



WORLD PEACE!

A SIMPLE SOLUTION

By
AiR
Atman in Ravi

All we need is Enlightenment!
When we Overcome our Ignorance, we will find Peace!

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PREFACE

The world is in a state of turmoil. More than anything else in the world today, we need Peace. The world is already in pieces and is getting further fragmented by the day as people live with hate, anger, revenge and jealousy. What is the solution to this problem? How can we attain World Peace? If only man is Enlightened by Overcoming Ignorance and Realizing the Truth about what life is, there can be a transformation in the world and 8 billion people can live with Peace. If only man Realizes the Truth of who he truly is and what his purpose on earth is, man would live his life conquering his real enemies like fear, anger, hate, revenge and jealousy, instead of fighting battles with his

fellow men, with people belonging to different religions and different nationalities.

This book is a simple solution for World Peace. It is an effort to make man realize that enough time has passed, enough blood has been shed and enough hate and revenge has ruled the world. It is time for Peace.

***What is the Simple Solution for World Peace?
Enlightenment will make War and Violence Cease.***

WHY IS THE WORLD IN TURMOIL?

The world is jeopardized because there is no Peace in our hearts. Unless an individual learns to make his inner being peaceful, what will manifest is nothing but anger and hate, revenge and jealousy. There is unrest within most homes as people are fighting with each other, if not with their fists, then using the weapon of the tongue. We don't reflect on the consequences of this hate, these differences and freely sling mud and pour poison on one another because of our ignorance. There is turmoil in the world today only because we do not Realize the Truth of who we truly are and why we are here on planet earth.

WHAT IS THE CAUSE OF WAR?

What is it that triggers man to battle with another? There are several reasons why man takes to the battlefield and loses his Peace. History reveals that it was man's desire to conquer, man's greed to possess more wealth and man's passion to become more powerful that motivated man to kill and destroy others so that he could amass the wealth of the world. Battles are also fought to prove superiority of one's race, religion or nation over the other, or because of the differences in belief systems. If one goes into a deep analysis, one will realize that the real cause of war in this world is because we human beings think that we are different from one another. We differentiate ourselves from others based on the colour of our skin.

IT IS IGNORANCE THAT STEALS OUR PEACE

What is it that steals Peace in the world? It is ignorance. Our ignorance envelops us in darkness and leads us to irrational actions. If only we overcome this ignorance, we will not fight with one another and destroy our tranquillity. Why do we seek more wealth and more power? Because this gives us pleasure. However, we are ignorant that this pleasure is momentary, and this wealth will not ultimately belong to us. We come empty-handed and we go empty-handed, but we remain ignorant about this throughout our Life. We cannot even take a pin with us, let alone the wealth we accumulate or the lands and riches we acquire.

EGO IS THE CULPRIT

Who is responsible for war? Who is the culprit, the thief of Peace? It is our own ego. There is an inner illusory being in us who keeps on repeating the words 'I,' 'me', 'my' and 'mine'. It is this ego that triggers all battles. If there was no ego, there would be no war. There would be Peace. If we want to overcome the turmoil in this world, we have to transcend the ego. We have to Realize the Truth - 'I am not I'. Someone reading this for the first time will question, 'Then, who am I?'. Herein lies the simple solution for World Peace. We have to realize that we are not different from each other. We are the Divine Soul, a part of the Divine energy.

REALIZATION OF THE TRUTH

If we truly want World Peace, if we want to eliminate all conflict in our life, even with our family and our friends, the answer lies in the Realization of the Truth. It lies in understanding the ego, understanding life and our existence, and getting to the bottom of the root. When we Realize the Truth, we will find Peace. We have to let go of the ego. If we do, we will let go of war and conflict. Hate will be replaced by love, anger by compassion and revenge by forgiveness. Realization is different from knowledge. It creates a transformation not only in our thought process but also in our beliefs, our actions, our habits and the philosophy of our life.

THE SECRET OF REALIZATION

The Realization of the Truth is a secret. It is known to a very few blessed people who go on a quest and take the help of a Spiritual Master, a Guru. Knowledge is not Realization. You may read this book, or any other theology or scripture, but there is no assurance of Realization. Realization is an inner intuitive experience. It happens when the light within comes on, overcoming the darkness we are enveloped in. Once we realize we are not the body that we seem to be, nor are we the mind and the ego that says, 'It's me', then we realize we are the Divine Soul. When we realize that we are all essentially Energy, Divine Energy that appears as the body of over 30 trillion cells, only then we

realize the uselessness of wars and battles. The biggest problem in the revelation of this secret of Realization is our own Mind and Ego. The ME, the Mind and Ego, fights very hard to stop us from such a Realization because the moment we experience the Realization of the Truth, both the mind and the ego cease to exist.

