

AIR - ATMAN IN RAVI

DREAM

VS

REALITY

Both are ILLUSIONS!



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DREAM VS REALITY

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By

AiR
Atman in Ravi
Ravi V. Melwani

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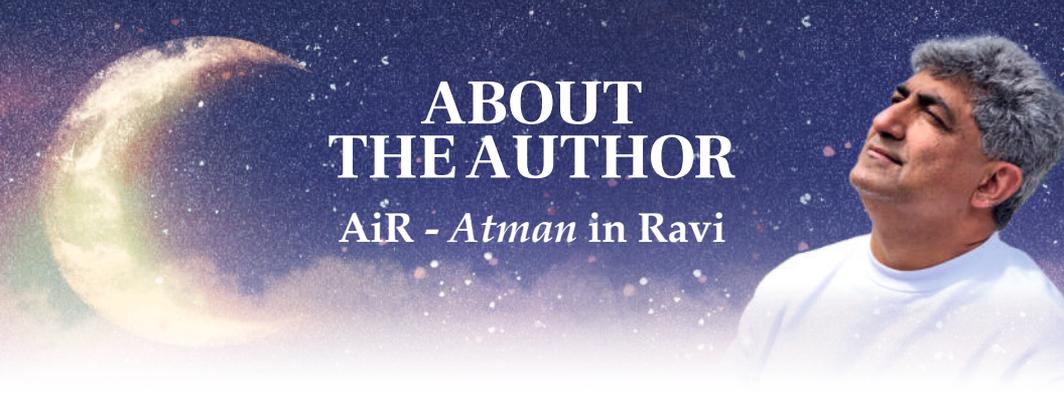
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ABOUT THE AUTHOR

AiR - Atman in Ravi

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

AiR – *Atman* in Ravi, is a Happiness Ambassador, Spiritual Mentor, Transformational Author, Singer and a Philanthropist. He is on a mission to help people discover the way to Eternal Happiness through Enlightenment.

AiR lived a life of success, fame, fortune and achievement. But that was before he took the road less travelled. He was an iconic entrepreneur who transformed retailing in India, only to walk away from the mega retail empire he had created. He shut down his business when he was 40 and started making a difference, doing - Humanitarian, Inspirational and Spiritual work. AiR opened three destitute homes known as AiR Humanitarian Homes spread across Bengaluru, that today, care for over 800 homeless and needy people - their food, clothing, medicines and hospitalization. They are all a part of the AiR family!

Like anybody else, AiR started his life being religious. He built a Shiva temple in 1995. Subsequently, inspired by his Guru, he realized that God lives in the temple of our heart and he

changed the name of the temple to Shivoham Shiva temple. Now, he doesn't pray to Shiva but prays through Shiva, to SIP, the Supreme Immortal Power that is nameless and formless, birthless and deathless, the Divine Power that is everywhere, in everything.

His Realizations resulted in his own metamorphosis as he realized that we are the Soul, the *Atman*, a part of the Supreme Immortal Power. He let go of his given name and called himself AiR – *Atman* in Ravi, which means, the Soul embodied as Ravi. AiR, now, lives as an instrument of God, doing His Divine Will.

On his mission to spread Eternal Happiness through Enlightenment, AiR has founded the AiR Institute of Realization to reach out to the global community of seekers. He has also established the AiR Centre of Enlightenment which is envisaged as an Abode of Spirituality, especially for seekers who are new in their Spiritual journey, eager to learn and explore Spirituality and evolve on their path towards Enlightenment. Not restricted to seekers of Enlightenment, it also welcomes and gives various pursuits to those who seek joy, peace, happiness and solace.

Based on his Realizations, AiR has authored over 70 books, composed and sung over 1400 Bhajans and written several blogs, quotes and poems. He conducts Spiritual Retreats and organizes talks to help people evolve on their spiritual journey. He is a TEDx speaker and is often invited to speak at several organizations, corporates and universities. He conducts daily webinars on Zoom, Facebook and Instagram Live to help people realize the ultimate purpose of life – Enlightenment. AiR believes that success cannot lead to happiness; only

happiness can lead to success. To him, happiness has three peaks – Achievement, Fulfilment and the ultimate peak, Enlightenment, where one is liberated from all misery and sorrow and attains Eternal Bliss in the Consciousness of the Truth.

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

YOU CAN DIRECTLY

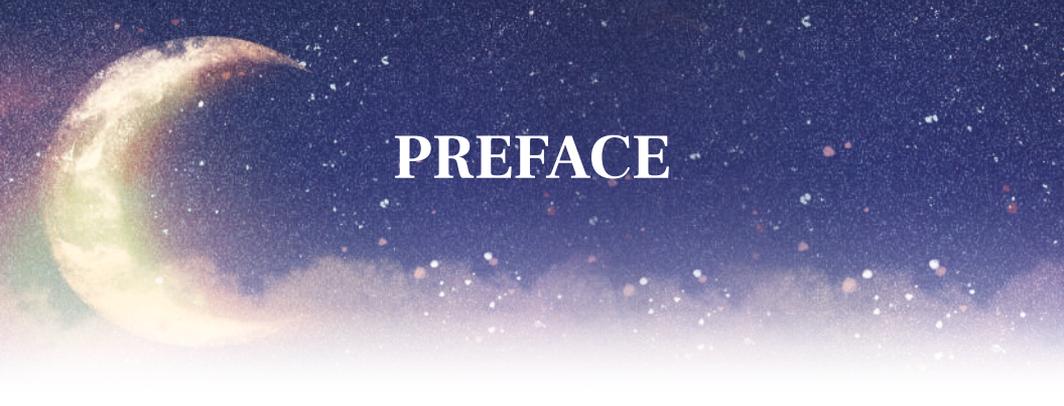
Ask AiR
at 8 pm every day



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PREFACE

*What is a Dream?
It is just an Illusion,
Life too is like a Dream,
We need this Realization!*

We always think that a Dream is just a dream and it is different from Reality. We think that a Dream is just an illusion whereas, Reality is what actually happens in life. Isn't this true? We think of a dream as an illusion and life as a reality. Little do we realize that both are illusions. When we hear this for the first time, we wonder whether we have heard it right or not. But yes, it is true! Both, Dreams and Reality, are illusions.

I, too, lived life thinking of my dream world to be a world of imagination but it was after my Realization on the 31st of August 2014 that I realized that everything that is happening in our life that appears to be so real, in reality, is nothing but an illusion. It only appears to be real. But it is a long dream. Just like a dream is only a dream, ultimately life too is nothing more than a dream. We think of ourselves to be this body and this Mind and Ego, ME, but this is just an illusion. I got the Realization that we are all a manifestation of the Divine. We are not what we appear to be. The truth is that we are Divine energy. We are the Spark Of Unique Life, the SOUL. To realize this, is our goal.

When we wake up in the morning from sleep, we realize that

what we were thinking was just a dream. It was not real. It could have been a fairy tale or a nightmare. But now, the dream is over. So also, when we wake up in that moment of death, we will find that nothing is real. Just like the dream is a world of illusions, so is life. We come with nothing and we will go with nothing. Everything that is happening in this world is not real. It's just a show. We are just actors. We come and we go. This body, which we think is 'me' is just a costume that we are wearing. One day, this dream called life will be over. Everything that seemed so real, will be gone. This is a fact. Nobody can deny it but unfortunately, we think life to be real and a dream to be a dream. When will we awaken to realize that both are illusions?

Whatever happens in a dream seems to be real as long as we are asleep. When we wake up, we realize that it was not real. It was a dream. It was just an illusion. So also, we sleep through life thinking that everything is real. 'This is *my* house, *my* car, *my* family.' But in reality, everything is an illusion. Unfortunately, we don't realize that life too is just a dream. Only a few of us are blessed to Awaken to the Truth, to get the Realization that a dream is an illusion and so is life. Ultimately, just like we wake up from a dream, in the moment of death, we will wake up to realize that nothing and nobody is ours.

Then, what is life all about? Life has a purpose. It is not just a circus! But because we don't realize it, we live like a clown, jumping up and down. We have to Realize the Truth. And because I realized that like a dream, life too is an illusion, I decided to write this book so that you can change your outlook and Realize the Truth.



INTRODUCTION

*When I Realized,
'I am not the Body, the Mind and Ego, ME,'
I Realized that Life too was a Dream,
An Illusion, not Reality.*

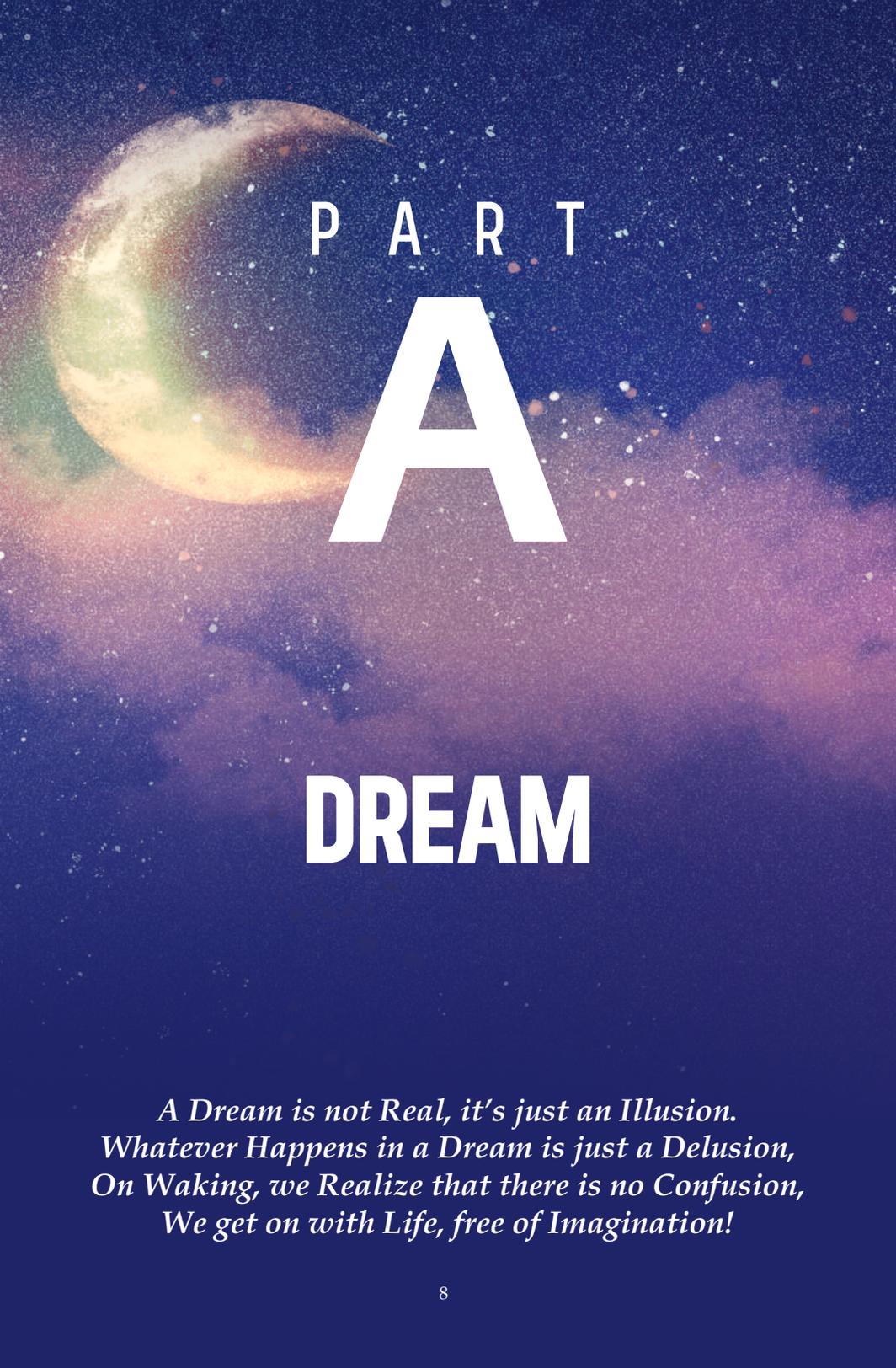
What is a Dream? It is an illusion. It is something that happens when we fall asleep. It is not the daydreaming that people talk of. Real dreams are those when we lose Consciousness of the waking world. Then, our mind or thoughts start to imagine something. Maybe, we are in an aeroplane and it is about to crash. Or we are in a jungle and lost amidst dangerous animals. Sometimes, we dream of being in a heaven, far away in the skies or with beautiful mermaids deep under the ocean waters. When we wake up, we realize that whatever we saw was just an illusion. It was just a dream.

What is Reality? It is real. It is not like a dream. If I dream that I gave you one million rupees, when I wake up, I cannot demand that money back from you. I gave you the one million rupees in my dream. But suppose I gave you a million rupees in reality, I can demand that amount back from you. Why? 'Because it is the reality!' we would say. 'It is not a dream.' So, we believe that there is a difference between a dream and the reality. In a dream, my family may have an accident and die but in reality, they are perfectly well. We think that we know the difference between the two - Dream and Reality but little do we realize that both are illusions.

In this book, I share my Realization that just like dreams are an illusion, this reality called life too is nothing more than an illusion. Life appears to be real but this reality is eventually, an illusion. We believe that the relationships that we have with people and the ownership of our possessions and things are real. Isn't it true that ultimately, in that moment of death, nothing will be ours and nobody will be ours?

Just like we awaken from sleep to realize that the dream was just a dream, when we awaken from ignorance and Realize the Truth, we will realize that life or what we call the 'Reality' is nothing but an illusion. It is a very long dream that lasts until death but just like a dream that will be over on waking up, reality, which is nothing more than an illusion will come to light when we discover, 'Who am I?' 'I am not this body that will die. I am not the mind that I cannot find. The ego says, 'I,' but this is a lie.'

In this book, Dreams Vs Reality, I share my Realization on how both are illusions. Of course, a dream is just a dream. Whatever happens in a dream is not happening in reality, so it doesn't matter. But so it is with life. Ultimately, nothing matters. Our purpose on earth is to discover, what the meaning of this human birth is. When we realize that everything is an illusion, we will be free from all pain, suffering and sorrow. Because we think that life is a reality and not an illusion, we get attached to people and things. The moment we Realize the Truth that we are not *this*, not what we appear to be, rather, we are *that*, a manifestation of Divine energy, we will be liberated from sorrow and live with Eternal Peace and Everlasting Bliss, today and tomorrow.



P A R T

A

DREAM

*A Dream is not Real, it's just an Illusion.
Whatever Happens in a Dream is just a Delusion,
On Waking, we Realize that there is no Confusion,
We get on with Life, free of Imagination!*



1

WHAT IS A DREAM?

*A Dream is something,
We imagine when we are in bed,
It can create horror and at times,
Tears we shed!*

We all Dream. We know what dreams are. When we are fast asleep, we start imagining something. It is not the truth. It is just a dream, a figment of our imagination, a visualization of our mind. So, what is a dream? When a bunch of thoughts create images and sensations during sleep, we call it a dream. We are not talking about daydreams or the dreams and goals of life. A dream is an exclusive experience of the dreamer created by the mind.

The dream state is very different from the waking state. In the waking state, we have thoughts that lead to feelings and actions. Whatever happens when we are awake is actually happening, whether we are taking a flight or going on a ship. It is not imagination. But in a dream, nothing is happening. We are just dreaming. There are a series of thoughts and images that make us believe that our flight is going to crash or we imagine dolphins jumping near our ship. Neither is the flight going to crash nor are there any dolphins. These are just dreams that are a visualization of our mind, as we are fast asleep in bed.

PART - A DREAM

WHAT IS A DREAM?

Dreams may also be nightmares or imaginary fears, anxiety or trauma from our past. They may be related to a real-life experience or may just be a completely new concoction of the mind, a new fear, a new animal in the jungle or a new disease. We would have no clue as to where a certain dream would have come from nor would we have any control over it. Some dreams can be very negative and leave a toxic, long-lasting impression in our head even after we get out of bed. However, the moment we wake up, we would know that what we saw was a dream.

Dreams are not always negative. They may be positive too. We may imagine a fairy tale in our dream. It may be winning a lottery, achieving a much-desired success or just being in love with our beloved. All dreams are not negative. It is believed that dreams are a continuity of our state of mind. If we have a lot of positive thoughts when awake, there are chances that we will have happy dreams, just as negative thoughts during the day may lead to nightmares when we fall asleep.

We consider dreams as imagination only because they are different from the reality of life. If my dog went into your house in my dream last night, I am not going to wake up in the morning and come to your house looking for my dog. The moment I wake up from my dream, I realize that I am sleeping in my house and the dream of my dog wandering was just a dream. However, in reality, if our dog runs out of the house, we will chase after it and not imagine it to be a dream. We know very well what a dream is and what it is not. We are absolutely clear about the difference between a dream and reality. Unfortunately, as long as we are dreaming, we think that the dream is real.



2

WHAT CAUSES DREAMS?

*We all Dream but have we thought about
What is the cause?
Isn't it time to dive deeper to introspect,
To pause?*

We human beings dream. But has anybody discovered what causes dreams? Nobody can deny the existence of dreams. When we sleep, we have a series of images and thoughts that consolidate to be a dream. It seems to be an activity of the brain but nobody has been able to specifically define what a dream is and how it is created.

It is just like the mystery of thoughts that fills our history. We all think but where do thoughts come from? Those who think that thoughts come from the brain will be surprised to know that thoughts can come from any part of the body. If our toe touches a thorn, not only does it prick the skin but a thought is also triggered within. So it is, when the tongue tastes, the nose smells, the ears listen and when the eyes, see. All our senses perceive and trigger thoughts. But what happens when we are fast asleep? Our senses are not active. Our eyes, nose, ears, tongue and skin are as though unconscious but our mind is conscious. Our mind is that subtle part, that software of our existence, that continues to work even after the body is asleep. It is then that dreams are born.

PART - A DREAM

WHAT CAUSES DREAMS?

Dreams are a product of thoughts. When thoughts accumulate, they become the mind. It is in the mind state, when we are not conscious, that dreams are caused. Nobody has discovered how thoughts are created and how the mind functions and so, nobody has discovered what causes dreams.

What we infer is that the subconscious state of our thoughts and the mind produce dreams. This may be the mental activity that is put together by our thoughts, emotions, experiences and memory. We can only presume that these cause dreams. Sometimes, we have weird dreams where we imagine an unknown character or animal. There are times when we have a dream that has no connection to our emotions or memory. Is it because of a previous life experience? Nobody can tell for sure. What we are sure about is just like thoughts create feelings and actions when we are awake, they trigger dreams when we are asleep.

The strange aspect of dreams is that if they are caused by the mind and the mind, we cannot find, then who is behind the dream? The mind is nothing but thoughts and nobody can deny that we all think. Just like every human being who is alive, breathes, so also, every human being thinks. It is thoughts that decide our destiny and so, it is thoughts that make us dream.

While it is good to ponder on what causes dreams, we must go beyond to understand who the dreamer is. The body is asleep but still, we dream. Who is the one then, who experiences the dream? This interesting introspection will lead us to discover the secret of life.



3 CAN WE CONTROL DREAMS?

*Dreams are Dreams and over them,
We have no control,
But if we live in Consciousness,
Peace will unfold!*

While we experience pleasant Dreams and nightmares, are we in control of our dreams? No. A dream happens and we think that we have dreamt all night long. Then suddenly, we wake up to realize that it was just a dream. Scientists say that dreams may last just a few seconds or a few minutes but in that short duration, we would have travelled the whole world, spent time on an aircraft or had an encounter with wild animals in a jungle. It is how we experience this unique phenomenon called 'dreams'. Unfortunately, we have no control over our dreams or do we?

Most of us have experienced dreams and in some dreams, we scream just as there are times when we wake up in embarrassment. But dreams are real. The dream itself actually, happens. But whatever happens in a dream, never actually happens. It is just an imagination of activity, a visualization of an experience that transpires in a dream. But nothing of the sort happens in reality. While we control everything that happens in a waking state, we have no control over what happens in a dream state.

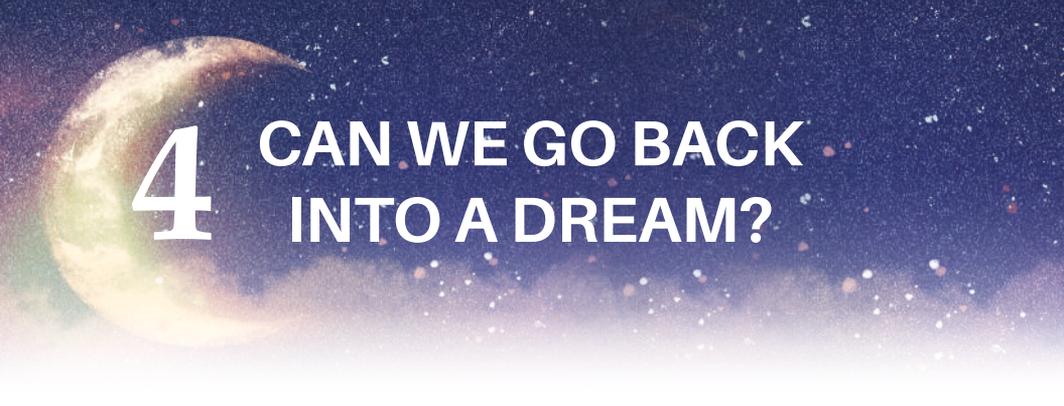
PART - A DREAM

CAN WE CONTROL DREAMS?

