I realized the truth of *Shivoham*, what did I do? After praying to Lord *Shiva* for 40 years, and realizing *Shiva* in the temple of my heart, did I stop praying to *Shiva*? No! I continue to pray, but not TO *Shiva*, but THROUGH *Shiva*. I realized that *Shiva* is the symbolic God that led me to realize

that God is within me. God is in every Soul. God is in every molecule of matter. Without *Shiva*, I would never realize the truth that *Shiva* is, in fact, SIP, the Supreme Immortal Power that fills this universe. We all need a personal God, *Shiva*, *Krishna*, *Ganesha* or even *Jesus*, to start with, but unless we love our God dearly, we will never realize God. Even the Bible says that the kingdom of God is within, that God lives in the temple of your heart. Haven't you heard of 'the Father, the Son and the Holy Spirit'? Alas, we don't realize that the Spirit, the Soul is God. God is inside. We don't have to go outside to search for God. We will get lost in the outside world. We need to go within. When we go within, we will discover God. We will realize God.

Once we realize the truth that God is SIP, the Supreme Immortal Power, the way we pray will change. We will overcome our ignorance about God. We will get over the lies that we believed, that God lives in the skies. We will realize that God is everywhere when we open our *real* eyes. This is the journey of *Shivoham*, the journey that makes us evolve from going to a temple or church, to going in search of the God that is the only reality. Everything else is an appearance, an illusion, a manifestation. When we realize *Shivoham*, we will realize we are nothing. The Soul is *Shiva*, and every cell of our existence is *Shiva*. Every particle of our body is SIP, the Power of the Supreme. But because of our body, mind and ego, we live as 'I' and 'me', and we don't realize the truth of *Shivoham*. We are all manifestations of the Divine. Without the Divine Energy, we are nothing. The purpose of our life is to be enlightened with this truth.

SATYAM SHIVAM SUNDARAM

19

CHAPTER



*Satyam Shivam Sundaram, what does this mean?
It means God is all the beauty, everything that is seen.
Without Shiva, SIP, God, there will be nothing,
The Truth is that SIP creates beauty in everything.*

Some of us are familiar with this chant, *Satyam Shivam Sundaram*. *Satyam* means the Truth, *Shivam* means *Shiva* or God or SIP and *Sundaram* means beautiful. Therefore, the right interpretation of *Satyam Shivam Sundaram* is the truth is God is beautiful. How can we conclude that this is the truth?

There is beauty all around us, whether it is a beautiful sunrise or a beautiful sunset. It may be just stars twinkling on a dark night. There is beauty in the mountains, in the rivers, in the oceans. Have you ever experienced the beauty of an island with turquoise waters and white sand? The beauty is unbelievable. Nature is filled with beauty. In fact, beauty fills the sky with the birds that fly. Every bird is so beautiful, whether it is a parrot or a dove, whether it is a heron or a flamingo, a peacock or a kingfisher. There are millions of birds, all so beautiful! When we look at the water

world, the colourful fish that fill the oceans are stunning! It must be some creative genius who has designed these beautiful fish under the waters. What about whales, sharks and dolphins? And then the penguins that swim under the water and then walk like Charlie Chaplin on land! There is beauty everywhere! Where does all this beauty come from?

Isn't this world filled with beautiful people? Don't we find a new-born child to be so cute and then, as we grow up, we find men and women to be handsome and gorgeous! Beauty fills the world, whether it be the skies, the waters or the earth, there is beauty everywhere. But where does all this beauty come from? This beauty appears from SIP, the Supreme Immortal Power. Every molecule of matter that creates all this beauty is nothing but Divine energy. Every speck of creation is a manifestation of SIP. Without SIP, there would be nothing. There would be no beauty. Therefore, the truth is, SIP is beautiful. SIP creates beauty and appears as everything beautiful.

Let us analyze the Soul that creates beauty. The Soul is nothing but SIP. As long as there is life, the Soul or Spark Of Unique Life, in a living organism, there is beauty. The moment the Soul departs, the beauty disappears! This is because the Supreme Immortal Power, SIP was causing the beauty. What happens to a beautiful human being at death? The body starts to decay and decompose. Where did the beauty disappear? The beauty was in the Soul that departed. Whether it is a beautiful bird or our very own dear pet dog, there is beauty as long as the Soul exists. At death, the beauty disappears.

While we are very familiar with the truth that the Soul is causing the beauty and while we are absolutely sure that

every molecule of the universe is Divine, we still don't realize the truth in the statement, *Satyam Shivam Sundaram*. The truth is God or SIP is beautiful.

Many people argue, 'What about the ugly things in this world? What about the things that are not so beautiful?' Unfortunately, we think a lizard is ugly but to another lizard, it is beautiful. The fact is that nothing is ugly in this world. Our thinking makes it so. Everything is beautiful. Some people question, 'How can we call the murderers of this world beautiful?' The Supreme Immortal Power is within. The outer behaviour of a murderer, what the world sees, is not the work of God. When we go in quest of the truth, we will be clear that everything beautiful is Divine. In fact, everything is Divine and everything is beautiful. Without the Divine, there is nothing.

Those who are blessed to understand *Satyam Shivam Sundaram*, experience God in everything beautiful. They live in an ecstasy of bliss and joy as they view all the beauty around them as a manifestation of the Divine. When they see a beautiful sunrise or sunset, they experience God. When a little bird sings and flies, they feel the Divine presence. They don't see a dolphin jumping out of the ocean. Instead, they feel God has appeared to bless them. Blessed are those who realize that everything beautiful is Divine, for they experience the Divine all the time, in one and all, everywhere, and in everything. This is known as the state of God Realization. All of this happens with *Shivoham*. *Shivoham* makes us realize that we are nothing, we are *Shiva*. *Shiva* or SIP is everything.

REALIZE GOD EVERYWHERE, IN EVERYTHING

20

CHAPTER



*God is everywhere, God is in everything.
God is in you, in me, God is in the birds that sing.
God is in the mountains, in the skies and the sea,
In the fruit, the flower, the butterfly, the tree.*

As we evolve in this journey of *Shivoham*, we come to realize several truths. As we go in quest of God, we realize God is not God. We realize that God is SIP, the Supreme Immortal Power. As kids, we are taught to pray to *Shiva, Krishna, Ganesha, Hanuman* or *Jesus*, or for that matter, any God of our religion. But this journey of *Shivoham* makes us realize God. God is not made of bone and skin. God is not just the Power that makes the heart beat within. God is everywhere, in everything. For those who are new to Spirituality, for Enlightenment of the truth, this truth may be ground-breaking. It is very difficult for somebody who has prayed to God, their personal God for so many years, to be suddenly told that God is not the God they always thought God to be.

God is a Power. That Power is everywhere. That Power is in everything. It is not easy for people to digest this truth, but it

is the truth. Sadly, we grow up with the myth and most of us just live and die with it. Very few amongst us love God so much that our yearning for God takes us on a quest to realize God. Everybody who goes on a quest for God will not find the truth. It is a rare feat, but those who attain Self-Realization and love God beyond anything else will surely realize God within. Not only will they realize God within, but they will also experience the Divine presence in one and all. Even this is not impossible. But what is really difficult to realize is that God is not just the Soul that gives life to you and me. God is also the energy in every molecule of matter.

We have already gone through several truths about who we are. Is there any doubt that we are not this body that will die? Neither are we the Mind and Ego, ME. This takes us to Self-Realization – we are the Divine Soul. The Soul is the Spark Of Unique Life. It comes from SIP and goes back to SIP. Therefore, we should not have any doubt that every Soul, every living organism that is alive is none other than SIP that we always thought is God. God is that Spark Of Life in you and me. As long as there is the Spark Of Life, we are alive in this body. The moment the Power of SIP leaves us, we are dead. What is left over is just the dead body that is made up of the 5 elements of nature.

Therefore, if we take away the Soul from every living creature in this planet, what will be left? This entire earth will become inanimate. If we take away the Soul in human beings and birds, insects, animals, fish, all these animate Soulful beings will become dead, inanimate matter. Up to this, it is not so difficult to understand. God is that Supreme Immortal Power, that is the Soul in all these creatures. But what about that dead inanimate matter that will remain if all the Souls leave and merge with the Divine?

Without the Soul, in you, me, the butterfly and the tree, what will be left in this universe are the 5 elements of nature - earth, water, air, fire and space. What are these 5 elements made of? These elements are nothing but energy. Even science in its theory of Wave-Particle Duality, in its branches of Quantum Physics and Quantum Mechanics, endorses that every molecule is nothing but energy. Therefore, if the entire inanimate world is energy, or the Power of SIP, then God is in every molecule of matter, just as God is every Soul. Therefore, it is very simple that God is everywhere, God is everything. God is SIP, the Supreme Immortal Power that is both in the animate and in the inanimate, the Soul in every living creature and the energy in every molecule of matter. While this seems very simple as we read, it is very difficult to realize this. Our mind will refuse to accept this fact and truth. It will take us back into believing that I am 'I', we are 'ME'. And if don't realize that we are not this body and mind, we are the Divine Soul, we cannot be enlightened with the truth that God is everywhere, in everything.

So often, we question what came first, the chicken or the egg, the tree or the seed. For those who are enlightened with the truth, these questions are irrelevant. It is SIP that appears as everything. We wonder how the Big Bang happened, if ever it did. It hardly matters. SIP controls everything. Those who accept the reality of SIP and surrender to SIP, knowing that we are nothing, SIP is everything, are liberated from ignorance, just as they are free from all suffering on earth and from rebirth.

IS GOD IN A TEMPLE OR A SHRINE?

21

CHAPTER



*Is God in Heaven, somewhere far away?
Which is the place, where God does stay?
Does God live in a temple or does God live in a church?
When we realize the truth, we will stop this search!*

Most of the world prays to God. Everyday people go in front of a picture of God and fold their hands, either out of fear or out of faith. We are constantly praying to God. But where is God? Is God in your prayer room? Is God in the temple or church or can God be found on pilgrimages that every religion wants us to undertake?

As long as we are ignorant about who God is, where God is and what God is, people will continue to pray to a God who is not God. We will innocently go to the monastery, the synagogue and *Gurdwara*, subconsciously believing we are going to God. But the truth is God is everywhere, in everything. God is SIP and there is no place where God is not. Every Soul is God. Every living creature is a manifestation of the Divine. God is even in the mountains and the oceans, in the flowers and the trees, the birds, the

butterflies and the bees. Why then are we searching for God in a temple or church? It is because we are enveloped in ignorance. We do not realize the truth that God is SIP. As long as we continue to be enveloped in the myth, we will never realize the truth.