*We human beings appear to be
a body, mind and heart,
But what happened
when scientists tore the body apart?
They found every cell of
our body was nothing but energy,
Revealing the secret of Realization-
Who is the real 'me'?*

ENLIGHTENMENT- THE SIMPLE SOLUTION

What then is the way to World Peace? It is Enlightenment. Everybody talks of Enlightenment, but what exactly is it? The word 'Enlightenment' means to switch on the light within. We human beings live bright lives on the outside, but deep within, our life is full of darkness. When it comes to life, happiness, and sorrow, meaning and purpose, we are quite blank about it. We just live and we die, without answering the question, 'Who am I?' and 'Why am I here?'. It is for this very reason that we fight with one another. As long as our attention is on the material aspects of our life, we will continue to spend our millions in discovering new cosmetics and medicines for the skin, but we will never discover the Truth within. We

need a new education system that teaches children how to love one another as the Divine Soul. We have to get to the root and teach our future generations the Truth, otherwise, they will continue to shoot with anger, revenge, hate and jealousy, and the fruit will be none other than conflicts, wars and battles. Unless the world transforms with the Enlightenment of the Truth, there will be no World Peace.

*Unless there is Enlightenment within,
Unless we switch on the light,
There will be no Peace in this world,
In Ignorance, we will fight.*

THE TRUTH THAT WE MUST REALIZE

What is the Truth that we must Realize? There are several. The realization of these Truths will help us attain World Peace:

- Death is certain. Nobody can escape it.
- We don't control our birth or our death.
- Ultimately, nothing belongs to us.
- The body that we think is 'me', ultimately dies.
- There is a Power that departs at death.
- Success is not Ultimate Happiness!
- All the rich people in this world are not necessarily happy.
- Peace is the foundation of happiness.

HOW CAN THE WORLD BE ENLIGHTENED?

If we want World Peace, there are simple steps that we need to take. But we must be sincere and focused on our actions and our intentions. If Peace is a treasure and the foundation of all happiness, then we must be willing to pay the price. How do we start? Man needs to go in quest of himself. He has to ask two simple questions - 1. Who am I in reality? 2. What is my purpose on earth? The answer to the first question is simple according to most of us. I am who I am. I have a name, a family, a nationality, a profession, a religion and I can look at myself in the mirror. While man thinks he knows the answer, he doesn't realize that the reflection he sees in the mirror is constantly changing.

The body will die one day and people will say that he passed away. Who passed away? Neither are we the mind. In fact, the mind doesn't even exist. Then who are we? We are the Divine Soul.

Just as we do not know who we truly are, we have no clue about what our purpose on earth is. We believe that our goal is happiness, and from the time we are born, we keep seeking pleasure, just as we try to shun pain. The purpose of life is self realization, God-realization.

*World Peace has a simple solution -
It is to Overcome our Ignorance
and attain Realization.*

WE NEED SPIRITUAL LEADERS, NOT POLITICAL OR MILITARY LEADERS

If the world must have Peace, then the world needs spiritual leaders, not political and military leaders who take us to the battle ground and destroy our tranquillity. We need saints that teach people to go beyond their body and mind and to live as the Divine Soul. We need Realized Souls who will make people understand that the ultimate goal is not pleasure, but Peace. We need leaders who develop our Spirit, not our mind. We need leaders who will help us in the journey of Enlightenment, leaders who can liberate us from suffering. We don't need leaders who create more stress and anxiety in our life, motivating us to kill others for our

religion and destroy others for their material or political agenda. We need true spiritual leaders who take us within on the journey of Peace and Tranquillity.

*As long as we have military leaders
Who take us to war,
And political leaders who'd rather power seize,
We will suffer in a world full of conflict,
Where there is neither Happiness
Nor is there Peace.*

FOR THE WORLD TO TRANSFORM, WE MUST TRANSFORM

For this world that is in turmoil to have Peace, we need to change. If we keep on doing what we are doing, we will keep on getting what we are getting. There must be a transformation. We, ourselves, must transform for the world to transform. What is the change needed? We have to change our perspective. We need a paradigm shift. Unless there is an obsession to end conflict, battle and war, our ego will continue to dominate. We must plant new seeds across the world for new fruits to appear, fruits of Peace and love, kindness and understanding, forgiveness and compassion. In today's world, these are rare to find.

EVOLVING FROM RELIGION TO SPIRITUALITY

For the world to have Peace, the world must evolve. The world must grow from the kindergarten of religion to the university of spirituality. We must learn to graduate in our thought process, in our religion and move forward, then the world will have Peace. One of the major causes of conflict in the world today is religion. We believe that our religion is the best religion and our God, the real God. We become so passionate about our religion, our scripture and our God, that we develop a conflict with other religions. We have to go on to spirituality. What is spirituality? Spirituality is not a religion. It is the science of the Spirit. It is a journey that starts with Self-Realization and goes on to God-Realization.