Some people who are advanced thinkers have learned the art of subduing their dreams. They have realized that dreams are caused by thoughts and so, by controlling thoughts, they have been able to influence their dream. No doubt, this is very rare but it is true that if we have pleasant thoughts and positive thoughts, we will not have many negative dreams. However, if we spend the entire day thinking toxic thoughts and are full of unpleasant moods and disturbed experiences, it is quite likely for us to carry these thoughts and feelings of the waking state into our dreams. So, is there a direct correlation between our thoughts, feelings and dreams? There is no scientific proof but many people through their own experiences have suggested that while we cannot control our dreams completely, we can influence the type of dreams we dream when we sleep.

There are people who have reported that they have fewer dreams and are living a life of peace in Consciousness. By taming their Monkey Mind that is constantly yelling and yearning, they live as a monk and have very few dreams. Further, if at all they have dreams, their dreams seem to be pleasurable without any occurrence of disturbing nightmares. This infers that if are able to control our thoughts and live in a state of Awareness, Mindfulness or Consciousness, we will at least be able to dream happy dreams and not have nightmares or disturbing dreams that will steal our peace when we sleep and wake us up, alarmed.

While we all dream and can't directly control dreams, we can attempt this art of living peacefully, without disturbing thoughts. Then, we will experience sound sleep, without being disturbed and startled by our dreams. So, let us practice daily silence as a beginning.



4

CAN WE GO BACK INTO A DREAM?

*Our beautiful dreams,
When we wake up, disappear!
Can we do anything
To make that Dream reappear?*

How often have you experienced a dream that ended abruptly? We all wake up from dreams and more often than not, we suddenly wake up only to realize that it was just a dream. Then, we feel like going back into the dream because there is something that we want to change, complete or understand. But there is no way that we can go back into that dream. The dream never happened, in reality. It was just a dream. Nobody in this world can go back into a dream.

Raj, once approached a Spiritual Master and shared that he had a unique dream, where he met God and God told him a Mantra, a chant, which he forgot. This chant was very important because God, in his dream, told him that if he repeated this every day, he would go to heaven. Now, Raj wanted to find a way to go back into that dream. He was willing to do anything, go to any extent and pay any amount of money to get back into that dream but he couldn't. The Spiritual Master explained, 'How can you go back into an illusion that did not happen?' Raj argued that he was not lying. He said that he actually met God in his dream and he was given a Mantra to chant. The Master

PART - A DREAM

CAN WE GO BACK INTO A DREAM?

smiled and said, 'I am not doubting that you had the dream. I am not accusing you of lying about what you saw in your dream but please understand that whatever happened in your dream did not actually happen. It was just your imagination and you can never go back into your dream, no matter what, because it was just a dream!'

Many people believe that dreams are directly connected to Reality. They think that a dream is an extension of their life and what they see in a dream has some correlation to what is going to unfold in future. Little do we realize that the dream is an illusion and has no direct connection with what is going to happen. No doubt, if we carry thoughts of the dream, they will germinate into actions but by itself, a dream cannot influence our future directly. If dreams were real, we should have had some way of re-entering our dreams but can we? No!

Suppose you had a beautiful dream in which you fell in love with the most beautiful person in the world, who reciprocated your love. It was the best dream of your life. You enjoyed the romance but unfortunately, when you were so immersed in the dream with the love of your life, you woke up under your warm blanket in your bed. Can you go back into the same bed tonight, tuck yourself under the warm blanket and re-enter the dream that ended so disappointingly? Your love story is incomplete! Can you go back to sleep and through any method, go back into that dream that was so beautiful and so Divine? Impossible! Nobody can re-enter a dream because dreams are just thoughts and images that transpire when you are asleep. When you wake up, that dream disappears and you can do nothing to make it appear again. There is no way to go back into it.



5

ARE DREAMS REAL?

*Dreams are not real,
They are just an illusion,
No doubt, we dream
But it's no better than a projection!*

How can a Dream be real? It is called a dream because it is only a dream. It doesn't happen in reality. It transpires when we are asleep. What we imagine with our eyes closed when we are in bed is only happening inside our head. When we get our feet on the street, that is the Reality. The dream is over!

Therefore, dreams are not real. Dreams are just an illusion. The dream itself is real but what happens in the dream doesn't happen in reality. Suppose I come to you one morning and tell you, 'Please return my Mercedes Benz.' You will look at me bewildered and ask, 'Why are you asking me for your Mercedes Benz. When did you give me your car?' Then I tell you, 'Last night, in my dream, you came and requested me for my Merc and I gave you the key. Don't you remember?' 'Is this some kind of joke', you will retort, 'If you gave me your Mercedes car in your dream, then go back into your dream to retrieve it!' We all know that whatever happens in a dream doesn't actually happen. It is just an illusion. It is very different from what is happening in our waking state. If I had given you my car, not in my dream but in reality, then I could come back and ask for my car.

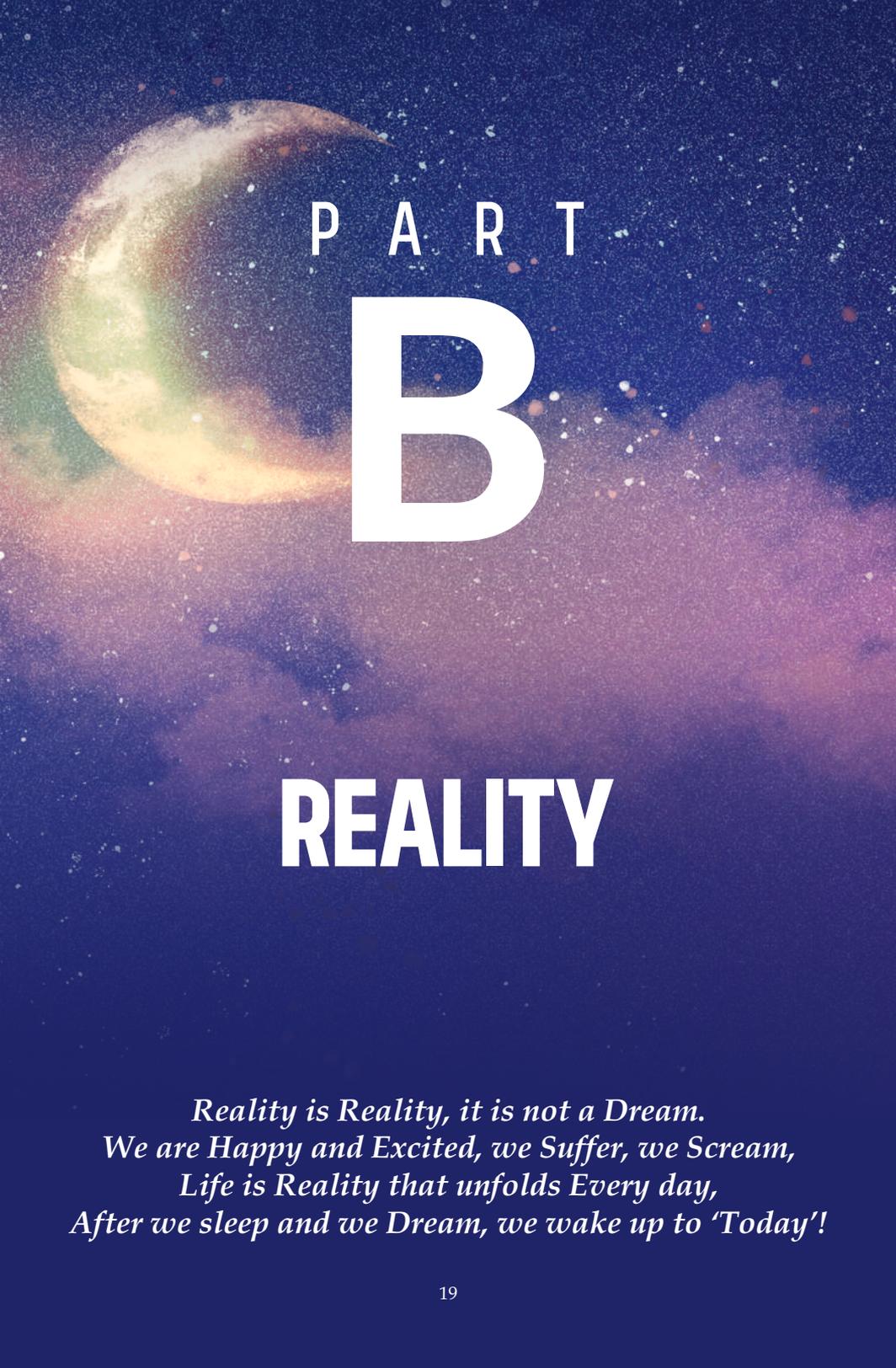
PART - A DREAM

ARE DREAMS REAL?

Sudarshan had a very bad habit of dreaming that people died. Every other day, he would have a nightmare that one of his relatives passed away. Then, he would wake up to realize that it was just a dream. Nobody had died. Unfortunately, Sudarshan's death dreams were so frequent and so strong that they left a mark on his memory. One day, he told his cousin, 'I am so sorry that both your parents passed away due to COVID.' His cousin got upset because both his parents were well and alive. It was a dream that made Sudarshan believe that it was a reality. The fact was that Sudarshan had only imagined, in his dreams that his cousin's parents had passed away during COVID.

What we see or imagine in a dream is not the Reality. It is just a concoction of thoughts created by the rascal mind, a mind that we cannot find. But still, a mind that makes us blind. Unless we leave the rascal mind behind, we will grind, believing the dream to be real.

Dreams appear to be very real. Nobody, who is dreaming, would have the faintest idea that whatever is transpiring is just a dream. There can be nothing more realistic in this world than a dream when it comes to illusions. What we don't realize is that the dream actually happens in our head but whatever we dream, doesn't happen. It is an illusion experienced, as we are lying in our bed. Therefore, a dream is only a dream and we even tell people, 'Don't just dream it, do it!' because what we see in a dream is just a visualization. It is not real action that can take us to our destination.



P A R T

B

REALITY

*Reality is Reality, it is not a Dream.
We are Happy and Excited, we Suffer, we Scream,
Life is Reality that unfolds Every day,
After we sleep and we Dream, we wake up to 'Today'!*



1

ISN'T LIFE A REALITY?

*Life is a Reality that
Unfolds every day.
It is real; it is actually happening
And our role, we all play!*

Unlike a Dream that is just a dream, isn't life a Reality? What happens in a dream is not real. It is imagination. But whatever happens every day in life is a reality. We wake up and get our feet on the street. Children go to school, young adults go to college and the rest, move on with their life, professions and careers. Somebody who is a homemaker gets into action with cooking, shopping and cleaning. And so, life goes on. But everything that is happening in life seems to be very real, unlike a dream in which, we imagine that things are happening.

Whatever we do in life is recorded. It actually happens. If we get married, that marriage is real. It is recorded and registered. We are bound by the contract. It is real. If we have enrolled for a course in a university, we have to fulfil our obligation of paying the fees and attending the classes. So, whatever we are doing in life is not our imagination. It is a reality, unfolding moment by moment as we live.

The reality of life is unfolding in every breath. From birth to death, life is happening. Just as the heart is throbbing and we

are all living, whatever happens in the waking state has continuity. If we have children, we need to feed, clothe and educate them. The reality of life continues till such time that the children go from school to university and stand on their own feet. That is what people call, 'The reality of life.'

What happens in the reality of life? So many things happen. We are born. We grow up. We learn, we earn and then, one day, we die. At least, the body dies and people say that we passed away. Then, what happens? Nobody knows but a few people Realize the Truth. There are a few, who go on a quest to discover the true meaning of life. 'What is life all about? Is there a purpose to our existence or did we just come on the planet for no rhyme or reason?' For many, life has no purpose. Life is just like a circus and we are no better than a clown, who jumps up and down! Is this life? Of course not. Life has a meaning and a purpose and we must work towards discovering it.

Most of us are living this reality of life trying to be happy. We think success is happiness and are running behind achievement. Some of us are blessed to evolve to a state of contentment and fulfilment and live with peace, rather than pleasure. Very few of us try to discover the purpose of life. As we live, we suffer misery and sorrow, just as we worry about yesterday and tomorrow. But all this is not like a movie or a drama. It is 'real' life. Life is unfolding and we are experiencing life. Either we are glad or we are sad and this journey called life continues to unfold till one fine day, life is over. What is this reality of life all about? How can life too be an illusion, a dream? Let us compare it with a dream and find out.



2

THE HUMAN COMPUTER

*A human being is made up of
The Body, Mind and Soul,
But to Realize, 'Who I am, in Reality?'
Is our Ultimate Goal!*

To understand the Reality called 'life', we must first understand what a 'human being' is. We are all human beings and throughout life, we are doing actions. What creates this human being and who is the one who is doing actions?

A human being is like a computer. Just like a computer has hardware, a human being is made up of the body, which is the hardware. Not just our hands and feet, all our critical organs like the brain, heart, lungs, kidneys, muscles, blood, bone and skin together create the hardware of the human-computer. The hardware needs software to function. The software of the human-computer is known as the Mind and Ego, ME. It also has the memory and the intellect as part of the subtle aspect of the human-computer. Together, this software is what drives the human body into action.

Can a computer work with just hardware and software? No. It needs a power supply. What is the power supply of the human-computer? It is the SOUL, the Spark Of Unique Life. The Soul gives us breath from birth to death. It gives us the

Consciousness to walk, talk, sing and do anything. Therefore, the human-computer is made up of the body, mind and ego and the Soul.

What is the reality of this human-computer? How did it all start? We learn in school that when two cells from our parents fertilize, a zygote is formed. Then, that one cell multiplies to become a 25-billion-cell hardware, a human body. It is during this process that we believe that a human being is created in the womb of a mother. Then finally, one day, on our so-called birthday, we arrive on this planet. Although this is the truth, not many of us contemplate to understand how the human-computer functions. Not many of us reflect on where we come from and where we go. One day, the human being has to die. Then, what happens to the body? It returns to dust. What happens to the software, the Mind and Ego that says, 'ME'? And most importantly, what happens to the power that was throbbing inside us?

Unless we go on a quest to discover the truth of who we are and why we are here, we will not decode the mystery of this human-computer. There is a secret that very few people know, a secret that will wake us and shake us out of our belief systems. Once we contemplate the body, mind and Soul, reflect on our birth and death and understand the Law of Karma, we will then, get to being Enlightened about the reality called life. We will realize the difference between Reality and a Dream. But first, we need to understand the most important question - 'Who am I? Am I the body that will die, the mind that I cannot find or the ego that says 'I'? Or am I the Soul?'



3

WHO DECIDED OUR BIRTH?

*Our parents are surely,
Responsible for our Birth,
But they did not give us Life
That brought us to Earth!*

Most of us believe that our parents gave us birth but is it true that they brought us to earth? No doubt, it was their act of copulation that created the fertilized cell but who was responsible for the fertilization of the two cells that came from each of them? What is the Reality behind our birth?

Biologically, when a sperm fertilizes with an ovum, a child is conceived. Is this act of fertilization under our control? Can every sperm and ovum cell be made to create a fusion and thereafter, result in fertilization of a child? No! The conception of life in the first cell of existence, known as the zygote is beyond human logic. It is a Divine magic, unknown to mankind. No doubt, our parents were instruments without whom we would not have been born. They were not just instrumental in our conception but they are the ones who take care of us from the time we are born till the time that they are gone. Parents can do anything for children and so, trying to contemplate our birth is in no way an act of disrespecting their parenting. But the question remains, 'Who is responsible for our birth?'

Pause for a moment and think, 'Did you choose your parents? Did you choose how you came to earth? Did you decide that you will have a human birth?' The answer is, 'No.' Let us consider the other way round. Do parents choose their children? Do parents give life to their child that is conceived? Where does that force of life in the zygote that becomes an embryo, come from? Unless we Realize this Truth, we will never discover the mystery behind our birth and our life.

We are born because of our Karma, our past actions. If there was no Karma, we would not have come to this earth. Our birth is a reaction of our past actions. It is just an effect of the cause. Because we were alive and created Karma that was not settled, when our body died, we, the Mind and Ego, ME, carrying Karma, came back in a rebirth to settle the unsettled Karma. This is the Truth. This Truth has to be inferred and when we contemplate birth, death and Karma, we will understand how the reality of life unfolds.

Did God give us birth? No. Many of us believe that it is God who is responsible for how we came to earth. There is no doubt that everything in this world is controlled by the Divine Will but to believe that a God is sitting somewhere up in heaven and controlling our birth, is a myth. No doubt, God or SIP, the Supreme Immortal Power has created Universal Laws that control everything happening in this world but SIP does not micro-manage everything. The Supreme has created Universal Laws by which, life on the planet happens. We are born and one day, we will die. This world continues, as there is day and night, seasons happen and Universal Laws govern the planet. When we are Enlightened with the Truth, we will Realize the secret behind our birth and how we came to earth!



4

WHAT HAPPENS AFTER DEATH?

*Death is a Reality.
Every 'body' has to Die.
But that we will go to Heaven or Hell
After we Die, is a Lie!*

While we have a fair idea about birth and we understand the process of how the body is formed before we arrive on earth, we know very little about what happens after death. Nobody can deny the reality of birth and death. People are born and people die. A young baby that arrives on the planet will cry, just as the world sheds tears when we die. This is not an illusion. This is very real. But what is the reality after death?

Is it true that we will go to heaven or hell, as the scriptures tell or is it a lie that God lives in the sky? *Angels and fairies do not in heaven, dwell. And there are no devils, who live in hell.* These are just fairy tales. So, what is the Truth about heaven or hell? The Truth is that heaven and hell are not physical locations that are somewhere far away in the skies or on a distant planet. We experience heaven or hell when we take birth on earth. Our life can be like a heaven or we can suffer as if we are in hell when we take birth on earth. Both heaven and hell are right here. Unfortunately, we are under the spell of ignorance that makes us believe the myth and so, we don't Realize the Truth.

What is the Truth? Every 'body' has to die. In that moment of death, the Soul, the power of life, departs. The body that is made up of five elements returns to the five elements after death. Our family and loved ones are so sure that we have left the body that they destroy the body by cremating or burying it. Would they dare do this if we were asleep and dreaming? They would dare not. When we are dreaming in sleep, we are alive but at death, we depart. The question is, 'Who departs?' If we depart, for sure, we are not the body that is reduced to ashes.

Then, what actually happens at death? At death, one of two things happens. If we are ignorant, then when the body dies, the Mind and Ego that think they are 'ME', will return to earth in a rebirth, carrying forward their unsettled Karma. This happens in most cases and this is how the world continues to exist. In some rare cases when we realize that we are not the body that dies, we are not the Mind and Ego, ME and we are the Divine Soul, we are liberated from Karma and there is no rebirth. We do not return to this earth.

This is the reality of life. Nobody can deny death. Every 'body' must die. Nobody can deny birth but not many of us understand what brings us to earth. Those who understand the Law of Karma, realize that we all have unsettled Karma. This Karma needs to be settled. Karma maybe good or bad. It hardly matters but to settle our past deeds, the one who leaves the body needs to return in a new body and so, the cycle goes on and on and we are reborn. This is the reality and we have to infer the Truth when we contemplate our birth, how we came to earth and discover the Soul that gives breath till our death.



5 KARMA - THE LAW

*Karma is a Universal Law saying,
'As you sow, so shall you Reap.'
You can't escape Karma; if you Sin,
You will Weep!*

The Reality of life can be understood by those who understand the Law of Karma. It is the Law of Action and Reaction, the Law of Cause and Effect. Karma is not a thought. It is not a Dream. It is Reality. It is action - an action that will beget an equal reaction. Karma is the law of the boomerang - what goes around, comes around! Just like the seed that you plant, decides the fruit on the tree, our deeds unfold as per our destiny. Unlike in a dream, where nothing really happens or when we think, there is no consequence, for every action, there is a consequence and this is what unfolds in our life on a day-to-day basis.

Is life a reality? Can you touch your hands and your face? Yes, there is no illusion. You can see yourself in the mirror or in a photograph but how did you come to earth? It was because of Karma. The reason of our human birth is not luck or the Will of God. There were unsettled deeds. When the body died, the one that was doing the Karma, ME, the Mind and Ego, had to return to earth in a rebirth to settle all its unsettled Karma. Therefore, somebody is born blind and this is not because God is not kind. Somebody is born in a slum and someone else is born in a palace

and unlike what many think, there is no injustice. Everything is unfolding as per a Universal Law that governs the world.

Just like there are many Universal Laws like the Law of Gravity and the Law of Cycles that cause day, night, rotation and revolution of the earth, so also, the Law of Karma governs the universe. Everybody who comes to the planet is coming by an automated Universal Law. There is no God sitting up in the heavens deciding our fate nor is there a devil that is sitting outside at hell's gate. Everything is Karmic!

In fact, there are three accounts of Karma. One account is responsible for bringing us to earth. The second account is the Karma that we create after our birth. The third account is carried forward after our death and causes our rebirth. All these three accounts of Karma are responsible for this *Leela*, this Cosmic Drama that is unfolding on this humongous stage called the earth.