For 40 long years, I believed that God was *Shiva*. There was not one day in my life that I did not pray to *Shiva*. I believed in *Shiva* so much, that to me, God was *Shiva*, nothing else! I was a staunch devotee with unshakeable, blind faith. It was this deep devotion for *Shiva* that made me yearn for *Shiva*. It made me seek God and ultimately, I realized that *Shiva* was not God. *Shiva* was a name that had been told to me, handed over to me. It was a form that had been shown to me to make me believe in a God. I was so madly in love with *Shiva* for 40 years that I did not question religion, scripture and the mythological stories that I had been taught. But when I went in quest of *Shiva*, I realized *Shiva* in the temple of my heart. I gave up the chant of *Om Namah Shivaya* which meant bowing down to SIP, the Supreme in the form of *Shiva* and changed my chant to *Shivoham*, that Shiva or God or SIP was within me. I was nothing. Not the body, mind or ego. I was the Soul. The Soul was SIP, who I always thought was *Shiva*. *Shivoham* helped me to overcome my ignorance and to realize *Shiva*, God, SIP within.

Like anybody else, I aspired to go to so many pilgrimages. For me, going to *Badrinath*, *Kedarnath*, *Kashi* and *Kailash Manasarovar*, was going to the abode of God. Today I realize it is good to go for all these pilgrimages as a picnic, but not with the aspiration of finding God. Millions of people continue to flock to destinations around the world because their religion has made them believe that God was once there. These are lies. God does not live in any religious institution. God cannot be found on a pilgrimage. God is

within us. God is everywhere. God is in everything. As long as we continue to search for God on our pilgrimage, we will never find God. We have to change our search and not search for God in a temple or church. We must search within. When we realize, 'Who am I?' we will find God. We will realize that the Soul is SIP. God is everywhere, in everything. We will realize the true meaning of prayer, just as we will be able to live in the Divine presence of God all the time.

Where does your God live? Like me, do you go to a place of worship to pray to God? I did it for 40 years. Now I have realized God is everywhere, in everything. This is our ultimate goal, to realize God in every Soul. This is God-Realization. We can never find God. We have to realize God.

As long as we are searching for God in the wrong place, we will never find God. We will never realize God! We have to overcome this ignorance and realize the truth. As long as we believe that God is made of bone and skin, we will never discover the Divine that is within. Those who continue to pray in a temple and church, those who search for God on a pilgrimage will never find God because God doesn't exist there. God is everywhere. When we believe the myth about God, we will never realize the truth about God. The famous Ramakrishna Paramahansa, the *Spiritual Master* of Vivekananda, could not realize God because he thought God was *Kali*. His belief in the Goddess, mother *Kali*, therefore, stopped him from going beyond faith to Realization. Then his Guru asked Ramakrishna to cut *Kali* with a sword, something that was impossible to even think about for Ramakrishna. But we are told that he was able to do it and then he was able to Realize God.

WHAT IS TRUE PRAYER?

22

CHAPTER



*People think Prayer is talking to God,
They forget the important aspect of listening to God!
True Prayer is when you are able to hear God's voice,
You realize God within and cut off the world's noise.*

We all pray. But do we know to whom we pray and what we say when we pray? Most of us don't. In such a case, we don't pray, we just bray. If we do not know who is God, where is God, what is God and we pray, then how can this prayer be effective?

Why do we pray? The first reason why people pray is because they have no other option! They are in distress. Such devotees are called *Arta*. They are in such a miserable condition, they are so hopeless that they have no other option than to pray. They take their problems to God, and they cry. They look up at the sky, they question God, 'Why?' They don't realize that suffering is not because of God, but because of their own Karma. The second reason why people pray is because they seek favours from God. Such devotees are called *Artharti*. They want God to make a dream come

true. They believe that prayer will make them a successful achiever. That praying to God will give them money and wealth. Prayers can make children come first in examinations, just as a prayer can bless a long-awaited marriage, child or grandchild. Haven't you seen people praying for all this? But is this what prayer is? We are taught that God lives in Heaven, and it is God who solves our problems and makes our dreams come true. Therefore, we go to our prayer room or to a place of worship, or even on a distant pilgrimage to pray.

The true seekers of God pray to God to realize the truth. The third type of devotee is known as a *Jigyasu* or a seeker. Seekers pray to God because they love God. It is out of faith and not fear that they pray. They call upon the Supreme to overcome their ignorance and to help them realize the truth about the self, life and God. These seekers of the truth pray to God for a purpose, not for God to solve their problems or to shower them with gifts, but rather help them be enlightened with the truth. This form of prayer is the best prayer. It is this prayer that will lead us to realizing God. When we pray to God to reveal himself to us and we sincerely go on a quest for God, then God will reveal himself to us not as God, but as SIP, the Supreme Immortal Power.

Once this prayer of a *Jigyasu* or the seeker is materialized, then the seeker becomes an enlightened being or *Gyani*. This is the fourth type of devotee. Such a liberated being is in prayer mode all the time. He experiences God in everything, everywhere and realizes that other than God, there is nothing! Therefore, the *Gyani* becomes a *Yogi*, one who is ever united with the Divine and one whose prayers never stop.

Therefore, what is the right way to pray? We all evolve from an *Arta* to an *Arthathi*, then *Jigyasu* and *Gyani*. Our prayer has to evolve. At first, we believe in a personal God and there is no harm in praying to this God to solve our problems and to fulfil our wishes. But once we evolve further, our prayers must transcend. I too used the *mantra Om Namah Shivaya* for 40 years. Now I don't! Now I say, '*Shivoham*.' I have gone from seeking solutions and material possessions from God to seeking Liberation and Unification with the Divine. The journey is arduous but it is the only way to realize God. We have to evolve in our prayers as we evolve in the journey of God-Realization.

Therefore, prayer depends on what state of life we are in. If we are struggling with problems, *Arta*, then prayer is going to God with our problems, trusting God and surrendering to God. If we are blessed without problems, then prayer is *Arthathi*, going to God to fulfil our dreams. However, these two forms of prayer are illusory. They do not make us realize God. What should we aspire for? We should pray to God, 'O Lord! Make me thine! Reveal to me your true self. Liberate me from this world and take me home, Lord!' Such was my prayer when I started a quest. Before that, like anybody else, I was praying to my God who had a name and form. My prayer sprouted out of my innocent ignorance. However, it was my faith and my love for God that helped me overcome ignorance and I started to pray for the Divine who is omnipresent, present everywhere; omnipotent, all-powerful; omniscient, all-knowing. My prayer made me realize that God is one, God is SIP. I realized that I am nothing but a manifestation of SIP or God.

OVERCOME THE MYTH, REALIZE THE TRUTH

23

CHAPTER



*Aren't we taught that God lives in the skies?
When will we realize the truth and overcome these lies?
As long as in ignorance we blink and we sink,
We will pray to a God, but never build that link!*

The whole world lives in ignorance. Therefore, even to realize that we are ignorant, becomes very difficult. We just follow the herd. We don't fly like a bird to explore and realize the truth. From the time we are born, we believe in the fairy tales, the mythological stories that have been carried forward for centuries. Therefore, the myth has become very deep-rooted. Everybody repeats the same stories – our teachers, our parents, the priests of our religion. Then how can we doubt what they are saying? It is said that if you take a lie and repeat it many times, the lie is perceived to be the truth. When will we unlearn what we have been taught and realize the truth?

As long as we believe in God, we will just pray with our breath and end this at our death. Then, we will return back to earth in a rebirth, probably to pray to another God! This

cycle will go on and on and we will be reborn until we realize the truth.

All religions are good, and religions are meant to help us start our journey to God. But because religions are full of myths, fairy tales, rituals and dogmas, we get caught up in superstitions and perform rituals that make no sense. But we don't question. We are warned that it is blasphemous to question religion and that 'our' God will be displeased. Therefore, like sheep, we just follow others of our religion and then depart. We don't realize God.

Shivoham opens the door to the truth. It makes us realize that God does not live somewhere far away. God does not ride on animals. God is not made of bone and skin. God is a Power that lives within. *Shivoham* makes us realize that God is SIP, the Supreme Immortal Power. God is the Soul, that Spark Of Unique Life. God is birthless and deathless, beginningless and endless. God is the ultimate cause. We are just effects. We appear from SIP and return to SIP. Because of our ignorance, we continue to believe the myth of our religion and the truth is hidden from us. Those who get a get hold of the *mantra*, *Shivoham*, chant it repeatedly to realize the truth that it is God that is the Power that beats within our heart. God exists in every cell of our body. God is everywhere, in everything. By believing the myth, we are going away from the truth, and we will never realize God. Therefore, it's time to realize the truth about God.

For 40 years, I prayed to Lord *Shiva* with utmost devotion, and I believed all the lies that I was taught. I was even cheated by a priest who told me that I was a hunter in my previous life and because I killed a cow, I was suffering. Little did I realize that several priests are the unscrupulous elements that indoctrinate the myth into our life so deeply,

that we do not realize the truth. I was made to believe that my Soul will become a ghost if I did not perform certain *Poojas* and rituals, and I innocently followed the diktat. Today, I have overcome the myth because I have realized the truth. I have evolved from *Om Namah Shivaya*, bowing down to God in the form of *Shiva*, to *Shivoham*, realizing SIP within the temple of my heart. This has made me realize God. I have achieved that state of experiencing God's presence within me all the time. I don't need to pray to a fairytale God or celebrate the birthday of a God who is actually birthless and deathless.

Are we going to continue to believe in the myth or are we going to realize the truth? Are we going to believe that God is made of bone and skin or are we going to realize that God lives within? Are we going to blindly follow the rituals and dogmas and be zapped in our superstitions or are we going to ask questions, reach that state of Self-Realization that will take us to God-Realization? It is our choice. If we truly love God, we will overcome the myth. We will realize the truth. God is everywhere. God is in everything. God is beyond definition and comprehension. God is SIP, the Supreme Immortal Power. All the Gods of all religions are that one SIP, but as long as we believe that our religion is good, and other religions are bad, we will continue to live with ignorance. We will never realize God. Every living creature is a manifestation of God. Instead of realizing God all around us, we are going in search of God on pilgrimages. How will we ever find God? The moment we stop believing the myth, we will realize the truth and realize God.