WAR TO PEACE.... A SIMPLE SOLUTION

There can be an end to war and life on earth can be a seamless journey of Peace and Tranquillity. Once we human beings Realize the Truth, we will stop killing one another, stealing each other's Peace of Mind. When we realize that the earth is a stage and the life that unfolds on it is just a show, we will have Peace. When we realize we are just actors that come and go, nothing belongs to us, there will be Peace. When we realize that we are not the body and the mind, but the Divine Soul, there will be Peace!

ABOUT THE AUTHOR - AiR

AiR - *Atman* in Ravi, is a Realized Soul whose mission in life is to 'Help People Realize the Truth about Life and be Enlightened'. He was born in Bangalore on October 15, 1966 as Ravi V. Melwani. At a very young age, he mastered the craft of business and revolutionized retailing in India. 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 over 600 suffering homeless

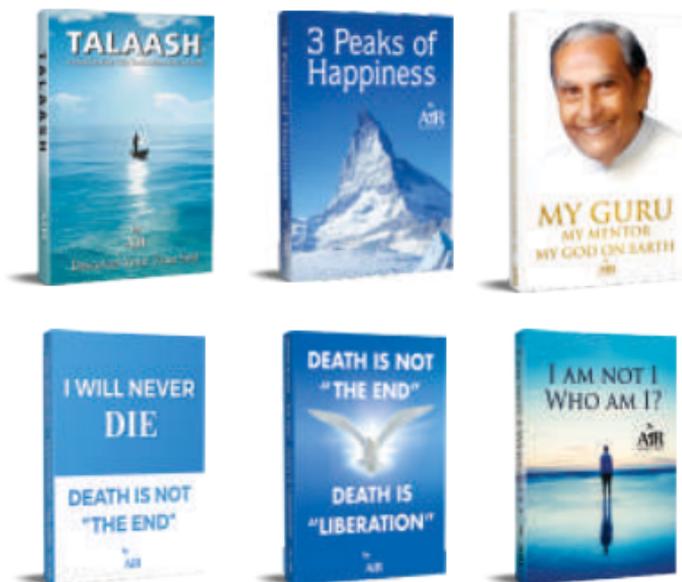
people. AiR also built Shivoaham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

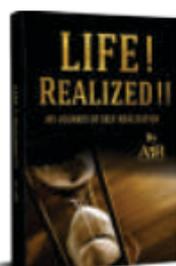
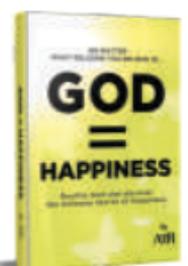
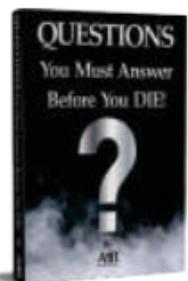
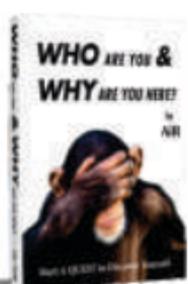
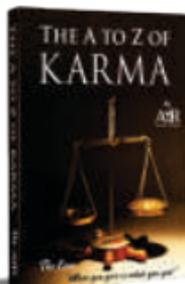
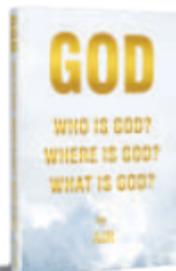
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one mission - to help people Ask, Investigate and Realize the Truth. Based on his realizations, AiR has published over 40 books, composed

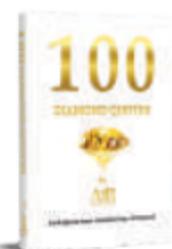
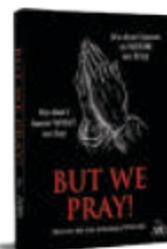
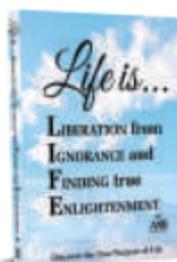
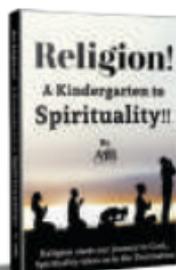
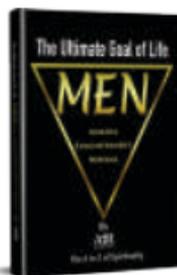
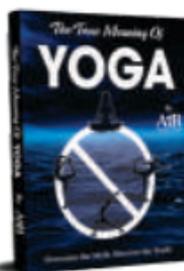
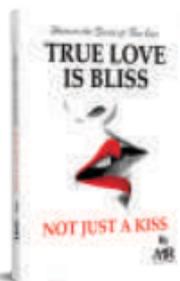
and sung about 1200 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts AiR Spiritual Retreats and webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