Isn't everything a reality? We are born, we learn, we earn and then, one day we die and burn. We then, return. This cycle goes on and on, and we are reborn. What is the ultimate goal? It is to be free from the Karmic Cycle. How can we escape from the law? How can we transcend Karma? As long as we are imprisoned by ignorance and feel that this drama unfolding on earth is a reality, we can never be free. We have to be Enlightened, be Spiritually Awakened and transcend the Law of Karma. Only then can we be free from all misery on earth and the cycle of death and rebirth. For this, we must realize how Karma works and who is doing the Karma. Then, we can go beyond Karma.



6

LIFE UNFOLDS AS PER KARMA

*Why is there so much Trauma
In this Life Drama?
All the Trauma is Unfolding
As per our Karma.*

Isn't everything that is unfolding in our life really happening? Don't we experience pleasure and pain, loss and gain, just as we see the sun and the rain? Isn't it all happening? Who is governing this universe? Who decides whether we should succeed, or we should fail, whether we should be crowned or put in jail? Everything is unfolding as per Karma. Nothing can escape the Karmic Law. Nobody can circumvent their Karma. If we do not settle our Karma on earth, we have to come back and settle it in a rebirth. This seems to be the absolute reality. Nobody can deny it.

Is there a way to escape Karma? Can we be free from all the misery on earth and from the cycle of death and rebirth? The good news is that we can. If we understand the reality of life, we can be liberated. For this, we first need to understand, who is doing the Karma - Is it the body or the Mind and Ego, ME that performs Karma? Or is it the Soul that is performing the Karma? When we Realize the Truth that the body is just an instrument that is performing the Karma but it is ME, the Mind and Ego, that is driving the Karma, we understand the reality of

how the ME, Mind and Ego, is reborn. The body will do the Karma just as it will be rewarded for its good deeds and it will suffer its sins. But one day, the body will die. It will return to dust. Isn't this the reality? Yes, it is but still, the question that remains unanswered is, 'What happens to all the unsettled Karma?'

If this unfolding of Karma was not a reality, there would be no life that would surface on this earth. The whole concept of birth is based on unsettled Karma. If there is no unsettled Karma, we will be united with the Divine. We will not need to come back to earth. This is the reality of life.

However, there is one more reality that is the most important truth. It is if we Realize the Truth of who we are, that we are the immortal Soul and not the body that dies, nor the Mind and Ego, ME, that carries Karma into a new birth, this reality of life will come to an end. We will be liberated from the cycle of Karma and the cycle of birth and death and we will be united with the Divine. This is our goal - To realize that we are the Soul. This is known as Spiritual Awakening or Enlightenment. As long as we are trapped in the pursuit of success and achievement, we will never be free from this reality called life. We will never reach the state known as Self-Realization and God-Realization.

So, what is the way to be free from suffering, both on earth and in a rebirth? We have to compare this reality called life with a dream. While they both look completely different, the Truth is that both are illusions. As long as we don't realize that the reality called life is a *Maya*, a Cosmic Illusion, we will never be free from the Karmic Cycle and suffering. We must go on a quest to Realize the Truth.



P A R T

C

DREAMS

VS

REALITY

*Dreams are Dreams; they are just an Illusion!
Nothing really happens, it's just our Imagination!
But Reality is Reality, it unfolds as our Life,
We Rejoice, we Celebrate, as we Suffer in Strife!*



1 A DREAM IS ONLY A DREAM

*A Dream is only a Dream,
There is no need to Scream,
So is Reality but we don't understand
The Divine Scheme!*

We have already discussed dreams and how a dream is not real and is just an illusion. It appears to be happening but it is just imagination. It is a projection of thoughts. It is only a dream. It is not like Reality. Reality is happening. Life is unfolding. Therefore, a dream is a dream and reality is reality.

Most of us are clear that there is a difference between a dream and reality. We understand that a Dream is caused by thoughts and images when we sleep. It is just a mental activity that happens in our head. When we wake up, it is over. But reality is different. It is not just a thought in which, we are caught. It is action. It is actually happening in our life. Therefore, a dream is distinctly different from reality.

Can we sin in a dream? Whatever we do in a dream doesn't really happen. Therefore, if I murder, steal or cheat in my dream, it is not a sin. We are sure that it did not happen. It was just a dream. But if I commit the same crime when I am awake, if I steal, murder or do anything that is ethically wrong or legally a crime, I will be punished. This is reality. So, we all understand

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A DREAM IS ONLY A DREAM

that a dream is only a dream and the reality of life is different. So, how can both be illusions? This is something that we don't understand. But when we analyze dreams and reality, we will be Enlightened with the Truth. We will realize how dreams and reality are different and how ultimately, they are not much different from each other. We know that we have no control over our dreams. You can't decide that you will dream that you are married to a celebrity or a billionaire or that you will be walking in the white sand beaches along the turquoise waters in the Maldives. When you sleep, your mind takes over and your dream is beyond your control. But what about reality? We have control over our life too. While we cannot decide what we dream, we can decide what we want to do. We may not be able to achieve everything that we wish to but at least, we can choose to attempt. However, dreams are beyond our control.

Therefore, we must be very clear on the difference between a dream and reality and then, knowing how distinctly different they are, we will try to Realize the Truth of how dreams are no different from reality. But before we attempt that analysis, we must at the outset be very clear that dreams are dreams and nothing happens, actually but reality is reality and a lot happens in it. We know what has happened in our life, don't we? Right from the time we were born, we have vivid memories of whatever has happened in our life. We have written records, pictures and even videos. But what about dreams? Do you remember all your dreams? Dreams just come and go as our thoughts flow. When will we wake up from our dream and realize that even reality is a dream? We need to be Awakened to the Truth.



2 LIFE IS A REALITY

*The Reality of Life actually happens;
It's not a Dream.
But when we Awaken to the Truth,
It's nothing but a Dream!*

Is life like a Dream? Of course not! How can life be a dream? Every day, we do things and whatever we do, has an impact on our life. Dreams have no impact. They are momentary. They are ephemeral. But life is a continuous process. What we may have dreamt 10 years back has no impact on our life but what we did even 20 years back, affects our today and will impact our tomorrow. Therefore, life is a Reality. It's not a Dream. How can life ever be an illusion?

Suppose, we get married and have children, can we just dismiss this reality as a dream? No, we can't. We have a contractual obligation, just as we are legally bound. If there is a marriage in our dream, we can just walk out of it when we wake up because whatever happened in the dream, did not actually happen. But what happens in reality is not just imagination. It is action. We have done things and this differentiates the reality of life from a dream.

In the reality of life, we may start with a dream but then we create a scheme, we build a team, we support it with a beam,

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LIFE IS A REALITY

and then, we experience the gleam of success. All of this is not a dream. It is a lot of effort. It is not just the work of our mind, rather, we use our hands and feet as we walk down the street and put our dream into an orbit and make it a reality. This dream is different. It is a waking dream. It's a vision that becomes a passion and an obsession, which is fulfilled through action. But what about a dream? A dream needs no action. We can be fast asleep under a blanket and imagine success and achievement. We could dream that we have been awarded the Nobel Prize or an Oscar but when we wake up, we are cut to size because there is no prize. It was just a dream.

The reality of life calls for so much effort and planning but dreams need none of these. They just happen. Our mind imagines something and we become a billionaire in our dreams but when we wake up, we may not have enough cash to even pay our bills. Therefore, dreams cannot be equated to the reality of life.

We pay so much importance to the reality of life but little do we contemplate - Is the reality called life, a reality or is it an illusion? Is there any difference between what we dream, when we are asleep and what we do, when we are awake? Most of us will say that this is a no-brainer. A dream is not real, just as the reality is not a dream. Then, why should we compare dreams and reality? Very few go on a quest and discover that not only is dream an illusion but reality too, is nothing more than an illusion. While the reality appears to be so different from a dream, ultimately, is it so? No. We are so imprisoned by our sense perceptions and the physical body that we live believing that this is the reality. Little do we realize that life is no better than a dream.



3

EVERYBODY SUFFERS

*We all Suffer the Triple Suffering
Of the Body, Ego and Mind,
When we Realize Life is but a Dream,
Peace, we will find!*

Do you suffer? Do you experience the pain of the body, the misery of the mind and the agony of the ego? Haven't we all had a fall, as we were growing tall? We cut our skin, broke our bones and suffered. This is a Reality and this pain returns, again and again. It is not like a Dream. If you had a big accident in a dream, you would only suffer till you woke up. The moment you would be out of your bed, there would be no pain in the head. You would be fit and fine to run and dance. But in reality, we all suffer.

Not only do we suffer physical pain but we also experience the misery of the mind. We all experience fear, worry, stress and anxiety. This can lead us into depression. We also live with regret, shame and guilt and our cheers are overcome by our tears. Who doesn't suffer the misery of the mind? Isn't it real? It is very strange that fear is not a real danger. It is FEAR, a False Expectation Appearing Real but still, we suffer because the thought of fear in which we are caught, is real. It's not an imagination. Fear is imagination but the suffering is real. In a dream, suffering itself is an imagination. There is a big

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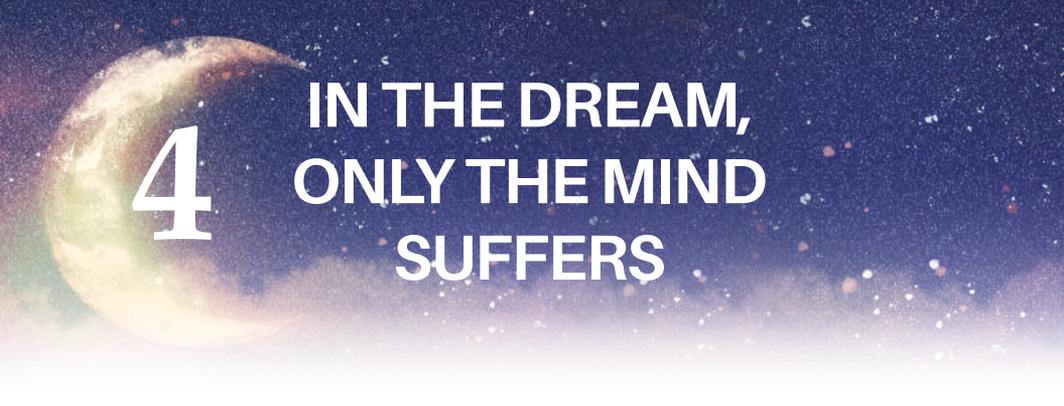
EVERYBODY SUFFERS

difference. In a dream, the truth is that there is no suffering. We only imagine the suffering but in reality, we suffer the triple suffering of the body, mind and ego.

How does the ego suffer? The ego is agonized by anger, hate, revenge and jealousy. Are these a figment of our imagination? Of course not. They are very real. We actually, get angry and we burn within. Then, we inflict this anger on others and create misery. The ego is enveloped in hate and revenge as we become jealous. We even go to war and are ready to kill our enemies. All this happens because the ego thinks, 'I am different from you and I must be better than you!' The ego is a false identity and because we don't realize it, we don't discover that we are neither the body that will die nor are we the mind, which we cannot find. Therefore, the ego that says 'I', continues to suffer till we die.

Every 'body' suffers. There is nobody in this world who is free from suffering. Everybody who is alive in bone and skin, must suffer physical pain. And because of the toxic thoughts of the mind, there is misery and sorrow. Because of the ignorance of the ego, there is anguish and agony. All of this is because we think that the reality of life is real. We don't realize that it is a drama, an illusion or a show. We are just actors, who come and go. Somehow, because of ignorance, we continue to suffer. If only we Realize the Truth, we will be free from all suffering on earth and ultimately, from the cycle of death and rebirth.

Because we are caught in this reality called life as the body, mind and ego, we suffer the triple suffering. Our ignorance causes clinging just as the mind that creates toxic thoughts behaves like it's a king when in reality, it is nothing. To overcome suffering, we need Awakening.



4

IN THE DREAM, ONLY THE MIND SUFFERS

*Though we have a Horrible Dream,
We wake up without Fear.
The Mind suffers but we don't,
We move on with Cheer!*

While we all suffer the triple suffering of the body, mind and ego, isn't this misery and sorrow, real? Misery is no illusion. Pain is no imagination. But what about the misery in a dream? Do we suffer? As long as we are dreaming, of course, we suffer. It is the mind that dreams and if there is horror in our dream, then no doubt, we will scream. But what happens once we wake up from the dream? There is no suffering. It was just a dream but if there is any kind of suffering in life, that suffering doesn't disappear. It persists.

Suppose, we have a root canal surgery. We may take medication and sleep and the pain may disappear but when we wake up, the pain will re-appear. If we are stressed about the results of an examination or if there is anxiety for any anticipation, that stress and anxiety don't disappear. It persists. If there is anger, hate, revenge or jealousy, does it disappear after we sleep? No. All these are miseries of the real world and so, even after we dream and wake up, the pain of the body, misery of the mind and anguish of the ego resume and persist. But once we wake up from a dream, the suffering in the dream

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IN THE DREAM, ONLY THE MIND SUFFERS

is gone. The misery is no more. Even the suffering experienced by the mind during the dream is washed away with the Realization that it was only a dream.

Therefore, we Awaken to the Truth that if we have a dream in which there is anger and it leads to physical action and we suffer both pain and agony, all this imagination would disappear in the moment of waking. But the miseries of real life continue, on and on. Unfortunately, we don't realize that even the miseries of real life do not continue forever. Just like we wake up from a dream and realize that we don't have to scream. So also, life is nothing more than a long dream. When we wake up in the moment of death, will we still experience the pain of the body, misery of the mind and agony of the ego? No. All these will disappear at death.

Therefore, isn't life like a dream? Yes. When it comes to comparing suffering, it seems to be but still, to us, dreams are dreams and reality is what is happening in our real life. We are, therefore, distinct in the way we respond to a dream and the way we respond to reality.

We are not afraid of dreams but aren't we afraid of the reality called life? We fear paying bills just as we fear suffering for our sins. We fear failure just as we fear death. We are afraid of all types of pain and disease, just as we wish and hope that we do not experience heartaches and heartbreaks in treasured relationships. To us, this is our real life and we don't want anything to go wrong. We are so obsessed with our possessions and our people that we spend our life with worry and stress. But do we worry about a dream? No, we don't. After all, it was just a dream. The mind may suffer but there is no mind!



5 THE TRIPLE SUFFERING OF LIFE

*We will Experience
The Triple suffering of Life.
When we Overcome our Ignorance,
There will be no Strife!*

The best way to compare Dreams and Reality is to ponder on the triple suffering. We all experience physical pain, mental misery, agony and anguish. These are the real sorrows of life but do these real sorrows exist in a dream?

Suppose you had a dream in which you had a car accident. You nearly died and fractured many bones. You were devastated as you were wheeled into the operation theatre. Then, the doctors declared that you would not be able to walk again. You would have to spend the rest of your life in a wheelchair. When you returned home, you found that the love of your life had left. She deserted you because you would no longer be able to work to earn and support her. You were so dejected that you contemplated suicide. In this state of depression, you frantically started looking for some chemical to drink but just then, you woke up from your nightmare. Would you continue to suffer your physical pain? Would you cry because your beloved left you? Would you be devastated because you were no longer worthy of anything? Of course not. Rather, you would fold your hands in gratitude and say a prayer, 'Thank

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THE TRIPLE SUFFERING OF LIFE

God, this was just a dream. There was no accident, no surgery, no wheelchair. It was just an imagination of the mind.'

But what if you actually had that accident? What if all your money was exhausted? What if the insurance of your car had expired and your health insurance did not cover such an accident? What if your beloved actually left you and you were left alone with nobody around? What if your friends did not come forward to help you? Would you suffer the triple suffering of the body, mind and ego? Of course, you would.

Therefore, reality is reality and the triple suffering that we experience in real life is very real, isn't it? In a dream, it is our imagination at work but in reality, things happen. It is not just a visualization. We all suffer. Little do we realize that ultimately, reality is also like a dream. As long as we think that the dream is an illusion, we don't suffer the dream but we suffer the reality. In the moment when there is an Awakening, there is Enlightenment. Then, even the triple suffering of real life will be no more than a dream. Until such time, we will suffer.

Those who are blessed to Realize the Truth about dreams and reality learn the art of being liberated from the triple suffering of life. But those who don't learn this art, continue to cry as they experience aches and pains. They continue to live with fear, worry, stress, anxiety, regret, shame and guilt. Their life is rife with anguish, with anger, hate, revenge and jealousy because they believe the reality to be the reality and each day, therefore, unfolds with pleasure and pain and they suffer, again and again. We will continue to experience this strife until we Realize the Truth about life.



6

DREAMS ARE TEMPORARY

*Dreams are just Dreams,
Temporary Imagination,
But is Life, Real or like a Dream?
To know this, we need Realization!*

How long does a Dream last? Science tells us that sometimes, Dreams last for seconds and other times, for a few minutes. In those few minutes, a collage of images and thoughts may take us around the world. We may dive deep into the ocean and be attacked by sharks. In a dream, we may experience the passing of time, perhaps, several years but in reality, the dream may be barely five minutes. How is it possible that in five minutes, we meet a girl, date her, marry and have children? This happens because it is not real. It is an illusion and temporary. In the moment of waking, there are no children. There was no marriage. The girl was also just a dream girl but reality is different. In reality, if you are married, you are married. You can't walk out of it without a divorce but in dreams, even a divorce is an illusion. Marriages and divorces in a dream have no legal significance. You cannot submit to a court that somebody is your husband because you married him in your dream. The court will reject your submission. But if you have a marriage certificate, that marriage is a contract and can be addressed by a court of law.

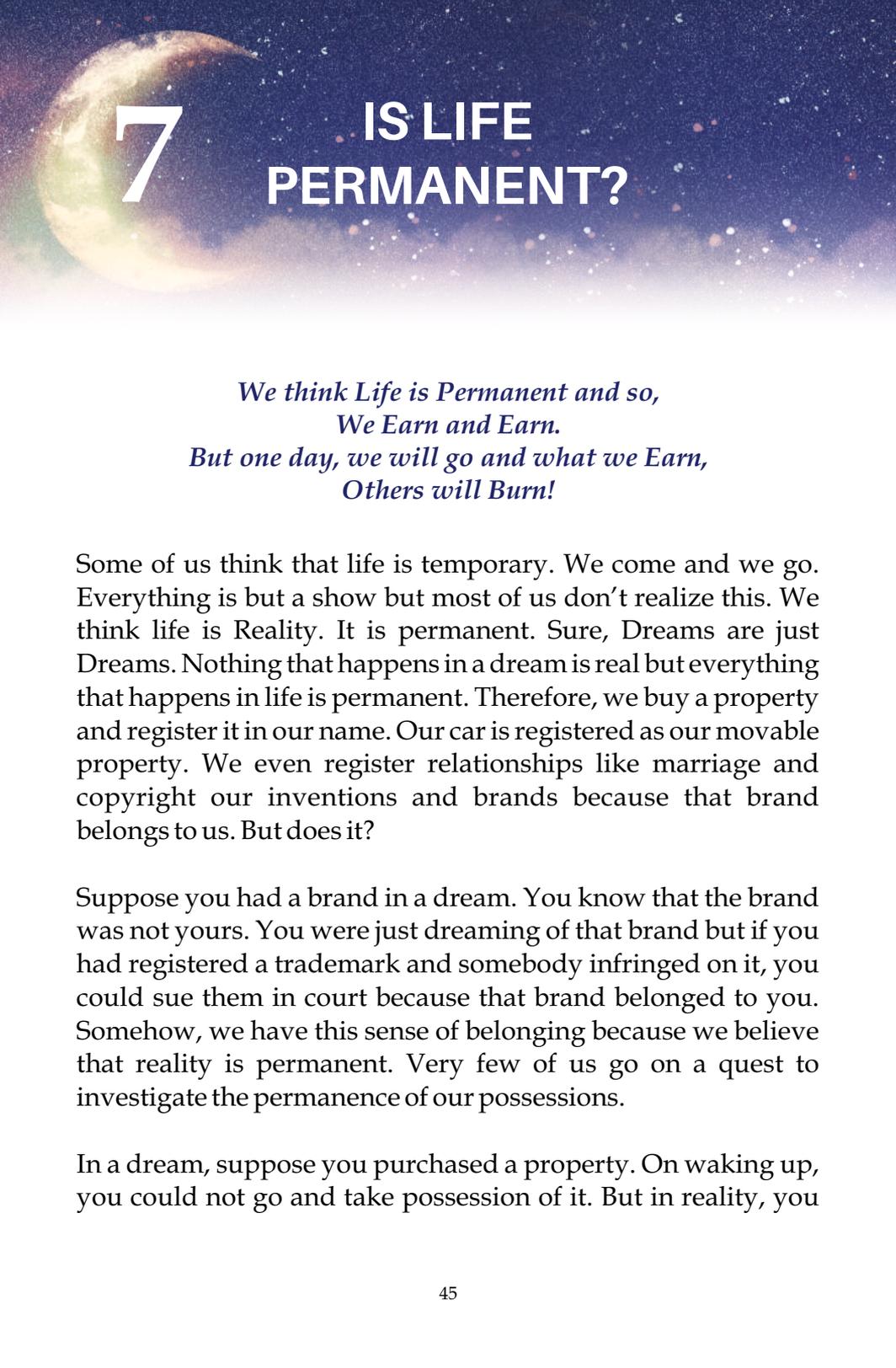
PART - C DREAMS VS REALITY

DREAMS ARE TEMPORARY

Therefore, dreams are not reality. They are just temporary imaginations. We may dream of a new job, a new relationship or a holiday but in reality, there would be no job, no relationship, no holiday; there would be nothing. Even the holiday in a dream was just an imagination but if you actually went on a holiday, you would have pictures and more than the pictures, you would have memories.