YOU ARE A TEMPLE OF GOD

24

CHAPTER



*When I realize I am not 'I', I am the Soul,
I realize God, achieve my ultimate goal.
This body of bone and skin is a Temple of God,
Inside me lives SIP, the Supreme Immortal Power, the Lord.*

As long we do not realize that *I am not 'I', I am not the body, it will die; I am not the mind that I cannot find; I am not the ego that says 'I',* we will never realize that *I am a temple of God.* This body encapsulates the Soul, and it has been created because of our Karma. It has received the Power of the Soul, a Spark Of Unique Life, because our ignorant ME, Mind and Ego, had to return to earth in a rebirth to settle Karma. If only we, as a human beings, had realized that we are a temple of God, if only we had realized the truth of *Shivoham*, that we are *Shiva*, we are God, we are SIP, we would have been united with the Lord and we would not have returned to earth in a birth. Unfortunately, we are ignorant. Sadly, our love for God, our deep yearning for the Divine is not strong enough for us to overcome our mind and its thoughts that cause so much ignorance.

Sometimes, we believe that doing good Karma or good deeds is the way to realize God. No! This is a lie. Even though the body, directed by the mind and ego, does good deeds, it will still die one day and the mind and ego will have to return to earth to be rewarded for the good deeds. And anybody born has to suffer the triple suffering of the pain of the body, misery of the mind and agony of the ego. The only way to escape from this triple suffering and to be free from the cycle of rebirth is to realize that I am a temple of God. I am not 'I'. I am not the body, mind and ego. I am the Divine Soul. This Realization liberates us and unites us with God.

What happens when we realize we are a temple of God? We realize that every living creature is nothing but another temple of the Divine. God resides as the Soul in every living being. Unfortunately, we are so caught by the look of the skin, that we do not realize the Divine that is within. We continue to pray to a God in a temple and a church and we search for God on pilgrimages, when in reality, God is SIP that is within. It is SIP that makes our heart, beat. It is because of SIP inside us that there is breath till our death.

The moment SIP departs from this temple that we call the body, the body starts to disintegrate. It stinks. It loses all its beauty because the life that was SIP has left. When the Lord leaves from our temple, the body becomes so useless that our own loved ones cremate it or bury it. Would they dare do this when we were alive, sleeping in bed? Never, because then, the temple still had the Lord within. It had the Soul, the Consciousness that defines the presence of SIP within us.

It is because of SIP that this temple is created. SIP appears as the first cell, the zygote. Then, our life has been decided. The Mind and Ego, ME, along with Karma is already born on the

day of conception. Our birthday is fake. When will we awake to this truth? This body, this temple of God was created by whom? Did your mother and father make your bones and skin? Did they create the heart, the lungs, the liver, and the brain? This body that was formed over 9 months in a mother's womb, is nothing but a manifestation of the Divine. Cells multiply and organs develop all by Divine magic and the world cannot understand this logic. Creation is beyond human definition. All we can do is to accept and surrender.

It is unfortunate that although we are a temple of God, we don't realize it. The Bible says that the kingdom of God is within. God lives in the temple of your heart. The *Vedas* and *Upanishads* say the same thing – *Neti Neti, Tat Twam Asi, Aham Brahmasmi*. Adi Shankara explained this again in the 8th century through the chant, *Shivoham Shivoham*.

Unfortunately, most of us are unable to realize this truth. We are so trapped by the Mind and Ego, ME, that we are not free to realize the truth. We have created a prison of pleasures, possessions and people and are caught in this ignorance. We don't realize that we are a temple of God. We are nothing. The God in us, SIP, the Supreme Immortal Power is everything. Although science has endorsed that every cell of this body is energy, the world still doesn't understand that every living creature is a temple of God. Still, we run with candles and incense sticks to please some God in Heaven, who in reality, is within us. When will we stop going to the temple outside and rather go inside to realize God who lives in the temple of our heart?

MUKTI, FREEDOM FROM IGNORANCE

25

CHAPTER



*Our Goal is Mukti, Mukti is Freedom.
But we are caught behind the bars of the myth, losing our Wisdom.
Instead of overcoming Ignorance and realizing the Truth,
We just reach our grave, we waste our youth!*

We human beings are the only ones who are blessed to realize the truth. Only human beings have an intellect that can discriminate black from white, wrong from right. Instead of using our intelligence to be liberated from ignorance, we continue to live and then we die, and then we return to earth in a rebirth because we do not realize, 'Who am I?' This is not what we are supposed to do. Every human being has a goal. The goal is *Mukti*, *Moksha* or *Nirvana*. What is this *Mukti*?

Two things in life we do not control. We do not control our birth and we do not control our death. We do not decide how we will come to earth. We do not choose our parents, our gender, our nationality or our religion. In the normal course of life, we do not control our death. When we will die and how we will die is in the hands of the Divine. The

Supreme has created Universal Laws to govern this universe. One such law is the Law of Karma, the Law of Action and Reaction. It is as per Karma that we will die. When we die, if we are ignorant about who we are, then, like in 99% of cases, the body will die, but ME, the Mind and Ego, will carry its Karma and return to earth in a rebirth. This will go on and on, and we will continue to be reborn, till we attain that state of *Mukti* or freedom from ignorance.

Therefore, what is *Mukti*? Translated, it means freedom. What freedom is this? It is freedom from ignorance that I am this body. It is realizing the truth that I am not ME, the Mind and Ego that I was always told was me. It is freedom from the cycle of death and rebirth, and this happens when there is the Realization of the truth that I am not 'I'. When I realize that I am the Divine Soul, then I am free from the Mind and Ego, ME. In the moment of death, when the body dies, I will not have to return to earth in a rebirth because I will have no Karma. Karma belongs to ME, the Mind and Ego, but when I realize that I am not the mind and ego, I attain *Mukti*, freedom. I will not have to return to earth and suffer another rebirth.

The purpose of human existence is *Mukti*. *Mukti* is that state of freedom when we are alive. A person attaining this freedom through Enlightenment of the truth and Liberation from ignorance becomes what is known as a *Jivanmukta*, one who is liberated when alive. Such a person lives as a *Sthitpragya*, one who has a steady intellect. He is not controlled by the mind as he lives in Consciousness, that state of thoughtlessness, in which the intellect is in command. Such a *Jivanmutka* or *Sthitpragya*, may attain that state known as *Moksha*, Unification with the Divine in that moment of death of the body. All this is very simple for one who has realized the truth but it is very complicated for one who lives in

ignorance. The ignorant one lives and dies. At the most, he believes in Karma and does his best so that he returns to earth in a good rebirth. But such a person cannot realize God.

To realize God, we need *Mukti*. Then only can we attain *Moksha*. To attain *Mukti*, we must realize the truth. The truth is *Shivoham*. The truth is that the Divine is within you and me. The Divine is everywhere, in everything. But our ignorance will not let us realize this. The moment we realize this, it is the end for the mind. The mind will not return again in a rebirth. Therefore, the mind tries very hard to stop us from the Realization of the truth and to attain *Mukti*. The mind wants to live. It wants to return to earth. This is the truth that very few people realize. Those who realize this become one with the Divine. They are not only free from all suffering on earth, but they also become free from the cycle of rebirth. They live as a *Yogi*, ever united with the Divine, in the ever presence of the Lord as SIP, the Supreme Immortal Power that is everywhere and in everything.

The goal of human life is *Mukti* and *Moksha* and the way to *Moksha* is *Shivoham*, realizing God within. As long as there is no Self-Realization and God-Realization, we will continue to needlessly suffer as the body, mind and ego. The purpose of life is to attain *Mukti*, and we must not forget this purpose. Unfortunately, we are so enamoured by the pleasures, people and possessions in the material world that we become attached to them, and we become prisoners unable to attain freedom or *Mukti*.



*A Yogi is always connected to God,
Just as, to a satellite, is connected a good SIM card.
The Yogi doesn't wander in this world of illusion,
After his Realization, he seeks Liberation and Unification.*

In this journey of *Shivoham*, where will we finally arrive? In our journey, we first realize that God is not *Shiva* or *Jesus* or *Krishna*. God is the Supreme Immortal Power. Then, *Shivoham* makes us realize that we are a temple of God. We are all manifestations of the Supreme, God is not outside, God is within. Thereafter, the journey of *Shivoham* liberates us from this world of illusions and unites us with the Divine. Having realized the truth after going on a quest, a seeker now experiences the Divine, everywhere, in everything. The seeker knows he is not the body, mind and ego, he is the Divine Soul. Thereafter what? What after *Mukti*, freedom from ignorance? The next step is Yoga.

Yoga is a term that is easily misunderstood by the world. People think that Yoga is a set of some physical exercises and breathing techniques. These are only *Asanas* and

Pranayama. These are not Yoga. These are just preliminary steps in the journey of Yoga. The word 'Yoga' comes from the word *Yuj*, which means union with God. The best analogy is a SIM card. A SIM card does not lose the network with the satellite. A good SIM card always has a strong signal. So also, a good *Yogi*, one who is living in Yoga has an unbroken connection with the Divine. This is Yoga. It is to be disconnected from the material world and connected to SIP, the Supreme Immortal Power at all times.

After realizing *Shivoham*, I am not 'I', the *Jivanmukta*, one who is liberated from ignorance, progresses on the path to live a life of a *Yogi*. How can one be a *Yogi*? There are 4 known ways to be in Yoga. Once we have attained Self-Realization and God-Realization, we can live in Yoga as a *Yogi*. Such a *Yogi* starts his day with *Dhyana* Yoga or meditation. He then goes on to *Bhakti* Yoga or devotion. Thereafter, he starts his work, but does it as *Karma* Yoga, working as the Divine instrument and seeking no rewards or fruits for his actions. In any leftover time, the *Yogi* is in *Gyana* Yoga, gaining wisdom about Enlightenment and strengthening his connection with the Divine.

I was blessed to discover the fifth state of Yoga after I was enlightened with the truth. After I evolved from *Om Namah Shivaya* to *Shivoham*, I started living as a *Yogi*, moving from one state of Yoga to another. I discovered **the Yoga of Divine Love or Prema Yoga**. Having realized that God manifests as SIP, the Soul, in every creature of the planet, I started loving every creation of SIP as I loved God. This strengthened my Yoga, and I even wrote a book, '*Prema* Yoga'.