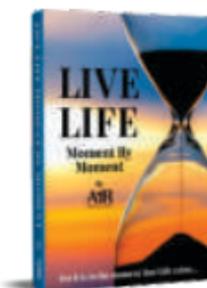
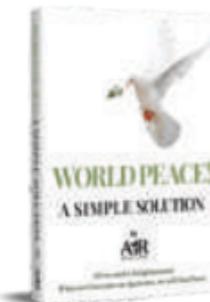
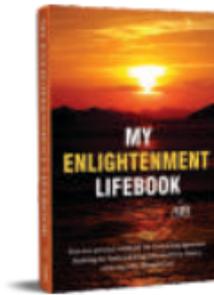
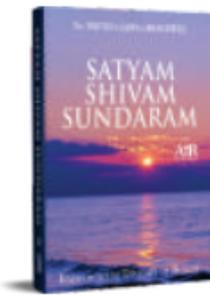
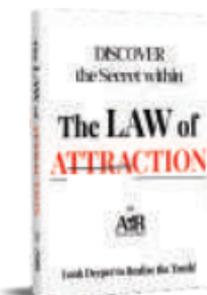
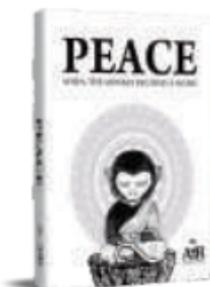
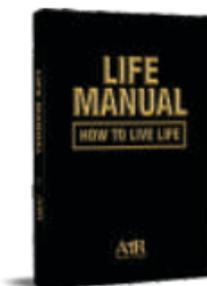
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

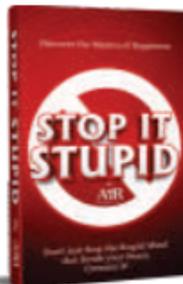
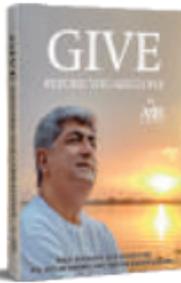
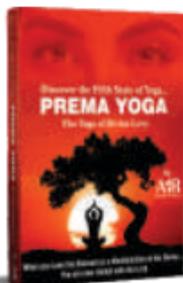
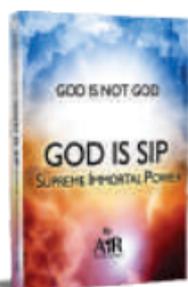
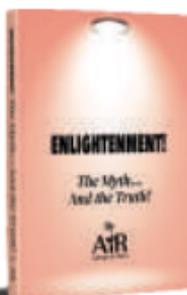
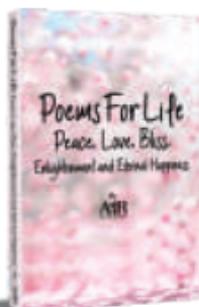
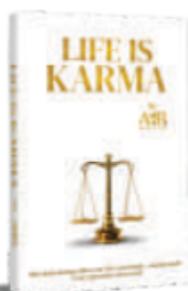
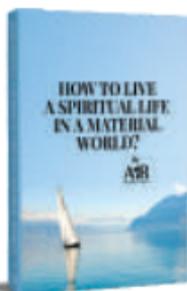
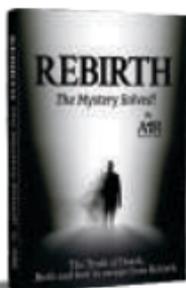
BOOKS BY AiR











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

Ask AiR

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

Zoom Meeting ID: 85021104431

WORLD PEACE!

A SIMPLE SOLUTION

Why is there no Peace in our world? Why are we constantly at war, fighting battles, and in conflicts with each other? If it is not a family feud then it is our culture or our religion that is making us hate one another. The turmoil has spread across the world as countries are at war to become more powerful. The result - there is no World Peace.

There is so much progress in the world and we have moved forward in technology, health and various other spheres, but there is one domain where we have failed- Peace!

There is more stress and enmity than ever before. Why? Why is the world in pieces? Why are we so fragmented in our thoughts? Why are we ready to kill one another because of our nationality, our religion, and even the colour of our skin?

The cause is ignorance. If only we Overcome this Ignorance and are Enlightened with the Truth, this world will become heaven on earth. There will be World Peace just as all wars, all battles, and all conflicts will cease. Isn't it time to discover this Simple Solution for World Peace!

For more information on AiR booklets
and AiR, please visit www.air.ind.in
or ☎ +91 98451 55555

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AiR Institute of Realization
Ask. Investigate. Realize.