Why do we not have memories of our dreams? It is because the dream did not happen. It was just an imagination and therefore, we have no memories of our dreams. A memory is captured only when something happens in reality but when it is not real, when it is just a dream, then the dream is not recorded and cannot be recalled as a beautiful memory or even a horrible nightmare. Dreams are momentary. They are temporary or ephemeral. We have thousands of dreams but we barely remember any. If only these dreams had actually happened, many of them would have been engraved in our memory.

But what about life? We think that life is very real. We know who our mother and father are and who our friends are. If tomorrow you refuse to recognize a friend, it will be unusual and your friends may think that you are suffering from some ailment. How could you forget such a close bond? But the question that you must ponder on is - 'Do we remember everything? Do we have memories of our childhood? What about memories of our previous life, if we believed there was one?' Memories of real-life fade away too, don't they? Yes, no doubt, they do. But they are not like dreams that are so momentary. They happen in such a flash that they are not recorded in our memory. The reality is not temporary, it is recorded but often can't be recalled. Therefore, we say that dreams are just dreams.



7

IS LIFE PERMANENT?

*We think Life is Permanent and so,
We Earn and Earn.
But one day, we will go and what we Earn,
Others will Burn!*

Some of us think that life is temporary. We come and we go. Everything is but a show but most of us don't realize this. We think life is Reality. It is permanent. Sure, Dreams are just Dreams. Nothing that happens in a dream is real but everything that happens in life is permanent. Therefore, we buy a property and register it in our name. Our car is registered as our movable property. We even register relationships like marriage and copyright our inventions and brands because that brand belongs to us. But does it?

Suppose you had a brand in a dream. You know that the brand was not yours. You were just dreaming of that brand but if you had registered a trademark and somebody infringed on it, you could sue them in court because that brand belonged to you. Somehow, we have this sense of belonging because we believe that reality is permanent. Very few of us go on a quest to investigate the permanence of our possessions.

In a dream, suppose you purchased a property. On waking up, you could not go and take possession of it. But in reality, you

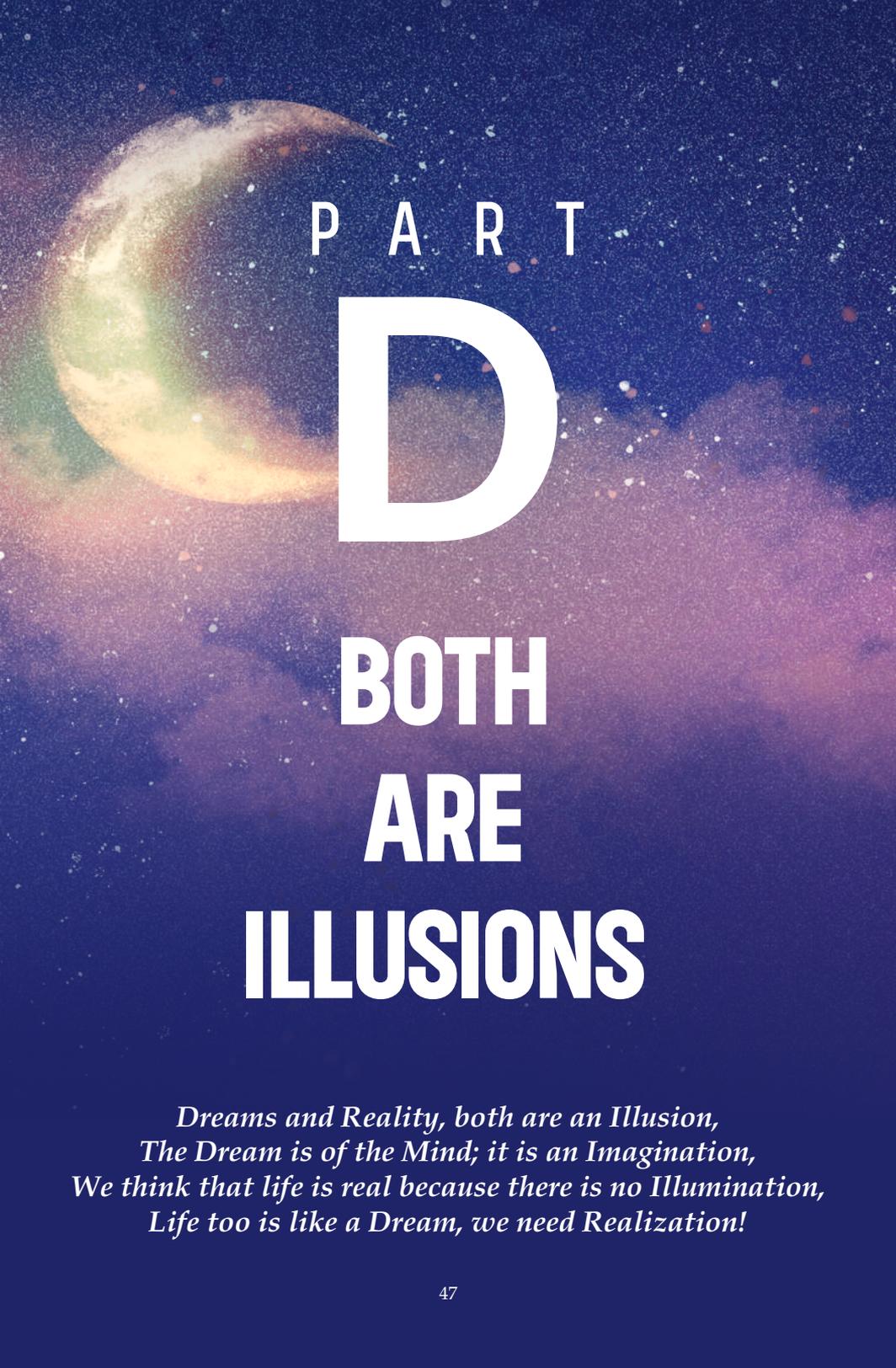
PART - C DREAMS VS REALITY

IS LIFE PERMANENT?

could not only take possession but also use the authority of police or the judicial system to oust any trespassers. Little do we realize that we too are no better than travellers. We come to this world with nothing and we will depart with nothing. Still, we think that life is real and everything belongs to us. We compare a dream to an illusion and think that they are alike and we think that reality is no imaginary visualization. Therefore, we give so much importance to the permanence of life, although it is temporary.

We have been so indoctrinated about this reality called life that we believe that success is happiness. We believe that life is meant to be lived for achievement. We do not realize that there is something called contentment and fulfilment. And because we think that life is not like a dream, it is real, we run a race and try to be an ace in the chase. And in all this, we get caught in the maze. Ultimately, even before we realize it, this so-called permanent life gets over. We didn't know it was temporary too, like a dream.

The millionaires and the billionaires of the world continue to zoom from their womb to their tomb, only because they are ignorant and believe life to be real. In reality, life is no better than a dream but out of ignorance, we think life to be permanent. So, we are busy building corporations and skyscrapers, collecting motor cars and buying aeroplanes. Even though we may be moments away from death, we don't pause to realize that soon, we will have no breath. Nothing will be ours. Do the rich and famous Realize this Truth? They believe that life is permanent and continue to invest their life exchanging it with possessions. In the end, they will have all the possessions they want but no life left. Then, what happens to the permanent possessions that they traded their life for? What they earn, others will burn!



P A R T
D
BOTH
ARE
ILLUSIONS

*Dreams and Reality, both are an Illusion,
The Dream is of the Mind; it is an Imagination,
We think that life is real because there is no Illumination,
Life too is like a Dream, we need Realization!*



1

LIFE IS A TEMPORARY JOURNEY

*Life is a Temporary journey,
We Come and we Go!
But we don't Realize that it's an Illusion,
We are Lost in this Show!*

If life was a Reality and it was permanent, the journey of life should not have ended at death. Whoever we are and whatever we are, everybody has to die. We come and we go. Life in this world is just a show but we don't realize this. Just like we check into a hotel and then check out, life is like a journey, a temporary journey. We bring nothing and we take nothing. Still, we believe this illusion to be real. We say, 'This is mine, that is mine,' but don't realize, 'Nothing is mine!'

While we think of a Dream to be ephemeral, momentary, temporary and just an illusion, we think that life is very real. But the truth is that both are illusions. Everything that appears so real in this world is ultimately, not real. Everything that appears to be mine will ultimately not be mine. All our relationships will end and all that we own, all that is known will disappear in the moment of death. Then, how can life be real?

We know that life is a temporary journey but we don't realize that it is an illusion. Even though we know that death is certain, we fool ourselves into believing that we will never die. In fact,

PART - D BOTH ARE ILLUSIONS

LIFE IS A TEMPORARY JOURNEY

we don't even want to talk about death and deep inside, we wish that we could live forever but the truth is that life is a journey that is temporary and in fact, this journey itself is nothing more than an illusion. It is like a dream.

When we wake up from a dream, we are not surprised because the experience in the dream is not permanent. Whether it is a nightmare or a fairy tale, the dream ends. The moment we get out of bed, we put this into our head - 'Forget it, it was just a dream!' But do we do this with life? We don't! Ultimately, life is nothing more than a long dream.

A dream gets over when our eyes open. So, when life is over, this illusory existence of the life journey comes to an end. Just like we don't think of a dream as an illusion while we are dreaming, we don't think of life as an illusion as long as we are living. But what happens when life is over? How much better is life than a dream? Everything disintegrates and disappears. '*My house, my car, my children, my spouse, my parents, my money, my corporation*' - What happened? Nothing is mine! The illusion of life is over at death.

Those who think that a dream is a dream and life is a reality, it's time to wake up. It's time to realize that both are illusions. Life is not just a temporary journey, rather, it is an illusory existence from birth to death. We come from nothingness and we return to nothingness. But throughout this journey called life, we think that the illusion is real, when in reality, life is no better than a dream. We may choose to ignore this truth but it will only make us suffer as we will live and die in ignorance. It's time to be Enlightened with the Truth that life is an illusion.



2 ARE WE THE BODY THAT SUFFERS?

*Of course, the Body experiences
Suffering and Pain.
But the one who Realizes, 'I am not this Body,'
Doesn't Suffer Again!*

If we wake up from a Dream in which we were trapped in a devastating fire, our burns are painless the moment we open our eyes. It was just a dream. But what if we actually got trapped in a fire and experienced burn injuries? Would we not suffer? Of course, we will. The body suffers all types of pain. Every toddler falls and may break his bones too and as we grow up, we may experience all kinds of diseases until, ultimately, the body decays and dies. The body suffers and because we think we are the body, we suffer the pain of the body. But what is the truth?

We are not the body that suffers. One day this body will die and people will say that we passed away. Who passed away? We don't know but for sure, we are no more in the body. That is why our loved ones, our near and dear ones destroy the body at death. Either the body is cremated or buried because our family is sure that we are not in the body anymore. Therefore, isn't it obvious that if we leave the body, we are not the body?

Let's contemplate birth. Although we celebrate the birthdate that is on our birth certificate, that birthday is fake. We will

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ARE WE THE BODY THAT SUFFERS?

awake if we contemplate when we were actually born. Does the body arrive as if by magic on our birthday? Of course not! We know and science endorses the fact that the body is formed over nine months in our mother's womb. We are conceived about nine months before our so-called birthday when two cells fertilize to become one. In that moment of fertilization of the zygote, we are already born. Once planted in our mother's womb, we cannot change our mother or father. But where is the body at this stage? We are alive. But the body comes later. Therefore, both birth and death reveal the truth that we are not the body.

If both, birth and death, reveal that we were conceived before the body is formed and we depart at the moment of death, we should realize for sure that we *are not* the body. We just *have* a body. Just like we wear a costume, the body is no more than a garb that we adorn. Because we don't realize this, we suffer the physical pain of the body. The one who realizes that like a dream, this journey from birth to death is nothing more than an illusion, such an Awakened One does not suffer pain of the body. The body will experience physical pain but an Enlightened Soul will not suffer the pain of the body. This is because they have realized that they are that power of life that arrives at conception and departs at death when there is no breath. Having realized that they are the life power that is manifesting as this body, they are liberated from all kinds of ailments and pains. Although they are embodied in this physical structure, they realize for sure that they are not made of bone and skin. They are the Immortal Soul that is birthless and deathless. Such a Realized Soul realizes that life too is an illusion, just like a dream.



3 ARE WE THE MIND THAT DREAMS?

*It seems that the Mind Dreams
But Thoughts create Imagination,
There is no Mind! In Consciousness,
We get this Realization!*

We Dream, don't we? But who dreams? Scientists will tell you that it is the mind. But ask any scientist, 'Where is the mind?' Will they be able to find the mind? No! Nobody can find the mind! You can touch your nose and pull your ears. You can see a picture of your critical organs in an X-ray, MRI or scan. But have you ever seen the mind? Is it round like a ball? We should not confuse the mind with the brain. Many people do! The brain is part of the physical body. Our mind is a thought factory. It seems to produce thoughts. These thoughts not only lead to actions when we are awake but also lead to dreams when we sleep.

Nobody can deny the existence of thoughts. We think, just as we breathe. They are a part of human existence but when these thoughts become fifty thoughts a minute, they form the mind. The mind is nothing but a bunch of collective thoughts. This appears to be the mind but in reality, there is no mind.

The mind, therefore, is a state of being. We can be in a 'Mind State', where we can think up to fifty thousand thoughts a day

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ARE WE THE MIND THAT DREAMS?

or we can be in a 'State of Consciousness', a state also known as Awareness, Mindfulness or Thoughtlessness. It is in this state that we activate the intellect and discriminate the thoughts. Many people think that we are the mind, a mind that makes us blind in ignorance but those who live in the state of Consciousness, discriminate and realize that the mind is just an illusion. It appears to be but it is actually, just a bundle of thoughts.

The illusory mind makes us believe that we are the mind. From the time we go to school, our mind makes us remain a fool and we believe that it is the mind that dreams. The mind makes us believe that we are the body that we see in the mirror that is driven by the director, the mind. Because we believe the mind, we are left behind and caught in ignorance. There is no mind. How can we be the mind? The mind doesn't dream. Dreams are created by thoughts. Unless we live in Consciousness, we will never Realize the Truth that the mind is an illusion, that dreams are illusions and ultimately, even reality is an illusion.

When the mind makes us believe that it exists and it dreams, it also makes us believe that the dream is an illusion but reality is not. The moment we still the mind, we kill the mind and then, we reach the state of Consciousness. In this state, we realize that there is no mind. We are not the body that suffers. We are also not the mind that dreams. Then, we realize that we are that Consciousness that appears from the force called life within us.

The one who is trapped by the mind is a prisoner. Our mind fools us into believing that dreams are an illusion but reality is not. It makes us live as the body, mind and ego, to suffer the triple suffering on earth and then, at death, in a rebirth.



4 ARE WE THE EGO THAT SAYS 'I'?

*If we are not the Body nor the Mind
That says, 'ME',
Then, the Ego that says 'I',
How can we be?*

From the time we become aware of ourselves, we start using the words, 'I', 'me' and 'mine'. Life would be impossible without this. How can we express anything without identifying who we are? Who do we identify ourselves to be? No doubt, we identify with the body that is made of bone and skin, the mind or the software that operates within and the ego that keeps on saying, 'I.' But as we contemplate Dreams and Reality and what life is all about, the biggest question that needs to be answered is, 'Who am I, in reality?'

We have already contemplated the body and we have come to the Realization that we *have* a body but we are not the body. We also tried to find the mind but realized, 'Where is the mind? We cannot find!' So, if we are neither the body nor the mind, then who are we, in reality? No doubt, we exist and the ego says that it is 'I!' but how can we be the ego, 'I', without the body and the mind?

Because the ego creates the feeling that 'I' am different from 'you', we suffer the agony of anger, hate, revenge and jealousy.

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ARE WE THE EGO THAT SAYS 'I'?

Not only do 'I' fight with 'you' but religions also fight against other religions and nations go to war with each other. All this only because of the ego. The ego makes it look like we are in reality the body and the mind. The ego makes the 'I', supreme and creates comparison and competition. Then, the ego gets caught in the myth and there is passion and obsession because of the ego, 'I'.

Unless the ego is Enlightened and we realize that we are not the body that will die, we are not the mind that we cannot find and the ego that says 'I', is a lie, we will never discover the Realization that even reality is nothing more than a dream. Just like a dream is an illusion, the reality of the body, mind and ego is just an appearance. We appear to be the Mind and Ego, ME but in reality, we are not this. Then, who are we?

Isn't it strange that we always thought that I was 'I'? I was the 'me' that I could see in the mirror. But contemplation makes us realize that the one I see is not 'me'. Just like I am not the shirt that I wear, I am not even the body. It is just a costume that I wear. Because I believed that I was the body, mind and ego, I suffered so much. Will all my suffering be gone the moment I Realize, 'Who am I, in reality?' Yes, the moment we Realize that it was a dream, we wake up and there is no suffering. So also, when we realize that the body, mind and ego are illusions, there will be no anxiety or desperation. But for this, we have to realize not only who we are not but who we truly are too. It is not enough to realize that I am not the ego, the body and the mind. 'Who I truly am' - This, we must find. This finding is not like finding a treasure. It is called Realization. We have to open our *real eyes*, to Realize the Truth. Only then, can we be free from the 'me' that we are not.



5

WHO ARE WE, IN REALITY?

*We are not the Body
Nor the Mind and Ego, ME,
We exist, of course!
Then, who are we?*

We exist, don't we? You and me, we are alive. We were born and one day, the body will die. Then, people will say that we passed away. Who is the one that leaves the body and passes away? We are not like a Dream that is imagination. We exist embodied in bone and skin. Nobody can deny that we exist. But who knows who we are, in Reality?

To know the answer to this question, we must contemplate birth. First, we must realize that we were not born on our birthday. Our birthday is actually our arrival day. We may cut a cake but we must realize that the birth date on our birth certificate is fake. It is ok to celebrate our arrival date but our conception happened about nine months before that. At that time, there was no body. We just arrived as a single-celled zygote. Our mother and father were involved in an act of copulation but they had no control over the fertilization that caused a Spark Of Unique Life, the Soul to begin our journey on earth. So, are we that zygote, that first cell of life that multiplies to 2, 4, 8, 16... till it finally becomes 25 billion cells and we are delivered on earth? Who causes the multiplication of cells? Are our parents responsible for the cells to multiply or for that

matter, to create our heart, our brain, lungs, kidneys and other organs? Our parents did nothing! Then, who did?

The magic of birth is controlled by the Soul, the Spark Of Unique Life that caused the fertilization of the first cell. The Soul comes from SIP, the Supreme Immortal Power. One day, at death, when there is no breath, the Soul will return to SIP. It is like a wave that comes from the ocean and goes back to the ocean. Unfortunately, we don't realize we are this. We don't realize that we are the power of life.

What is this power of life? Some call it Spirit, some call it Soul and some even call it *Ruh* or *Atman*. Whatever we may call it, it is a power. It is a Spark of Unique Life, SOUL. We are this, the life energy that arrives at conception and departs in the moment of death. Unfortunately, we don't Realize this Truth and so, we suffer the triple suffering of the body, the ego and mind. Because we don't realize we are the Divine Soul, we not only suffer the triple suffering on earth but also suffer continuously, the cycle of death and rebirth. It is time for us to wake up, to be Awakened, Enlightened and to Realize the Truth. We are that, the Divine Soul. Not this, the body, mind and ego, that we seem to be. Unfortunately, we don't realize this. We think the life journey is real, the body is real and our birth on earth is not an illusion, it is reality. How can we, who are made of bone and skin, be an illusion? Those who do not Realize the Truth, continue to suffer the myth and then, they are reborn, again and again. Sadly, we do not contemplate the most important question of life, 'Who am I?' Therefore, we do not discover the purpose of our existence, 'Why am I here?' We just live and we die. Then, we return to earth in a rebirth.



6

WHY DO WE COME TO EARTH?

*Our Parents did not create Life
To bring us to Earth.
It is Karma, the Law that decided
Our Human Birth!*

We all live on this planet called Earth but how many of us ponder why we got this human birth? We believe many lies, like God lives in the skies and it is our parents who give us life. Is it true? No doubt, our parents were involved in the act of copulation but did they create our life? Did they choose us? Did we choose them? This is all a Divine drama and very few of us Realize the Truth of why we came to earth.