Why should a *Yogi* move from one state of Yoga to another? This is important because if we don't live in Yoga, in union with SIP, we will slip into *Bhoga*, we will sink into the

material world. We human beings have a choice – to live as a *Yogi* or to live as a *Bhogi*.

If we don't live as a *Yogi*, we become a slave of the mind. We are caught in thought, and we lose connection with the Divine. Although we have realized *Shivoham*, there is the possibility that we may slip yet again, into the material world and become a prisoner of pleasures, possessions and people. However, if we live like a *Yogi*, we will be free from this risk of losing our Enlightenment and sinking into the material world. It is only a *Yogi*, who lives in Consciousness of the truth, ever united with the Divine, who attains that state of bliss and peace, unknown to the common man. The *Yogi* realizes his true identity, that he is nothing, and in this Yoga, he becomes everything. He enjoys the ecstasy of the Divine as he drops all duality and experiences oneness with the world. Nothing can trouble a true *Yogi*. However, it is not easy to live as a *Yogi*. Unless there is a complete metamorphosis, one will be troubled by the thoughts of the mind and sink in the miseries of this world. A true *Yogi* is above this as he lives in union with the Divine, being enlightened with the truth of life.

Do you live in Yoga? Even if one is not fully enlightened with the truth, one can aspire to be in Yoga and this Yoga can lead one from the Yoga of a seeker to the Yoga of an enlightened one. Yoga is a good practice, both before realizing *Shivoham* and after being enlightened. Therefore, it is a good idea to live as a *Yogi*, for we will be blessed with peace and bliss. Isn't the goal of our life Eternal Happiness?



What is the way to Peace and Bliss?

What is the way to Eternal Happiness?

SatChitAnanda means Truth, Consciousness, Bliss.

It is in this state, there is Bliss without any unhappiness.

The term *SatChitAnanda* is the term that denotes a state of eternal peace and happiness, unknown to the common man. Most people experience the merry-go-round of being glad and sad. Life is a roller coaster, and there is pleasure and pain, loss and gain, and this repeats, again and again. But the one who has realized *Shivoham*, the *Jivanmukta* who lives as a *Yogi*, lives in a state of *SatChitAnanda*, the only way to be happy all the time.

What is *SatChitAnanda*? *Sat* means truth. *Chit* means Consciousness. *Ananda* means Eternal Bliss. As long as there is no Realization of *Sat*, or truth, we are living with the myth. We believe the lies that God lives in the skies. We think we will die, when in reality, only the body dies. We are the Divine Soul. We cut a cake on a birthday that is fake. *Sat*

is that state of truth Realization. When we realize this truth, then we overcome ignorance. One who is reading must be cautious that knowledge is not Realization. We can get knowledge in any college, but Realization is Liberation from ignorance. One who is enlightened with the truth about *Shivoham*, 'I am nothing, I am but a particle of SIP', such a person can reach the ultimate state of *Moksha* or *Nirvana*, the ultimate goal of a human being. However, the state of Enlightenment must be consistent. *Sat* is not enough. There must be Consciousness of truth. Consciousness is *Chit*. When there is *SatChit*, not only Enlightenment of the truth, but Consciousness of such Enlightenment, this leads us to a state of *SatChitAnanda*, an ecstasy of bliss, a euphoria of joy. It is in this state of *SatChitAnanda*, that one experiences Eternal Happiness, Divine Love, and Everlasting Peace. Why? Because one has realized the truth, one is conscious of the reality. This living in the ever-consciousness of the truth, firstly liberates us from the triple suffering of the body, mind and ego, and thereafter transports us to that state of eternal bliss, *SatChitAnanda*. But it all starts with *Shivoham*. Unless one evolves to that state of *Shivoham*, one cannot enjoy *SatChitAnanda*. Why?

We human beings are slaves of the mind. We are caught in negative thoughts. We sink into the myth. We do not realize the truth. Therefore, we suffer. But the one who is enlightened about *Shivoham* and the one who evolves further in the quest for the truth, seeking meaning and purpose in life, such a person is liberated from all suffering and transported to the state of *SatChitAnanda*. To be in this state of eternal bliss, we need *Chit* or Consciousness, but the moment there are thoughts of the mind, there is no *Chit*, no Consciousness. Unless we still the mind, we kill the mind, we cannot enjoy truth Consciousness and eternal bliss.

One who is a true *Yogi*, ever united with the Divine, is often living in the state of *SatChitAnanda*. He doesn't lose Consciousness because he is connected to SIP, moving from one state of Yoga to another. He has resolved to be in Consciousness but even such a *Yogi* can slip into *Bhoga*. A true *Yogi* comes back into Yoga, comes back into that state of Consciousness, and once again enjoys being in *SatChitAnanda* – Divine Bliss.

As long as we do not realize the truth, as long as we are not blessed with the gift of *Shivoham*, we will suffer the triple suffering on earth and then, return in a rebirth. It is most unfortunate that we human beings just live, and we die. We don't realize the truth, 'Who am I?' We don't realize God is SIP and therefore, not only do we suffer on earth, but we return on earth in a rebirth, only to suffer again and again. Very few amongst us reach this state of *SatChitAnanda* and escape from Karma and from rebirth. *Shivoham* is the way to *SatChitAnanda*. Without *Shivoham* or God Realization, we cannot attain the state of eternal bliss. The key to this state is Consciousness.

If one has realized the truth, one is self-realized, one cannot be in eternal bliss unless one transcends the Mind and Ego, ME, to reach that state of Consciousness. Only then, will the *Sat* or the truth, germinate like seeds in Consciousness to create roots, shoots and fruits of bliss. Without *Chit*, the *Sat* will wither away with the thoughts of the mind. Therefore, *Chit* or Consciousness is very important. This state of eternal bliss is rare and very few people qualify to reach that state of *SatChitAnanda* with the grace of *Shivoham*.

TRANSCENDING KARMA AS A DIVINE INSTRUMENT

28

CHAPTER



*Either we can be caught in this Leela, this drama,
Or we can realize Shivoham and transcend all Karma.
For as long as we think we are the body, Mind and Ego, ME,
From the cycle of Rebirth, we will never be free.*

In the journey of *Shivoham*, the most important challenge is to be free from Karma. No human being is free from action. Every human being does Karma, good or bad and in a normal scenario, is rewarded for the Karma. The Karmic account doesn't get over at death. After the body dies, the Mind and Ego, ME, returns to earth in a rebirth. We carry our Karma which is not redeemed, and we are reborn, and this goes on and on. Some people wonder if rebirth is a myth, but it is not. Just like death is a reality and nobody can deny that the body will die, and we cannot deny that birth happens everyday on earth, so also we cannot deny that the Law of Karma governs this universe. Karma is a simple law, the Law of Action and Reaction, based on the principle, '*As you sow, so shall you reap*'. What you do will come back to you. Like a boomerang, what you give is what you will get. The Creator, SIP, the Supreme Immortal Power has made

several Universal Laws to govern the universe and we cannot escape from these laws. So, we are bound by the Law of Karma. Whether our actions are good or bad, we will be rewarded for these deeds, either in this lifetime or after the body dies, when we return in a new body in the next life.

Imagine there was no death, Karma and rebirth. This universe would come to an end. It is this cycle that keeps the universe running and allows us an opportunity to achieve our purpose of life, of realizing God is SIP. How can we do that?

In a normal case, when the body dies, we, the Mind and Ego, ME, have Karma that is unsettled, good or bad. This Karma has to be settled, but since the body returns to ashes, we return in a new body. How can this be logically understood? Why are some people born in good circumstances and some in bad? A child is not blind because God is not kind. What is the fault of that little baby? That baby is suffering Karma of a previous life. Those who understand this truth, realize that our goal is not just to do good Karma and return to earth in a good rebirth, but rather to transcend all Karma and to be free from the cycle of death and rebirth. This is because although we may have good Karma, everybody who comes to earth, suffers the triple suffering of the body, mind and ego and we must be liberated from these.

To transcend Karma is not easy. It means to be free from Karma. How is that possible? As long as a human being is alive, he has to perform Karma. But while there can be no freedom FROM action, we can attain the state of freedom IN action. This means that although we are acting, doing Karma, these Karma do not belong to us. This state is known as *Karma* Yoga. A *Yogi* transcends Karma and lives as a Divine instrument. He seeks no fruits as a result of his

actions. He surrenders himself. Knowing that he is nothing, he does nothing! It is the Soul in him, the Power of SIP that is causing all actions. This Realization that none of the actions are his, frees him from doing Karma that will make him return to earth. The Realization of *Shivoham*, that he is not the body, mind and ego, frees him from all previous Karmas of all previous lives. Such a *Karma Yogi*, lives as a *Jivanmukta*, and in that moment of death of the body, is liberated and united with the Divine. The rest of us, return to earth in a rebirth, based on our Karma.

It is not easy to transcend Karma. Very few people are blessed to reach this state of being a *Karma Yogi*. No living person can be free from action, but a *Karma Yogi* disowns all actions. He does nothing. He surrenders himself completely to SIP. He considers himself to be like a flute that owns no music. He thinks of himself as an empty piece of bamboo through which the Divine plays the music.

The goal of man is to transcend Karma. Most of us are fooled by the mind and we think doing good Karma is the goal. If the ego gets trapped by the mind and does good Karma, the ME will return to earth in a rebirth. It is only when we realize, *Shivoham*, that we are nothing but a manifestation of SIP, we are the Divine Soul, that we can be free from the bondage of Karma and from rebirth on earth. Otherwise, we will be reborn, and this will go on and on. It is very difficult to transcend Karma. It is a blessing bestowed on a realized Soul. It needs the grace of the Divine and the guidance of a Guru, or otherwise, we will be caught in the cycle of Karma forever.

LIVING WITH ACCEPTANCE AND SURRENDER

29

CHAPTER



*When we realize I am not 'I', we Surrender.
We don't question what is happening, we don't wonder!
We accept this Divine show as a Drama of the Lord,
Knowing we are nothing, but a manifestation of God.*

The journey of life evolves after we realize the truth of *Shivoham*. After we realize we are not the body, mind and ego, we become free from all Karma and everything that is happening in this world becomes nothing more than a drama. Therefore, there is no trauma! We enjoy the show, till it is time to go. A person living in acceptance and surrender, lives as a Divine instrument. He accepts without wonder and doesn't hope, just lives in surrender and thus experiences the Divine Bliss of *SatChitAnanda*. *Shivoham* makes us live like a *Yogi*, free from ignorance. One who has evolved to *Shivoham* realizes that everything is SIP. There is nothing other than SIP. Therefore, he enjoys the show without getting caught in thought. Anger, hate, revenge and jealousy dissolve as the ego vanishes. Such a person accepts without any protest. He accepts whatever is happening as a *prasadam*, a gift from the Divine and he surrenders to the

Divine will, knowing that he is nothing and the Divine is everything.

One who is enlightened with *Shivoham*, lives his life moment by moment. He doesn't swing to a yesterday that is gone and then to a tomorrow, not yet born! He realizes that the only reality is the present moment. He doesn't go to a yesterday and curse, rehearse and nurse his past problems. He doesn't jump to a tomorrow and live with fear, worry, stress and anxiety. *Shivoham* blesses him to sing, 'Whatever will be, will be!' The fact is nothing matters because everything is *Maya*, a Cosmic Illusion. Everything is *Leela*, a Divine drama. Then, why lose our peace and bliss?

One who has realized Shivoham is enlightened with the greatest truth – I am NOTHING. Therefore, he becomes EVERYTHING. He realizes God as SIP that is within him, just as SIP is in every Soul and every molecule of matter. Therefore, there is nothing to worry. All there is to do in life is to experience the Divine all the time, everywhere, in everything.

Whenever something doesn't happen the way one would wish for it to have happened, a realized being reconciles peacefully and accepts it as the Will of the Lord. Everything is unfolding as per Karma, both our Karma and the Karma of the people around us. It may be the present Karma or the past Karma. Therefore, one doesn't question why something happened. One accepts peacefully and blissfully. One doesn't look up at the sky and cry and question, 'Why?' Such ignorance has been overcome. Therefore, there is complete acceptance and total trust. There is no iota of doubt in the Divine will. When we live in such acceptance and surrender, we transcend the Mind and Ego, ME as we enjoy the ecstasy in our Consciousness, the presence of the Divine within. This joy, this bliss is a treasure greater than

any pleasure. It cannot be defined in words. Unfortunately, as we live in this Divine acceptance and surrender, we are often troubled by the senses of our body, thoughts of our mind and the ego. But when *Shivoham* is deep-rooted, not just words on the lip, but deep within, we experience the presence of SIP, then we are able to transcend the body, mind and ego, and live as a manifestation of the Divine, in acceptance and surrender.

Shivoham is a Realization, an experience that manifests in our actions. A person who has realized *Shivoham* will live in surrender and acceptance. But one who is troubled by the petty annoyances of life, still has work to do and his journey of *Shivoham* is incomplete.

Shivoham means 'I am Shiva'. I am God. I am SIP. I am not this that I appear to be. I am in reality the Spark Of Unique Life, the Soul that is none other than SIP. Therefore, what is there to worry? What is there to Fear? This state of being can only come with the grace of SIP, when we completely realize *Shivoham Shivoham*. Then, our life becomes full of peace and bliss, love and joy. We love the Divine in one and all. We see our near and dear ones, in fact, everybody, not as made of bone and skin, but as SIP — we experience the Divine within. We experience the Yoga of Divine Love, *Prema* Yoga, as we accept everything around us as an enchanting movie that has been created by the Divine. Whatever the Creator wishes happens and we not only accept it but also we joyously embrace it, without being judgemental or analyzing it. We just accept and we surrender in *Ananda*, Divine Bliss.

GOD IS WITHIN, WHY SEARCH OUTSIDE?

30

CHAPTER



*Isn't it funny, that we are all searching for God?
God is within! Why are we looking for our Lord?
It is the Power of God that causes every beat of the heart,
We will realize this when the Shivoham journey we start.*

Shivoham is a journey, a journey to realize God. Whether you realize *Shivoham* after your journey of Self-Realization and God-Realization or you use *Shivoham* as a chant to realize God, that is your choice. You have a treasure in your hand. This book can lead you to God-Realization. If only you believe that God is SIP, God is within, you will stop searching for God outside and *Shivoham* can become that secret word that can take you to God.

For 40 years, I lived like a fool because I believed what I was taught in school. I believed the lie that God lives in the skies. Whenever something went wrong, I would look up and fold my hands in prayer. I would talk to God, looking into the stars in the night sky, imagining that God lived on a distant planet. I could never even imagine that God lives within, in the temple of my heart. After 40 years of ignorance, when I

realized the truth, I made it my mission to help people be enlightened with the truth and to realize God.

Everybody cannot realize God. As long as we think God is God, we will never find God. We will imagine that God lives in a Heaven and we will pray, sometimes with entreaty, thinking that our tears of devotion will move the God that is in Heaven. This innocence of trusting God is unfortunately keeping us away from God and unless we overcome this ignorance, we will never realize God within. We think that being devout and blindly following our faith and religion will make us realize God. We even imagine that after we die, we will come face to face with God. We don't overcome the myth, the lie that the body will be returned to dust. Then, who will come face to face with God? Because we don't question who God is, what God is, we continue to pray to our personal God with a name and a form. We foolishly offer God money and gifts. Are we not intelligent enough to realize that the Creator of this universe does not need our material offerings? All the Lord needs is our love. Our deep-rooted devotion and yearning for the Divine is what will take us closer to realizing God.

Ironically, we search for God, in a temple, a church, a pilgrimage, when in reality, God is within. Instead of going within, and realizing God, we go all over the world and soon our life is over. Then the body dies, and we return to earth in a rebirth and this cycle goes on and on. Unfortunately, our love for God is not so deep, that we leave everything else and start the quest for God. We don't look for a Spiritual Master, a Guru, who is enlightened enough to help us realize God. We go by the book, and we get caught by the hook because there is many a crook who will make us believe that God is the God of our religion. While all religions are good, religion cannot give us God. We need

religion to start our journey and then, we need to let go of religion to finish our journey of God-Realization. Have you ever stopped to wonder what is the Power that makes your heart, beat? What is the Soul that departs at death? What was the life that came alive when you were conceived 9 months before your birthday? The truth stares at us in our face, but we cannot realize it without Divine grace. God is within. God is SIP, the Supreme Immortal Power. God is in every Soul of every living creature. God is in every molecule of matter. Even science endorses it, but our rascal mind stops us from finding God. It is the mind, in fact, that makes us want to find God. But God can never be found. God has to be realized. To realize God, we have to open our real eyes. We have to switch on the light within. Then the darkness of ignorance will disappear. This is called Enlightenment. When we are enlightened with the truth, we will experience God in one and all. We will stop searching for God and start living with God. We will never feel alone because we will be able to feel the Power of God that is within. We will experience the Divine in everything beautiful and we will surrender to SIP, the Supreme Immortal Power that fills this universe.

God is within. Then, why are we searching outside? It is because we are ignorant. The purpose of our life is to overcome this ignorance and to realize the truth. To realize that God is SIP, we must realize that we are not what we appear to be. We are all SIP, the Supreme Immortal Power. We are all Souls, and each Soul is SIP. SIP is in one and all. *Shivoham* will reveal this truth to us.

THE MAHAVAKYAS OF THE VEDAS AND UPANISHADS

31

CHAPTER



*Everybody wants God, but nobody knows God.
We go to a temple and church to search for our Lord.
Little do we pay heed to what the scriptures say,
We don't realize God within, but search faraway!*

'God' is the most common word in the world and perhaps the most complicated one too. We have complicated God. There are hundreds of religions in the world and thousands of Gods that only mystify the truth about God. The scriptures have said it loud and clear. The kingdom of God is within. God lives in the temple of our heart. But instead of believing and interpreting the scriptures in the right way, we continue searching for God and we live and die, without realizing the Lord within.

Shivoham reveals the truth, I am God. In reality, it means - *I am not, I am nothing! This body, mind and ego is an illusion. I am SIP, the Supreme Immortal Power.* This truth is stated in the scriptures of *Sanatana Dharma*, the original Hindu faith that prevailed thousands of years ago. The *Sanatana Dharma* has no author. It consists of Realizations by several Sages and

Saints. These *Rishis* passed on the wisdom of God, through the centuries and their words were ultimately captured in the scriptures known as the *Vedas* and the *Upanishads*.

What are the *Vedas*? The *Vedas* are a collection of hymns or poems in *Sanskrit* that emerged about 4000 years ago or before. There are said to be 4 *Vedas* – *Rig Veda*, *Sama Veda*, *Yajur Veda* and *Atharva Veda*. These *Vedas* contain the ideas and practices of what is known as the Vedic religion of the ancient *Sanatana Dharma*. The *Vedas* were first orally recited and much later are said to have been compiled by Ved Vyasa. From the *Vedas* come the *Upanishads* that explain and summarize the essential, relevant teachings of the *Vedas*. If one were to try to read the *Vedas* and the *Upanishads* in detail and then understand and absorb everything, one's life span would be over. Therefore, if one wants to absorb the essence of the *Vedas* and the *Upanishads*, they are available in the 4 principal statements known as the *Mahavakyas*.

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

What is the relevance of these *Mahavakyas* in the context of *Shivoham*? Why did Adi Shankara say, '*Shivoham*,' several centuries after these *Mahavakyas* were accepted? While the *Mahavakyas* are talking of the same truth, over the centuries, Hinduism became filled with personal Gods and these personal Gods took precedence over the ancient nameless and formless Creator of *Sanatana Dharma*. When Shankara said, '*Shivoham Shivoham*,' he was not saying anything other than what was said in the *Mahavakyas* of the *Upanishads*.

Shivoham signifies, 'I am a manifestation of SIP'. This is exactly what the *Mahavakyas* of *Santana Dharma* stated thousands of years ago. *Tat Twam Asi* means, *Thou art That*. It is explained with *Neti Neti*, *Not this, Not this* – you are not this body, you are not this Mind, you are the Divine Soul. *Ayam Atma Brahma* means, 'You are the Soul, and the Soul is none other than the Supreme Immortal Power that you call God'. Therefore, *Aham Brahmasmi*, you are a manifestation of God and *Prajnanam Brahma*, God is the Soul in every creature on earth. The *Mahavakyas* that come from the oldest scriptures of the world, are stating nothing other than *Shivoham*, that God is not God, God is a Power that is within us. God is not a superhuman in Heaven. God is everywhere, in everything. Therefore, the *Mahavakyas* of the *Vedas* and the *Upanishads*, and *Shivoham* of Shankara are one and the same. Because we are caught up in our own religion and our blind faith in our personal God is so deep, we don't realize the simple truth that God is one Power that is present everywhere, in everything. God does not belong to a religion. Unless we realize this simple truth, we will never realize God, who, in fact, is present within each one of us and is in every molecule of this universe.