Not only do we believe that we are the body, mind and ego, but we also do not realize that we take birth because it is an effect of a cause. It is because of Karma that we return to earth in a birth. Some of us are born rich and some of us poor, not because of the Will of God. It is because of our past actions, commonly understood as Karma. Based on our Karma, we arrive on the planet. Once again, we create Karma and when the body dies, we will be reborn and this will go on and on. If only we understood the reason of our existence, we would realize how life on earth is no better than a dream. We appear to be 'me' because we are caught in *Maya*, the Cosmic Illusion. We are

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WHY DO WE COME TO EARTH?

trapped in ignorance. We do not realize how the cycle of life keeps on repeating and this world continues to exist.

We understand quite easily what a dream is. We wake up and sheepishly rub our eyes and snap out of the dream. It was just an illusion. But because we completely relate to the body, mind and ego, we are unable to snap out of the fact that we are the Soul, the Spark Of Unique Life and not the body, mind and ego. These are just an illusion. They appear to exist but they are no better than a dream, an illusion. A dream only lasts for a few minutes but life lasts for a few years. This is the difference. But just like everything in a dream is a myth, so it is with life.

Don't we all get attached to our possessions and the people with whom we have beautiful relationships? We think all this is mine but we don't realize that this life is just an illusion. Nothing is mine. We are like travellers who are on a journey on earth and this birth will only last till that moment of death, when we will lose our breath. Then, we will wake up from the illusion. Only some of us will realize that life is an illusion and that we are not this body that will die, we are the Divine Soul. These few will escape another birth on earth but the rest of us, who do not realize that life is nothing more than an illusion, will return to experience pleasure and pain on the planet, again and again. We come to earth neither by chance nor by the Will of God and not by our parent's choice either. We come into this world because of our Karma. We do Karma because we think that we are the body and mind. And so, to settle our past deeds, we return to this cycle of *Samsara*, till such time that we realize that this life is an illusion and we are in fact, manifestations of the Divine.



7

IGNORANCE IS THE CAUSE

*Life too is a Dream
But we continue to live in a Trance,
We do not Realize the Truth,
Because of our Ignorance!*

Why do we think that life is a Reality but a Dream is only a dream? It is because of ignorance. We remain a fool because of what we were taught in school and as long as we do not unlearn the myth we have grown up with, we will never Realize the Truth.

As children, we are taught several fairy tales. These stories are meant to make us understand life but we need to evolve and process what we learn from these stories. We pass out of school and go to college, similarly, we must learn to purify and evolve in our knowledge. We continue to believe in the lies and we think that God lives in the skies. Little do we realize that we are under a spell of ignorance because we believe in whatever people tell. We are also caught in thought and our mind makes us blind. Alas! The Truth is left behind.

There is no ignorance about dreams. A dream is just a dream. It is as simple as that. It is an illusion. It is not real. When we sleep, we experience both nightmares and fantasies, only to wake up and realize that it was an illusion. However, even though we see people die and we say that they passed away, we do not

realize, 'Who am I?' - 'I am not this body that will die. That is why, my near and dear ones will burn or bury the body in that moment of death when there is no breath.' We don't realize that we are the Soul, the Spark Of Unique Life that creates this life, the breath that keeps us alive. The Truth is that we are Consciousness but because we are ignorant, we don't realize this. Our ignorance makes us believe, 'I am Jim.' It stops us from realizing, 'My name is Jim. I was not Jim when I was born. My parents decided to call me Jim.'

Out of ignorance, we think that we will die. We don't realize that we will never die. Jim will die but the one who was Jim will depart and will pass on. We are *that*. If only we realize that we are not the one who dies but the one who departs and flies, we will overcome ignorance and realize that life is nothing more than a long dream, an illusion.

The truth is that life and dreams are both unreal. A dream is temporary and none of us deny it but because we are under the spell of ignorance, we think life is real. We build houses in our name, and we even kill people because of the ego that thinks that I am 'I'. Ignorance stops us from realizing that we are not the bodies that we wear, but rather the ones that wear the body. We are the Divine Soul. To realize this, is our goal. As long as we are ignorant, we will never realize this. We will think a dream is an illusion but life is reality. We will live, create Karma, then die, only to return to earth in a rebirth. Then, because of ignorance, we will continue another cycle. We have to overcome this ignorance and Realize the Truth that life too is an illusion, just like a Dream. We are enveloped in darkness and we have to switch on the light within. This is called Enlightenment.



8

EVERYTHING IS MAYA

*Life too is an Illusion,
We must Realize this Truth,
Everything is Maya,
Get to the Bottom of the Root!*

What is *Maya*? *Maya* is the Cosmic Illusion. While we understand that a Dream is not real, it's just an illusion, it is not easy to understand that this universe itself is an illusion. It appears to be but it is not. Just like a dream that appears in our sleep, everything that happens in a dream is an illusion. If I am dead in my Dream, I wake up only to realize that I am not dead. It was just a dream. So, this world, this entire Cosmos, everything, is an illusion, a Cosmic Illusion.

To understand Maya, it is best to contemplate the story of the villager who visited his friend in a town and went to see a movie with him. As they were watching a war movie in a theatre, the villager's friend asked him, 'What do you see?' The villager replied, 'I see hundreds of horses.' 'What else do you see?' the villager was asked, to which, he replied, 'I see soldiers and elephants.' 'Anything else?' asked the friend. Looking deeper, the villager said, 'I see smoke and dust fill the sky, as the soldiers fight each other.' Suddenly, the movie stopped and the screen showed, 'Intermission'. 'Now, what do you see?' asked the friend. The villager replied, 'Nothing! There is just a blank screen.' This little incident helps us contemplate that life too, is nothing more than a projection. Just like there is a screen and everything is

projected - the actors, the sounds, the special effects, everything is an illusion, so too everything in life is a projection. This projection is called *Maya*, the Cosmic Illusion.

Maya has two powers, first is the power of concealing and second is the power of projecting. Just like the screen is concealed and the movie is projected, everything that is unfolding in this world appears to be real like the movie but is actually *Maya*, a projection. Finally, the movie called Life will be over. At death, a blank screen will appear and we will leave everything and depart. The reality called life is in essence nothing but *Maya*. Unfortunately, because we think of the projection as being real, we suffer the triple suffering of the body, mind and ego.

Those who realize that the reality of life is an illusion like a dream, they learn to enjoy the movie called 'life'. They realize that the earth is just a stage and life is just a show. We are mere actors, who come and go. This Realization helps people answer two important questions –

1. Who am I, in reality?
2. What is the purpose of my existence?

Those who don't realize that everything in this world is *Maya*, think that life is a reality and not an illusion. They are able to wipe away what happens in a dream but are unable to forget what is unfolding in the drama called life. Therefore, they experience trauma. They don't realize that the life movie is unfolding as per Karma. But ultimately, the drama, the trauma and the Karma - everything is *Maya*. Everything is a Cosmic Illusion.



9

THIS WORLD IS A LEELA

*This world is a Drama,
It's a Leela, a Show,
We are just actors,
We Come and we Go!*

What is life all about? Have we ever pondered why did we come to earth? Why did we take this precious human birth? We could have been born like a cat, a rat, a dog or a frog. Why are we human beings special? It is only man, who is blessed with a fully developed intellect. Only humanity is competent to discriminate and to Realize this Truth. Unfortunately, because we are slaves of the mind, we are trapped in *Maya*, the Cosmic Illusion and don't realize that this world is just a *Leela*, a Divine Show.

The sun, the moon, the stars, the birds, the animals and the flowers - Where do all these come from? Scientists tell us that they all appeared from a Big Bang. Some people believe in Darwin's Theory of Evolution and that we all evolved from apes. Whether it was a Big Bang or evolution from the apes, whether this be true or not, the question that still remains unanswered is, 'Where did all this emerge from ultimately?' If you are drinking Coke, there must be a company. In this case, Coca-Cola manufactured it. If you are driving a Mercedes, it is only obvious that a company called Benz manufactured it. So, we infer that this world has a Creator who we call, God. We give

this God different names based on our religion and we get so lost in this myth that we don't Realize the Truth. We don't realize that there is a Power, a Supreme Immortal Power, SIP, that we call, God.

SIP has created this world, just as SIP has created everything that is part of this *Leela*, this Cosmic Drama. While everything that is happening in this world looks so real, the truth is that it's a big theatre. It is just a show. We are all wearing costumes but we think we are, in reality, the actors that appear on the earth stage. The truth is that we are not, we are the Soul! But unfortunately, because we are enveloped in the darkness of ignorance, we don't contemplate the simple truth of where we came from and where we will go. We understand clearly that the dream comes from our imagination but we don't realize where this *Leela* comes from. We consider this drama of life to be real and hence, suffer. It is only when we Realize the Truth that life is a Drama that we will overcome all trauma.

Who is the director of this show? It is Karma. There is no God sitting up in the sky, controlling everything that is happening on earth. There is a Universal Law of Cause and Effect, a Law of Action and Reaction. It is known as the Law of Karma. Everything that is happening in life is unfolding as per our Karma, our actions. This drama is not as orchestrated as many of us think. Everything is not pre-destined. Some things are based on our past Karma. But this drama is in our hands. Our actions of today will decide our destiny of tomorrow. Alas! While all this is true, we forget that ultimately, it's just a show, just a *Leela*, just an illusion. Just like actors will go home after the drama, we too have to go home in that moment of death at the end of the show. This, we must know!



10

WE NEED A GURU

*To Discover the Purpose of Life,
We need a Spiritual Master,
An Enlightened Guru,
A Realized Soul will take us to our Goal, Faster!*

Who is a Guru? It is one who takes us from 'Gu' to 'Ru', from darkness to light and so, a Guru is considered to be a Spiritual Mentor, an Enlightened Master. If someone is not Spiritually Awakened, he cannot be a Guru. Only a Realized Soul can help us go on the inner journey and discover our true self. If we want to understand how Dreams are just dreams but even that Reality is nothing more than a dream, we need the help of a Spiritual Master. Then, we can reach our destination faster.

We all need a coach, whether we are trying to be a champion in sports or even in an art. An expert can always be a great help. Business houses have advisors but on the Spiritual Path, the need of an advisor is of greater importance. The journey into the inner world is not an easy one. It is our own mind that will make us blind. It stops us from going within. It gets us caught in thought and creates so much confusion that we die without reaching the conclusion. The journey of life is short and before it is over, we need a Guru to help us get Enlightenment so that we do not return to earth in a rebirth.

It is a Guru who can help us realize that this body is just made up of five elements. It comes alive nine months before our birth date. We are that Spark Of Unique Life, the Soul that comes alive at fertilization. The mind stops us from this Realization. It is the Guru that can help us realize, 'I will never die, I am an Immortal Soul.' Because the Guru himself has transcended the mind and ego, he knows exactly the bottlenecks that clog our Realization.

Without a Guru, it is practically impossible to be Enlightened. We will continue to think of a dream to be a dream and we will live life as a slave, taking our desires and passions to our grave. The Guru can help us in the journey of Illumination, Realization and ultimately, Liberation.

Many people wonder, 'How do we find the right Guru?' It is said that when the disciple is ready, the Guru will appear. What does this mean? If we are sincere seekers and we are marching down the path of the truth, we will find a Guru on the path. The Guru is already there, looking for true seekers, for those who yearn for the Divine and for Liberation. Therefore, very often, the Guru will find us. But first, we must be on the path and on a conscious look-out for a Spiritual guide. Only then will we find our Guru.

What if we live and die and we don't find a Guru? We will just return to earth and suffer in another birth. We will live as the body, mind and ego and suffer, again and again. The Guru will help us discover the purpose of life. He will help us find out the answers to the two most important questions of life - 'Who am I? Why am I here?' Then, we will reach our destination.



11 THE TWO POSSIBILITIES AT DEATH

*The Body will die
But the Mind and Ego will be Reborn,
If we are not Enlightened,
The Cycle will go, on and on!*

What happens at the end of this journey called 'life'? Death is certain. Every 'body' must die. But when the body dies, is it the end or is death just a bend? Death is no Dream. It is not an illusion. It is a Reality. Let us examine the two possibilities at death.

If we Realize the simple Truth that we are not the body that dies, we are not the mind that we cannot find, we are not the ego that says 'I' - it's a lie, then we realize that we are the Divine Soul. The Soul is birthless and deathless. In the moment of death of the body, the Soul leaves the body and becomes one with the Divine. This is *Moksha, Nirvana* or Salvation. It is our ultimate goal. But unfortunately, this is very rare. Because of ignorance, we believe that we are the body, mind and ego and we are trapped. Very few people are blessed to go on a quest and to realize that they are the Divine Soul.

In most cases, when the body dies, we are reborn and this goes on and on. The body will die but the Mind and Ego, ME, that directs the body to act, carries its Karma and returns to earth in

PART - D BOTH ARE ILLUSIONS

THE TWO POSSIBILITIES AT DEATH

a rebirth. This happens in most cases and is in fact, the first and most probable possibility. Every day, we see people die and we see that people are born but we don't realize the connection between the one who has come and the one who has gone. They may appear to be different bodies but the Mind and Ego, ME, is the same. Every birth on earth is in fact, a rebirth and is decided not by a God sitting in the heavens but by the Law of Karma.

At the end of a dream, there are no two possibilities. There is only one possibility. We wake up from our bed and we move ahead with life but in the moment of death, we never wake up in this life. We will awaken in a new body. Then, aren't dreams and reality just an illusion?

While death looks to be such a deadly truth, those who Realize the Truth, awaken to the fact that even death is just an illusion. No doubt, like a dream, death too happens but just like everything that happened in the dream, everything that happened in life too disappears. Isn't life too, therefore, nothing more than a long dream? As long as we are alive, everything looks real. But ultimately, whatever we see in the dream, disappears into insignificance. Nothing matters. So too it is with life. We fight, kill, steal and do so many things but ultimately, at death, everything will dissolve. The only thing that matters is that we must Realize the Truth. The only thing that matters is Liberation from this cycle of misery and strife and an escape from returning to earth in another life. Our goal is Liberation but unless there is Realization of the Truth, we will think that life is real. Unless we realize that life, just like a dream, is an illusion, we will return to earth in a rebirth and this cycle will go on and on.



12

THE DIVINE TRUTH

*Dreams and Reality,
Both are an Illusion.
We will Discover this Ultimate Truth
With Realization.*

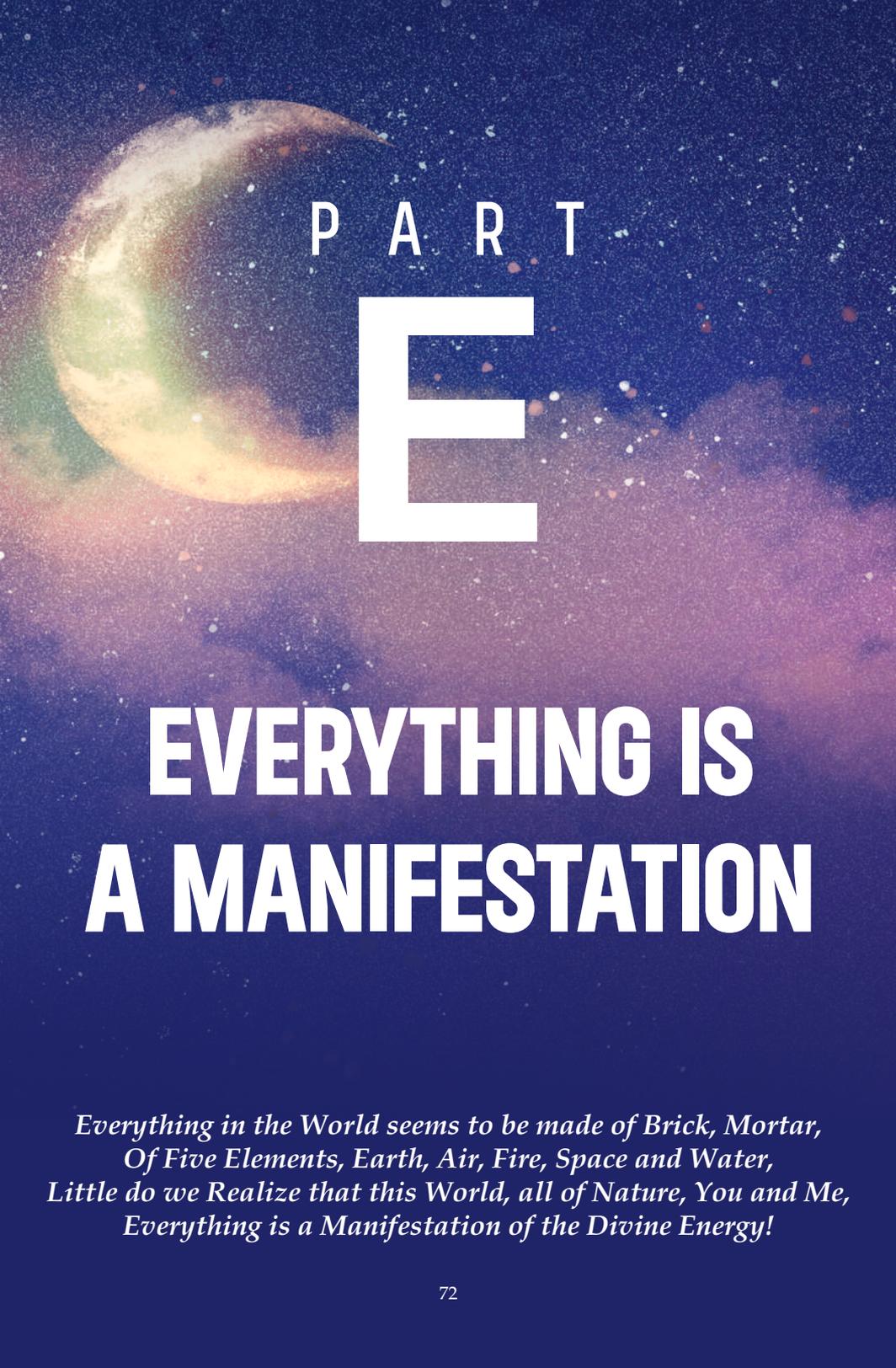
What is the Ultimate Truth of Life? It is this – ‘We are not the mortal bodies that we appear to be. We are not the mind, which we cannot find. The ego that says ‘I’, is a lie. The Ultimate Truth is that we are the Divine Soul, a Spark Of Unique Life. This Soul is energy. It comes from SIP, the Supreme Immortal Power and returns to SIP. It never dies. We are all immortal Souls. This is the Truth.’ The Supreme appears in you, me and every creature alive. Unfortunately, because we don’t Realize the Truth, we think that a Dream is a Dream and life is a Reality. Little do we realize that both are illusions. A dream is just a dream. Life too is a dream. The ultimate truth is that life is one step beyond being just an illusion. We are all manifestations of the Divine. We will ultimately understand this Truth if we first realize that life is nothing more than a dream. Life is a long dream from birth to death.

Sadly, we do not Realize the Truth. We live in ignorance. We believe the lie that God lives in the sky. We go to a temple or church but we don’t search – ‘Who is God? Where is God? What is God?’ Religions across the world fight with each other and

even kill each other in the name of God. When will we realize that the kingdom of God is within? God lives in the temple of our heart! God is not God. God is SIP, a Supreme Immortal Power. It is this Power of SIP that has created dreams, just as reality unfolds in life. Everything is *Leela*, a show. Everything is *Maya*, an illusion but because we do not open our real eyes, we do not Realize the Truth.

What is the purpose of our existence? Why did we come to earth? We are blessed with this very special human birth and gifted with an intellect to discriminate and to realize that we are all part of SIP. The truth is that we all have unique Souls but ultimately all the Souls come from SIP. The electricity in the bulb in your room is different from the electricity that gives power to the television and so, each gadget has its own power supply and its own switch. But all the power comes from the main switch. The power to all the houses has one source.

So, the source of power of all Souls is one - SIP, the Supreme Immortal Power. But just like we think that a movie is real till it is over and we believe that life is real till we die, we continue to live in this illusion and talk of dreams and reality. Some of us understand that both are illusions and some of us don't. It is this ignorance that makes us return to earth in a rebirth as the drama of life unfolds. The body dies. Every 'body' has to die but the one who passes away is the Mind and Ego, ME. The ME carries Karma and is reborn in a new body. And so, life on earth, this *Leela* or this Drama continues to unfold. If only we realize that we are the Divine Soul, if we discover the Ultimate Truth, we will not return to earth in a rebirth. The Soul will become one with SIP. This is our ultimate goal!



P A R T

E

EVERYTHING IS A MANIFESTATION

*Everything in the World seems to be made of Brick, Mortar,
Of Five Elements, Earth, Air, Fire, Space and Water,
Little do we Realize that this World, all of Nature, You and Me,
Everything is a Manifestation of the Divine Energy!*



1 NOT THIS, NOT THIS - *NETI NETI*

*Neti Neti means
Not This, Not This!
Only when we Realize this Truth,
Can we attain Eternal Bliss!*

The ancient scriptures of *Sanatana Dharma* written thousands of years ago by unknown authors speak of the words, '*Neti Neti!*' The wise sages of the past compiled these Realizations. They are nothing but the truth of life. '*Neti Neti*' means, 'Not this, not this.' It means, 'We are not this body that we appear to be. We are not even the mind and ego that says it's 'me'.' Then, ultimately, who are we? '*Neti Neti*' is the key that opens the treasure to Eternal Bliss, which is greater than all the pleasures in the world but this Realization comes only in Truth Consciousness.