Whether we use the *Vedas* and the *Upanishads* to realize *Tat Twam Asi* and *Aham Brahmasmi*, or we follow *Shivoham* advocated by Shankara, it makes no difference. Our goal is God Realization, to realize God is SIP, and SIP is everywhere and in everything. The purpose of our existence is to realize, *I am not 'I', I am Shiva, I am God, I am SIP*. As long as we pray to a God that is different from us, we will never realize God. This duality of separating God from us will create ignorance that will always keep us distant from God.

CHIDANANDA RUPAH SHIVOHAM SHIVOHAM

32

CHAPTER



'Shivoham Shivoham,' what does this mean?

Translated it is, 'I am Shiva,' but God can't be seen.

*When we realize the Truth that we are nothing but God,
We transcend the body and mind and become one with the Lord.*

When Adi Shankara chanted *Shivoham Shivoham* in the 8th century, when he said, '*Chidananda Rupah Shivoham Shivoham*', what did he mean? If you break up the words, *Chit + Ananda*, *Chit* means Consciousness and *Ananda* means Bliss. *Shivoham* or the Realization that I am none other than a manifestation of the Divine leads me into a Consciousness of Bliss. As long as we think we are the body, mind and ego, we will continue to suffer the triple suffering on earth and return in another rebirth only to suffer again and again.

This entire hymn of Shankara goes on to explain the truth of life and the purpose of our existence. It shows us the way to eternal bliss and peace. But unless we realize the truth of *Shivoham*, we will continue to believe that we are this body, which in reality is nothing but the 5 elements of nature. The truth of our existence is the Soul, the Immortal Spark Of

Unique Life, that arrives in the first cell of existence in the zygote and departs in that moment of death. In his chant, Shankara says, 'I am not the mind, the intellect, the memory, the ego, nor am I made of the 5 elements, nor am I the sense organs. I am a manifestation of the Divine and I enjoy this Consciousness in Bliss. I have no greed, no likes or dislikes. There is no duality as there is oneness with this universe. This creates deep bliss.'

Young Shankara was enlightened. He said, 'I have no fear of death. I have no caste or creed. In fact, I have no mother or father! I am the Immortal Soul that is birthless and deathless.' In this chant, *Chidananda Rupah Shivoham Shivoham*, Shankara shares his Enlightenment, his Realization of truth. This Realization of Shankara is not something exclusive for me. The chant, *Chidananda Rupah Shivoham Shivoham*, relates to each one of us. It is for us to realize the truth.

What is the truth? The truth is that we are not this body that will die. This body came much later. We, the Divine Soul, appeared much before, 9 months before our so-called birthday. The 8-year-old Shankara, chanted these words to his Guru, revealing that he was an enlightened Soul. What Shankara says in this chant is nothing but the truth. Unfortunately, because we are enveloped in ignorance, we believe we are born, and then we die. In reality, we are the Immortal Soul that is birthless and deathless. Because we think we are the body, we suffer physical pain. Because we are captured by the mind, we live with miserable thoughts of fear, worry, stress and anxiety. Because of the ego, we suffer anger, hate, revenge and jealousy. If only Shankara's chant would enlighten us, we would be liberated from all suffering and united with the Divine.

Shankara's poem is a poem of Enlightenment. It is a poem of

God Realization, a poem of truth. The fact is that we are the Soul, but we don't realize it. When we repeatedly chant, *Shivoham Shivoham*, it may lead us to God Realization. The moment we realize we are the Divine Soul, we will experience *Chidananda* – Blissful Consciousness. We will be liberated from believing that we are made of bone and skin. We will realize that all our critical organs are made up of human cells, which are none other than the Divine energy. Thus, being liberated from the body, mind and ego, we will become free from all suffering, from desires and greed. Enlightenment liberates us from religion and from the myth that we grow up with. We don't seek anything, because by realizing we are nothing, we become everything. All our Karma of the present life and past lives, get washed away in that moment of realizing *Shivoham*. We stop searching for God, because we realize God. We don't need any scriptures, any prayers, because we ourselves are God appearing as man. We become fearless of death, as we realize we are immortal. We experience the Divine in one and all and everything beautiful appears to us as the Divine.

Shivoham Shivoham creates that Consciousness in which we are enlightened with the truth and experience bliss, a state known as *SatChitAnanda*. We go beyond name and form, because we break the shackles of our ignorance. It was this chant of Shankara that made his Guru accept him and thereafter, he evolved to God Realization. May *Shivoham* liberate you from the world and unite you with God.

AFTERWORD

THE STORY OF SHIVOHAM SHIVA TEMPLE



*I was in love with Lord Shiva, Shiva was my God.
I used to go to the temple, in search of my Lord.
For 40 long years, to Shiva I used to pray,
Now, I have realized SIP, the Supreme Immortal Power
Through Shivoham, I found the way.*

My life has evolved from *Om Namah Shivaya* to *Shivoham*. After 40 years of being devoutly religious, I evolved from this kindergarten of Religion and graduated in the university of Spirituality. I was madly in love with my God. I was not a fanatic and respected all other Gods, but I was so attached, so connected, so drawn to Lord *Shiva*, that after 20 years of faith, I had a vision from Lord *Shiva* to build the most amazing *Shiva* temple.

I had nothing, no property, no money, no architect. But the Lord gave me a vision that there should be a temple with a mammoth statue of Lord Shiva sitting in a meditative pose, with the River *Ganga* flowing from His matted locks. This vision came from God and as if by magic, everything fell into place. The money, the land and the architect, all came my way, so much so that his Holiness, the *Shankaracharya* of

Shringeri, by Divine intervention, came to inaugurate the temple on the auspicious day of *Maha Shivratri* in 1995.

Since then, the *Shiva* temple has attracted people from all over the world. Millions come to this unique temple to pray, to undertake the *Barah Jyotirling Yatra* recreated here along with a replica of the *Amarnath* ice *linga* that has been installed here. The temple has become a well-known religious destination and everybody, tourists, religious followers and spiritual seekers, all visit the temple. But something has changed for me.

Since I have had the Realization of *Shivoham*, it has changed my outlook of my faith in Lord *Shiva*. I no more pray *TO Shiva* but pray **THROUGH** him. I realize that *Shiva* is just a name and form that I believed in as I was evolving in my journey to God-Realization. Some people pray to *Krishna*, *Jesus*, *Hanuman* or *Ganesha* or many other Gods and Goddesses. But these are not in reality the God we think God is. These are mythological Gods that have evolved over the centuries. God is nameless and formless. God is birthless and deathless. God is SIP, the Supreme Immortal Power. But I had never realized this even after 40 years of deep and devoted faith. It was only after I was enlightened with the truth, that I am not the body, mind and ego, I am the Divine Soul, and the Soul is God, and God is in all, that I realized the meaning of Adi Shankara's *Shivoham*.

It was in 2017 that I changed the name of the temple to *Shivoham Shiva* temple. This was after I realized God in the temple of my heart. God is not just in the statue, not just in the temple. God lives in the temple of our heart. God is SIP, the Supreme Immortal Power, that manifests as the SOUL, the Spark Of Unique Life, in each one of us.

My journey of Enlightenment and of realizing God is deeply linked with *Shivoham*, with the *Vedas* and the *Upanishads*. There is synergy in all scriptures and even in scientific principles. This makes the truth, the absolute truth. We can either continue to believe in the myth and be devoted to God, or we can be enlightened with the truth and realize God within. The choice is ours.

We continue to pray to Gods and Goddesses that are imaginary. We don't realize the simple truth that God is Immortal. God cannot die. God cannot belong to different religions. Using our intellect, we can easily conclude and realize the truth. But our mind stops us from such a Realization. Therefore, we continue to pray to a God with a name and form. We live and we die with faith but we never realize God. Then, we return to earth in a rebirth. As long as we don't realize God, we will be reborn and this will go on and on, and we will suffer again and again. It's time to realize the truth of *Shivoham*.

This book can make you realize God. Whoever be the God you pray to, it will open your real eyes as you realize that God is a Power, not a person. God is everywhere, in everything, not just in a temple. When you realize you are nothing, you are just a manifestation of God, you experience oneness with God. You feel the Divine presence of SIP, in one and all, in the animate and in the inanimate. You visualize everything beautiful as God and realize that it is SIP that is appearing in the beauty. Start your journey of *Shivoham* and realize God!

POEM

SHIVOHAM

God is Everywhere, in Everything



Shivoham Shivoham

May you realize God within!

Do you have Faith in God?

Do you Love the Lord?

Do you go to a Temple or a Church?

It is time to change your search!

Shivoham Shivoham

May you realize God within!

God is not somebody with a name and form

God can never die, God is never born

If you truly love God and God you want to find

Then first you have to transcend your Rascal Mind

Shivoham Shivoham

May you realize God within!

The way to God-Realization is through Self-Realization

To realize we are not the body, ego or mind

When we realize we are the Divine Soul

Then, within our heart, God we will find

POEM

Shivoham Shivoham

May you realize God within!

If you are seeking God, start a quest

It's time to put every belief to test

Then you will realize, God is not God, God is SIP

The Supreme Immortal Power, then you will grip

Shivoham Shivoham

May you realize God within!

God is everywhere, God is in everything

There is nothing, nowhere, where God is not

God is a Power, in you and me

But this Divine truth, we forgot!

Shivoham Shivoham

May you realize God within!

When we realize the truth, I am not 'I'

I am the Soul, the Power, that's in the sky

God is the Power that makes every heart, beat

Without SIP, nobody can walk down the street

Shivoham Shivoham

May you realize God within!

Adi Shankara said, 'Shivoham Shivoham'

'I am Shiva', is that what he said?

No! I am nothing, Shiva is everything

By Shivoham, that is what he meant

Shivoham Shivoham

May you realize God within!

We must realize that there are many lies

Like we are told that God lives in the skies

We must overcome our ignorance and realize the truth

To realize God, get to the bottom of the root

Shivoham Shivoham

May you realize God within!

Shivoham is a chant that will make us know

Shiva is God, but to God, how to go?

To realize God, we must start a new trip

We must go within and realize SIP

Shivoham Shivoham

May you realize God within!

As long as we pray to a God far away

With folded hands, we can wail and cry

But so long as we think God is separate from us

We will never realize God, however much we try!

Shivoham Shivoham

May you realize God within!

God is here, God is everywhere on earth

God is SIP, the Power that gives us birth

God is in every element of nature that we can see

In the mountains, in the clouds, in the oceans, in the sea

POEM

Shivoham Shivoham

May you realize God within!

Because we have grown up with lies, we are fools

We just believe everything that we were taught in schools

We never questioned, 'Who, where, what is God?'

We will live and die, not realizing our Lord

Shivoham Shivoham

May you realize God within!

If we chant Shivoham, we will soon be free

We will realize we are not the Mind and Ego, ME

When we seek God and our love for God makes us yearn

Then, God is within, we will realize, we will learn

Shivoham Shivoham

May you realize God within!

Not everybody is fortunate to realize God

Not everybody can become one with the Lord

But those who are enlightened, get Liberation

And ultimately, with the Divine, there is Unification

Shivoham Shivoham

May you realize God within!

When we realize this body is nothing, it will die

Who are we that depart into the sky?

We are that Power of Life, we are the Soul

When we realize this, we achieve our life Goal

Shivoham Shivoham

May you realize God within!

I am not 'I', I am the Soul

Therefore, I am nothing, but the Power of SIP

SIP is in me, SIP is in you

We are all SIP, this is true

Shivoham Shivoham

May you realize God within

This is the purpose of life on earth

Why did we get this human birth?

To realize, we are not the body, we are God

This will liberate us and make us one with the Lord

Shivoham Shivoham

May you realize God within!

We may say Shiva or God or SIP

God is one, this truth we must grip

God is SIP, SIP is in one and all

Through Shivoham, we will realize and recall

Shivoham Shivoham

May you realize God within!

As long as we live in ignorance, we will cry

We will believe in God, but soon we will die

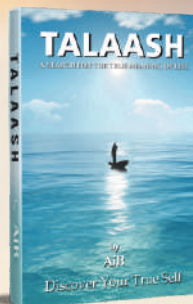
But, to realize God, we must go within

For SIP resides beneath the bone and the skin

OTHER BOOKS BY AiR

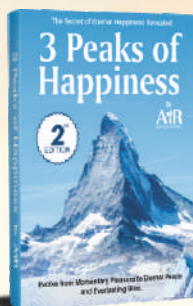
1. Talaash

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



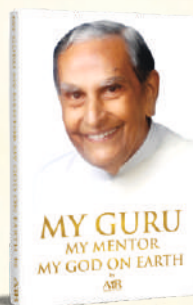
2. 3 Peaks of Happiness

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



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

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



bringing about the transformation in him.

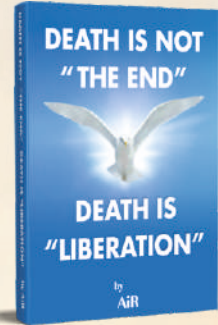
4. I will Never Die, Death is Not “The End”

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



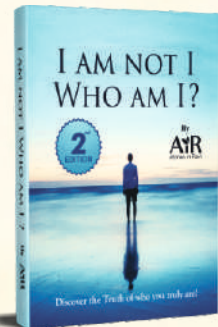
5. Death is Not “The End.” Death is “Liberation”

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



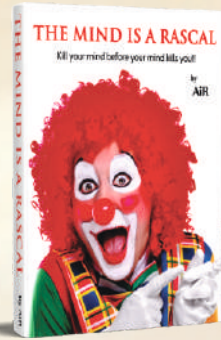
6. I Am Not I. Who Am I?

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



7. The Mind is a Rascal

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



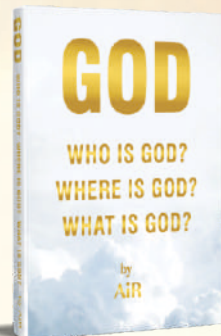
8. A Cosmic Drama

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



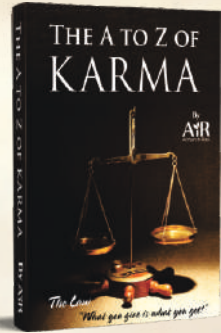
9. Who is God? Where is God? What is God?

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



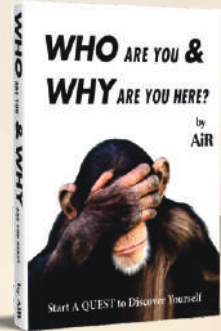
10. The A to Z Karma

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



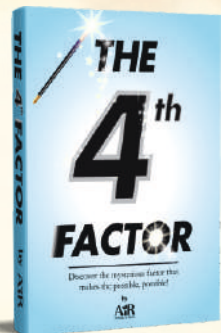
11. Who Are You and Why Are You Here?

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



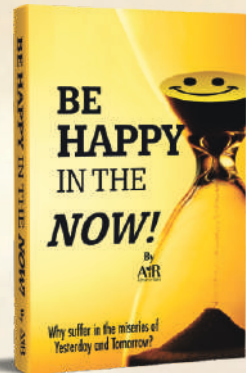
12. The 4th Factor

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



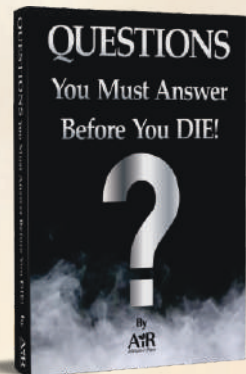
13. Be Happy in the NOW!

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



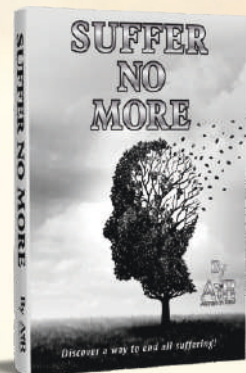
14. Questions You Must Answer before you Die!

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



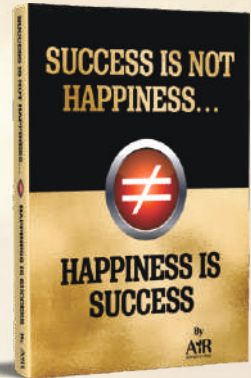
15. Suffer No More

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



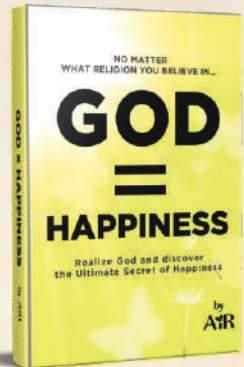
16. Success is not Happiness, Happiness is Success

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



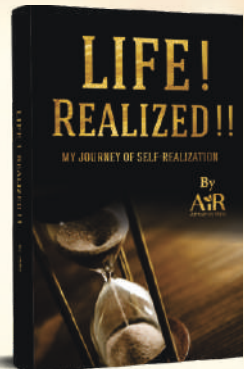
17. God = Happiness

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



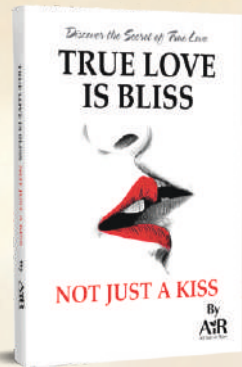
18. Life! Realized!!

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



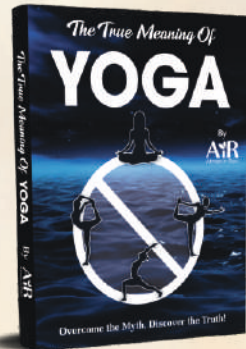
19. True Love is Bliss...Not Just a Kiss

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



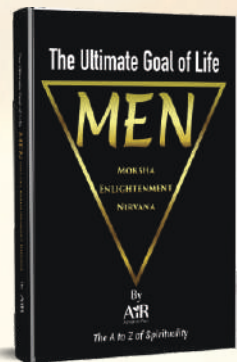
20. True Meaning of Yoga

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



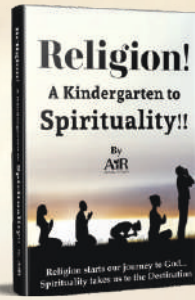
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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



22. Religion! A Kindergarten to Spirituality!!

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



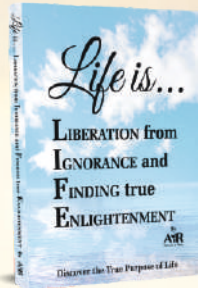
23. Why Bad Things Can't Happen to Good People!

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



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

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



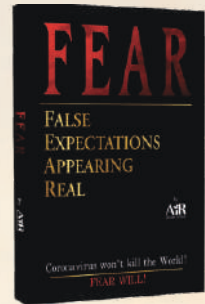
25. The Ladder to Heaven

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



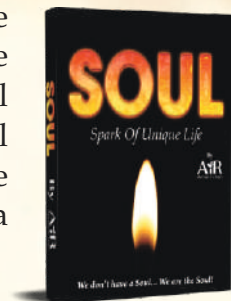
26. FEAR- False Expectations Appearing Real

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



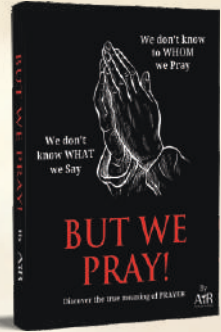
27. SOUL - Spark of Unique Life

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!



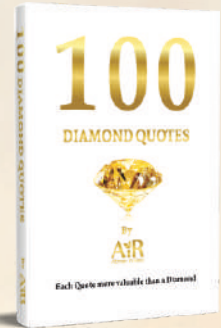
28. But We Pray!

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.



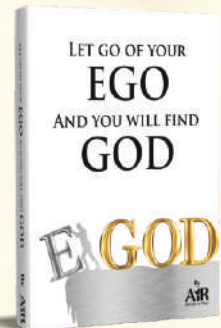
29. 100 Diamond Quotes

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.