Seekers of the truth in the age-old days used to contemplate these two words, '*Neti Neti.*' It seems so easy but very few people are blessed to Realize the Truth of *Neti Neti*. Even if we realize that this world is an illusion, that we are not the body, mind and ego and that we are the Divine Soul, we still will not get to the Realization of '*Neti Neti.*'

If we are not the body that disintegrates into dust and we are not the Mind and Ego, ME, then, who are we? There is nothing

that we can see. Without the help of a Guru, an Enlightened Master, we will get caught in thought. Even the Buddha, the Awakened One called it *Shunyata* or Nothingness. When asked about the Soul, his reply was '*Anatta*,' meaning, 'There is no Soul.' In reality, what he meant was that there was no tangible Soul. The Soul is nothing but energy. Just like air in a balloon merges with the air that is everywhere, the Soul is a part of the Supreme Immortal Power that is omnipresent. The Buddha preferred to explain it through *Shunyata* and *Anatta*. But even the Buddha contemplated death, disease, suffering and escape from another life. He stopped at that but those who want to Realize the Truth behind death must contemplate the difference between an illusion and manifestation.

There is no doubt about '*Neti Neti*'. We are not the body, it will die. Both, the mind and ego don't exist. But we do. Not only will we die but we will return in a rebirth too. This is because of ignorance that makes us believe that we are the Mind and Ego, ME, that does Karma and therefore, returns. When we evolve to the ultimate Realization that everything in this world is nothing but a manifestation, we will realize that we are that Soul, that Spark Of Unique Life that is part of SIP, the Supreme Immortal Power.

The Supreme Immortal Power, SIP, manifests as the Soul in us. The power of life that throbs as our Soul is none other than the Supreme manifesting as the Soul. Therefore, our life is not an illusion. It is a manifestation. It appears to be an illusion because the energy comes and goes but we cannot deny the energy. We think we have the energy of the Soul but the truth is that we are that energy. It is this energy that makes both Dreams and Reality appear as illusions.



2 THOU ART THAT - TAT TWAM ASI

*Tat Twam Asi,
The Truth is Thou Art That,
That we are all a Manifestation of the Divine,
Is an Absolute Fact!*

We may appear to be this but in Reality, *we are that.* 'Tat Twam Asi,' means 'That thou art.' 'Neti Neti,' means, 'Not this, not this.' So, it means, 'You are not this body that will die. You are not this Mind and Ego, ME. You are that, the Divine Energy.'

The words 'Tat Twam Asi' are thousands of years old and appear in the *Upanishads* and the *Vedas*. They are words of the wise sages who lived in the times of *Sanatana Dharma*. These words have great meaning. In essence, they mean that you are a manifestation of the Divine. You may appear to be made of the five elements of nature, earth, water, air, fire and space that constitute the body but in reality, every atom is in essence, energy. This energy comes from SIP, the Supreme Immortal Power. But because we are under the spell of the mind, we live in ignorance. We don't realize that we are not what we appear to be. We are That - the Ultimate Divinity.

Just like we wake up from a Dream and realize that it was just a dream, we need a Spiritual Awakening to awaken to the reality that we are not the body and mind that we appear to be. We need Enlightenment to realize that we are the Divine Soul, a

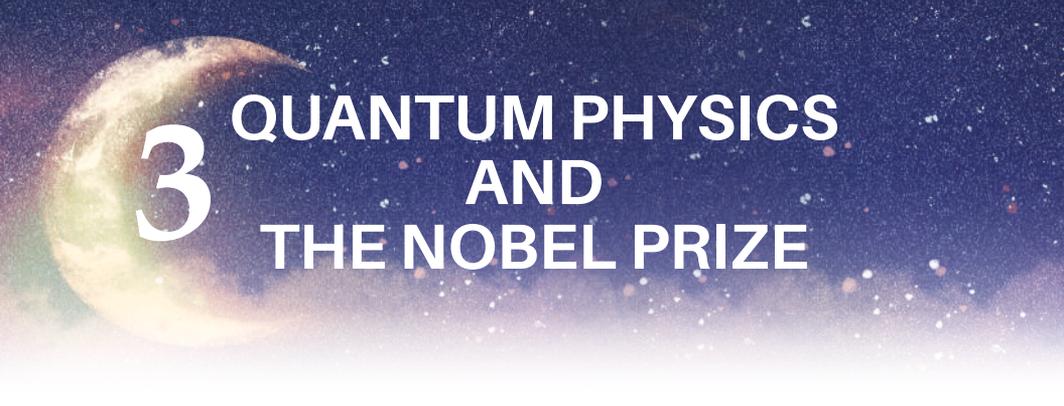
PART - E EVERYTHING IS A MANIFESTATION

Thou Art That - *Tat Twam Asi*

Spark Of Unique Life. In fact, we are SIP, the Supreme Immortal Power that manifests as the physical existence that appears to be you and me.

'*Tat Twam Asi*' is not just a Spiritual chant. It can be understood by the contemplation of our birth and death. While we look at a photograph and say that it is 'me', we know that this 'me' is constantly changing. This 'me' was a baby when we arrived on the planet. Nine months before our arrival day, we were conceived in that moment of fertilization, when the two cells from our parents became one. What caused that life? It is Divine energy that is responsible. We are that, that spark of life. If there was no spark of life, we would not have been conceived and born. That life energy, the Soul, manifests as the first cell of our existence. Then it multiplies, till it becomes a tiny baby with about twenty-five billion cells. Isn't this sheer magic? Yes, it is. But there is a logic. It is energy that is manifesting in all these cells.

One day, when that energy departs, there will be no breath and we will experience death. People will then say that we passed away. They are so sure that they will destroy our body. All this is because of '*Neti Neti*,' meaning, 'We are not this, not this.' '*Tat Twam Asi*,' meaning, 'We are that.' The power that departed into the sky when we died. Therefore, the power of the Divine manifests as you and me. Everything is a manifestation of Divine energy but this is something that we cannot know. We need Realization and not just knowledge to be Enlightened that everything is a manifestation. First, we must realize that everything is an illusion. But the ultimate truth is that the Cosmic Illusion or *Maya*, is in fact, a Divine manifestation. It is Divine Energy that is manifesting as this world and every Soul that lives.



3 QUANTUM PHYSICS AND THE NOBEL PRIZE

*Science and Spirituality
Are said to have No Synergy,
But the one thing they both Agree on is
That Everything is Energy!*

In 2022, three scientists, Alain Aspect, John Clauser and Anton Zeilinger were awarded the Nobel Prize for their work in Quantum Physics and Quantum Mechanics. For the first time, the scientific world was acknowledging that Quantum Physics and Quantum Mechanics were scientifically acceptable. Why is this relevant in a Spiritual book? We have just discussed the Spiritual terms, 'Neti Neti, Tat Twam Asi.' We are all a manifestation of Divine energy. Now, we see that science is saying the same thing in its own way.

What is science talking about in Quantum Physics and Quantum Mechanics? In essence, these fields of science are the study of the nature of atoms and sub-atomic particles. While there are several studies under the banner of Quantum Physics and Quantum Mechanics, in simple terms, it is a study and discovery of what matter is made up of. Every molecule that appears to be can be broken down into smaller particles like electrons, protons and neutrons, till we come to the tiniest of all particles called a quark. A quark may appear to have physical properties but in reality, it is nothing but a wave of energy that appears as a molecule of matter.

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QUANTUM PHYSICS AND THE NOBEL PRIZE

In fact, the scientists have discovered that matter and energy are interchangeable. Quantum Physics no more restricts matter to be matter and energy to be energy. The branch of Quantum Mechanics has discovered that matter appears to be matter but in reality, it is energy.

In an experiment, popularly known as the Wave-Particle Duality, scientists were studying the tiniest particle of matter called quark. They were baffled when suddenly that particle of matter disappeared. As they were recording the observations of their experiment, they were flabbergasted as the particle of matter reappeared. The scientists discussed and recorded this experiment as the 'Wave-Particle Duality'. They realized that the particle of matter had become energy and the wave of energy reappeared as a particle of matter. This further led to the understanding that if every molecule of matter is in essence, nothing but energy, this whole world of matter is in reality, a manifestation of energy. This has become a scientifically accepted theory under the branch of Quantum Physics and in fact, has been awarded the Nobel Prize.

Science, under the scientific law of Conservation of Energy, states that energy can neither be created nor destroyed. It can only be transformed from one form to another. The study of Wave-Particle Duality is in fact, based on the principles of the Law of Thermodynamics. Putting it all together, science is now coming to terms with the fact that all physical matter, when broken down to its tiniest particle, is nothing but energy. This is exactly what Spirituality says. Spirituality believes and says that this whole world and everything in it that appears to be is nothing but energy.



4

ENERGY IS IMMORTAL

*Energy is Power,
It does not Die, It is not Born,
We are that Immortal Energy
That one day, is Gone!*

To move forward in the journey of manifestation and to understand that everything in this world is a manifestation of the Divine, we must spend time understanding energy. We all know that energy exists. Energy and power can be used synonymously but generally, when we talk of electricity, we think of it to be power that has been produced by energy.

What is power? It is basically a force and therefore, we must pause and understand the two terms that we use. Even energy is used to denote power. But the point is not to get lost in these two terms - energy and power - rather, focus on the nature of energy or power.

Where does energy come from? Where is power manufactured? Energy and power are omnipresent. They are not created. They are only transmuted. Transmutation is the process of converting energy from one form to another. Do we create solar power? The sun's energy is present. We use a solar panel to transmute solar energy into power. Basically, there are different types of energy and we call them hydro-power, thermal power or even solar power. But where does all this

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ENERGY IS IMMORTAL

energy come from? Where is all this power emanating from? There is power in you and me. Can we deny it? No. From the time we are born, we have life. What is life? It is power. When we die, there is no power, there is no breath and we call this death. The power departs. It is not like a dream. When the power in us is dormant, science calls this state as the sub-conscious state, wherein we are still breathing and even dreaming but the body is asleep. At death, we destroy the body because we are sure the power has left. Did the energy in us disappear? Did the energy in us die? No. Energy is birthless and deathless.

The First Law of Thermodynamics states that energy can neither be created nor destroyed. It can only be transmuted from one form to another. This scientific law and the principles of Quantum Physics are in synergy with the spiritual understanding that we are that power that arrives at conception and departs at death. Contrary to common belief that we have a power of life within that we call the Spirit, the *Atman* or the Soul, the truth is that we are that power, we are that energy. We arrive in a body because of Karma and then, it seems like we live and die but in reality, this entire cycle of life and death is a manifestation. It is an illusion. It appears. In reality, we are never born and we never die. For hundreds of years, we believed that the sun was rotating from east to west as it appears after the sun rise until the sun sets. But what is the truth? Hasn't science discovered that the sun is not moving? It is the earth that is rotating. So, it seems that we are being born and we die but the truth is that this is an illusion. We are that immortal energy, that power that manifests as this body, that is conceived, that lives and that dies. This is the ultimate truth. But we cannot understand this. We have to realize it!



5 WE ARE THE IMMORTAL SOUL

*We are not the Body that dies,
We are the Immortal Soul.
To Realize, we are a Spark Of Unique Life,
Is our Goal!*

Have we not realized that we are not the body? The body dies but in that moment, we depart and our body is destroyed. Is there any doubt that this body was created over nine months after we were conceived? We came first. The body came later. There is absolutely no doubt about this. What we need to realize is that we are that Spark Of Unique Life, the Soul, that seems to arrive at conception and departs at death. We are not the body that *has* this Soul from birth to death, rather, we *are* the Soul that manifests as the body. How can we realize this?

Everybody in this world has a different understanding of ME. 'I am the one that I see in the mirror.' When we look at a group photograph, we search for 'me' but we don't realize, 'That is not me. That is only my body, a body that will die but I will never die.' We live in ignorance from birth to death and then, we lose our breath, only to be reborn and this goes on and on. There is absolutely no doubt that we are not the body but until we realize that the body is a manifestation of the Soul, the power, the energy, we will never realize that we are the Immortal Soul.

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WE ARE THE IMMORTAL SOUL

We started our quest by comparing Dreams and Reality. We know that a dream is just a dream. But we realized that even reality is nothing more than a dream, a long dream that ends at death. The tougher Realization is that we are birthless and deathless. We are never born. We never die. To understand this and to realize it is very difficult but it is the Truth. That is why, we spent time contemplating how energy cannot be created or destroyed. When we realize we are energy, we must realize that every molecule or cell of our existence appears to be but in reality, is energy. We may appear to be a body that is made of thirty-six trillion cells but the truth is that we are the immortal Soul, the Spark Of Unique Life that is throbbing in every cell from conception through birth and growing up till ultimate death. To realize that we are the immortal Soul is our ultimate goal.

It is so strange that though the facts stare us in our face, we are lost in a maze of ignorance. We need Divine grace to Realize the Truth. The knowledge is simple. But we can't get this Realization in a college. Unless there is an illumination, there will never be Realization. It is our own mind that continues to make us blind. It creates thoughts of the myth and so, we are lost in it. Although we are the Immortal Soul that is manifesting as this body, we continue to believe that we are the body that one day, will die. Because we believe this, we return to earth in a rebirth. If only we realize that we are the Immortal Soul, we will be liberated from the cycle of rebirth and united with the Divine in that moment called death. Alas, we think life is real and don't realize that we are all manifestations. We are immortal energy, the Spirit, the Soul that is appearing as you and me. But the truth is that we are energy.



6

WE ARE DIVINE MANIFESTATIONS

*Are we the Body,
In the Mirror that we See?
No, we are Manifestations
Of Divine Energy!*

Who are we, in Reality? By now, aren't we absolutely sure that even though we exist and live, we are not the body, mind or the ego? We can say beyond doubt that this body that will die is not 'I'. How can I be the mind that I can never find? Though the ego keeps saying 'I', where is this ego that says the lie? It seems that we are that Spark Of Unique Life, the Soul but even that Soul is invisible. It is intangible. How can we be nothing? We appear to be everything, the body, the mind, the ego and the Soul. Ultimately, what are we in reality?

If you take out gold from a ring, where is the ring? The ring appears to be only because of the gold. So does a bangle or a gold chain. All these ornaments appear from gold. Gold is the cause and these ornaments are just effects. They manifest because of gold. Without gold, they are nothing. While we clearly understand that the bangle, chain, bracelet and ring are nothing without gold and there is gold in everything, we are unable to realize that we are all manifestations of SIP, the Supreme Immortal Power. SIP is in everything. SIP is that Spark that gives us life. SIP is the energy that appears as the five elements that we are made of. Everything that constitutes us -

PART - E EVERYTHING IS A MANIFESTATION

WE ARE DIVINE MANIFESTATIONS

earth, water, air, fire and space - are all nothing but SIP, the Supreme Immortal Power. Therefore, just as the ornaments appear from gold, we appear from God, the Supreme Immortal Power, SIP. Unfortunately, we live and die but don't discover and don't Realize the Truth, 'Who am I?'

The wave is a manifestation of the ocean. It appears from the ocean and goes back into it. We can see each wave as a distinct entity. Just as the wave in the ocean comes and goes, the Soul in us flows through that moment of conception, birth or arrival and death. Just like the wave splashes and becomes one with the ocean, we too experience death when the Soul departs and there is no breath. The Soul becomes one with SIP. But because of ignorance and because we don't realize that we are the manifestations of SIP, our ME, the Mind and Ego, carries its Karma, our unsettled deeds, and returns to earth in another rebirth.

Until we realize that we are all manifestations of SIP, we will live with ignorance and think that I am this body that I can see and I am the Mind and Ego, ME. We will never realize that we are the Divine energy. We will never Awaken to the Eternal Truth that each of us is, in reality, the Soul and the Soul is God or SIP, appearing as a human being. We are not illusions, rather, manifestations. We are made of SIP, the Supreme Immortal Power.

We cannot just know this knowledge. We need Realization. We need to overcome our ignorance to Realize this Truth. This the purpose of human birth. The reason we come to earth is to realize that we are not the body, mind and ego but the Soul, which is nothing but SIP.



7

THE WHOLE WORLD IS A MANIFESTATION

*The World, the Earth,
The Skies, You and Me,
Everything that Appears,
Is a Manifestation of Divine Energy!*

What is this world made of? The sun, moon, stars, birds, animals, flowers and everything that appears to be, everything that we see, is in essence, made up of the five elements of nature. No doubt, there are chemicals and compounds that constitute everything but ultimately, whether it is the earth that we walk on, the waters in the ocean, the air that fills the atmosphere, the fire that creates the power of life or just the space, the vastness in which we all exist, all these elements of nature are nothing but energy. While this was mentioned by the sages thousands of years ago, it is endorsed by science today.

What does science have to say? Scientists admit that we, as intelligent human beings are barely aware of what the universe is. We may know about 1-5% about this universe. In fact, over 95% of the universe is unknown to us. We call it dark matter or dark energy. Science is sure that this entire universe is full of energy but little have we realized that this energy is nothing other than SIP, the Supreme Immortal Power that manifests as the Soul. Therefore, in essence, everything in this universe - you, me and our world is nothing but a manifestation of the Divine.

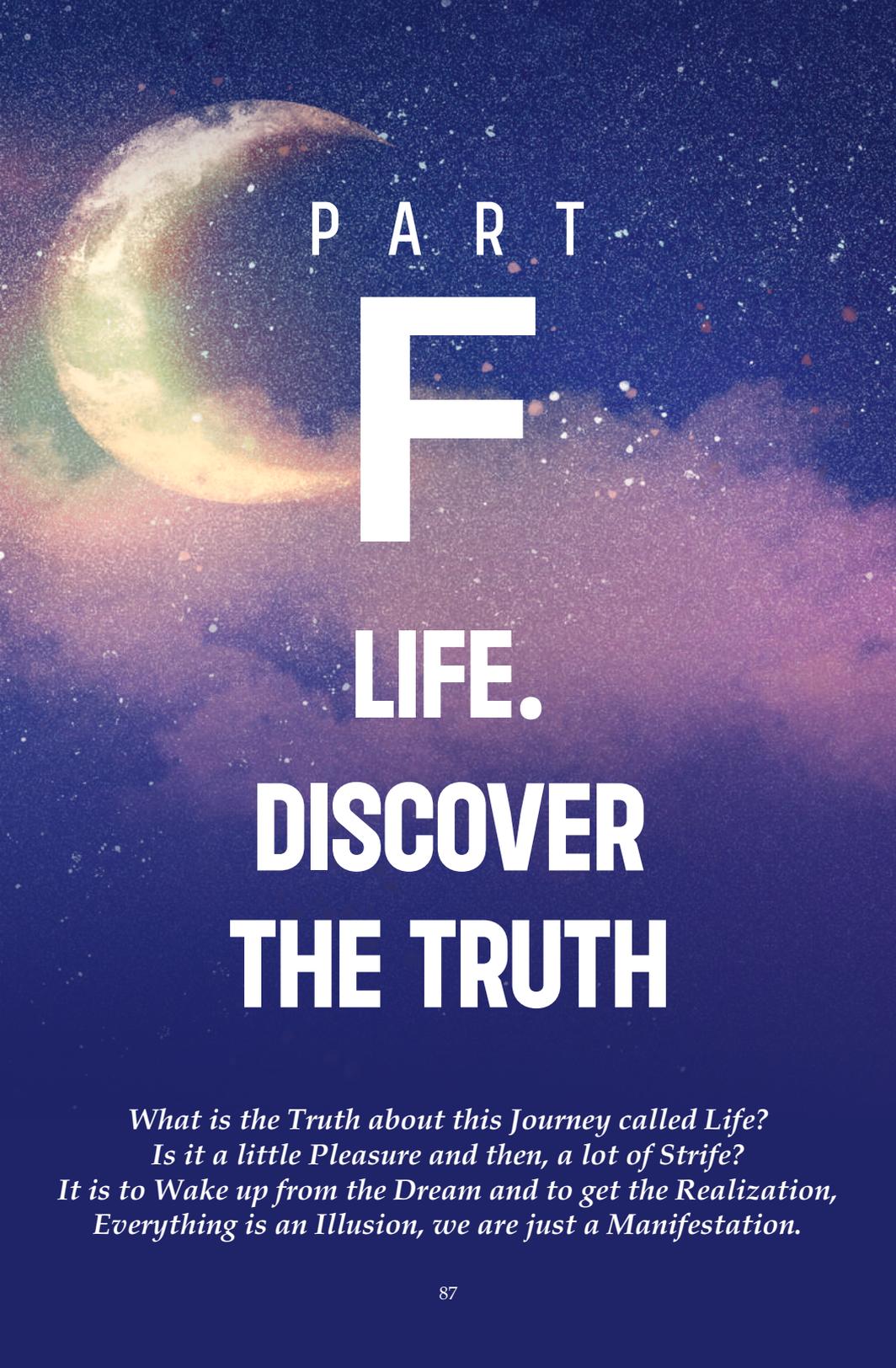
PART - E EVERYTHING IS A MANIFESTATION

THE WHOLE WORLD IS A MANIFESTATION

We cannot deny that while we call ourselves intelligent, there is a far more intelligent power that governs this universe. This universe did not just happen. How did this amazing globe come about in the stunning skies? Who created the concept of the sun and the moon and the earth rotating in a precise fashion? All this is governed by Universal Laws controlled by a universal power. We don't know who this power is but we cannot deny the existence of this power. Eight billion people, the earth and the stars in the skies are proof enough that such a power exists.

Then, there is no doubt that there is power in you and me, the Spark Of Unique Life, the Soul. The Soul appears and disappears. From where? From SIP, the Supreme Immortal Power. There is no other possibility. So, as science has discovered, matter may appear, then disintegrate and disappear. But everything is ultimately, made up of energy. What is this energy that creates all matter? What is the Power that appears as the Soul in every creature that lives? It is all SIP. Everything in this universe that appears to be and whatever we see in reality, is Divine energy that is manifesting from SIP. Everything is SIP. SIP is the one reality. Everything else is an illusion, a manifestation. This is the ultimate truth of life.

The purpose of human existence is not just to live, die and then, return to earth in a rebirth. We must realize, 'Who am I?' We must discover that everything is SIP. This entire universe that appears to be is a manifestation of SIP, just like every living creature that crawls or walks is powered by the Soul that is none other than SIP. Without SIP, there would be nothing!



PART
F
LIFE.
DISCOVER
THE TRUTH

*What is the Truth about this Journey called Life?
Is it a little Pleasure and then, a lot of Strife?
It is to Wake up from the Dream and to get the Realization,
Everything is an Illusion, we are just a Manifestation.*



1

WHAT IS LIFE ALL ABOUT?

*Have you paused to think,
'What is Life All About?'
One day, ultimately we will die,
Do you have any Doubt?*

What is this Reality called Life all about? It is not meant just to Dream and die. Not just the dreams that we see in our sleep but even the dreams that we have in life. We all dream, don't we? We have desires and passions and we try to make our dreams come true. Ultimately, one day, we die. The body dies and then, we depart. We don't wake up to the truth that life has a purpose. We are not here just to have fun. There is a treasure waiting to be discovered, to be realized. A treasure, which is greater than all pleasure but we are so programmed that we are running behind success, achievement, money, name and fame. We have been taught that this is life and in this myth, we are caught! We live and die, only to be reborn and this goes on and on.

In this book, I have tried to compare dreams and reality. We have analyzed that just like a dream, life too, is nothing but a long dream. We have concluded that both, dream and reality are illusions. We have gone one step further to realize that everything is a manifestation of the Divine. What next? We have the knowledge. Are we going to take it to our grave, only to return once again as a slave of our mind and ego? Are we going to create Karma, good or bad and return to earth in a

rebirth or knowing now, that we are a manifestation of the Divine, are we going to discover the purpose of life?

It's a choice. Most of us live life and when something goes wrong, we look up at the sky, cry and ask, 'Why?' We don't Realize the Truth that our belief of God living in the sky is a lie. We don't realize that the kingdom of God is within. We don't realize that we are manifestations of SIP, the Supreme Immortal Power. We think we are this body that will ultimately, return to dust and carrying our unsettled deeds, we will return with our Karma for another journey of life, at death. We don't go on a quest to Realize the Truth. However, we human beings have been given an intellect. Only humanity is blessed with this fully developed tool of discrimination but we don't investigate. We don't contemplate and so, we don't achieve the ultimate purpose of our existence.

Life is not just to enjoy pleasure and then depart. This journey is an opportunity to become one with the Supreme. This journey is not to suffer the triple suffering on earth. It is about Realizing the Truth and not just being free from all misery and pain but also being free from the cycle of rebirth.

Unfortunately, because we think that a dream is just a dream and life is a reality, we are lost in this world. We try to become rich and successful. Not only do we fulfil our need but we get trapped in greed. We are so busy discovering the outer world that we have no time to go on an inner voyage. We do everything else except discover what life is all about. Before we realize it, this precious journey of life is over. If we do not choose, we will lose life.



2

WHAT IS THE PURPOSE OF OUR EXISTENCE?

*What is the Purpose of
Our Life on Earth?
To Discover, 'Who am I?'
And be Free from Rebirth!*

Why did we come to earth? What is the purpose of this human birth? Is this world just a show for us to come and go? Is it just a drama, a *Leela*, a theatre of God? Are we mere puppets, who have come to act as per a fixed story board? Is everything pre-determined or pre-destined? Do we have to just live, laugh, cry and ultimately, die? The answer is 'No!'

Life has a purpose and the purpose of life is to discover the purpose of life. In this book, we are taking the help of an analogy. We are referring to Dreams. Of course, a dream is only a dream. But the Reality of life that looks so real is nothing more than an illusion. The purpose of life is to realize that everything is a manifestation of the Divine. You, me, the butterfly and the bee. Everything is Divine energy. Our mission is to discover the truth of who we truly are and why we are here. And ultimately, to be liberated and united with the Supreme.

We are not supposed to wake up in the morning, learn, earn, ultimately, burn and finally, return to the planet. We are not just supposed to die and be reborn. Our purpose is to stop this life cycle from going on and on. The world may call it Liberation or

Salvation, *Nirvana* or *Moksha* but our purpose is ultimately, to Realize the Truth that we are that Spark Of Unique Life, a manifestation of the Supreme.

Unfortunately, most of us do not discover the purpose of our existence. We do not discover the true meaning of life. We think life is all about pleasure and so, we try to overcome pain. But because we do not discover our purpose, we become miserable, again and again. We get attached to people, pleasures and possessions. We become slaves, imprisoned in the jail of life and so, we fail. Our purpose is Awakening. It is Enlightenment. It is overcoming ignorance and Realizing the Truth of who we are and why we are here. Isn't it sad that the wealthy are trying to become richer although it is a known fact that ultimately, nothing will belong to us? We become so attached to people that ultimately, our most beautiful relationships leave us heartbroken. When will we wake up to the truth? When will we realize what life is all about? This is our purpose.

Putting it all together, our purpose is to answer two questions:

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

I am not the body, mind and ego. I am the Divine Soul. My purpose is to be liberated from this world and be united with the Supreme. Nothing else matters. This is our only purpose of life. All other achievements, success, pleasures are ephemeral and immaterial in this journey of human existence. We fail to discover the purpose of life and so, experience the trauma of the drama that unfolds.



3

ACHIEVING OUR ULTIMATE GOAL

*Every human being on this Earth
Has the same Goal,
To Realize, we are not this Body that appears,
We are the Soul!*

What is our goal? It is simple – To realize that we are the Divine Soul. Then, to be liberated from this world of suffering and pain and not to be born again. This has been written in most of the scriptures of all major religions of the world. For thousands of years, we have spoken about God and how we have to become one with God but we have drifted away. Our goal is Unification with the Divine, which will happen if there is Liberation from this world. This is only possible with the Realization of the Truth. Unless we start with Purification of our ignorance and Illumination of who we truly are and why we are here, we will never be able to reach our ultimate destination.

Every human being on earth has the same goal. Unfortunately, we have not learned this truth in school. Therefore, like a fool we continue to chase after success and achievement. Most of us believe that our goal is success, pleasure, name, fame, money and achievement. We do not learn the art of living with contentment and fulfilment. We don't cross the threshold of pleasure and learn to live with peace, the very foundation of happiness. Ultimately, we suffer the triple suffering of the body, mind and ego. We do not attain that state of Eternal Bliss

that comes from Truth Consciousness. When will we realize that our goal is the Realization of the Truth and ultimately, uniting with the Supreme? Our goal is to realize we are the Soul, to realize that the Spark Of Unique Life within is nothing but SIP, the Supreme Immortal Power. Our goal is to realize that we are nothing, and then, we will become everything! Our goal is to be free from the body, the Mind and Ego, ME and to become one with the Supreme energy. Our goal is to get the truth in our head before we are dead, so that we do not return to earth in a rebirth. How do we do this?

To achieve this goal, we have compared dreams and reality. We have realized that like a dream is only a dream, life too is an illusion. Nothing is real. It is a cosmic drama. Using the dream analogy, we have to achieve our goal of realizing that we are the Soul that is a manifestation of the Supreme. Everything in this world is made of Divine energy. Even science endorses this through its branch of Quantum Physics. When will we overcome our ignorance and Realize the Truth?

If we fail in achieving this goal, we may wander and never achieve it again. We are blessed with an intellect and our goal is to use this human birth not to return to earth. But despite being gifted, this treasure of being born human, if we live like other animals, using our instinct rather than our intellect, we will never achieve our goal. It's time to wake up from this dream called life and to realize that reality is no better than a dream. Our goal is to start living as an Enlightened Soul in Eternal Bliss and in Truth Consciousness, not running after pleasure and happiness.



4

LIVING WITH ETERNAL PEACE AND JOY

*Is there a Way to Eternal Peace
And Everlasting Happiness?
Yes, if we Awaken from the Life Dream,
Living in Consciousness.*

Which human being on earth enjoys sorrow and pain? Is there anyone who wants to be miserable again and again? Still, we live with fear, worry, stress and anxiety. We let the aggression of our mind create depression. We live in the past with regret, shame and guilt. We let the ego become selfish and create anger, hate, revenge and jealousy. Is this new to all of us? We all suffer this anguish and agony, although all we want is peace and bliss. Can we attain that state of Eternal Happiness?

Some people think that Everlasting Happiness is nothing more than a dream. As long as we live, we will experience pleasure and pain. No doubt, this is true but very few learn the art of being liberated from all misery and sorrow. Very few are blessed to overcome ignorance and Realize the Truth.

As long as we believe that a dream is just a dream and life is a reality, we will continue to suffer the trauma that unfolds in the life drama. Do we suffer a dream? No, we don't. We may have had many dreams that created horror while we were asleep but these nightmares do not continue to make us suffer once we

open our eyes because we realize that they are nothing but lies. But what about life? Because we do not realize it is an illusion, we suffer through life. We imagine ourselves to be the body, mind and ego and repeatedly suffer the triple suffering till we die. Why? Because we don't realize that life is no more than a dream. The moment we realize that both Dreams and Reality are illusions, we will be free from all suffering and sorrow. We will learn the art of living in the moment, in the 'now' and not shuttling from yesterday to tomorrow. Unfortunately, we have not made this our priority. We are running behind people, pleasures and possessions and we achieve all of this, but we do not achieve peace and happiness. Then of what use is all this?

Every human being on this planet wants to be happy and so it also seems with our pet dog that wags its tail or the birds that sing and fly. But only we human beings are blessed with an intellect that can question, 'Who am I?' Only we human beings can reach that ultimate peak of Enlightenment, where there is no misery and sorrow. Only we human beings can choose to be glad, though we are often mad as we become sad. If only we wake up to the truth that just like a dream doesn't cause us any suffering, life too is an illusion, we will be free from all misery and pain. But as long as we believe life to be real and a dream to be a dream, we will shout in agony and in anguish, we will scream.

Those who Awaken to the Truth and live in Truth Consciousness are blessed to live a life of Eternal Peace and Everlasting Joy. They live with a fountain of love flowing and life becomes a blissful, peaceful river of Divine existence as they see the Divine in one and all.



AFTERWORD

*I, too, lived for Four Decades,
In a Life that was an Illusion.
Now, I am the Happiest man,
Living as a Divine Manifestation.*

My mission in life is to help you Realize the Truth. It is to realize, who we are and why we are here. My purpose of existence is to help you discover your purpose and so, I decided to use the analogy of Dreams and Reality. Each of my over 70 books has only one objective – to help you reach that state of Eternal Bliss and Everlasting Peace. If I can help you discover the fountain of love that will make you experience joy and ecstasy like you have never done before, I have achieved my objective. My goal is to help you reach yours, to make you realize you are the Divine Soul.

If you are able to contemplate Dreams and the Reality of life and are able to realize that both are illusions, you can evolve to that state of Spiritual Awakening called Enlightenment. But first, you must want Liberation, passionately. You must seek the Divine. Unless there is that deep love and longing, that yearning, you will not start your journey, your quest. You may just flip through these pages of Dream Vs Reality and let it be another dream-like episode of your life. But this can also be a turning point. Just like you wake up from a dream and realize it is just a dream, if you Awaken to Realize that Life is an illusion,

you will not only be liberated from the triple suffering of the body, mind and ego, while you are on earth, but you will also be liberated from the cycle of death and rebirth. In fact, this is our ultimate goal. To realize we are the Divine Soul. Contemplation on dreams and reality can be an effective method to that journey of Purification, then Illumination and finally, Realization. If you attain Liberation and Unification with the Divine, there is nothing more. You have attained the purpose of human existence.

There are people who will question this analogy and contemplation. There are people who want proof for everything. In reality, they just want an argument. They want to escape from the Truth. But the Ultimate Truth is death. Every 'body' will die but it is for us to choose to discover, 'Who am 'I'?' A very small fraction of humanity goes on this quest. I did when I was 46 and because I was blessed to Realize the Truth, I decided to simplify an otherwise complicated subject of Spirituality into simple and easily digestible information. Whatever is written about dreams and reality in this book is for you to contemplate and discriminate. You don't have to blindly believe what is said here. It is for you to differentiate between dreams and the reality of life and come to the conclusion that we are nothing but a manifestation of a Power, the Supreme Immortal Power. Even science endorses it. But if you choose to shoo it away, your life will escape you and you will lose this golden opportunity of realizing who you are, why you are here and attaining that state of Eternal bliss.

The choice is yours. Are you going to realize that life is just an illusion and you are just a manifestation or are you going to let this escape you and return to earth in a rebirth?



POEM

DREAM VS REALITY

Both are ILLUSIONS!

*Why should I worry, it was just a Dream
It is not real, no need to scream
A Dream is an Illusion, though vivid it may seem*

*But Life is different; Life is real
Don't we all suffer, don't we all swirl?
Very few go deep to discover the treasure, the pearl*

*What is this Journey of Life on earth?
What is the Purpose of our human birth?
Is there a way to live with Joy and Mirth?*

*We all live with suffering and strife
We laugh, we cry, we endure Life
But we don't cut through to the Truth with a knife*

*Just like a Dream, Life is an Illusion
Very few of us get this Realization
We don't use our power of Discrimination*

*Just like what happens in a Dream is not true
 Life is nothing but an Illusion too
 I am not 'I' and you are not 'you'*

*Little do we realize what is our role
 Dreams and Reality will take us to the goal
 Which is to discover we are but the Soul*

*When are we going to start our Quest?
 Not just Dream, but get out of our nest
 Realize Life is an Illusion, get to the crest*

*Just like Dreams are not real, so is Life
 Needlessly we suffer, we cry with strife
 With misery, pain, sorrow, life is rife*

*But we can be Happy if we realize the Truth
 Overcoming sorrow, getting to the bottom of the root
 If we realize it's a Drama, we can enjoy the fruit*

*Do you worry about the Dream that you saw at night?
 You wake up to realize that there was no fight
 Life is good, it's shiny and bright*

*But Life is different, we continue to cry
 We suffer, we question, we look at the sky
 We cannot differentiate between the truth and the lie*

*Just like a Dream, Life is an Illusion
It is a long Dream that ends in disillusion
Because of ignorance, there is no Illumination*

*We think Life is real, it's not just a Dream!
And so, we suffer, and so we scream
When we realize the truth, life will flow like a stream*

*If only we Discriminate and open our eyes
Life is just an Illusion, once we realize
We can be in Bliss with nothing to analyze*

*Life is a Journey, we come and we go
Little do we understand this earthly show
Our goal is to realize the Truth, and not just know*

*We are not the Body that goes to sleep
We are not the Mind that makes us weep
Nor are we the Ego that wants everything to keep*

*When we realize what we are not
In Thought no more will we be caught
The Truth in front of our eyes will be brought*

*The Journey of Life has a Purpose
Not to jump like a clown and make Life a circus
Once we realize the Truth, we will never be nervous*

*We all commit the Greatest Sin
We don't realize that God is within
How will this battle of life we win?*

*When Dream and Reality, we contemplate
And the difference between the two, we discriminate
We will arrive at heaven's gate*

*Did you decide your human birth?
Did you decide how you came to earth?
No, it's Karma that governs the earth*

*When we realize that the earth is a stage
The Drama unfolds by Karma, page by page
Then, we will be free from the misery cage*

*Those who realize that Life is a Drama
Those who discover everything is Karma
Realize that just like a Dream, there is no trauma*

*Just like a Dream, Life is an Illusion
Once we get this Divine Realization
We will know that everything is a Manifestation*

POEM

*We are different Souls, so do we see
The Truth is that we are Divine energy
Everything is one, there is no you and me*

*Life is like a Dream, when we realize this
Like after a Dream, there is no unhappiness
But for this, we need Consciousness*

*As long as in ignorance we are bound
We will suffer as we live on the ground
Till the ultimate truth is found*

*What is the Purpose of reading this book?
It is to change your Life's outlook
But first, you must be free from the ignorance hook*

*So, it's time to start
And pull the myth apart
And this is to learn the Spiritual art*

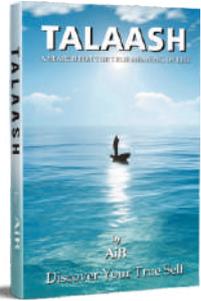
*The Ultimate Truth is everything is an Illusion
Even Science has declared with Discrimination
This world is nothing but a Manifestation*

By
AiR
Atman in Ravi

OTHER BOOKS BY AiR

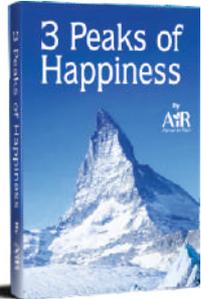
1. Talaash

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



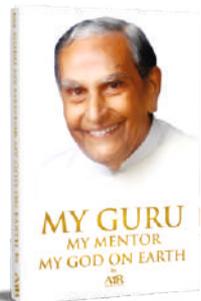
2. 3 Peaks of Happiness

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



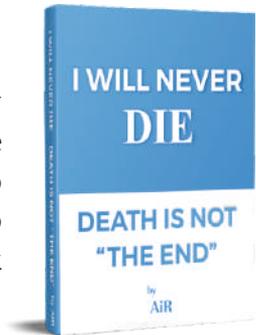
3. My Guru, My Mentor, My God on Earth

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



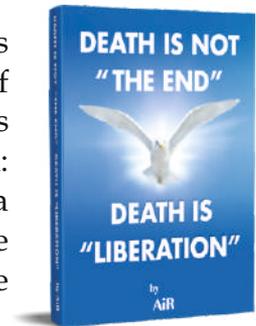
4. I will Never Die, Death is Not “The End”

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



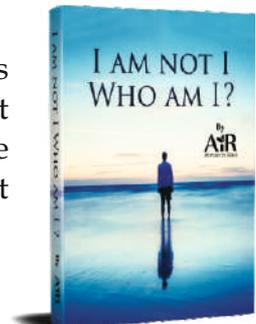
5. Death is Not “The End.” Death is “Liberation”

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



6. I Am Not I. Who Am I?

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



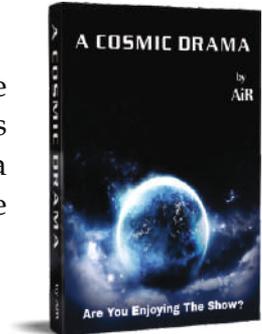
7. The Mind is a Rascal

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



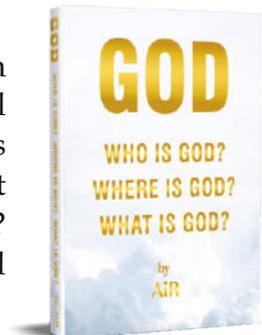
8. A Cosmic Drama

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



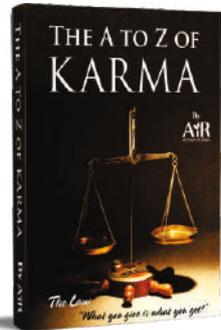
9. Who is God? Where is God? What is God?

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



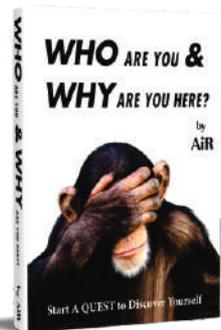
10. The A to Z of Karma

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.



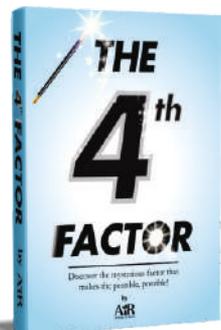
11. Who Are You and Why Are You Here?

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.



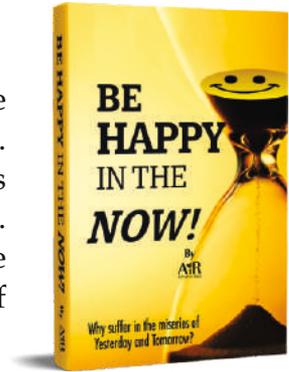
12. The 4th Factor

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!



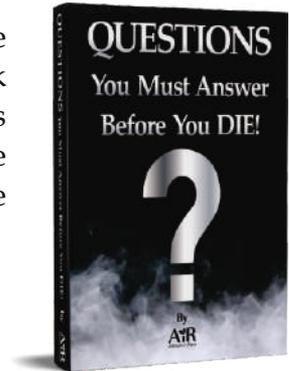
13. Be Happy in the NOW!

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.