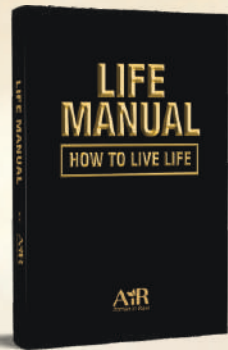
30. Let go of your Ego and you will find God

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.



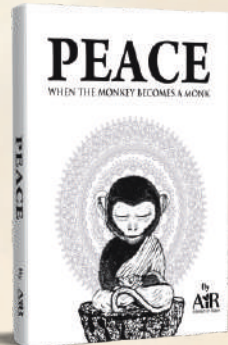
31. Life Manual - How to live life?

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.



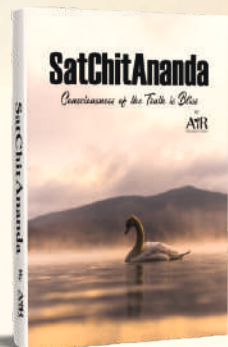
32. PEACE... When the Monkey becomes a Monk!

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.



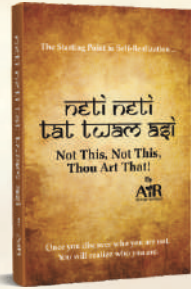
33. SatChitAnanda - Consciousness of the Truth is Bliss

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.



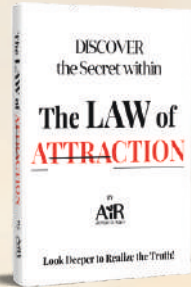
34. *Neti, Tat Twam Asi - Not This, Not This, Thou Art That*

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



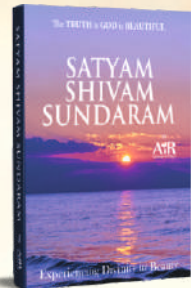
35. *Discover the SECRET within The LAW of AttraCTION*

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



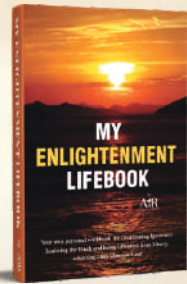
36. *Satyam Shivam Sundaram - Experiencing Divinity in Beauty*

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



37. My Enlightenment Lifebook

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



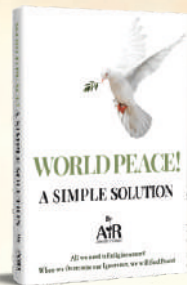
38. When you overcome the FEAR of DEATH, You start to LIVE

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



39. World Peace! A Simple Solution

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



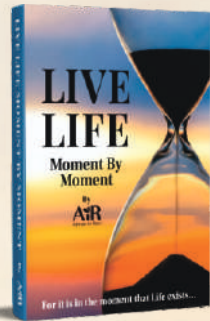
40. Many Problems, One Solution

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



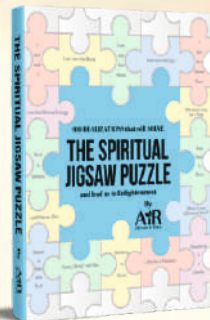
41. LIVE LIFE... Moment by Moment

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



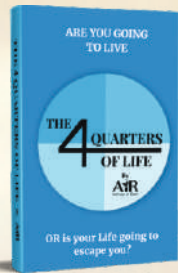
42. The Spiritual Jigsaw Puzzle

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



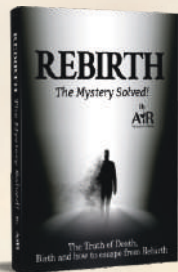
43. The 4 Quarters of Life

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



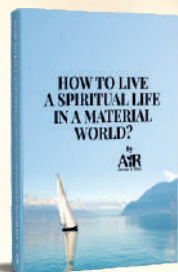
44. REBIRTH... The Mystery Solved!

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



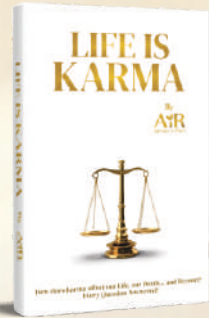
45. How to Live a Spiritual Life in a Material World?

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



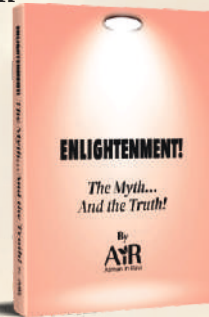
46. Life is Karma

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



47. Enlightenment - The Myth and The Truth

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



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

Never have you read a book of Poems like this,

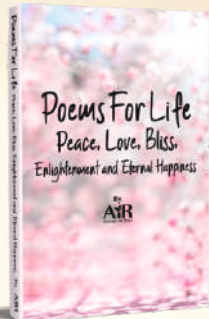
Poems that will give you Peace, Love and Happiness.

Poems that will tell you the Truth about Life,

How to Overcome Misery and how to Overcome Strife!

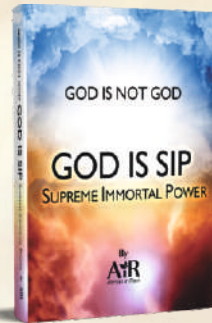
So, if you ever want to read a book, choose this,

These Poems have Meaning, and they are full of Bliss.



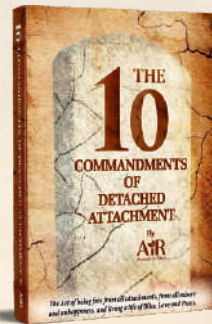
49. God is not God. God is SIP – Supreme Immortal Power

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



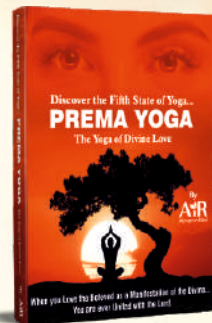
50. The 10 Commandments of Detached Attachment

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



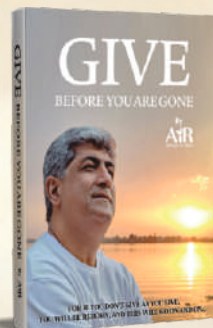
51. The Yoga of Divine Love - Prema Yoga

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



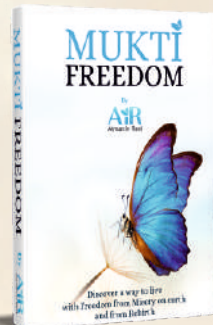
52. Give before you are Gone!

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



53. Mukti - Freedom

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



54. Stop it, Stupid!

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



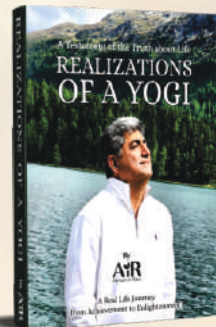
55. Don't cut a Cake ! Awake! Your Birthday is Fake!!!

Do you cut your birthday cake? Stop! 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.



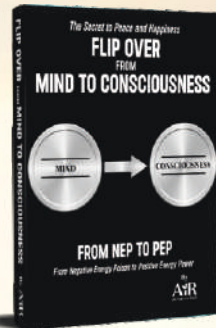
56. Realizations of a Yogi

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.



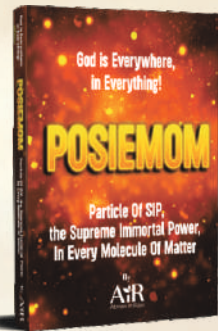
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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!



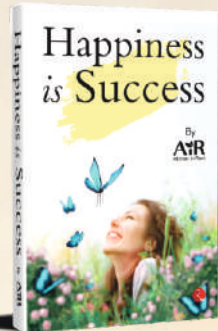
58. POSIEMOM - Particle of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

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.



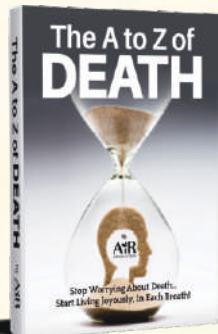
59. Happiness is Success

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.



60. The A to Z of Death

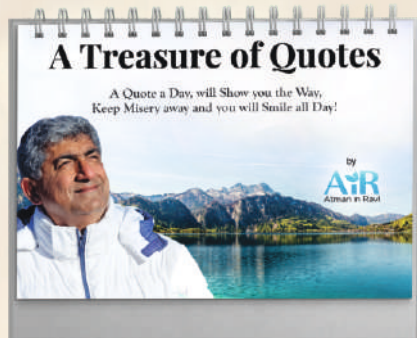
Death is certain. Every 'body' must die. Still, we do not accept the reality of death. We fear death because of the loss of all that we own, all that is known and we fear death because of the unknown beyond death. However, we are ignorant about the truth of death. Death is not the end, it is just a bend. Only the body dies. We never die. We are the immortal Soul. At



death, either we will be reborn based on our Karma or we will be liberated and united with the Divine. The A to Z of Death reveals everything we need to know about death, the truth of death which will make death a moment of celebration.

61. A Treasure of Quotes – Perpetual Calendar

A Treasure of Quotes is a Perpetual Calendar. It consists of 366 quotes – quotes on life, happiness, Karma, God, the purpose of life, one for each day of the year. At the end of the year, you can restart from the first page. Each page will provoke you to contemplate and



reflect on your life. It will inspire you to begin a spiritual quest and eventually lead you to Enlightenment, our ultimate goal. This collection of quotes can transform your life from a life of mundane existence to a life of Liberation from all suffering on earth and from the cycle of rebirth. It can make you evolve from a life of Achievement to Contentment and Fulfilment until you finally reach that ultimate peak of Enlightenment – a state of Everlasting Happiness, Divine Love and Eternal Bliss. May this Treasure of Quotes be a real treasure for you.

And Now...

62. Shivoham

Coming Soon...

63. A Conversation on Life

SHIVOHAM

A Journey to Realize God

We all pray to God. We have faith in the Lord. Not only do we trust God completely but we also live with hope and surrender. A few amongst us love God. We yearn for God beyond anything else. But a small minority realizes God.

Shivoham is a journey that will make you realize God. Adi Shankara in the 8th century said, '*Shivoham Shivoham*.' Literally, it means, 'I am *Shiva*.' But rightly interpreted, it means that we are nothing. We are all manifestations of the Supreme, the Lord, who is SIP, the Supreme Immortal Power.

This book will make you evolve from *Om Namah Shivaya* to *Shivoham*, from Religion to Spirituality, from faith in God to realizing God. If only you are committed to overcoming the myth and realizing the truth, you will realize God in the temple of your heart.

|| Shivoham Shivoham ||



By
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A.i.R.

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