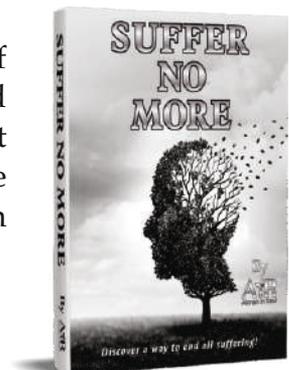
14. Questions You Must Answer before you Die!

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.



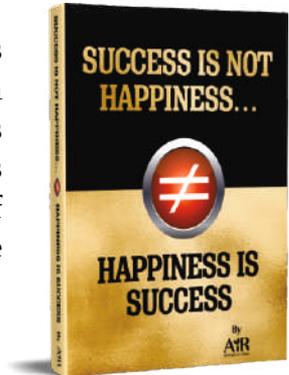
15. Suffer No More

'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.



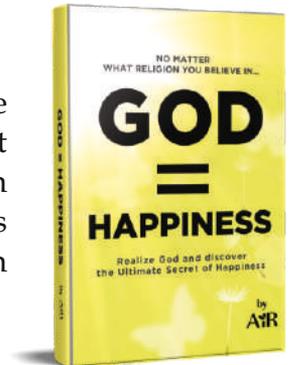
16. Success is not Happiness, Happiness is Success

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.



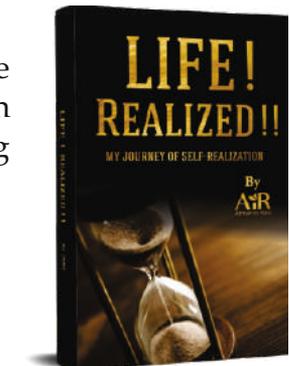
17. God = Happiness

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.



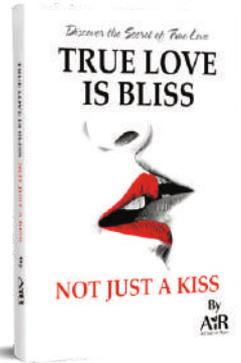
18. Life! Realized!!

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.



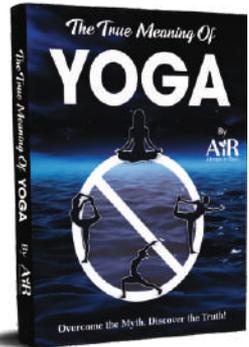
19. True Love is Bliss...Not Just a Kiss

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.



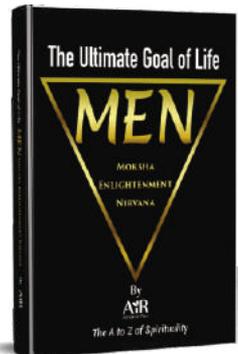
20. True Meaning of Yoga

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.



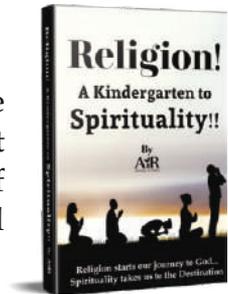
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana

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.



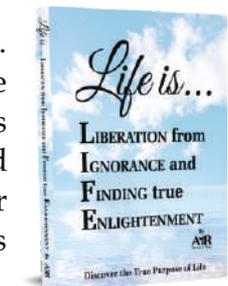
23. Why Bad Things Can't Happen to Good People!

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!



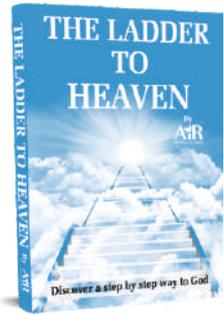
24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

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.



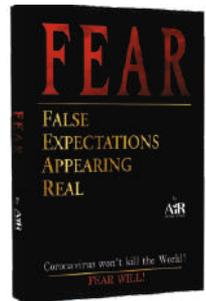
25. The Ladder to Heaven

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.



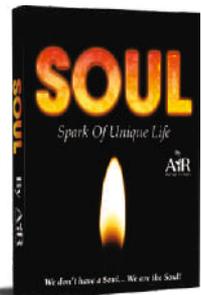
26. FEAR- False Expectations Appearing Real

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.



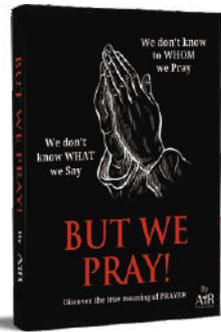
27. SOUL - Spark of Unique Life

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!



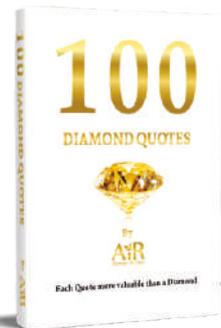
28. But We Pray!

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.



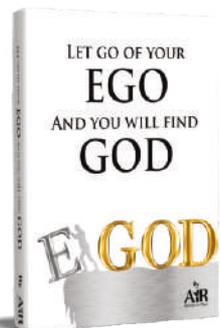
29. 100 Diamond Quotes

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.



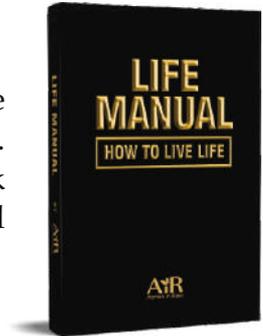
30. Let go of your Ego and you will find God

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.



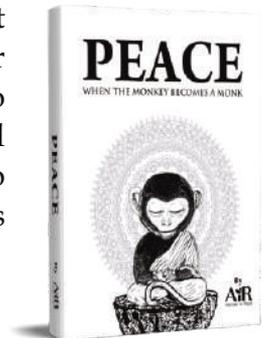
31. Life Manual - How to live life?

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.



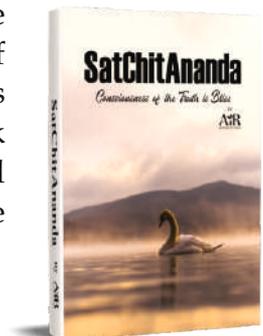
32. PEACE... When the Monkey becomes a Monk!

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.



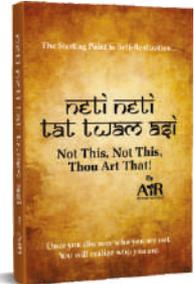
33. SatChitAnanda - Consciousness of the Truth is Bliss

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.



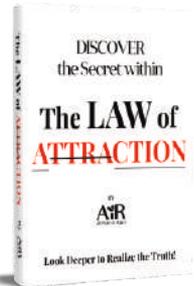
34. *Neti Neti, Tat Twam Asi* - Not This, Not This, Thou Art That

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



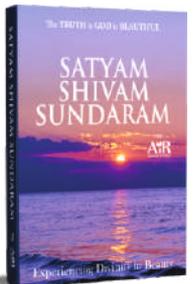
35. Discover the SECRET within The LAW of Attraction

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



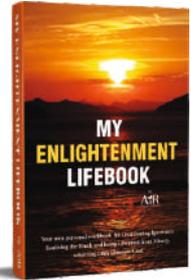
36. *Satyam Shivam Sundaram* - Experiencing Divinity in Beauty

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



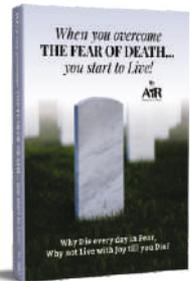
37. My Enlightenment Lifebook

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



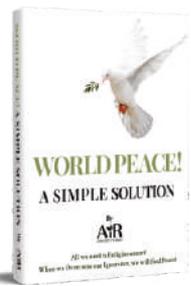
38. When you overcome the FEAR of DEATH, You start to LIVE

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



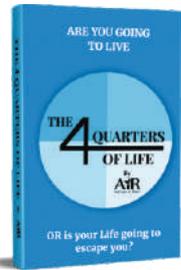
39. World Peace! A Simple Solution

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



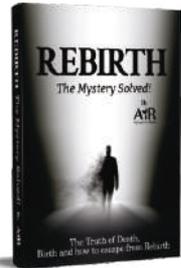
43. The 4 Quarters of Life

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



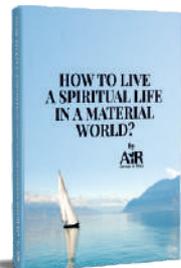
44. REBIRTH... The Mystery Solved!

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



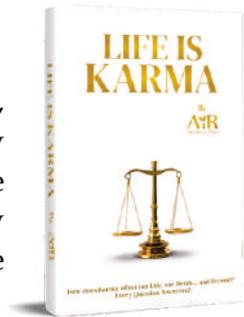
45. How to Live a Spiritual Life in a Material World?

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



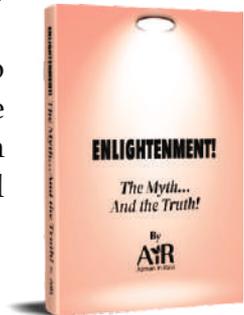
46. Life is Karma

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



47. Enlightenment - The Myth and The Truth

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

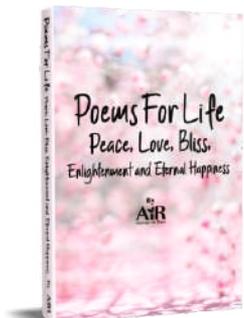


48. Poems for Life - Peace, Love, Bliss, Enlightenment and Eternal Happiness

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

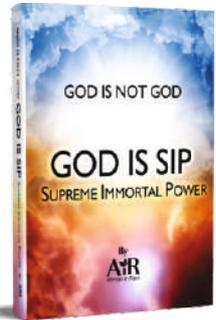
Poems that will tell you the Truth about Life, How to Overcome Misery and how to Overcome Strife!

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



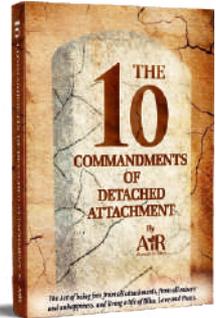
49. God is not God. God is SIP – Supreme Immortal Power

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



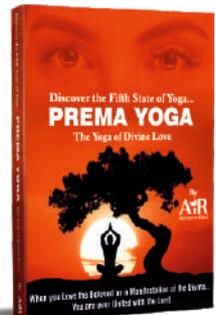
50. The 10 Commandments of Detached Attachment

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



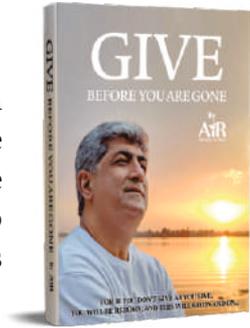
51. The Yoga of Divine Love - Prema Yoga

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



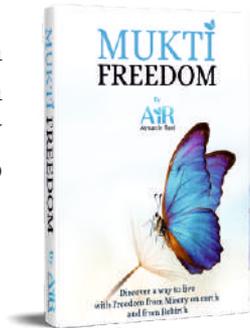
52. Give before you are Gone!

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



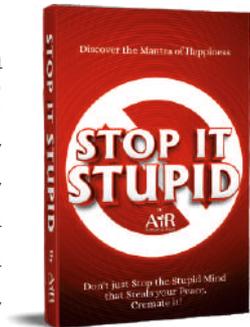
53. Mukti - Freedom

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



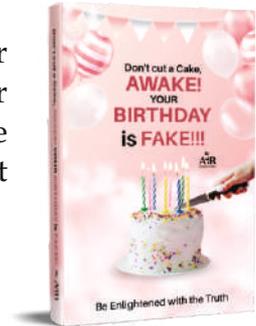
54. Stop it, Stupid!

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



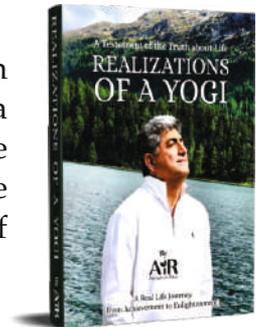
55. Don't cut a Cake! Awake! Your Birthday is Fake!!!

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



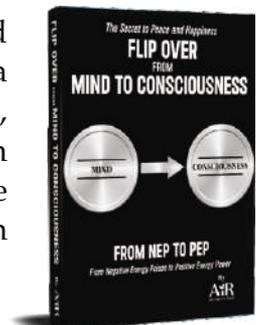
56. Realizations of a Yogi

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



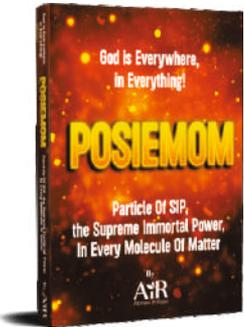
57. Flip Over! From Mind to Consciousness, from NEP to PEP

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



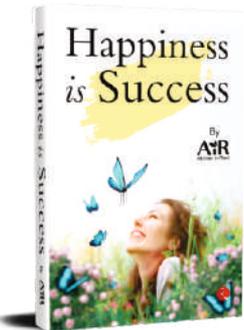
58. POSIEMOM - Particle Of SIP, the Supreme Immortal Power, In Every Molecule Of Matter

To the world, God 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 with this.



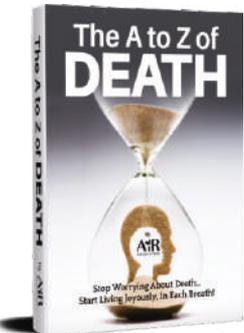
59. Happiness is Success

Success is not happiness, happiness is success. AiR lived for 25 years on the peak of Achievement, then Fulfilment, only to realize that the ultimate peak of happiness is beyond these. It is Enlightenment. This book can transform your life.



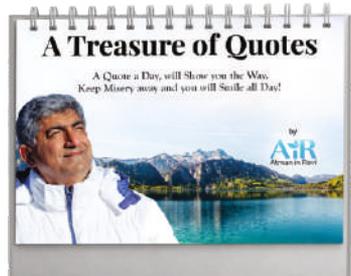
60. The A to Z of Death

Death is certain. Still, we fear death because we are ignorant about the truth of death. Death is not the end, it is just a bend. At death, either our Mind and Ego will be reborn based on our Karma or if we are enlightened with the truth, then we will be liberated and united with the Divine.



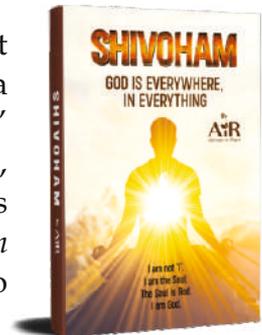
61. A Treasure of Quotes – Perpetual Calendar

‘A Treasure of Quotes’ is a Perpetual Calendar. It consists of 366 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 inspire you to begin a Spiritual Quest.



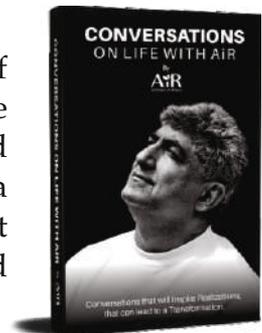
62. Shivoham

Shivoham means I am *Shiva*! Actually, it means ‘I am nothing but the Divine Soul, a part of the Supreme Immortal Power, SIP.’ Adi Shankara said in the 8th century, ‘*Chidananda Rupah Shivoham Shivoham.*’ This book will take you through from *Om Namah Shivaya* to *Shivoham*, from faith in God to realizing God.



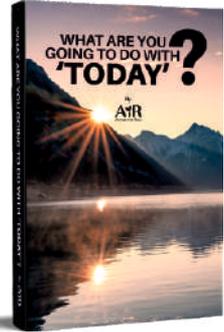
63. Conversations on Life with AiR

Conversations on life is a collection of discussions that AiR has had with people he has met on his travels or at conferences and talks. Any of these conversations can light a spark that can inspire you to go on a quest and be liberated from all misery and suffering.



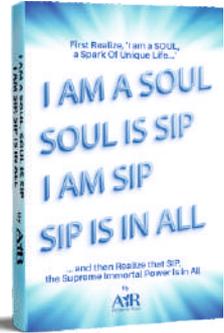
64. What are you going to do with TODAY?

The biggest gift that we all have is the gift of 'Today.' That is why it is called 'The Present'. Unfortunately, we let 'Today' slip away and we don't realize that our life itself has escaped us. This book will inspire you to take charge of TODAY.



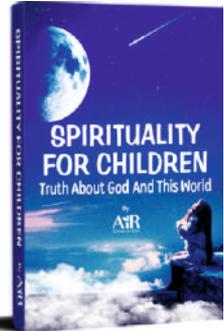
65. I am SOUL. SOUL is SIP. I am SIP. SIP is in All.

We live in ignorance and don't realize the truth that we are neither the Body nor the Mind and Ego, ME. In reality, we are the SOUL that is nothing but SIP, the Supreme Immortal Power that is everywhere, in everything. These four phrases are identical to the 4 Mahavakyas of the *Upanishads*. This book can help us attain the ultimate goal of life – *Moksha*.



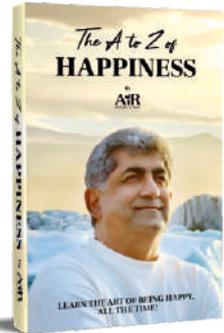
66. Spirituality for Children

Here is a book that has a collection of stories that will help children learn and evolve in a new science, the science of the Spirit known as Spirituality. Let's change the mindset of children and help them take the path of Enlightenment.



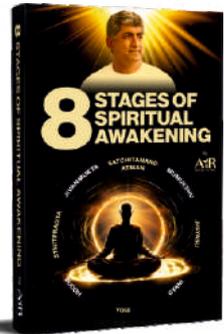
67. The A to Z of Happiness

Who doesn't want to be happy? We all enjoy pleasure but don't realize that Pleasure is only momentary. 'The A to Z of Happiness' is a collection of happiness secrets that are guaranteed to take us to Eternal Bliss and Joy that comes from Truth Consciousness. Get ready to smile all the while.



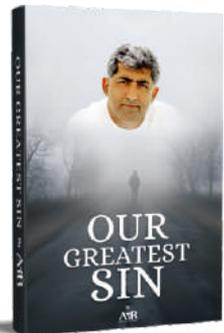
68. 8 Stages Of Spiritual Awakening

Spirituality is considered to be a mysterious subject. We are told that if we want to realize God, we must renounce the world and live in a forest. Unfortunately, we are enveloped in the darkness of ignorance. There are 8 Stages of Spiritual Awakening, but unless we start a Quest, we will not even begin the journey of Self-Realization.



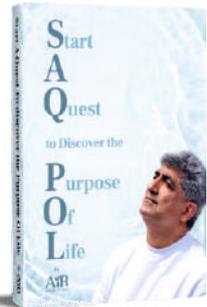
69. Our Greatest Sin

What is our Greatest Sin? Is it pride, greed, lust, envy, wrath, sloth or is it something else? Our Greatest Sin is caused by ignorance and believing we are the body, mind and ego, we sin. How can we be free from our Greatest Sin? This book will show us the path to overcome all Sin and win the greatest battle of life.



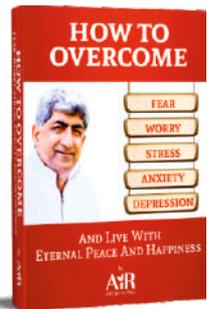
70. Start A QUEST to Discover the Purpose of LIFE

Why did we come to earth? Why did we take this human birth? What is the purpose of our existence? We don't discover who we are and why we are here. Isn't it time to start a quest to discover the purpose of life?



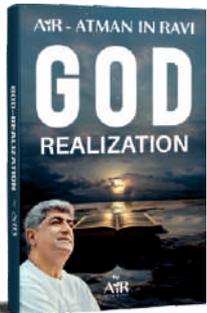
71. How to Overcome Fear, Worry, Stress, Anxiety and Depression

We all struggle with these five monsters and suffer because of them. Is there a way to overcome them? There is. All we have to do is to still the Mind and be in the state of Consciousness. This book will show you how to eliminate Fear, Worry, Stress, Anxiety and Depression from your life.



72. GOD-REALIZATION

Most of us pray to God. We have faith, hope, trust and belief. But some of us love God and we seek God. However, we do not realize that God does not live in a temple or church. God lives in the temple of our heart. The only way to find God is through God-Realization which happens through Self-Realization. If you are seeking God, this book will guide you and help you realize God.



Now...

73. DREAM vs REALITY... Both are ILLUSIONS

Coming soon...

74. Can I change my Life

75. World's 50 Greatest Secrets

DREAM vs REALITY

How can the Reality of Life be an Illusion? How can Life be a Dream? A dream is just a dream! It is not real! But if we contemplate, Life is nothing more than a dream, a very long dream!

Whatever happens in a dream is not real. It's just an Illusion. But isn't it true that ultimately, whatever happens in Life is also an Illusion? Whatever appears to be ours, ceases to be ours. All our possessions and the people that are our treasured relationships will dissolve into nothingness when our life is over. Nothing will go with us, just as nobody will. Still, we think life is a reality and a dream, just a dream!

This book will help you examine the analogy of a dream and reality and take you to that state of Realization where you will discover the Truth of who you are and what your purpose on earth is. If you are a sincere seeker, you will realize that you are a Manifestation of the Divine and you will be free from all pain, sorrow and suffering that ordinary mortals suffer on the planet. Are you ready for a life-changing book, that can lead to, not just a Transformation but a Metamorphosis? The key to this is in your hands.



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